

*Excellence
in
Care
&
Compassion*

Elwood Care Center & Assisted Living
ECC is "*Excellence in Care & Compassion*"

The  of the Matter...

Volume II Issue X

October 2010



**We are a
"5 Star"
Facility**

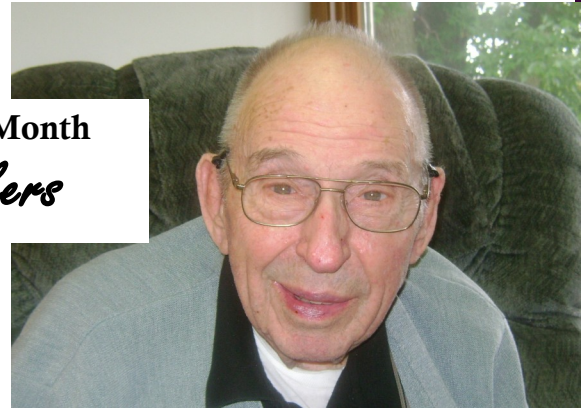
To compare
nursing homes
go to:
medicare.gov
and click on
"Nursing
Homes"



...Our Residents

Resident of the Month

Art Oelkers



October resident of the month is Art Oelkers. Arthur Edward Oelkers born July 26, 1925 to Ernst and Bertha Gruber Oelkers at home, 13 miles south of Eustis in Frontier County Nebraska. He had one sister, Evelyn Naprstek, now deceased. "Art" attended school at Dist. #109 in Frontier County. He then attended Parochial School at Salem Lutheran for 7th & 8th grade. While attending Salem he met Dolores Pfeiffer. They were married December 25, 1949 at Salem Lutheran Church southwest of Elwood in Frontier County. They lived at a farm southwest of Elwood. To their family three daughters were born, Charlene Tilson of Elwood, Jacklin Hanson, of Hickman and Patricia Brown of Oberlin, Kansas and one son, Kent of Lincoln. In 1954 they moved their house and all the buildings to his parents farm 13 miles south of Eustis. In 1964 they moved to Elwood and started Art's Building and Supply. Art has been active in many of the Elwood community organizations. He was one of the originators of the Elwood Carnival Association and enjoyed running the train. He was mayor for several years. He loved to hunt and fish and enjoyed working on engines and making unique "gadgets" to make his or Dolores' lives easier. Art never had to read instructions on how to assemble to make something work. Art retired in 1999. He then enjoyed driving his yellow Volkswagon and red Bronco around town and going to coffee. Art never met a stranger. He loved to tell jokes and still enjoys teasing others. He always has a hello for everyone. Art and Dolores have taken great pride over the years decorating their yard for Christmas. Art used a boom truck to put lights on the trees. They enjoy entertaining and having large parties at their home in Elwood and loved to travel around the U.S. and the world. Art has enjoyed restoring old vehicles and driving his 55 Chevy. Art and Dolores are members of Our Redeemer Lutheran Church of Elwood. They celebrated their 60th wedding anniversary last Christmas. They enjoy spending time with their eight grandchildren and eight great grandchildren. Art became part of the Elwood Care Center family October 5, 2009. We are pleased to honor Art.

October is Physical Therapy Month

Elwood Care Center is proud of our accomplishments in the field of rehabilitation. Our skilled staff can assist you in reaching higher levels of independent functioning and quality of life.



Pictured is Cindy and Tawnya from Key Rehab. Cindy has her Doctorate Degree in Physical Therapy and has 27 years of experience. Tawnya has her Masters in Physical Therapy and 7 years of experience. Initially, our therapists perform a thorough evaluation, taking into consideration your individual goals, capabilities and tolerance levels. Then a treatment plan is established with your physician to obtain the desired outcomes. Whether it's to increase strength, improve mobility, alleviate pain or

treat a communication disorder, we are committed to helping you reach your highest level of independence as quickly as possible.

Our therapists are experienced in treating the following diagnosis and conditions:

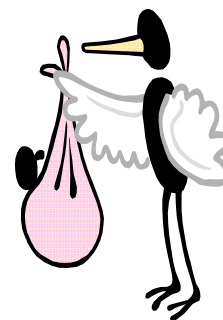
- *Stroke/CVA
- *Head Injury
- *Orthopedic—hip fracture, joint replacement, arthritis, shoulder or hand injuries
- *Neurological disorders such as Parkinson's Disease or Multiple Sclerosis
- *Communication disorders
- *Swallowing deficits
- *Generalized weakness and the loss of function secondary to illness, postoperative conditions or respiratory disorders

Did you know that Elwood offers an Outpatient Therapy Clinic? Anyone of any age needing any type of Physical, Occupational, or Speech therapy is welcome to make an appointment. Our therapists have experience in sports medicine, pediatrics, & geriatrics. They are here in Elwood 5 days a week to meet your needs and schedule! Call the Elwood Care Center at 785-3302 to make an appointment.

