

September 2022

King's Daughters Home

2410 Rodd St. - Midland, MI 48640 * (989) 839-9800



Celebrating September

Labor Day (U.S.)
September 5

Resident Meeting
with Mike (Administrator)
Thursday, Sept. 8th @ 2:30 pm
**held in the Activity Rm*

Grandparents' Day
Sunday, September 11th
Tea Party Social @ 3 pm.
(Dining Room)

Eye Doctor Visit
(Physician Exam Room)
***let your nurse know if you'd**
like to be signed up
Wednesday, September 14th

Monthly Birthday Party
Tuesday, September 20th
Cake & Ice Cream-Dining Rm.

Welcome Fall Bonfire
Thursday, September 29th
@ 7pm. - Join us for Hot Dogs
and S'Mores outside

There's no question the last couple years have presented us with some challenges. COVID has continued to wreak havoc with the pre-pandemic norm. I'm sure we are all very anxious to see health care facilities, the State of Michigan and our families return to pre-covid normal.

Obviously, the residents and staff of KDH have been living with numerous restrictions.

This is the time of the year when most children have returned to school. Most schools in our region still have restrictions due to COVID. It is nice to see that children are able to participate in extra-curricular activities. There are additional rules stemming from the pandemic, but the kids are very pleased to be able to enjoy the activities.

These challenges can be somewhat discouraging.....**BUT** do keep in mind that blessings certainly can come from troubling times. Some things we believed were worth so much only a couple years ago are now not quite seen in the same light. This is a pointed reminder that, as nice as sports, clubs, recreation, vacations, and even businesses might be, they mean little when compared to what is truly meaningful. Perhaps once we fully return to pre-COVID normal, we can retain the unbusied way of life which leaves more time for what is most meaningful.

Let's remember blessings come to us both in good and bad times. Let's pray for a safe remainder of the year for all.

Mike Kelly

Administrator



NURSING NEWS



It's that time of year again and fall is creeping up on us. Before we know it flu season will be here. We continue to do infection surveillance daily for both residents and staff. Should the unthinkable happen, KDH has policies prepared to deal with a flu and or a Covid19 outbreak. If needed, we will receive support from local and regional agencies. We have included below some additional information regarding the Flu vaccination. As always, we are encouraging everyone to participate in receiving the Flu vaccination.

If you are the designated DPOA for one of our residents, you will be asked to fill out a consent form for the Flu vaccination and for billing of the injection. We will be mailing the consent form for the Flu vaccine. We ask that you return these consents to us as soon as possible. If you do not receive a consent form, or have any questions regarding the vaccination, please reach out to me or Melissa. We do not yet have a date scheduled for the Flu vaccination for the residents of Kings Daughters Home.



Covid19 update: Pfizer and Moderna have both developed bivalent vaccine boosters against the BA 4 and BA 5 Corona virus variant. If the FDA authorizes the vaccine and the CDC recommends the booster, it may be available sometime this fall. We will be receiving additional information as it is issued and relay that information to our residents and family members.

Here's to your health!

Jo Lynn Gunderman, RN / Director of Nursing

Melissa Pate, LPN / Assistant Director of Nursing

King's Daughters Home Staff Royalty SEPTEMBER 2022



CONGRATULATIONS

Tyler Beebe!

Tyler is a Dietary Aide



and has worked at KDH



Since May of 2022.

*Tyler has won a \$50 Bonus!

WAY TO GO Tyler!

Flu Facts:

DID YOU KNOW...?



The flu is a contagious respiratory illness that infects the nose, throat and lungs.

The flu spreads by droplets when people with the flu cough, sneeze or talk.

You can infect others beginning about 24 to 48 hours before you have symptoms and up to 7 days after your symptoms subside. It takes about 2 weeks after the flu vaccine is given for your body to develop the antibodies it needs to protect you from the flu.

Symptoms of the flu include fever and/or chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, unusual fatigue. Few may get vomiting and diarrhea, although this is more common in young children.

WHAT YOU SHOULD KNOW about the Flu: Common Q & A and key facts:

What should I do to prepare for flu season?

GET A FLU VACCINE. The CDC recommends that everyone ages 6 months and older receive an annual flu vaccine. It is the first and most important step in protecting yourself from the flu and flu complications. It is especially important for those who are 65 or older or for those that have chronic medical conditions such as asthma, diabetes or chronic lung disease, and for health care providers.

