

The Heart of the Matter...

...Our Residents



***Claire Kinnan
Resident of the
Month***

The November resident of the month is Claire Kinnan, coming from Cozad, Nebraska just three months ago.

Claire was born in Cozad on October 9, 1918 to Charles and Vernie Knauss. She attended school in Cozad graduating in 1935 as valedictorian of her class.

On her birthday in 1937, she became the bride of her high school sweetheart, Ivan "Tiny" Kinnan. Tiny and Claire farmed east of Cozad all of their life and raised four children. Their oldest daughter, Peggy Pardee resides in Denver, Colorado, son Larry and wife, Vicki live in Lincoln, Nebraska, daughter Joan Rupp and husband, Roger reside close by at Johnson Lake, Nebraska and youngest daughter Kathy Muirhead lives in Omaha, Nebraska. Claire is grandmother to 13 grandchildren, and lots of great-grandkids!

As a young farm wife Claire stayed busy with a large garden, lovely flowers, and attending the children's activities. She was very active in her church as a teacher and leader of several organizations.

When Ivan passed away suddenly in 1986, Claire remained on the farm with the help of son Larry and continued to manage the farm for another 20 years.

Claire entered Assisted Living care at Meadowlark Pointe in Cozad in 2007. After five years of wonderful care, more assistance was needed and she moved into Elwood Care Center. She is enjoying the attention and care she receives daily from the staff and the social time during the meals. Claire reads her Bible daily, also the newspaper, spending time doing the jumble, word search, and crossword puzzle. She is a big Cornhusker fan and enjoys cheering on the Husker football team and the girl's volleyball as well.



Elwood Care Center Board of Directors
Chairman, Betty Koenig
Nina Anderson
Dick Bennett
Bill Monter
Jared Wetovick

Therapy



P. T. some say it stands for Pain and Torture. Not me! I say its Progress and Transition.

How amazed I am at the Progress and change that has happened to me. On July 13th, I was totally dependent for every phase of life. (cont. in next column)



Jennifer Tawnya Cindy Barb

We'd like to thank our Elwood community and our surrounding neighbors for your support over the last 40 years. Many of you have volunteered your time, served as an employee, have resided here or have had a loved one reside here. We thank each of you & we feel honored to have been a small part of your lives.

(cont) When I first started Physical Therapy I couldn't bend my knees or put weight on my legs. So for six weeks we worked on strengthening my leg muscles. On the 7th week, I had an okay from the Doctor to bend and put some weight on my legs. Two days later I was standing and marching in place.

Some may ask, "but didn't it hurt?" I can't say it doesn't, but it is worth it. Each time it shows progress and soon I will have the braces off.

Yes it is an amazing, progress and transition. What excitement with every new step of it.

I want to thank Physical Therapy for their help in my recovery. I especially thank the therapists for their patience and kindness. Thanks Cindy, Jennifer, Barb and Tawnya. You always encouraged me to do a little more and so comes the Progress and Transition.

~Delilah Monter

Restorative Nursing Programming

Pictured is Elwood Care Center resident Teresa Marquardt working with Stacey Gainsforth, ECC's Restorative Therapy Coordinator, with the "2 pound cane" for upper body strengthening.

Stacey states that this programming is very important to the residents at ECC. Restorative therapy is just one way that we encourage residents to maintain their independence. By doing simple exercises to the arms and legs residents are able to maintain and strengthen the muscles needed every day to do simple tasks such as dressing and walking. My goal is to keep the residents of ECC as strong and able as they can be in meeting their daily needs.

Teresa states she is glad to work with Stacey because "I enjoy doing these exercises to maintain my strength to do things for myself. I try to be as independent as I can be."

Restorative nursing is basically person-centered, whole-person nursing care; that utilizes nursing interventions that promote the resident's ability to adapt and adjust to living as independently and safely as is possible.

Quality of life is a natural outcome of this programming.

