



Elwood Care Center Board of Directors:
Betty Koenig, Chairperson
Nina Ernstmeyer
Bill Monter
Dick Bennett
Jared Wetovick



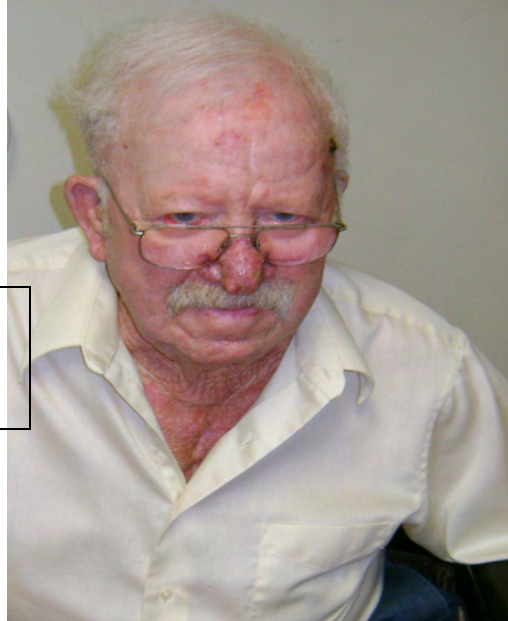
Elwood Care Center & Assisted Living
ECC is "*Excellence in Care & Compassion*"

The of the Matter...

February 2012

...Our Residents

Resident of the Month
Tom Titus



We honor Thomas "Tom" Titus this month. Tom was born in Cheyenne, Wyoming on July 11, 1931 to Fred and Myrtes Titus. He has one sister: Myrtes Molock from Tennessee and four brothers: David Titus from Kansas, Bill and Donnie Titus from Lexington, NE and Bob Titus who has passed away. Tom did not attend any schools as he said his family could not afford it. He worked threading pipe when he was younger and then went on working as a plumber, construction worker, and heavy equipment operator.

Tom was united in marriage to Zelma Ogg on April 5th, 1950 at Lexington, Nebraska. They went on to have four children: Myrt Taylor, Kenneth "Skeeter" Titus from Arapahoe, Nebraska, Tom Titus who passed away from an accident, and Jim Titus. He has eight grandchildren and sixteen great grandchildren. Tom had lived in Smithfield, Nebraska for over 30 years.

Tom enjoyed restoring cars, visiting, gardening, country western music, going to the bar in Smithfield for lunch, his Bassett Hound named "Dog". He traveled some in his lifetime.

Tom became part of the Elwood Care Center family July 8, 2011.

HEARING LOSS

Hearing loss is described as diminished hearing due to either mechanical obstruction of sound transmission or neurological impairment or both. Presbycusis is a high-frequency hearing loss that is considered to be a normal function of aging. Hearing loss is the third most common chronic disability in individuals over the age of 65. Fifty to 100% of individuals in nursing homes or long term care facilities have significant hearing loss. It occurs more frequently in men than in women. Approximately 30% of adults ages 65 to 74 and 47% of adults 75 and older have some type of hearing loss.

Due to the fact that hearing loss is a sensory disorder, it can impact an individual both socially and psychologically, as well as affecting functional ability. Hearing loss prohibits easy and effective communication between family and friends and can cause social isolation. It can cause or enhance depression and anxiety.

COMMON CAUSES OF HEARING LOSS

- Age-related changes
- Autoimmune disorders
- Ear wax (cerumen) impaction
- Ear Disorders (i.e. Meniere's disease, chronic ear infections)
- Foreign bodies in the ear canal
- Noise exposure
- Certain medications (i.e., aspirin, quinine, gentamicin)
- Perforation of the eardrum (tympanic membrane)
- Tumors or lesions of the brain or ear
- Trauma

PREVENTION AND SCREENING

It is recommended by the U.S. Preventive Task Force that all individuals past the age of 65 have routine screening for hearing loss. This can be done in an annual exam. Avoidance of changes in barometric pressure (such as flying or diving) is important when an individual is ill with an upper respiratory infection. There are no specific recommendations to prevent age-related hearing loss.

ASSESSMENT AND DIAGNOSIS

It's important to have a primary care provider do a thorough exam.

TREATMENT

Treatment of hearing loss usually requires one or more hearing aids. For most individuals, hearing loss is permanent. It should be important to remember that hearing loss does not indicate cognitive impairment.

