

Here's How to Contact Us

Nellie Sorrell, Administrator, Weyrich H.C.C.	480-451-2024	nellie.sorrell@wmvaz.com
Richard Clark, Director Nursing Services	480-451-2055	richard.clark@wmvaz.com
Anne Enos, Home Health Administrator	480-451-2059	anne.enos@wmvaz.com
Lindsey Norris, Director of Marketing	480-451-2062	lindsey.norris@wmvaz.com
Debbie Lane, Social Service Coordinator	480-451-2046	debbie.lane@wmvaz.com
Barbara Kraljic, Continuity of Care Coordinator	480-451-2071	barbara.kraljic@wmvaz.com
Christine Norton, Social Worker	480-451-2072	christine.norton@wmvaz.com
Lisa Apel, Dietary Manager	480-346-5036	lisa.apel@wmvaz.com
Janet Shaffer, Activity Manager	480-451-2477	janet.shaffer@wmvaz.com
Angie Rizzo, Health Information Coordinator	480-451-2063	angie.rizzo@wmvaz.com

Westminster Village

12000 N. 90th Street • Scottsdale, Arizona 85260 • 480-451-2000 • www.wmvaz.com

Westminster Village
12000 N. 90th St.
Scottsdale, AZ 85260

Visit our web site at www.wmvaz.com



Flu Season... It's that time of year again Margaret Behrens, M.D.

Westminster Village is up and at it with our annual in-house / on-campus Influenza Immunization Program. We offer on-site vaccination for ALL residents: Independent and Health Center residents.

Something you may not know is that we also offer free immunizations to all Westminster employees. This is not only to keep our work force healthy and on the job... it also helps keep your loved ones protected. The Center for Disease Control recommends that all health care facilities to offer the influenza vaccine annually and at no cost to all eligible health care workers. Westminster does that and more! Vaccination is offered to **ALL** of our employees: housekeeping, dietary and wait staff, administration, activities personnel, transportation workers, security... anyone and everyone who may have contact with our residents. Nationwide, immunization rates for nursing home health care workers runs a dismal 37%. We're working hard to improve this by adding some interesting and fun incentives to this year's employee campaign.

Westminster is actively and aggressively trying to protect the residents from the flu and its consequences. **How about you?** I'll bet that you just might be in one of the CDC identified target groups for immunization!

1. All adults over the age of 50 years

2. Children 6 months to 5 years of age

3. Close contact with people who are at risk for complications of influenza:

- a. You are over 65 years old yourself
- b. You have one of these common chronic medical conditions: diabetes, asthma, congestive heart failure, chronic bronchitis, emphysema, kidney problems or any conditions requiring steroids (prednisone, etc). Close contacts include our Health Care Workers... and you also, if you're regularly visiting a relative or friend in the Health Care Center!

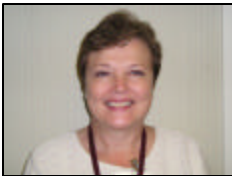
Before I get off my soapbox and conclude, please let me dispel two common myths that often keep people from getting immunized. Myth number one: The flu vaccine can actually cause the flu. No, absolutely not true. The vaccine will not prevent you from getting sick from other respiratory viruses and bacteria, but the flu vaccine itself will not give you the high fever, rigorous chills, muscle pain, cough and splitting headaches of an actual influenza infection. Myth number two: Getting your flu shot late in the season is of no value...or OOPS, it's too late and I blew my opportunity this year! Influenza activity traditionally begins in November and continues out into May. February has statistically been the peak period of activity, so a flu shot might be a great Christmas gift for those who didn't get one in the fall!

The bottom line is... **it's that time again...** and we encourage you to get your flu shot just as we encourage your loved one to get theirs. Talk to your doctor if you have any concerns about possible allergies or previous reactions you may have had... and, if you're truly "needle phobic", ask about Flu Mist, a slightly more expensive vaccine that can be given intra-nasally to healthy individuals between the ages of 5 and 49 years old. No excuses, let's all do the right thing!