Why do I need a flu vaccine every year? The flu vaccine is needed every year because flu viruses are constantly changing. Each year, the flu vaccine is formulated to keep up with the different types of flu viruses as they change.

Are there certain groups of people who should not get the annual flu vaccine? Yes. Children under 6 months of age, those with a severe allergy to chicken eggs, those who have had a severe reaction in the past to a flu vaccine or people with a history of Guillain-Barre syndrome should not be given a flu vaccine. Also, if you have a moderate or severe illness with a fever, you should wait until you recover to receive your flu vaccination.

Can I get the flu from the flu vaccine?

NO. The viruses in the flu vaccine are inactivated and do *NOT* cause the flu. As with any immunization, there is a small risk of getting mild side effects such as a low grade fever, muscle aches or soreness/redness at the injection site.



Complications of flu can be severe and include bacterial pneumonia, ear infections, sinus infections, dehydration and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Congratulations

on “beeing” awesome
& “sticking with us”



We Appreciate YOU!!

Happy Anniversary dates of hire

Jennifer Lincoln, CNA (20 yrs.)

Sam Doman, CNA (7 yrs.)

Amber Federspiel, CNA (7 yrs.)

Sheryl Cooper, Dietary Aide (6 yrs.)

Glen Korpala, Bus Driver (3 yrs.)

Bridget Peasley, Housekeeper (1 yr.)

Serenity Peasley, Housekeeper (1 yr.)

Martini Barnard, CNA (1 yr.)

Cindy Li, Charge Nurse (1 yr.)



Tips for good health habits that can help to STOP the spread of flu germs:

- Get Vaccinated!
- Clean your hands...if you don't have immediate access to soap and water, use an alcohol-based hand rub
- Avoid close contact with people who are sick
- Stay home when you are sick
- Cover your mouth and nose when you cough or sneeze.
- Avoid touching your eyes, nose or mouth when around other people...this is how germs are spread
- Practice overall good health habits...be active, drink plenty of fluids, eat nutritious food, manage stress and get plenty of sleep



Living the Sweet Life

Milton Hershey, born on September 13, 1857, is remembered for giving the world its most famous chocolate bar. But Hershey was much more than a chocolatier. He was a passionate philanthropist who built an entire community for the benefit and well-being of his workforce.



Hershey failed at two confectionary businesses before finally moving to Lancaster, Pennsylvania, where he started making homemade caramels. He had learned the key to making delicious caramels in Denver, Colorado, and fresh milk was his secret ingredient. He also devised a plan to sell caramels in bulk. When he secured a huge order to sell his caramels in England, Hershey was able to pay off his debts, buy more equipment, and expand his business to chocolate.

Just as Hershey had perfected his own recipe for caramel, he concocted his own recipe for milk chocolate. In 1903, he built a factory that employed the latest technology and mass production techniques. He could now sell his chocolate bars nationally, and his Hershey bars became the first nationally marketed chocolate bars in America.

Just as Hershey understood the importance of developing his own recipes, he also understood the importance of nurturing his workforce. He established the Hershey Industrial School in 1909, a private boarding school that offered educational opportunities and work training for orphans. This was the first step in building an entire community around the factory that included housing, businesses, churches, and even a public trolley system. Buildings enjoyed the luxury of full electrification, indoor plumbing, and central heating. Hershey built a school to educate the children of his employees. He established a charitable foundation to provide educational and cultural opportunities for residents, including the construction of the Hershey Museum, Gardens, and Theater. Hershey gave America sweet treats, but he gave his employees something more: a sweet opportunity to live the American Dream.

September Birthdays

In astrology, those born from September 1–22 are Virgo's virgins. Often symbolized by the goddess of agriculture, Virgos are deeply connected to the material world. They are logical, practical, and aware of every detail. Those born from September 23–30 balance the scales of Libra. Libras strive for equilibrium and symmetry and flourish in harmonious partnerships. Libras often surround themselves with tasteful art objects and designs that create balanced environments.

Residents:

- 9/2 Pete Alexander
- 9/12 Dick Votaw
- 9/19 Ginnie Kane

Staff:

- 9/2 Amy Ellithorpe
- 9/6 Samantha Moore
- 9/22 Andrea Wade
- 9/24 Mike Kelly
- 9/25 Rhonda Casey
- 9/27 Tina Mechem



New KDH Employees:

Paige Harry- Dietary Aide

Kassi Coody- CNA

Andrew Mrdutt- CNA

Rylie Shafer- CNA

