

O.C.C. UPDATE

Oregon Care Center
501 South Monroe, Oregon, MO 64473 (660) 446-3355

February 2012

Things You Should Know

OCC is selling Valentine's Day Balloon Bouquets. Orders should be received by 2/10/12. Cost is \$10.00 and all proceeds to go the OCC Activity Fund.

Our dietary has been purchasing 2 cases of pop per week. Starting 2/1/12, we are going to order 1 case of pop each week. If you have a loved one that may be impacted by not having soda at the end of the week, you may want to bring in soda just for your family member. As another beverage option, we are adding Crystal Light to the table with the ice tea and water.

We invite you to stop in to eat with your family member. We have a daily special for each meal along with the menu items to choose from. The cost is \$4.00 and you can pay Becky or the Dietary Manager.

Facts About Leap Day Year

Leap Day is every four years...almost. It's every four years except years ending with "00" that are not divisible by 400. The year in which this occurs, is called a Leap Year.

The earth rotates around the sun once every 365 and about 1/4 days. So, by adding an extra day every four years, we get mighty close to keeping the calendar consistent with the earth's annual trip around the sun. And to be very precise, the earth orbits the sun every 365.242190 days. So, on years ending in "00", (except those not divisible by 400) we skip Leap Year and Leap Day. With all that fancy calculating out of the way, let's just celebrate the day.

If your birthday is on Leap Day, congratulations, you finally get to celebrate your birthday on your birth date. Just how many of us are celebrating our Birthday on Leap Day? Only about one in 1461 people. So, if you were born on this day, consider yourself very, very special.

You are invited to join our Leap Day Party at 2:30 p.m. As a special treat, Andy Campbell, Three Rivers Hospice, has agreed to come back and sing for us.

February is National Healthy Heart Month

We have teamed up with the Fairfax Hospital staff to promote Heart Health awareness. In recognition of the importance of taking care of your heart, Staff and Resident are encouraged to wear RED on Feb 3rd and again on Feb 15th.

Heart and blood vessel diseases are our nations No. 1 killer. Nearly 2,400 Americans die each day from them!! You can do plenty of things to get your heart in shape. Healthy changes will help you feel better and look better and live longer. Here are some simple steps to take:

- Don't Smoke * Check your BP regularly * Eat Healthy
- Exercise and Maintain a Healthy Weight * Visit your Dr.

OCC is hosting a Valentine's Dinner on Monday, Feb 13th at 6:30 p.m. This is an intimate dinner for each resident and one special guest of their choosing. (Invitations will be in the mail soon) The department heads host and serve the meal. This year we are lucky to have Darrih Buckles providing the entertainment for us. The menu for this special evening is soup, salad, long green beans, cheesy potatoes and brisket or chicken and of course some delicious desserts. Keeping with our tradition, on this evening we crown a Valentine's King and Queen. To help us determine who will be this years King and Queen, we have placed 2 containers at the front desk and ask that you vote for who you feel should be this years royalty. If you have questions about our Valentine's Dinner, please call Jackie at 660-446-3355.



Welcome....

Nonie Prussman,
Shirley Staples,
Jackie Hunziger.

We know you are only with us for a short time, but our goal is to help you recover and get back to your home as quickly as possible. Let us know how to better support you. Carmen



Bragging Rights

Congratulations and Thank You to all the staff for remembering to use proper safety precautions while at work. I recently turned in our 2011 OSHA injury report and I'm happy to report that our home had NO injuries for the entire year. We had 5 accidents but none that required medical attention or resulted in the employee needing to miss work. Way to go staff! Your safety is just as important as the safety of those we support!



Gone But Never Forgotten

*At this time we say goodbye to our dear friends
but they will live forever in our*

memories...

*Jerry Comer
Inez Reynolds
Max Markt*

February Birthdays:

Happy Birthday to
You

Happy Birthday

Dear ...

Diana Volz

on Feb 18th!



OCC is hosting the 2nd Annual Community Shape Up Challenge. After overindulging during the holidays we like to offer a friendly competition for teams to support each other while developing healthier lifestyles. As teams exercise and eat right, we track their weekly progress and offer positive support to stay on track. The challenge started January 3rd and ends March 28th. This year 25 teams have entered and after 2 weeks the entire group has lost a total of 190 lbs. Weekly weigh-in's are on Wednesday so we have lots of visitors on this day! Log on to <http://www.tiffanycare.com/TCCOCCshapeup2012.html>

January has been a fun month of inside activities. The most attended and discussed activities were the historical reflections of Oregon and Forest City. We loved Andy Campbell, Three Rivers Hospice, singing and guitar playing. Andy is a former Nashville's Colgate Country Showdown winner. We've also enjoyed the mild weather. It's been fun feeding the birds and watching the squirrels play in the grass. At the end of the month we took advantage of the nice weather and took a drive around Squaw Creek and were amazed at the snow geese and ducks on the water.

On January 14th @ 2 pm the Family Council meet. Those in attendance were Family Members- Evelyn Reynolds and Brandi Oliveira, Residents- Fern Thompson, Nonie Prussman, Inez Reynolds, Carol Norris, Doris Hunziger, Mary Bruntmyer, Ruby Munshaw, Beulah Stains, Erma Burnett, and Mary Markt. The group went around the table and looked up each family in the book, "Gone Home" by Eileen Derr. Sitting at the table were classmates Inez Reynolds and Mary Markt, who are both 100 years young! Also joining Miss Markt at the table was her student Nonie Prussman. The group laughed and told stories. The group even found a picture of Carol (Buetzer) Norris' parents and Miss Mary's Markt's Parents. We will discussing the same topic at the next Family Council if you would like to come share and enjoy! March 10th, 2012 @ 2pm in the Dining Room

This is an excerpt from "Gone Home" (about Mary Markt's brother) Glenn "Jack" Markt invented and sold to airlines, a location finder, a device used in conjunction with radio beams in blind flying.

** We are starting a new C.N.A. class. Diana Diggs, DON, is the instructor . The class meets 2 times a week in which students must complete 75 classroom hours of studies and 100 hours of hands-on clinical experience. We are excited to have Sara Allee, Brianna Plummer, Chris McCourt, Chris Tunnell and Amy Grimes in this class. If you see these guys remember they are in training and we hope to have 100% graduation in May.