ELWOOD CARE CENTER
607 SMITH AVE
P. O. BOX 315
ELWOOD, NE 68937
PHONE: 308-785-3302

We're on the Web:
elwoodcarecenter.com

News from Resident's Corner....



Art and Dolores Oelkers were visited by their new great-great nephew, Sam Walters. Sam was born on August 30, 2010. Dolores is pictured above with Sam. Congratulations Art and Dolores.

All residents and their families are encouraged to submit news to share with us all. Information can be dropped off at the Business Office or emailed to: eccpamw@atcjet.net



Autumn Color

Jack Frost paints a portrait of beauty
 With colors so vivid and bright;
 It's framed with a purple misty haze
 And draped in a frosty night.

Big, fat, bright orange pumpkins
 Nestle snugly among shocks of corn;
 Leaves flutter silently earthward;
 Ice sparkles like glass in the dawn.

The nuts drop softly upon the ground,
 Leaves fall and hide them there;
 Squirrels work away industriously,
 Their winter store to prepare.

A pale harvest moon sails serenely
 Across a star-studded sky,
 And smiles on a world full of color
 Since Jack Frost has just passed by.

~Unknown Author

Washing hands properly makes a big difference.
 The hands are home to a great many germs—and a major means of germ transmission!

Wash your hands frequently.

- °Visitors should wash hands before and after visits.
- °Wash after coughing, sneezing or blowing your nose.
- °Wash immediately after any contact with potentially infectious material (such as blood or saliva).
- °Follow standard and transmission-based precautions, as appropriate.

Use this technique:

1. Wet hands with warm water.
2. Lather both hands with soap.
3. Scrub hands for at least 20 seconds. Wash wrists, palms, backs of hands, fingers and under fingernails.
4. Rinse hands well with warm, running water.
5. Dry hands with a clean towel.
6. If possible, use a disposable towel to turn off the faucet.

Use an alcohol-based hand sanitizer (that's at least 60% alcohol) if soap and water are not available and your hands are not visibly dirty.

There will be Trick or Treating at the Care Center Sunday, October 31 from 3pm to 7 pm. Staff and community you are welcome to bring your children in. The residents enjoy seeing all the little goblins.

October Birthdays

Residents

Elizabeth Zimmerman	2nd
Leona Ottman	3rd
Peggy Mak	9th
Clyde Loftquist	7th
Genevieve Carbaugh	7th

Staff

Stacey Cole	3rd
John Wilson	4th
Brenda Pretzer	6th
Lacey Pfeiffer	19th
Starla Schutz	26th



