

VOL. 2 | JANUARY 2022

IN THE LOOP

A Community of Compassionate Care



MARIAN
HOME
and Village

2022



FROM YOUR EXECUTIVE ADMINISTRATOR, TRACY TROTTER

Happy New Year!

As I reflect on the last year, I am humbled with the amount of support we have received from all our families, friends, and the community. While our country is seeing a divide, we here at the Marian Home could not ask for a more supportive and understanding group of people to work with. Covid19 has taken us to places I, in my 31 years at the Marian Home, never thought we would go. We have been mandated to do things that we have never had to do before, such as explain and implement interventions that cause sorrow to our residents, families and staff; limit visitation, restrict movement within our residents' home, the list goes on and on.

What I/we have taken away from this year is more empathy for our residents. A common discussion I will tend to engage in when some of our staff are stressed over the current situation is to put ourselves in the place of our residents, who for periods of time have had to have life interrupted for yet another rule, a round of testing, restriction on visits and time usually spent in activities now lessened, due to Covid.

Many residents, if given the choice would forego the interventions regulated to keep them safe in order to have all the time with family and friends that was previously afforded to them pre Covid 19.

Another take away from this last year is to cherish every moment with our loved ones as we never know when it will be the last. Purge all negativity and grudges and simplify life, enjoy life with those that you love and find peace in. We need to eliminate our need to be right at the expense of relationships and instead show grace and acceptance to those that we may not see eye to eye with. Life is so fragile, see the positivity in every day and be thankful for all we have been given and for all the residents, we here at the Marian Home have been honored to care for. God Bless you all and we wish you a safe and Happy New Year.

Tracy Trotter

Tracy L. Trotter RN, BSN LNHA
Administrator, Marian Home

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"The business office sent out new Medicare Part A and B forms due to the change of the daily co-insurance and deductible amounts for 2022. This is a yearly change, so we send you updated forms yearly to sign. Please make sure the insurance information on the Rehabilitation Part B Financial Agreement is correct that we have filled in. If there is any new insurance information or new insurance cards for 2022, please bring them in so we can make a copy of them to have on file. Thanks! Happy New Year!"

Bailey Beebe

Bailey Beebe

Business Office Manager
515-574-5901



DIRECTOR OF NURSING

Jody Lennon

Director of Nursing



New Year New Goals

January 2022 marks the start of another year, another year of new opportunities & a time to set goals. Unfortunately some are not as motivated at setting goals & lack motivation. As we all work together as a Team in each dept, maybe we can help each other & the residents set new goals especially to stay strong & positive. My guess would be the first goal for many will be to stay healthy & pray we never have to lock down again, isolate or quarantine.

The first priority in goal setting is to ask yourself what it is you wish to accomplish throughout the rest of the year.

Next, create a plan to achieve the goal or goals by making a list of steps that can help guide you toward the accomplishments. Additionally, setting a time frame & creating smaller goals in order to achieve bigger goals.

Lastly, celebrate along the way. When progress is being made cheer each other on. This will only increase motivation & when your goal is reached to completion celebrate that success.

With this being said my #1 goal is to continue to see the residents smile because they can see their families. To achieve this goal 1) we have to stay healthy & 2) continue to work together as a Team

Happy New Year from the Nursing Dept

Jody Lennon

God Bless,
Jody Lennon, DON





SOCIAL WORKER: MARY LUNDBERG

How to help your local nursing home during the holidays

It's the holiday season once again. Some of the residents living in them don't have family, or the family lives far away and aren't able to be with them. But there are a few ways for you to make them better for some of them, consider donating gifts to the home; You can ask for specific needs of some of the residents, other things they may enjoy may be stationery and envelopes, crossword puzzles or word finds, books, blankets, magazine subscriptions for the facility so everyone can share, coloring books and colors or colored pencils, skin care and personal items. You may never know how much just one little thing like that could make someone's holiday a little better for them and would be greatly appreciated by them. I hope everyone has a safe and great holiday.

MONTHLY NEWSLETTER DRAWING



NEW YEAR
RESOLUTIONS

1. DID YOU
2. MAKE A
3. NEW YEAR'S
4. RESOLUTION?

Answer question and turn into the front desk for a monthly drawing. Be sure to put your name on it.



As I reflected in my newsletter article from last month, little did I know that the challenges of 2021 were far from done.

With drastic weather/temperature fluctuations all month long and an unprecedented storm on December 15th bringing high winds, 70 degree temps, and tornado sirens filling the air!

I am pleased to report that the Marian Home staff and residents made it through relatively unscathed, largely due to everyone practicing safety drills just like this type of tornado/high wind scenario on a routine basis.

Thus, our knowledgeable staff were able to move our residents in a calmly & timely manner to our shelter-in-place locations (away from widows and interior most areas) throughout the Marian Home.

The Marian Home also maintains an onsite generator to provide dependable emergency backup power should we have a loss of service from MidAmerican Energy. This uninterrupted power supply equipment adds another layer of confidence that we will be able to meet the demands of ever changing weather conditions without compromising our residents medical needs or comfort.

Our transportation vehicles (Bus & Van) are in the progress of receiving routine service/repairs and new tires, as necessary, to ensure dependable travel over the often ice & snow covered roads during extremely cold season that comes with the new year.