Nurses, not physicians or therapists, order restorative nursing programs. Therapists work with nurses (cont)



as consultants. However, restorative nursing is not rehabilitation therapy. Rehab and restorative nursing are compliments to one another, but not the same. Residents work to keep the skills they learned in therapy in restorative nursing programs, so there is

some crossover. Therapy is based more on the medical model, while restorative nursing programs are, by definition, based on the nursing model. Therapy is faster-paced, and significant progress must be made in a fairly short time. Restorative nursing, on the other hand, focuses on maintaining function in a long-term, ongoing process.

HOLIDAY REMINDER

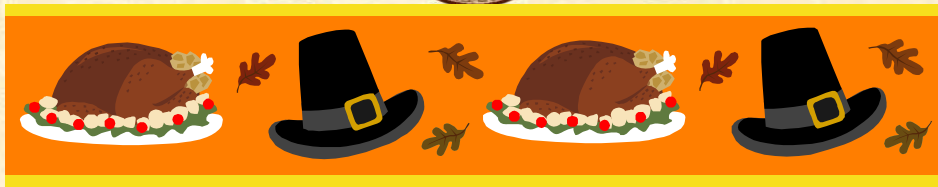
Just a reminder with the Thanksgiving and Christmas holidays approaching quickly please notify Dietary to make reservations if you are planning on eating dinner/supper with your loved one so that they can plan. Please call Patsy at 308-785-3302. Also any new items brought in need to have resident's name on it so that laundry gets things back to the correct resident. Thank you for your help with these two things.

Staff Birthdays

Gail Ball—1st
Cherrie Zackery—3rd
Anslie Dishman—16th
Brittany Fattig—16th
Zachary Frazho—20th
Shirley Schwarz—19th

Staff Anniversaries

Lola Debban—10 yrs
Jane Earhart—2 yrs
Carolyn Houser—26 yrs
Sara Lentz—2 yrs
Alecia Stephens—4 yrs
Jamie Wendland—2 yrs
Cherrie Zackery—1 yr.



Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. ~ Melody Beattie

Compassion (noun) having empathy or concern for others, including a desire to help

1972-2012

Elwood Care Center & Assisted Living
607 Smith Ave., PO Box 315
Elwood, NE 68937



If you'd like to be taken off our mailing list, please email eccpamw@atcjet.net or call 785-3302.

T is for the Trust the Pilgrims had so many years ago.

H is for the Harvest the settlers learned to grow.

A is for America, the land in which we live.

N is for Nature and beauty which she gives.

K is for Kindness, gentle words, thoughtful deeds.

S is for Smiles, the sunshine everyone needs.

G is for Gratitude...our blessings great and small.

I is for Ideas, letting wisdom grow tall.

V is for Voices, singing, laughing, always caring.

I is for Indians, who taught them about sharing.

N is for Neighbors, across the street, over the sea.

G is for Giving of myself to make a better me.

Elwood Care Center & Assisted Living

November 2012 Event Calendar

Thursdays Are Beauty Shop Day



Activity Calendar

Friends and Family

“Special Events”