Winter 2007

Family Newsletter
 Volume 6, Issue 6





Assisted Living Nellie Sorrell, Administrator, Health Services

When will the Assisted Living Apartments be ready for occupancy?

The opening date is dependent on many factors, some that are beyond our control. In addition to possible construction delays, we must obtain occupancy certificates from the city, complete fire inspections and undergo a licensure survey by the Arizona Department of Health Services. Our target goal for opening is mid-January, 2008.

What is the process for deciding who is eligible to move into an Assisted Living apartment when it opens?

All residents who are on the Assisted Living Interest List will be contacted by Christine Norton, Social Worker. Residents will be asked if they want to move to an Assisted Living Apartment when it opens in January. Residents will be given one week to decide if they want to be considered and they will complete a formal application. A pre-residency assessment will be conducted by a professional nurse or social worker from the home health staff to determine the resident's physical, cognitive and social needs and appropriateness for Assisted Living.

What are the admission criteria to reside in the new apartments?

The resident must:

Be 62 years of age.

Be independently mobile with or without an assistive device including the ability to move to/from a chair and on/off the toilet.

Be able to manage his/her activities of daily living independently or with minimal supervision/assistance including managing incontinence products.

Be able to feed oneself.

Be able to manage his/her own medications or need assistance with medication administration.

Have minimal difficulty with orientation to time, person and place.

Not be a safety risk to self or others.

Not exhibit behaviors that are disturbing to other residents.

Be independent in managing own needs related to a colostomy, ileostomy, urinary catheter, insulin injections, oxygen or other medical devices.

Not be bedridden, have a Stage 3 or 4 pressure ulcer or require 24 hour continuous nursing services.

Not require physical or chemical restraints.

Not require behavioral health level services.

What is the process of deciding which apartment will be mine

After there are 23 prospective residents who definitely wish to move in and they meet the criteria for Assisted Living, including approval by the Assisted Living

Admissions Committee, a lottery will be held. Thus, the first person drawn in the lottery will have his/her choice of all 23 units, and so forth until all units are filled. A resident may opt to stay in his/her current apartment and remain on the Assisted Living waiting list until a desired unit becomes available if their choice is not available.

What else is required to enter an Assisted Living apartment?

As part of the application process, the prospective resident must have a physical examination by his personal physician and be certified free of pulmonary tuberculosis by means of a negative chest x-ray or T.B. skin test.

Each resident must have a personal physician established prior to residency.

I have a private caregiver now and would like her to continue to help me in Assisted Living- is this possible?

Yes, you may continue to employ a private caregiver. There may be some specific requirements for the private caregiver to meet such as completion of a brief orientation to the AL program, which includes resident rights and abuse prevention.

What services and amenities will be available in the Assisted Living apartments?

In addition to all of the other amenities available to you as a resident of Westminster Village, the Assisted Living apartments will provide the following services:

24 hour supervision by trained, certified caregivers

Three meals per day served in a group dining setting

Personal care services such as assistance with bathing, dressing, etc.

Medication management or assistance in self-administration of medications.

Social Services

Recreation and spiritual activities

Exercise and wellness programs

Flat linen service weekly

Housekeeping weekly

Assistance with personal laundry

Transportation to medical appointments

What happens in a medical emergency?

A licensed nurse will be available during the day and evening. At other times a nurse from Home Health or the HCC will respond. All apartments will be equipped with an emergency response system and pull cords for you to summon assistance.

May my small pet move in with me?

No, pets will not be allowed.

Can I have a car and parking space while a resident of Assisted Living?

Yes, you may retain a parking space as long as you own and use your personal vehicle.

Supporting the Whole Person: Mind, Body and Spirit

Worship Services

Peterson Memorial Chapel
(First floor North of the bank)

Christian Services:

Every Sunday at 4 pm. The service is performed by visiting clergy from area churches or by one of our resident chaplains.

