

SHC Volunteer Newsletter

Sauer Health Care · 1635 West Service Drive, Winona, MN · 507-454-5540 · www.sauerhealthcare.org



Current Volunteer Needs

Do you enjoy assisting residents with activities they love? If so, the following opportunities may interest you!

Usher for Church Services

Sunday Services are conducted by a rotating list of local Lutheran Pastors.

Ushers are needed each Sunday to escort residents to and from services and assist the Pastor as needed.

Currently we have a rotation, but are looking for additional volunteers for this year. Volunteers are scheduled 2-4 times per year.

When: Sundays at 3:00 pm

Time Commitment: 1-2 hours

Friday Night Bingo

A resident favorite! Assist residents to and from Bingo game, as well as during game play.

When: 3rd and 5th Fridays of the month

Time Commitment: 1.5 hours

A Word from our Administrator

As much as I am sad to see summer end, autumn always is such a beautiful time of year here in Winona. We are keeping pretty busy here at Sauer. We are moving ahead with our bathing room remodeling. Our goal is to create a more spa-like experience for our residents. We have a small committee with a resident, staff, and an architect that are putting the plans together. We are excited about this project! We continue to hear from many in the community that we are their facility of choice for rehabilitation or long term. In 2016 Sauer applied for and received a grant from the state of Minnesota to focus on our staff retention and resident satisfaction. We know that staff consistency with our residents improves the residents' satisfaction. This is a two-year grant, and we look forward to the positive outcomes. Sauer has revised our influenza policy to reflect that any staff member who has not received the flu shot will be required to wear a mask while at work. If any of you do volunteering at the other facilities in town, you know this is their policy as well and includes volunteers. We are not ready to include our volunteers but anticipate this change in the near future. Our Medical Director, Dr. Edin, as well as myself and our Director of Nursing, feel strongly about the effectiveness of the flu shot. We are curious about how many current volunteers receive the flu shot annually. Would you please email Tara at therold@sauerhealthcare.org with that information. We are curious about how many do and how many don't. Sauer has been able to avoid a flu outbreak in the last few years, so we continue to ask those who are not feeling 100% to avoid visiting or volunteering. If you have any questions about this policy, please contact me (507) 494-6280. As always, thanks for choosing to give your time to Sauer Health Care; we realize how valuable that time is. Hope you all had a wonderful summer.

Warm Regards,

Sara

Elder Justice Act

As part of some additions to the Social Security Act a few years ago, nursing homes are required to inform all individuals who are a part of our organization about their obligation to report any reasonable suspicions of a crime, including abuse. You must report these to the Winona LEC at (507) 457-6368 and to the state at (800) 369-7994. Sauer Health Care cannot and will not punish you for reporting any suspicion. Any questions, contact Rick, Social Services, at 494-6282.

7 WAYS TO FIGHT THE FLU

How are you going to fight the flu today?



Get your flu shot



Wash your hands



Stop smoking



Avoid touching your face



Eat your fruits and veggies



Sneeze and cough into your elbow



Stay home if you're sick

Volunteer Handbook Highlight

Attendance and Sign-In Procedure

*The sign-in sheet is located in the volunteer nook. Information about your attendance must be documented every time you are here. Name tags will also be located in the volunteer center. ***All volunteers are required to wear a name tag.***

*Please notify a member of the Therapeutic Recreation Department at 494-6290 or jjacobs@sauerhealthcare.org or therold@sauerhealthcare.org if you are unable to make your scheduled volunteer time. Staff and residents will be counting on your help, so please try to be dependable.



Join the Sauer Health Care staff and some of our resident families for the Annual Alzheimer's Association Walk to End Alzheimer's. The walk is Saturday, September 23rd and starts at 9:00 am. If you are unable to walk with us, please consider donating, you can visit the Alzheimer's Association website or drop donations off at Sauer Health Care! Let's put an end to this devastating disease!

Visiting Residents in the Nursing Home

Many of our residents at Sauer Health Care experience the signs and symptoms of dementia. Visiting with someone who may have dementia can be awkward or complicated for the first time; however, the more you experience those living with dementia, the more comfortable you will feel. It is important to recognize they are human, another family member or friend, and that they do not have control over what they say, feel or think. Some might say things that do not make sense or are inappropriate. Do not let this worry or scare you. They are doing their best to communicate their needs and wants to the staff, family and visitors. Provide positive and reassuring comments to help foster confidence that the resident is doing the right thing. Provide simple instructions. Do not talk down or use “baby talk” with a resident. If the resident exhibits anger, frustration or anxiety, it is okay to take a quiet moment to let them work through their feelings. Please notify staff members if you have any concern about a resident or their signs/symptoms of dementia.

Contact Us:

Tara Herold, TR Director
Janna Jacobs, TR Assistant and
Volunteer Coordinator

507-494-6290

jjacobs@sauerhealthcare.org
therold@sauerhealthcare.org

Holiday Helpers Needed

As with all households, there's lots of work to be done during the holidays. We need your help to make this time of year festive and bright for our residents. Please contact Janna or Tara if you are interested in helping with any of the listed events. Sign-up sheets will also be posted in the volunteer Nook.

- Gift Wrapping for Resident Christmas Party
- Resident Christmas Party (December 16, 2-4 p.m.)
- Caroling or special music (anytime!)



Veteran's Day

We will be hosting a Veteran's Day Social on Saturday, November 11 at 2:30 p.m. to honor all of our veterans. If you would be interested in helping at our event please contact Tara or Janna.





Sauer Health Care
1635 West Service Drive
Winona, MN 55987

Postage
Information

Hand Washing Reminders

The single most important means of preventing the spread of infections is hand washing.

7 Steps of Hand Washing:

1. Turn water on to a warm temperature.
2. Dispense soap into palm of hand.
3. Rub hands vigorously front and back, between fingers, and around fingernails.
4. Wash with soap and water for 15 seconds.
5. Dry hands with paper towels.
6. Turn water off with paper towel.
7. Throw paper towel away without touching waste paper basket.

the happiest
people i know
are those who
lose themselves
in the service
of others.
gordon b. hinckley