Elwood Care Center &

Wednesday's Are
Beauty Shop Day

October 2010 Event Calendar

Activity Calendar
Approved by the
Resident Council

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>Birthstone:</u> Opal</p> <p><u>Flowers:</u> Calendula</p> <p><u>Colors:</u> White and Yellow</p>				<p>1 9:15 Devotions We Made This Country Great 10:15 Refreshments 11:15 Exercises 1:30 Movie & Popcorn "The Apple Dumpling"</p>	<p>2 "Peanuts: Comic Strip 60th Anniversary</p> <p>1:30 Van Rides for Care Center</p> <p><u>Elizabeth Z-B</u></p>
<p>3 9:15 Church 9:30 Communion</p> <p>Family Visits</p> <p><i>Mental Illness Awareness Week</i></p> <p><u>Leona O & Stacey C-B</u></p>	<p>4 9:15 Devotions & Crafts 10:15 Refreshments 11:15 Exercise with Connie 6:30 Wheel of Fortune</p> <p><u>John W-B</u></p>	<p>5 9:15 Devotions Tater Peeling 9:15 Small Group 10:15 Refreshments Birthday Dinner 1:30 Bingo (Win A Prize) 2:30 Refreshments</p>	<p>6 9:15 Devotions Hee Haw Anniversary 10:15 Refreshments 11:15 Exercise with Connie 2:00 Our Redeemer Lutheran Church 3:00 Coffee Time</p> <p><u>Brenda P-B</u></p>	<p>7 Allen at the Organ 9:15 Devotions 9:30 Jesus Lamb Preschoolers 3 year olds 1:30 Nursing Meeting Penny Ante (Dining Room) Nebraska at Kansas State 6:30 (ESPN) <u>Gen Carbaugh & Clyde L-B</u></p>	<p>8 9:15 Devotions Threshers at Work 10:15 Refreshments 11:15 Exercises 1:30 Movie & Popcorn- "See Spot Run"</p>	<p>9 9:15 Devotions & Card Bingo 10:15 Refreshments</p> <p>Leif Erikson Day</p> <p><u>Peggy M-B</u></p>
<p>10 9:15 Church 9:30 Communion</p> <p>Family Visits</p> <p>Newspaper Carrier Day</p>	<p>11 9:15 Devotions Columbus Day 10:15 Refreshments 11:15 Exercises 4:00 Men's Corner 6:30 Wheel of Fortune 7:00 Touring Alaska</p>	<p>12 9:15 Devotions Bingo (5 c day) 9:15 Small Groups 10:15 Refreshments 1:30 Beauty Hour 2:30 Refreshments</p>	<p>13 9:15 Devotions 9:30 Bible Study 11:15 Exercises 2:00 First Christian Church 3:00 Coffee Time</p>	<p>14 Allen at the Organ 9:15 Devotions Cadillac Day 10:15 Refreshments 1:30 Bean Bag 2:30 Refreshments</p>	<p>15 9:15 Devotions Nebraska Old & New 10:15 Refreshments 11:15 Exercises 1:30 Movie & Popcorn "Baby Geniuses"</p>	<p>16 Dictionary Day</p> <p>Sweetest Day</p> <p>Texas at Nebraska TBA</p>
<p>17 9:15 Church 9:30 Communion</p> <p>Family Visits Cadillac's Birthday 1902</p>	<p>18 9:15 Devotions National Chocolate Cupcake Day 10:15 Tasting 11:15 Exercises 4:00 Men's Corner 6:30 Wheel of Fortune 7:00 Touring Alaska</p>	<p>19 9:15 Devotions Bingo (Win A Prize) 9:15 Small Groups 10:15 Refreshments 1:30 Sharon and Allen Sing 2:30 Refreshments</p>	<p>20 9:15 Devotions Crossword Puzzle 10:15 Refreshments 11:15 Exercises 2:00 Eustis United Methodist Church 3:00 Coffee Time</p>	<p>21 Allen at the Organ 9:15 Devotions Bread Machine Day 10:15 Tasting 1:30 All Staff 3:00 Coffee Time</p>	<p>22 9:15 Devotions Spook Square Pumpkin 10:15 Refreshments 11:15 Exercises 1:30 Movie & Popcorn "A Walk to Remember"</p>	<p>23 Make a Difference Day 1:30 Van Rides Assisted Living Nebraska at Oklahoma State TBA</p>
<p>24 9:15 Church 9:30 Communion</p> <p>9:15 Church 9:30 Communion HALLOWEEN Trick or Treaters 3-7</p>	<p>25 9:15 Devotions Card Recycling 10:15 Refreshments 11:15 Men's Corner 6:30 Wheel of Fortune 7:00 Bryce & Zion National Parks</p>	<p>26 9:15 Devotions & Over the Fence Visits 9:15 Small Groups 10:15 Refreshments 1:30 Bingo (Win A Prize) 2:30 Refreshments <u>Erma T. & Star S-B</u></p>	<p>27 9:15 Devotions 9:30 Preschoolers 4 year olds 11:15 Exercises 2:00 Elwood United Methodist Church 3:00 Coffee Time</p>	<p>28 Allen at the Organ 9:15 Devotions Find A Word 10:15 Refreshments 1:30 Bowling 2:30 Refreshmetns</p>	<p>29 9:15 Devotions Halloween Stories 10:15 Refreshments 11:15 Exercises 1:30 Movie & Popcorn "Casper Seeing Is Believing"</p>	<p>30 9:15 Halloween Party Fun For All</p> <p>National Corn Candy Day Missouri at Nebraska TBA</p>

**Friends & Family
Welcome**

"Attitude is the distance
from 'hanging on' to
'hanging in'." ~Howard Fox

Special Events

Trick or Treaters 3-7

Men's Corner

Sign Up Sheets for
Monthly Shopping
Trips, Senior Center
Outings, and Van
Rides are located at
the Social Services
Office. Make sure to
sign up if you'd like to
attend.

-Caring Hands 1:1
Visits Provided

Activity Director:
Carolyn Houser
Activity Assistant:
Rita Darnall

ELWOOD CARE CENTER

P.O. Box 315
Elwood, NE 68937



MANAGEMENT TEAM

Administrator.....	eccater@atcjet.net.....	Kate Reiners
Director of Nursing.....	eccverah@atcjet.net.....	Vera Hender
Social Services Director.....	eccashleym@atcjet.net.....	Ashley Mitchell
Activities Director.....	eccarolynh@atcjet.net.....	Carolyn Houser
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Laundry Supervisor.....	ecccoleens@atcjet.net.....	Coleen Schutz
Housekeeping Supervisor.....	eccstars@atcjet.net.....	Starla Schutz
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Staff Development.....	eccpamw@atcjet.net.....	Pam Wescoat