FRIDAY Service in Weyrich:

3:30 pm– Devotions

Jewish Services:

3rd Wednesday of the month at 10 am

Sundays in Weyrich:

8:30 am Catholic Service
10:00 am Episcopalian Service

Support Groups

Caregiver Support Group:

Call for dates and times
Christine Norton 480-451-2072

AI-Anon:

Meets Every Saturday,
11:00-12:00 in Saguaro Lounge

Cup of Comfort:

Call for dates and times
Debbie Lane 480-451-2046

Blood Pressure Checks

Mondays 3:15-3:45 pm Saguaro Lounge
Wednesdays 3:30-4 pm in Volunteer Center
Thursdays 1-1:30 pm in Volunteer Center
Wednesday & Thursday are temporary location changes due to construction

Transportation

Mondays— 8:45 AM

Safeway & Walgreens

TUESDAYS - 9:45 AM

1st Tues. Wal-mart & Trader Joe's **9:45AM**

Remaining Tuesdays—Mall Shopping/Movies

9:45 & 11:15

WEDNESDAYS—11:30

Lunch Bus Shuttle

Third Wednesday—1:15

Wal-mart and Trader Joe's

THURSDAYS - 9:30

Fry's & Fry's Market place, Big Lots

FRIDAYS - 9:30 am

Albertson's and Target

SUNDAYS

7:40 am- St. Anthony Episcopal & Shepherd of the Desert Lutheran Church

8:10 am- St. Patrick's

8:40 am- Valley Presbyterian

10:05 am- Valley Presbyterian

Keep Fit and Healthy

Monday

Relentless Resistance (8:45—9:30AM)
Total Body Fit. w/Cardio (9:45—10:30AM)

Wednesday

Body Balance (8:30—9:15AM)
Relentless Resistance (9:30—10:15AM)

Thursday

Exercise Equip. Instruction (10:30—11:30AM)

Friday

Total Body Fit. w/Cardio (8:30—9:15AM)
Body Balance (9:30—10:15AM)

HOLIDAY DECORATING

Debbie Lane, MSW

The Health Center strives to make the holiday season memorable for each of our residents. We accomplish this through special activities and decorating for the season. Our decorations, however, must meet state and federal fire regulations. To prevent disappointment of our residents during a joyous season, we ask that you too understand what decorations are acceptable. Here are some suggestions:

Live pine trees and/or wreaths are not permitted due to high flammability. Some alternative suggestions would be a poinsettia or artificial tree/plant. Live trees and wreaths will be returned to the sender.

Should you choose to adorn an artificial tree or other decoration with lights, the lights will be safety checked by our maintenance staff.

Candles are not permitted in resident rooms. Electric candles are a nice alternative and will be safety checked by our maintenance staff.

Decorations that impede the pathway of a resident in their room will be removed to another location for the residents' safety.

Decorations may be placed in the residents' room or common

areas (such as the Oasis or TV Lounge). Decorations placed in the hallways outside of a residents room will be moved to another location.

I would like to thank all of you in advance for making this year a memorable season for the residents. I encourage you to share this information with family and friends.

Should you have any questions or concerns, feel free to contact me at 480-451-2046 or debbie.lane@wmvaz.com.



ACTIVITIES

Janet Shaffer, AM



We have been keeping busy with a variety of entertainment and events in the Health Care Center recently. We have enjoyed Happy Hours and Ice Cream Socials, Italian Day, Waffle Breakfast with Bud & Nellie, piano entertainers, a Gilbert and Sullivan video of "The Mikado", German Day and even some tiny Trick-or-treaters! We were given an extra special treat when one of our residents, Flo Zucker, was honored by three Radio City Music Hall Rockettes in the Weyrich Dining Room. Flo was a Rockette herself 85 years ago. The beautifully costumed Rockettes spread cheer and kindness to all the residents.

Future events happening for the remaining year will include a **Veterans' Day celebration, "The Great Pretenders", Casino Time, a Classical Piano Concert, tree trimming in December, carolers, jazz music and festive Holiday food.** We welcome all family members to join in our activities and enjoy a meal or two with your family in our beautiful new Ocotillo Dining Room or Garden Café.

