



Crossroad's Corner

Crossroads Care Center August 2017



Welcome to Crossroads!

We extend a warm welcome our new resident Marian Dowidat. We hope you will enjoy your stay at Crossroads Care Center and that you will have many visitors. Our staff is always available to answer questions and help in any way.

Sincere Sympathy



We extend our sincere sympathy to the family and friends of Norma Rienstra who passed away in July. Our prayers are with them as they mourn the loss of their loved ones.

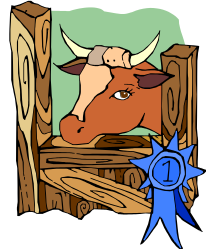
Happy Birthday Residents!



Ardis Scholten
Edith McMaster
Edith Koopman

August 4
August 23
August 25

It's Fair Time!



On August 10th, we will attend the Nobles county fair. We usually have several residents who enjoy this time. We will be going around 10:00 a.m. and staying until the residents want to come home. One of our biggest challenges is having enough volunteers to assist our residents with getting to see everything. If you would like to join us and assist a resident, please let us know. Thanks!

Farewell

It is with mixed emotions that I am notifying you of my resignation from my position as Administrator at Crossroads and South Shore Care Centers. I appreciate all of our staff and we truly have a great team at Crossroads and South Shore. I know they will continue to carry on the great care we provide here regardless of who the administrator is. There are many memories and many friends, residents, and colleagues that I will never forget from my time in Worthington. That being said, my final day will be Friday July 21, 2017.

I want to thank you for allowing me to be the administrator at Crossroads and South Shore and thank you for your continued support and trust you have for us in the care we provide to you, your family, and your friends.

Sincerely,
Scott Buchanan

**Religious
Services
In August**



**Sunday Church
Services**

**Every Sunday Activity Room
4:00 p.m.**

Pastor Sickmeyer & Church Family
Guests are welcome!

**Tuesday Worship Services
2:00 p.m.**

- 1st American Lutheran
- 8th American Reformed
- 15th Christian Reformed
- 22nd First Lutheran
- 29th Methodist

August Is...

- ☀ Family Meal Month
- ☀ National Fair Month
- ☀ Summer Fun Month

Birthstone: Peridot
Flower: Gladiolus



- 6th National Friendship Day
- 6th International Forgiveness Day
- 6th Sisters' Day
- 6th-12th National Smile Week
- 11th Daughters' Day
- 13th Lefthander's Day
- 14th V-J Day (Victory in Japan 1945)
- 16th National Tell a Joke Day
- 26th National Dog Day



**Happenings
In August**

7 th Resident Council	2:00
10 th Going to the Fair!	10:00
17 th Birthday Party	2:00
24 th Food Club	2:00
Primping	Tuesdays 10:00
Patio Time	Wednesdays 2:00
Dogs' Visit	Thursdays 10:30



**Wanted: People
with a Talent or
Hobby to Share!**

We are seeking volunteers to share a talent or hobby with our residents. Special requests from our residents include fiddle music, quilting, woodworking, photography and travelogues. Musical entertainment is always a favorite. If you would like to share something with our residents, please contact Anita at (507) 376-5312.



Social Service Notes From the Desk of Karen Rye

Living with Arthritis

Arthritis is one of the most common diseases in this country. Millions of adults and half of all people ages 65 and older are troubled by some type of arthritis. Arthritis can attack joints in any part of the body. It can cause physical changes you can see and feel such as swelling, warmth and redness in joints. Over time it can damage your joints.

The most common type of arthritis in older people is Osteoarthritis. This type of arthritis starts in cartilage that becomes ragged and worn away from the bone. It can leave bones to wear on each other and usually is likely to be in the hands, neck, lower back, knees and hips.

Rheumatoid arthritis is an autoimmune disease. It occurs when your body attacks the lining of a joint as it would if trying to protect you from a disease. This process causes inflammation in the joint causing pain, swelling and stiffness not just in one joint but often multiple joints at one time. Usually this type of arthritis is found in the fingers, wrists, shoulders, elbows, hips, knees, ankles, feet and neck. Rheumatoid arthritis can also attack organs such as the heart, blood vessels, nervous system and eyes.

The third most common type is called Gout.

Gout is considered the most painful form of arthritis. It begins when crystals of uric acid form in tissues and joints. The deposits of acid cause swelling, heat, pain and stiffness. Gout can be linked to eating foods like shellfish, liver, peas and gravies. Other contributing factors are use of alcohol, being overweight and some blood pressure medications. Gout is often a problem in the big toe, but can affect other joints such as the ankle, elbow, knee, wrist, hand and other toes.

The warning signs of some form of arthritis are warmth, redness, prolonged joint pain, swelling and stiffness. The joint may be tender or painful when touched. A person often has problems with moving a joint as well as they normally have been able to in the past.

Each kind of arthritis has a different type of treatment. It is important to get a lot of rest, participate in exercises which include range of motion and strengthening, eat a well balanced and healthy diet and learn the proper way to protect your joints. Make sure your shoes are correctly fitted. Watch your weight and ask your doctor about pain management options. The key to living with arthritis is to keep joint changes caused by arthritis from getting worse and getting treatment to prevent more serious damage to your joints.



Memory Care Support Group

A support group for family members of those challenged with memory loss will be held on the third Wednesday of every month at 2:00 p.m. at Sanford Worthington Hospital in the lower level conference room. The next meeting will be on August 16th. Please join us. There is no charge. Refreshments will be served. If you have questions, please call Karen Rye 376-5312.

Family Council Invitation!

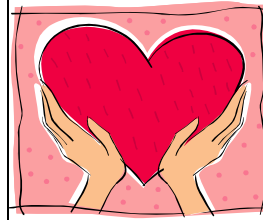


Families have a right to have their own group called a “Family Council.” The purpose of a Family Council is to discuss and make recommendations to the facility for improvements as well as to learn more about the facility and how families can help in the care and activities of their loved ones, the residents. If interested in starting a Family Council please contact Karen Rye, Social Services, for more information.



Check Out Our Website!

Check out our website at www.worthingtonnursinghomes.com. Share it with your family. You’ll find lots of information as well as our newsletter and calendars of events.



Staff Corner... “Hands & Hearts Who Care”

Happy Birthday Staff!

Tonya Kanengieter August 6
Keith Spillman August 7
Stacy Koster August 20

Anniversaries of Employment

Sharon Engelson, Dietary Asst., 11 years
Pam Berger, RN,
Resident Care Coordinator, 6 years
Achalla Cham, Dietary Asst., 6 years
Dean VonHoltum,
Environmental Supervisor, 6 years
Maria Leiva, CNA, 4 years
Elijah Updike, Cook, 1 Year



Maria Leiva, CNA

Thanks for ALL You Do!

What did residents say about Maria?

“She is kind”

“She is always neat”

“She is outgoing and always has a smile”

“She is quick to respond”