

MCC Community MATTERS

News & happenings to keep you up-to-date.

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COMMUNITY CARE

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Inside this issue:

Activity Week	1
Welcome Back Sharon	2
Welcome	3
Nursing News	3
Contact Numbers	4
Morsels N' More Recipe	4

Activity Professionals Week January 23-29

It's January 2022! Wow, this year has flown by in a whirlwind. We are so pleased that in some areas some sort of normalcy has returned. Seeing residents out and about doing activities, eating together, and visiting families has been a blessing we had taken for granted prior to COVID-19.

Throughout the pandemic, activity staff, along with nursing, worked to bring activities to residents in all new ways. From hallway games, to activity carts, to in-room individual activities, we sure had to get creative. We never wanted residents to feel they were alone.

Now more than ever, we realize how important activities are for our residents. While many people may look at activities as "just fun and games," they perhaps do not realize just how many benefits residents experience psychologically, socially, spiritually, and physically from being active and engaged. Participation in activities can be very beneficial to a person's well-being and can reduce the risks of depression. Being in a group helps forge friendships and extra support systems; it helps a person realize they are not alone and that there are others in the same situation. Activities also play a role in passing time and gives additional purpose to life.

At MCC, our Activity staff are focused on person-centered care, always striving to offer a variety of group activities while keeping things on hand for those who prefer their solitude. Some may say, "Who wouldn't want to have a job that you get to have fun all of the time?" While fun is definitely a factor, there is a great deal of serious work that goes into the role behind the scenes. As we celebrate Activity Professionals Week in January, we wish to give a shout out to our Activities staff, Jessie and Laurie, for the important roles they play at MCC — thank you both for all you do!

The Most Creative Job in the World

It involves love and caring, recreation, education, leadership, entertainment, handicrafts, art, cuisine, horticulture, literature, a sense of humor, intelligence, training, community relations, weekends & evenings, economics, maintenance, decorating, transportation, counselling, evaluating, enthusiasm, decision making, diplomacy, meetings, planning, purchasing, accounting, management, religion, psychology, hard work, daring creative thinking, theatrics, dexterity, music, physical fitness, patience and energy.
Anyone who can do all of this has to be someone special.

That someone is an

Activity Professional

By Rosemary Beddingfield

care matters

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Welcome Sharon Spotanski - RN/MDS Coordinator

A little about me: I was born in Arizona, but I have lived in Nebraska most of my life. I graduated from Aurora High School, then attended college at Central Community College in Grand Island/Columbus, earning my license as a Registered Nurse (RN).

I have three grown kids. Bryce age 29, Mallory age 28, and Steven age 20. All three of my children graduated from Aurora. The two oldest live in Colorado, while Steven lives in Lincoln and is a Junior at UNL, specializing in Biologic Science.

I have been a nurse since 1987 and feel blessed to be here in Aurora. I am a returning employee of MCHI and have worked in different areas of the hospital and Memorial Community Care over the years. As MDS Coordinator, I collect and assess information for the health and well-being of residents and work alongside other nurses, dietary, social work and activities. I also assist families through the care plan process. Through my experience at both MCC and at other facilities, I am happy that I can use what I have learned to better our care plan processes.

I really enjoy the outdoors, and enjoy having plants around my home. I enjoy traveling, especially going to Colorado to see my kids, and love watching football. My favorite teams are the Minnesota Vikings and of course the Huskers, but really I can watch most any game that's on. I am an avid doll collector and have hundreds of them. I even bring some of them to decorate my office with the different seasons. Making jewelry and candy bouquets is a passion for me as well, I enjoy giving and making someone else feel special.

Blessings to all for a wonderful New Year!



Nursing News

We know this past year has been full of challenges for everyone and pray that the coming year brings more certain times for residents, family members, friends and employees.

Thank you for your support and encouragement throughout 2021. We could not have made it through without your cooperation in respecting the rules and regulations we had to follow, which seemed to change almost daily. Our last positive resident was over a year ago, so it is evident to us the love, concern, and respect you have demonstrated over this past year on behalf of residents and the facility as a whole have made a difference. Words cannot express our thanks enough.

2022 is the beginning of a new chapter. A time to start anew, refreshed and ready to take on any obstacle life may throw at us. None of us ever dreamed that the pandemic would last this long or be as damaging as it has been. My heart breaks for the residents who had to live in such isolation during which time the only interaction with staff was marked by "strange looking people in full body armor" (gowns, masks, gloves, face coverings, etc.). Although now, my heart swells with joy when I see the smiles on both residents' and visitors' faces when they set eyes on each other and embrace. I pray this can continue throughout the New Year and that we never have to step back to the dark days from which we have just emerged.

Sending all our love and good wishes for better days ahead.

Wishing you a very happy New Year! May the Holiday season fill your home with joy, your heart with love and your life with laughter.

We look forward to seeing you in 2022!



Betty

Don

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MCC is a division of
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Morsels N' More... Crockpot Chicken and Dumplings

Ingredients:

1 onion, chopped
1 1/4 lb. chicken breasts
1 tsp. dried oregano
salt and pepper
2 cans cream of chicken soup
2 cups chicken broth
4 sprigs fresh thyme
1 bay leaf
2 stalks celery, chopped
2 large carrots, peeled and chopped
1/4 cup butter
1 cup frozen peas, thawed
3 cloves garlic, minced
1 can refrigerated biscuits



Instructions:

In a skillet, heat butter and sauté onion, carrots and celery until onion is translucent. Scatter onions, carrots, celery, peas and garlic in the bottom of a large slow cooker then top with chicken. Season with oregano, salt, and pepper. Pour soup and broth over chicken, then add thyme and bay leaf. Cover and cook on High until the chicken is cooked through, about 3 hours. Discard thyme and bay leaf, then shred chicken with two forks. Cut or tear biscuits into small bite-sized pieces then stir into chicken mixture. Spoon liquid over any biscuits at the top. Cook on High until biscuits are cooked through, stirring every 30 minutes, about 1 hour to 1 hour 30 minutes more.

If you no longer wish to receive this publication, please contact Jessie by phone at 402-694-8229 or by email at jmorales@mchiaurora.org.

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