



HERITAGE LAKESIDE

SUMMER 2021 NEWSLETTER

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Dear Residents and Families,

As this is our first Newsletter since I began at Heritage Lakeside, I would like to introduce myself. My name is Ariel Miller, and I am a Licensed Nursing Home Administrator. I began my career in health care as a Dietary Aide and Certified Nursing Assistant over 10 years ago. In that time, I have traveled in my path as an Administrator to Iowa, Tennessee, and other areas in the beautiful state of Wisconsin. My family and I very much enjoy Barron County and love being close to our extended families throughout the Chippewa Valley.

On behalf the Heritage Lakeside team, I would like to thank all of our families and volunteers. We have felt tremendous support through the COVID-19 pandemic from our community. Please take a look further in this newsletter for an update on our visitation procedures. We continue to follow county, state, and federal guidance to allow the safest interactions possible for everyone. Make sure to check out our Facebook Page, Heritage Lakeside, to see what we are up to!

Sincerely,

Ariel Miller

Ariel Miller
Executive Director

“If you don't like something, change it.

If you can't change it, change your attitude.”

-Maya Angelou

VISITATION UPDATE

We are open for in person visits! Your visitation with your loved one can be indoors or outdoors (weather permitting). These visits can be arranged by calling the front desk at 715-234-9101. You are able to hug and hold your loved one's hands; however, we do ask that the 6-foot social distancing be maintained during visits as much as possible. Residents are also able to leave the facility for visits with families. We are required to have visitors complete a health screen on the kiosk upon entering facility and to wear a fitted face mask during this time.

Newly admitted residents and readmitted residents that are not fully vaccinated are not eligible for visitation for at least 14 days as part of their quarantine process, except for compassionate care visits. If new admissions or readmissions are fully vaccinated, they will no longer be quarantined for 14 days.

CMS Guidelines for Indoor Visitation

“Facilities should accommodate and support indoor visitation, including visits for reasons beyond compassionate care situations, based on the following guidelines:

a) There has been no new onset of COVID-19 cases in the last 14 days and the facility is not currently conducting outbreak testing; b) Visitors should be able to adhere to the core principles and staff should provide monitoring for those who may have difficulty adhering to core principles, such as children: c) Facilities should limit the number of visitors per resident at one time and limit the total number of visitors in the facility at one time (based on the size of the building and physical space).

Facilities should consider scheduling visits for a specified length of time to help ensure all residents are able to receive visitors; and d) Facilities should limit movement in the facility. Visits for residents who share a room should not be conducted in the resident's room”.

Though our window was wonderful to see family.....



We are so happy to be able to have in-person visits now!

DIRECTOR OF NURSING: REBECCA BECKMAN



I come to Heritage Lakeside from Lexington, Ky. After vacationing in Wisconsin for the past few years it became apparent this is where we wanted to make our home. I began my career as a CNA in the early 1990's and fell in love with the nursing field. After receiving my RN degree, I have served in several capacities, including staff nurse, charge nurse, unit manager, director of nursing and assistant regional director of clinical services. I taught the CNA course at Somerset Community College. I am married and have 5 grown children and 8 wonderful grandchildren. I am excited to join the team at Heritage Lakeside and look forward to working with the staff, residents, and families.

SOCIAL SERVICE: KRIS MATTSON



What is a Social Worker?

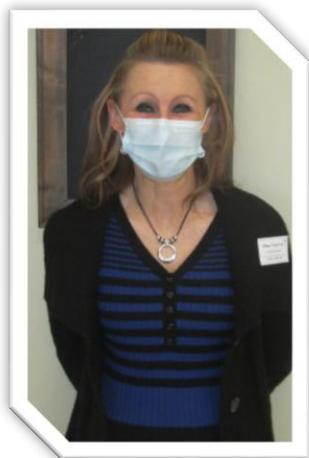
Have you ever wondered what a Social Worker does. In a long-term care setting, the social worker is an **advocate** for the residents. They ensure that the residents are aware of what their rights are and that those rights are protected. Social workers also **listen to complaints or grievances** from the resident and their family members and work to resolve them. Social workers coordinate **discharge planning** when residents are ready to return home or move to a less restrictive setting. This involves ensuring that there is a safe plan in place and that any necessary services or equipment needed after discharge are arranged.

Social workers are part of the **interdisciplinary team** working together to ensure that residents' physical, emotional, psychosocial, and mental health needs are being met. Care plans are updated accordingly to reflect the individual needs of each resident. Social Workers **build personal relationships** with residents by listening and learning about their families, their hopes, their losses, their fears, and their joys. Building trust allows residents to feel safe to share their concerns which leads to better quality of life outcomes. It is common to walk through the halls and come across residents who want to share recent pictures or news they've received. These moments are some of the best parts of our day.

Social workers also complete regular **assessments** on residents to monitor any changes in cognitive status. Questions are asked to assess their memory as well as their mood. Social workers help with **conflict resolution** between residents and consider requests for room changes. They also attempt to locate lost items and are the one who is called when a pair of glasses are broken or when a resident is in need of clothes. Social workers **provide information and referrals** to residents and their families who are trying to navigate the complicated systems of health insurance, guardianship, etc. Social workers provide **emotional support** to families whose loved ones are suffering from deteriorating physical and mental health conditions, Alzheimer's disease, or dementia, or are facing end of life decisions. Every day is different and unpredictable for a social worker in a nursing home, but it is rewarding and a place where you can truly make a difference in the lives of others.



