

The Oakleaf

Mason County's
Oakview
MEDICAL CARE FACILITY 

Oakview Medical Care Facility February 2018

February is National Love Month and American Heart Month!

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Protect your heart this month and all through the year!
Happy Valentines Day!

Jannice Lamm, LNHA
Oakview Administrator



Flu Season and Illness at Oakview

The facility would like to thank everyone, residents, staff and visitors, for their patience during our outbreaks with the gastrointestinal virus and influenza virus. We did receive confirmation that the gastrointestinal virus was Norovirus, in addition to our 3 confirmed Influenza A viruses.

We have been working with our local health department regarding these illnesses and have been following the recommended guidelines through the CDC and Michigan Department of Human Health Services. Though we are seeing our number of current illness decrease we will continue with smaller group activities for illness free residents, and in-room dining for all residents.

Norovirus is a very contagious virus that can infect anyone. You can get it from an infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes your stomach or intestines or both to get inflamed. This leads you to have stomach pain, nausea, and diarrhea and to throw up. These symptoms can be serious for some people, especially young children and older adults.

The most common symptoms—

Diarrhea, throwing up, nausea, stomach pain

Other symptoms—

Fever, Headache, body aches

A person usually develops symptoms 12 to 48 hours after being exposed to norovirus. Most people with norovirus illness get better within 1 to 3 days.

Practice proper hand hygiene

Wash your hands carefully with soap and water— especially after using the toilet and changing diapers, and always before eating, preparing, or handling food.

Noroviruses can be found in your vomit or stool even before you start feeling sick. The virus can stay in your stool for 2 weeks or more after you feel better. So, it is important to continue washing your hands often during this time.

Alcohol-based hand sanitizers can be used in addition to hand washing. But, they should not be used as a substitute for washing with soap and water.

Influenza

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccine** each year.

Signs and Symptoms of Flu

People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually:

Fever* or feeling feverish/chills, Cough, Sore throat, Runny or stuffy nose, Muscle or body aches
Headaches, Fatigue (very tired)**It's important to note that not everyone with flu will have a fever.*

Some people may have vomiting and diarrhea, though this is more common in young children than in adults.

How Flu is Spread

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.

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Continuation of flu article

Periods of Contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Although people with the flu are most contagious in the first 3-4 days after their illness begins, some otherwise healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

Preventing Flu Season

The first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

We do have educational pamphlet on the Norovirus as well as a pocket guide to Cold and Flu Prevention and Self-Care available in the front entrance and nurse's station as well as the Sutter Living Center entrance and nurses station. In addition to educational pamphlets we also have hand sanitizer and face masks available as you choose. Please refrain from visiting if you are experiencing any Gastrointestinal or respiratory symptoms.

Cherie Hernandez RN, Infection Control Preventionist

February Happenings

2/1– Jaycee Bingo

2/2– GroundHog Day Party at 3:15

2/5– Nutella Day treat at 3:30

2/6– Catholic Mass at 2:30

2/9– Charlie Cole at 2:30– Pizza at 3:30 for National Pizza Day

Beat the Blahs week February 12-16, a week full of fun

2/9– Crazy Hat Day– Come down and get a crazy hat to wear

2/13– Mardi Gras– Dress in your mardi gras attire

2/14– Valentines day– wear red/pink/ hearts

2/15– College Day– support your favorite college

2/16– Beach Day– Wear your beach attire and soak up some sun

2/19– Presidents Day

2/20– Monthly Birthday Party with the Marek Music Makers at 2:30

2/22– American Legion Bingo

2/23– Watching the winter Olympics and having a treat at 2:30

2/27– Skiing Game and Hot Chocolate at 3:00



February Birthdays

Residents

Leola Masten	2/3
Lois Rozell	2/16
Edith Long	2/17
Harrison Baldwin	2/17
Nancy Schwass	2/23



Employees

Shenalyn McNerney	2/1
Lynnette Archey	2/2
Lucinda Heitz	2/3
Tanya Hofmann	2/4
Larry James	2/4
Brianna Leray	2/6
Samantha Lopez	2/8
Sally Rhodes	2/10
Jared Boyd	2/12
Beverly Lake	2/12
Dale McDonald	2/14
Colleen Smedberg	2/14
Lenora Jennings	2/17
Dana Habermehl	2/19
Kalsey Jager	2/19
Laura Strong	2/19
Kimberly Iteen	2/22
Jamie Lemmer	2/22
Madison White	2/24
David Tuka	2/26
Megan Yeck	2/27

A Friendly reminder:

TV's are to be turned down at 10 pm for quiet hours so that other residents can have a quiet environment to sleep.

Please be courteous of others.

Hospice Services Offered at Oakview

As a reminder, Oakview MCF has a contract with Harbor Hospice and Great Lakes Caring Hospice to help provide end of life care if requested by the resident and/or family. Hospice assists with symptom management for comfort and quality of life. Hospice care does not take the place of the care provided by Oakview staff members but is in addition and is covered by Medicare/Medicaid. For additional information or to arrange an informational visit with a hospice provider, please see a member of the Social Services Department.

Resident of
the month for
February is
Edith Long.
Congratulations!!!!



Every month, we will include one of the Resident Rights or Responsibilities as written in Oakview's "Residents Rights and Responsibilities" policy. We want our residents and their families to know these important Resident Rights and Responsibilities. If you should have any questions about any of these, please don't hesitate to ask.

2D. A patient is entitled to **privacy**, to the extent feasible, in treatment and in caring for personal needs with consideration, respect and full recognition of his or her dignity and individuality.