HOLIDAY HO-HUMS

Debbie Lane, MSW

As the holidays draw near, each one of us experience a different mix of emotions. Some of us gladly revel in the decorations, parties, time with family, and the true meaning of the holidays. For others of us, time around the holidays may be filled with sadness or grief.

Many of us think that being sad around the holidays is not normal. Yet for the resident's who live here at Westminster Village, there may be twinges of sadness or full expressed grief at the holidays. All of this is normal. What we as children, spouses, and employees may do is forget the many years of experiences the resident's at Westminster Village have had that precipitate these emotions. Here are some suggestions at helping our loved one's, and ourselves, get through the holiday blues.

Acknowledge the fact that you or your loved one is going to experience the pain of loss at this time of the year. While you may not understand why your loved one hurts as much as they do, remember that the hurt and pain is actually a result of joy. Remembering those times of joy that can no longer occur is what causes the hurt and pain. However, pretending it doesn't exist can make the pain worse. Acknowledging the pain of loss can actually help in healing the pain. So when your loved one comments that they miss their

spouse, or someone special, at this time of the year, acknowledge to them that yes, it must be difficult.

Know that whatever your loved one feels is ok. Whether it's anger, happiness, sadness, anxiety, fear, or another emotion; all are normal expressions of grief. Let your loved one know that what they are feeling is normal, and that you don't think differently of them for expressing their emotions. Too often persons suppress what they feel from grief for fear that they will be judged by others. Rather than judge, provide support and reassurance.

If able, plan ahead. Although it is difficult to plan what's in store for the holidays, it can be beneficial to have a general plan. For your loved one who is experiencing grief it may be helpful not to plan how to celebrate the holiday, but what traditions may need to be changed. Maybe the person who died is the one who carved the turkey, or made arrangements for the family to get together. Include not just your loved one in making some new plans, but all of the family. It can be a relief for other family members to acknowledge that the holidays are different this year and an opportunity to start new traditions.

The holidays are a time of stress for all, not just the person who is grieving. Encourage your loved one, and yourself, to turn to others for

support. Acknowledge that the "I can do it by myself" attitude can actually be detrimental. Allowing others to help does not only help those in grief, but those wishing to be helpful.

Finally, remember to remember. Do not block out all those memories because they cause pain or grief. It is in those memories that built who we are today. Those memories are the stepping stones of why we do what we do. To not acknowledge our memories is to not be true to ourselves and who we are.

One final thought I would like to leave you with. Grief during the holidays, and any time of year, is normal. There is no timeline on grief. A widow whose husband died twenty years ago and a widow whose husband died two months ago can both experience grief around the holidays. Both have their own memories, joys, and sadness from a lifetime of experiences. By acknowledging this, we are, in a small way, giving our loved one not just permission to grieve, but to live.



HOLIDAY GIFT IDEAS

Christine Norton, MSW



It's that time of the year again to start thinking about what you will get your loved one this year for the holidays. Whether your loved one resides in an Independent Living apartment or in Weyrich Healthcare Center, here is a list of practical gifts and places to find them.

For those living independently, the Pres Alert system is a necessity. An emergency pull cord can be found in each bedroom and bathroom, but what happens if there is a need in another part of their home? For a one time installation fee of \$200.00, the resident can choose between wearing it on their wrist or around their neck. In the event of an emergency, all they have to do is press a button and a nurse or member of security will respond.

For persons with low vision, large print books, calendars, cards, and address books

make wonderful gifts. These along with books on tape and the talking Bible can all be found at www.seniorstore.com or by calling 1-315-255-2373. If impaired hearing is an issue, an inexpensive alternative to hearing aids is the Pocket Talker amplification system. This reduces background noise and it is portable. The Pocket Talker can be found at www.hearingplanet.com or calling 1-800-432-7699. How about a hands free voice activated TV remote control? This would be great for anyone to have. It can be found at www.brookstone.com or by calling 1-866-576-7337. The VibraLite8 Vibration Watch can be set to help remind when it is time to take medication or remind of an activity. It can be found at www.elderstore.com or 1-888-833-8875.