ACTIVITY IMPLICATIONS

Hearing loss is one of the more common issues that may result from aging. The impairment or loss of hearing can be a detriment to one's quality of life and if left untreated, may result in social isolation, depression, and/or cause a person to feel confused. Some people may assume that someone with hearing loss has dementia because he either doesn't answer when spoken to, his response does not relate to the question or statement, or he becomes somewhat paranoid that people are talking about him. Helen Keller once said, "Blindness separates people from things, but deafness separates them from other people." Communication difficulties are the core result of hearing impairment. Many people experiencing hearing loss may be reluctant to admit the impairment and blame others for not speaking clearly. They may begin to withdraw from normal activities.

POSSIBLE INDICATORS OF HEARING LOSS

- × Blaming others for not speaking clearly or loudly enough
- × Paranoid tendencies such as feeling excluded from conversations or feelings of being talked about
- × Withdrawal from daily activities
- × Not answering when spoken to or answering inappropriately

SUGGESTED COMMUNICATION TECHNIQUES

- × Gain the person's attention before you start to speak.
- × Use face to face communication
- × Ensure good lighting
- × Be careful not to shout but rather speak in a slow, lower-pitched voice.
- × Rephrase questions or comments as necessary.
- × Use a white erasable board to write questions or comments.
- × Be aware of any noises that may interfere with conversations such as ice machines, loud music or televisions.
- × Keep your mouth visible and avoid chewing gum or food when conversing.

ADAPTIONS

- × Television or phone word captions
- × Amplifiers for television, radios, and telephones
- × Alarms with flashers
- × Wireless headset for the television

RESOURCES

- × Healthy Hearing www.healthyhearing.com
 - × Hearing Aid Help www.hearingaidhelp.com
 - × Hearing Loss Association of America www.hearingloss.org
- Creative Forecasting, Inc January 2012

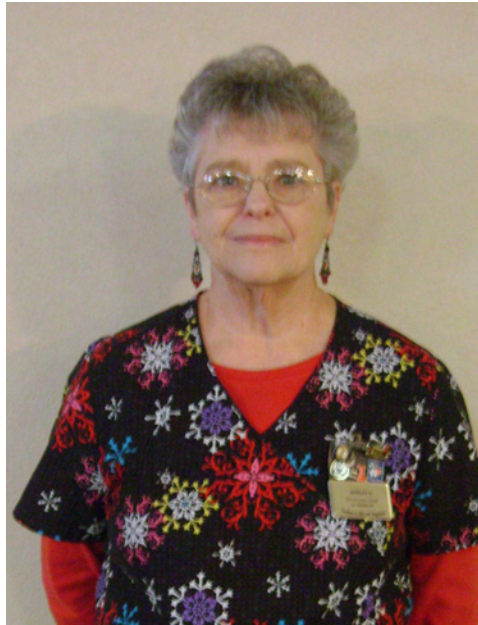
ELWOOD CARE CENTER

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MANAGEMENT TEAM

Administrator.....	ecckater@atcjet.net.....	Kate Reiners
Director of Nursing.....	eccamandak@atcjet.net.....	Amanda Klein
Social Services Director.....	eccashleym@atcjet.net.....	Ashley Mitchell
Activities Director.....	eccarolynh@atcjet.net.....	Carolyn Houser
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Maintenance Supervisor.....	ecclarryw@atcjet.net.....	Larry Warner
Laundry Supervisor.....	ecccoleens@atcjet.net.....	Coleen Schutz
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Medical Records.....	eccvickik@atcjet.net.....	Vicki Kotschwar
MDS Coordinator.....	eccsusieo@atcjet.net.....	Susie Ocken
Office Manager.....	eccirenek@atcjet.net.....	Irene Kenning
Staff Development.....	eccpamw@atcjet.net.....	Pam Wescoat



Shirley Schwarz has worked at Elwood Care Center for 16 years and has been in long-term care for 22 years. She likes the one on one that she has with the residents. She can visit more with them in the position she now has. She also likes the way they make her feel like they can trust her.

Something that people may not know about Elwood Care Center is that it is a good place to work and meet new people. Shirley's hometown has been Elwood for the last 42 years. She was born in Kearney. She has not had any of her relatives live at ECC.

Shirley has been married to Kenny Schwarz for 51 years. Shirley has five children—one boy and four girls, 9 grandchildren and five great grandchildren and one on the way.

When she is not at ECC she enjoys spending with her children, going camping, going on the Junk Jaunt with her sister-in-law and brother-in-law.

Her favorite food at ECC is chicken fried steak and at home it is white chicken chili.

