Information Spotlight: Hand Washing

Hand washing awareness week is Dec. 4th-10th

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When should you wash your hands?

- Before, during, and after preparing food.
- Before eating food.
- Before and after caring for someone who is sick.
- Before and after treating a cut or wound.
- After using the toilet.
- After changing diapers or cleaning up a child who has used the toilet.
- After blowing your nose, coughing, or sneezing.
- After touching an animal, animal feed, or animal waste.
- After handling pet food or pet treats.
- After touching garbage.

How should you wash your hands?

- Wet your hands with clean, running water (warm or cold), turn off the tap, apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals.

How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

Information from the Centers of Disease Control and Prevention
Meet Our New Activities Department

Jessie Morales has been named as the new Activities Director for Memorial Community Care. Many of you may already know Jessie as she has worked for MCHI for nearly five years, and has served as an assistant in the Activities Department for over two years. Jessie, whose real name is Jacinda, was born in Lincoln but graduated in Aurora. Jessie is married and has two children, Arianna 9 and Xander 5. When not at work, she enjoys spending time with her family playing board games, doing arts and crafts, and just snuggling and watching a good movie. Her family has many pets as well - 2 dogs, 2 cats, a bearded dragon, a guinea pig, and a gold fish. She also enjoys going to museums and learning about our history.

Jessie spent several years moving; she and her husband were in construction. She has lived in South Carolina, Texas, Tennessee, Florida, North Carolina, Georgia, Alabama, and even New York -- but always returned back to Nebraska because “there’s no place like home.” Jessie's passion is to make people smile and remind them that they are always loved. Her goal is to give the residents of MCC a great day every day.

MCC would like to welcome Becky Graham as a new member of our Activities Department team. Becky is taking over as the activity assistant, although, she is not new to the organization. She has worked for MCHI for 11 years. Becky wears many hats, but her most common one has been that of a CNA at the hospital. She has also filled in for housekeeping and laundry, and is always willing to lend a helping hand wherever she is needed.

Becky was born in Hastings. She grew up right here in Aurora and graduated from Aurora High School. When not working, she enjoys spending time with her two boys, Peyton 9 and Andrew 7. They go camping and to the river when the weather permits of course. She also enjoys golfing and watching Nebraska football on TV, or even better, going to the game live.

Becky is very excited to have the opportunity to work with MCC residents and loves taking care of people. We are excited to have Becky join our activities department.

Happy Birthday!
21st Betty

Welcome to MCC!
Ruth and Rosie

Notes from Social Service

Christmas is a great holiday to remind others we care. If you are looking for gift ideas for your loved one, please contact Jennifer or Jessica in Social Services for ideas, 402-694-8260.
A Look Back on November...

The residents had a great time when Tyler joined them for refreshments.

Thank you Stockham ladies for coming for ladies coffee.

A message from Dietary Department

If your loved one(s) are planning to join you for the special holiday meal, please contact us at 402-694-8230 and let us know how many will attend.

The cost of each special holiday meal is $10 a person.

Decembers Activity Highlight...

5th Holiday craft
6th Family Soup Supper
11th Church service in dining room
11th Cindy Brosman’s violin students
12th Old Rusty Minstrels
12th Kathy Nauman’s violin students
13th Accordion music with Marlene

Our Thanks Go Out To...

Pat Willis for playing the piano and making everyone's day.
Al Vetter and the veterans coming and honoring the veterans here at MCC.
Carol for playing music for the residents.
Rev. Sara Ruch for filling in the church service when Rev. Miles was under the weather.
Connie Nick for playing music for the residents.
East Park Villa for coming over and enjoying the afternoon with us.
Sara Erlenbusch for the Sunday Assembly of God Church services.

We Extend Our Deepest Sympathies to the families of
Becky
Ellen
Frances

Your loved ones will be dearly missed and not forgotten.

14th UMC Carolers
15th Pat’s Piano Music
19th Birthday Party
20th Making Christmas candies
22nd EPV Holidays together
27th MerryMakers: Joyce Torcha

If any kindness has been missed, just know we do appreciate everything you do for our Residents.

New blessings and old, frequent blessings and those once in a blue moon, appreciate them all.

~Terri Guillemets
Morsels N’ More... Impossible Pumpkin Pie

Ingredients:

- 3/4 c. sugar
- 2 T. butter, softened
- 2 eggs
- 1 (16 oz.) can Pumpkin puree
- 1/2 c. Bisquick mix
- 1 (13 oz.) can of evaporated milk
- 2 tsp. vanilla
- 2 1/2 tsp. pumpkin pie spice

Instructions:

Preheat oven to 350 degrees.
Grease the pie plate.
Beat all ingredients together until smooth.
Pour into pie plate and bake until the knife comes out clean.
Approximately 50-55 minutes.

This pie makes its own crust!

Photo courtesy of bettycrocker.com