The 'talking picture' is available at www.sharperimage.com or 1-800-344-4444. It allows you to record a message, holds a photo and shows time of day. Other great gift ideas include; Glenn Miller music CD, lap desk, calendar of family pictures, nightlight... For some more gift ideas: www.seniorsinc.com or 1-800-524-4677 www.thingsremembered.com or 1-866-902-4438 www.fulloflife.com or 1-800-558-6967 www.activeforever.com or 1-800-377-8033

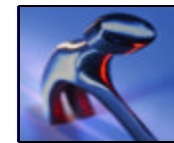
If you have any questions, please contact Debbie Lane in Weyrich Healthcare Center at 480-451-2046 or Christine Norton for Independent Living at 480-451-2072. Happy shopping!

Holiday Dining at Westminster



For many of us, we spend our holiday's with family and friends, often around a dinner table. It is no different here at Westminster Village. This will be our first year to celebrate the holidays in our new dining venues. Ocotillo dining room will provide buffet style meals on Thanksgiving and Christmas from 11:00am – 3:00pm. Christmas Eve will have regular dining hours with a special menu. Please remember that if you plan to celebrate with us, and are a party of 5 or larger, we would prefer reservations. Also, please let us know if you will be joining your loved one for a meal in the health center or taking your loved one home to celebrate. Reservations can be made for the Ocotillo dining room at 480-451-2043 and in the health center at 480-346-5036.

New Building Update



The large new front entrance boasts an air conditioned seating area inside the first set of automatic doors.

Passing through the second set off automatic doors, the viewer will look down the Grand Hallway and see the existing bank. Along the Hallway the administrative offices will be on the left. Near the Bank will be a new Beauty Shop and large Activity room. The Club Room, with its bar and large flat-screen TV, will be a place to enjoy a cocktail, watch sports or play bridge.

Within a few steps of the second automatic doors, a

left turn opens into a pleasant and inviting Lobby and Living Room with outdoor views at either end. Turning into the Lobby/Living Room, the Front Desk will be on the right, next to the Marketing office. The Library will be next to the Living Room, offering a warm interior of wood, fireplace, desks and outdoor view of the Courtyard. Adjacent to the Post Office will be seating areas inside and outside and a Lounge between the Post Office and Garden Café. This will provide a bright, comfortable area for coffee and conversation or a relaxing card game.

HOLIDAY RECIPE

PEAR AND CRANBERRY SALAD

"Bring a touch of elegance to the holidays and create a medley of robust flavors"

1/2 cup canned whole berry cranberry sauce
2 tablespoons balsamic vinegar
1 tablespoon olive or canola oil
12 cups (9 ounces) packed assorted bitter or gourmet salad greens
6 small or 4 large pears (about 1 3/4 pounds)
2 ounces blue or Gorgonzola cheese, crumbled
Freshly ground black pepper

Combine cranberry sauce, vinegar, and oil in a small bowl; mix well. (Dressing may

be covered and refrigerated up to 2 days before serving.) Arrange greens on plate(s). Cut pears lengthwise into 1/2 inch thick slices; cut core and seeds from each slice. Arrange pears attractively over greens. Drizzle cranberry dressing over pears and greens; sprinkle with cheese. Sprinkle with pepper to taste.

Makes 6 servings

Submitted by Christine Norton



Book Review

Lynn Hughes



HAPPY HOLIDAYS!

Those two words bring to mind family, friends, church, yummy food, music, and gift selection/giving. As parents, grandparents, and even great grandparents, the gift giving may present challenges—physically, monetarily, and THINKING OF SOMETHING. Chances are you may have already given gifts that you don't consider to be very "cool" -but the gifts you have been given are not going to run out of batteries, break, or even become obsolete.

"THE ULTIMATE GIFT" by Jim Sovall is about what is really important in life: Work, Friends, Learning, Family, Laughter, Dreams, Giving, Gratitude, and Love.

Read this book—you may get some new gift ideas, or discover you have been given a wonderful gift already.