Shirley's favorite vacation spots are the river over by Lexington and Blackhawk, Colorado. She does not belong to any organizations or volunteer anywhere.

February Birthdays

Staff

Coleen Schutz—1st
Coleen Weisman—4th
Carolyn Houser—27th
Deb Hambidge—27th
Kate Reiners—29th

Residents

Larry Mak—1st
Pat Schutz—5th
Eleanor Eggers—5th
Edsel Chandler—7th
Betty Prasch—16th
Robert Brell—17th
Patty Sticklely—23rd
Carolyn Gerken—26th

Anniversaries

Connie Huber—3 years
Alma Hodges—5 years
Jessica West—3 years
Larry Warner—8 years
Kim Benson—1 year



February 2012 Event Calendar

Elwood Care Center & Assisted Living

Thursday's Are Beauty Shop Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Super Bowl XLVI 9:15 Church 9:30 Communion Family Visits Super Bowl XLVI Pat S. & Eleanor E—B	6 9:15 Devotions Crafts 10:15 Refreshments 11:00 Exercise with Connie 4:00 Men's Corner 6:30 Wheel of Fortune 7:00 Carol Burnett	7 9:15 Devotions Tater Peeling 9:15 Small Groups 10:15 Refreshments 1:30 Beauty Bingo (Win A Prize) Edsel C—B Birth Day Dinner	8 9:15 Devotions Bible Study 2:00 First Christian Church 3:00 Coffee Time Larry M. & Coleen S—B	9 9:15 Devotions Baking 10:15 Refreshments 11:00 Exercise with Connie 1:30 Bean Bag Toss 2:30 Refreshments	10 9:15 Devotions Chicken Soup for the Romantic Soul 10:15 Refreshments 1:30 Movie & Popcorn "The Love Letter"	11 National Inventor Day
12 9:15 Church 9:30 Communion Family Visits 54th Annual Grammy Awards	13 9:15 Devotions Serenades and Sweetheart Songs 10:15 Refreshments 11:00 Exercises with Connie 4:00 Men's Corner 6:30 Wheel of Fortune 7:00 L. Weik	14 Valentine's Day 9:15 Devotions The First Valentine 10:15 Refreshments 11:30 King and Queen Crowning 2:00 Valentine Tea	15 9:15 Devotions Find A Word 10:15 Refreshments 2:00 Eustis United Methodist Church 3:00 Coffee Time	16 Allen at the Organ 9:15 Devotions Pet Talk 10:15 Refreshments 11:00 Exercise with Connie 1:30 Car Racing 2:30 Refreshments Betty P—B	17 9:15 Devotions Chicken Soup for the Couples Soul 10:15 Refreshments 1:30 Movie & Popcorn "Breathing Lessons" Robert B—B	18 9:15 Devotions Cards and Games 10:15 Refreshments Library Lover's Month
19 9:15 Church 9:30 Communion Family Visits National Chocolate Mint Day	20 9:15 Devotions Card Recycling 10:15 Refreshments 11:00 Exercise with Connie 4:00 Men's Corner 6:30 Wheel of Fortune	21 9:15 Devotions Bingo (5 c Day) 10:15 Refreshments 1:30 Allen & Sharon Sing 2:30 Refreshments	22 9:15 Devotions 9:30 Pre-Schoolers 10:15 Refreshments 2:00 Elwood United Methodist Church 3:00 Coffee Time	23 Allen at the Organ 9:15 Devotions Sentimental Reflections 11:00 Exercise with Connie 1:00 AL Meeting 1:30 Staff Meeting Patty S—B	24 9:15 Devotions Chicken Soup for the Romantic Soul 10:15 Refreshments 1:30 Movie & Popcorn "Foxfire"	25 National Chocolate Covered Peanut Day
26 9:15 Church 9:30 Communion Family Visits 54th Daytona 500 NASCAR Race Carolyn G—B	27 9:15 Devotions A Trip to Carolyn's 11:15 Exercise with Connie 4:00 Men's Corner 6:30 Wheel of Fortune 7:00 Carolyn Burnett Deb H. & Carolyn H—B	28 9:15 Devotions Over the Fence Visit 9:15 Small Group 10:15 Refreshments 1:30 Bingo (Win A Prize) 2:15 Refreshments	29 9:15 Devotions Trivia & Games 10:15 Refreshments 2:00 Eustis St. John Lutheran Church Kate R—B			

Activity Calendar
Approved by the
Resident Council

Friends & Family
Welcome

Special Events
14th Crowning of
King and Queen
Men's Corner
every Monday

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