6th Election Day

12th Veteran’s Day Program

Sign Up Sheets for Monthly Shopping Trips, Senior Center Outings, and Van

-Caring Hands 1:1 Visits Provided

Activity Director:
Carolyn Houser
Activity Assistant:
Rita Darnall

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>4 Daylight Savings Time Ends 9:15 Church 9:30 Communion Family Visits</p> <p>National Candy Day</p>	<p>Birthstone: Topaz Flower: Chrysanthemum Colors: Dark Blue and Red</p> <p>5 9:15 Devotions The White House 10:15 Refreshments 10:30 Exercise with Stacey 4:00 Men’s Corner 6:30 Wheel of Fortune 7:00 First Ladies</p>	<p>6 Election Day 9:15 Devotions Tater Peeling 9:15 Small Groups 10:15 Refreshments 1:30 Bingo (Win A Prize) 2:30 Refreshments Birthdays Dinner</p>	<p>7 9:15 Devotions Find A Word 10:15 Refreshments 10:30 Exercise with Stacey 2:00 Our Redeemer Lutheran Church 3:00 Coffee Time</p>	<p>8 Allen at the Organ 9:15 Devotions Wilbur Sayles 10:15 Refreshments 1:30 Penny Ante 2:30 Refreshments</p>	<p>9 9:15 Devotions Going to Grandma’s House 10:15 Refreshments 10:30 Exercise with Stacey 1:30 Movie & Popcorn “Flicka”</p>	<p>10 National Day of Play Nebraska vs. Penn State</p>
<p>11 9:15 Church 9:30 Communion Family Visits</p> <p>National Sundaes Day</p>	<p>12 Veterans’ Day 9:15 Devotions Veteran’s Day Program 10:15 Refreshments 10:30 Exercise with Stacey 4:00 Men’s Corner 6:30 Wheel of Fortune 7:00 Operation Dalmatian</p>	<p>13 9:15 Devotions Bingo (5c Day) 9:15 Small Groups 10:15 Refreshments 1:30 Beauty Hour 2:30 Refreshments</p>	<p>14 9:15 Devotions Bible Study 10:15 Refreshments 10:30 Exercise with Stacey 2:00 First Christian Church 3:00 Coffee Time</p>	<p>15 Allen at the Organ 9:15 Devotions Thanksgiving in New England 10:15 Refreshments 1:30 Bean Bag Toss 2:30 Refreshments</p>	<p>16 9:15 Devotions Thanksgiving Unstuffed 10:15 Refreshments 10:30 Exercise with Stacey 1:30 Movie & Popcorn “Snow Dogs” Anslie D & Brittany F– B</p>	<p>17 Homemade Bread Day 9:15 Devotions Games & Cards Family Volunteer Day Nebraska vs. Minnesota</p>
<p>18 9:15 Church 9:30 Communion Family Visits</p> <p>Mickey Mouse’s Birthday (1928)</p>	<p>19 9:15 Devotions Card Recycling 10:15 Refreshments 10:30 Exercise with Stacey 4:00 Men’s Corner 6:30 Wheel of Fortune 7:00 L. Welk Shirley S-B</p>	<p>20 9:15 Devotions Bingo (Win A Prize) 9:15 Small Groups 10:15 Refreshments 1:30 Allen & Sharon Sing 2:30 Refreshments Zachary F-B</p>	<p>21 9:15 Devotions Holy Humor 10:15 Refreshments 10:30 Exercise with Stacey 2:00 Eustis United Methodist Church 3:00 Coffee Time</p>	<p>22 Thanksgiving 11:30 Thanksgiving Dinner Family Visits & Outings</p>	<p>23 9:15 Devotions Thanksgiving Traditions 10:15 Refreshments 10:15 Exercise with Stacey 11:00 Nebraska @ Iowa ABC Football Party</p>	<p>24 Celebrate Your Unique Talent Day</p>
<p>25 9:15 Church 9:30 Communion Family Visits</p> <p>Shopping Reminder Day</p>	<p>26 9:15 Devotions Card Recycling 10:15 Refreshments 10:30 Exercise with Stacey 4:00 Men’s Corner 6:30 Wheel of Fortune 7:00 Little House on the Prairie</p>	<p>27 9:15 Devotions Over the Fence Visit 10:15 Refreshments 1:30 Bingo “Trade Day” 2:15 Refreshments</p>	<p>28 9:15 Devotions 9:30 Pre-schoolers 10:15 Refreshments 10:30 Exercise with Stacey 2:00 Elwood United Methodist Church 3:00 Coffee Time</p>	<p>29 Allen at the Organ 9:15 Devotions Baking 10:15 Refreshments 10:30 Exercise with Stacey 1:00 All Meeting 1:30 All Staff Meeting</p>	<p>30 9:15 Devotions “We Made This Country Great” 10:15 Refreshments 10:30 Exercise with Stacey 1:30 Movie & Popcorn “Avonlea Christmas”</p>	<p>3 9:15 Devotions Thanksgiving Bingo 10:15 Refreshments 75th Sadie Hawkins Day (1937) Nebraska @ Michigan State Cherrrie Z-B</p>