I only know what has occurred in past years but I am confident that whatever lies ahead in the upcoming year will be met head-on by the professional, well-trained and caring staff here at the Marian Home. **Bring it On! "2022"**

Travis Filloon

Travis Filloon
Director of Building & Grounds
Marian Home & Village

Seasons Greetings from the Food Service Department

We hope everyone enjoyed this holiday season. One of our new dietary aides, Belinda Bennett, is going to transition to the cook's position as Deb Birkett has retired after cooking here for 15 years. We are going to miss her, but she is going to stay on as a part-time baker so, the residents will still get to enjoy her wonderful goodies. Speaking of goodies, this month is National Baking Month! What a great National Holiday to celebrate! Winter can be a bit of a downer so, staying inside and learning how to bake or making new recipes is a wonderful way to pass the time.

Here is a sugar cookie recipe shared by Deb Birkett:

1 upc Oleo
1 Cup Oil
2 Cups Sugar
2 Eggs
2 tsp Vanilla
5 Cups Flour
2 tsp Baking Soda
2 tsp Cream of Tartar
1 tsp Salt

Cream together oleo, oil, sugar, eggs, and vanilla until blended. Add flour, baking soda, cream of tartar and salt; mix until blended. Roll dough into 1 inch balls and then roll the balls in sugar. Place on cookie sheet and flatten dough with a glass dipped in sugar. Bake in 350 degree oven for 8-12 minutes.

Happy Holidays!

Mindy Kuker

Mindy Kuker, CDM, CFPP
Dietary Manager



HOUSEKEEPING

Residents will continue to go on outings with family and friends and also to appointments. Please make sure that your loved one has their winter gear brought in, this includes, winter coats, proper footwear, hats, gloves and scarves.

Thank you,

Tracey Brownfield

Tracey Brownfield
Laundry/Housekeeping
Supervisor





Activities

M A R I A N H O M E A N D V I L L A G E

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Activities are subject to change due to weather or Covid 19 precautions	*Mass is aired on Channel 16-2 at 10:15 AM					1 10:15 Mass Happy New Year!! 2022
2 10:15 Mass	3 10:15 Mass 1:00 Spa Day 3:00 Dice Bingo	4 10:15 Mass 2:00 Protestant Church 3:00 In the Kitchen 6:30 Bingo	5 10:15 Mass 1:00 Spa Day 3:00 Armchair Travel	6 10:15 Mass 1:00 ? About Heaven 3:00 Bingo 6:30 Resident's Choice	7 10:15 Mass 1:00 Craft 3:00 Movie/Popcorn 6:30 Bingo	8 10:15 Mass 1:00 Laura's Choice
9 10:15 Mass	10 10:15 Mass 1:00 Spa Day 3:00 Yahtzee	11 10:15 Mass 2:00 Protestant Church 3:00 HOY! 6:30 Bingo	12 10:15 Mass 1:00 Spa Day 3:00 In the Kitchen	13 10:15 Mass 1:00 ? About Heaven 3:00 Bingo 6:30 Concert/Drinks	14 10:15 Mass 1:00 Craft 3:00 Winter Blues Party 6:30 Bingo	15 10:15 Mass 1:00 Pam's Choice
16 10:15 Mass	17 10:15 Mass 1:00 Spa Day 3:00 Uno	18 10:15 Mass 2:00 Protestant Church 3:00 Trivia 6:30 Bingo	19 10:15 Mass 1:00 Spa Day 3:00 Birthday Party	20 10:15 Mass 1:00 Resident Council 3:00 Bingo 6:30 Armchair Travels	21 10:15 Mass 1:00 Craft 3:00 Movie/Popcorn 6:30 Bingo	22 10:15 Mass 1:00 Laura's Choice
23 10:15 Mass	24 10:15 Mass 1:00 Spa Day 3:00 Farkle	25 10:15 Mass 2:00 Protestant Church 3:00 Chex Mix Mixer 6:30 Bingo	26 10:15 Mass 1:00 Spa Day 3:00 In the Kitchen	27 10:15 Mass 1:00 ? About Heaven 3:00 Bingo 6:30 Movie/Popcorn	28 10:15 Mass 1:00 Prize Store 6:30 Bingo	29 10:15 Mass 1:00 Pam's Choice
30 10:15 Mass	31 10:15 Mass 1:00 Spa Day 3:00 Shut the Box					

Please feel free to contact us in the Activity Department at any time. Our direct line is 515-574-5906 or email either of us with questions or suggestions.

Email:
photz@marianhome.com or
lstein@marianhomefd.com



Pam Hotz
Co-Activity Director



Laura Stein
Co-Activity Director

HEAR FROM YOUR ACTIVITY DIRECTORS

Happy 2022! We hope everyone had a joyous holiday. We want to thank all of you for the gifts and donations for our residents over the holidays!

We are happy to say that we are going to be having the Protestant Church Services in person again to start off the new year.

So pleased that the church people are coming back---we have missed them!

We are back in the kitchen making tasty treats. If you have any favorite recipes of your loved one's we would love to have them and give them a try.

Thanks,

Pam or Laura

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