ACTIVITY DIRECTOR: SHAY FREEMAN



Hello. My name is Shay. I am the new Activity Director here at Heritage Lakeside! It has been a pleasure getting to know your family member. Our activity staff have had so much fun with residents making crafts, playing games (especially Bingo!), listening to music, getting some exercise, celebrating holidays/birthdays, enjoying special treats, and the list goes on and on. I especially look forward to the time when the weather is warm and we can go outside! I also look forward to meeting you in the months to come. Further, I want to thank all of you who have made donations to Heritage Lakeside. We so appreciate your contributions.



ADAPTIVE THERAPY: SARAH KARPOWICZ

What is Occupational Therapy?

Occupational Therapy (OT) focuses on the performance of activities in daily life for example:

- Dressing
- Grooming
- Bathing
- Eating
- Toileting

OT is recommended when an individual's ability to live independently, care for personal needs, and participate in community, work and family life is interrupted by illness or injury.

The Occupational Therapy Team

The Occupational Therapy team may consist of both an Occupational Therapist (OT) and an Occupational Therapy Assistant (OTA).

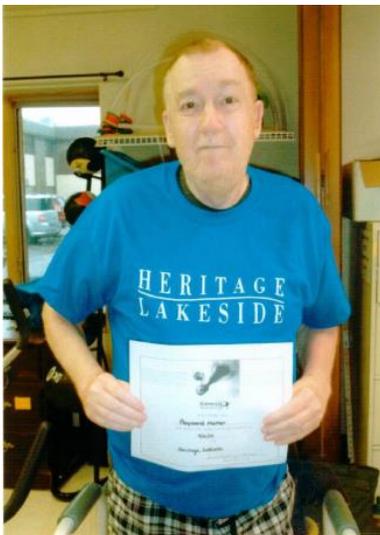
The Occupational Therapist will evaluate and develop an individualized treatment plan to achieve prioritized goals. Throughout the course of your or your family member's rehabilitation, the OT will document progress and re-evaluate and modify treatment strategies, as appropriate.

The Occupational Therapy Assistant will perform portions of your family member's treatment as directed by the OT. For example, the OTA may teach your family member to use adaptive equipment to dress or help your family member perform specific upper body strengthening exercises. The OTA also records your family member's response to treatment and reports the outcome of each treatment to the OT.

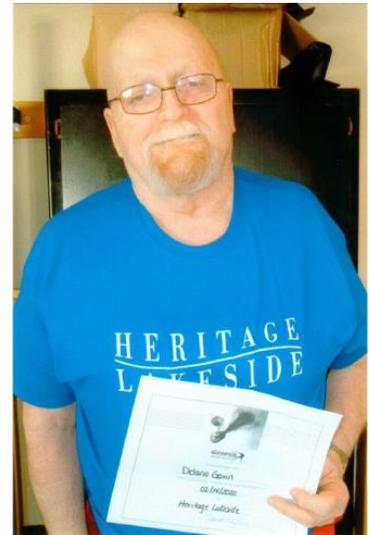
Occupational Therapy Approaches

Occupational therapy incorporates a variety of treatment approaches and techniques such as, but not limited to:

- Training in daily living skills such as dressing, eating, safety and home management skills.
- Recommending exercises to increase upper body strength, promote good posture, and enhance flexibility.
- Making recommendations and providing training regarding the use of adaptive equipment.
- Assessing the discharge environment and making recommendations about necessary adaptations.



Therapy
Graduates



Carrot Cake Whoopie Pies

Recipe type: Dessert

Serves: 12-14 pies

1 ¼ cups all-purpose flour
½ cup quick oats
¾ tsp baking soda
1 ¼ tsp cinnamon
¼ tsp ground ginger
⅛ tsp nutmeg
¼ tsp salt
½ cup butter, softened
½ cup sugar
½ cup packed brown sugar
1 large egg
1 tsp vanilla extract
1 ¼ cups finely grated carrots
¾ cup chopped walnuts
FOR THE FILLING:
4 oz cream cheese, softened
6 tbsp butter, softened
Pinch salt
½ tsp vanilla extract
1 ½ cups powdered sugar



INSTRUCTIONS

1. In a bowl, combine flour, oats, baking soda, cinnamon, ginger, nutmeg, and salt. Set aside.
2. Using an electric or stand mixer, beat butter and sugars until light and fluffy, about 3 minutes. Add egg and vanilla extract and continue beating until fluffy.
3. Add half the dry ingredients to the wet and mix on low until mostly combined. Repeat with remaining dry ingredients. Increase speed to medium and beat until combined.
4. Fold in carrots and walnuts. Chill dough for 1 hour.
5. Preheat oven to 350 degrees.
6. Drop 2-tbsp balls of dough onto a parchment or silpat-lined baking sheet, about 2 inches apart.
7. Bake 12-13 minutes, until centers are set. Cool on the pan for a few minutes, then transfer to a wire rack.
8. Meanwhile, to make the filling, beat together cream cheese, butter, salt and vanilla until light and fluffy. Add the powdered sugar and beat until fluffy. Transfer the filling to a pastry bag (or Ziplock bag with the corner cut off).
9. Once the carrot cake has cooled, pipe frosting onto one, then sandwich a second on top.
10. Serve immediately or store in an airtight container in the refrigerator.



FACEBOOK

Do you ever wonder what we are up to at Heritage Lakeside in Rice Lake. Check us out on:

<https://www.facebook.com/HeritageLakesideWI/>

Follow us on Facebook and you will be able to see some of the fun and exciting things that we are doing or that we have done. We will also post updates on our COVID precautions for visitations.

WEBSITE

For additional information please look at our website at:

<http://heritagelakesiderehab.com/>

HERITAGE
LAKESIDE

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