



NEWS LETTER

A bi-monthly newsletter for the friends and family of Christian Care Retirement Community

January/February 2019

Say Hello to Our Team!

As we enter 2019, there are some new faces in new positions making an impact at Christian Care and we are excited to have them on our team. Though the faces have changed, the care you have come to expect from Christian Care is still the best around! Here is a list of some of our recently changed positions over the past year.

Jen Whicker - Business Office Administrative Assistant

Jen has been at Christian Care since December 2018. She assists residents daily with their needs and helps with resident admissions, payments and reservations. She has been a great addition to our team!

Maria Bates - Social Services Director

Maria took over as head of the Social Services/Admissions department at the end of 2018 after serving as Assistant Social Services Director. Maria came to Christian Care in summer of 2018.

Kathy Steffen - Bookkeeping

Kathy began working at Christian Care in spring of 2018 as the Bookkeeper. She helps with accounting, billing, invoices and other office tasks.

Dion Dubbeld - Maintenance/Facilities Supervisor

Dion took over as head of Maintenance/Facilities at the beginning of 2019. Dion has been serving residents at CCRC since 2010.

Lindsay Holmes - Staff Development Coordinator/Infection Prevention

Lindsay has been at Christian Care since 2001 and now serves as Staff Development Coordinator and Infection Preventionist. Lindsay has previously spent time in roles such as: dietary aide, CNA, and floor nurse in the healthcare and memory care areas.

Betty Lough - Activities Director

Betty became the new Activities Director in early 2017. Betty has worked at CCRC since 2011 as a CNA and QMA with a majority of her time spent assisting residents in our Memory Care area.

Emma Rhoderick - Residential Services Director

Emma became the new Residential Services Director in early 2017 after serving as a floor nurse in Assisted Living at Christian Care since 2011.

Donna Geisel - Business Office Manager

Donna became the Business Office Manager in early 2018 after 4 years in Bookkeeping. Donna has been serving residents at CCRC since 2014.

Rachel Quillen - Director of Nursing

Rachel assumed the DON position in August 2017. Rachel has worked at Christian Care since 2003 as a CNA, floor RN, Assistant Director of Nursing and MDS Coordinator.

Donna Emshwiller - Health Facility Administrator

Donna took over as HFA in October 2018 but has held two other positions at CCRC since 2005 as Human Resources Coordinator and Business Office Manager.

Preston D. Kaehr - Executive Director

Preston took over as Executive Director in January 2018 after serving as Assistant Executive Director and Health Facility Administrator at Christian Care since 2016.

A recent employee review found that **54%** of our employees have been here **5 or more years**, while **25%** have been here **10 or more years**. We are thankful for the dedication and faithfulness of these committed employees!

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Activities Department

Another holiday season has come and gone; the decorations are down and put away. Now we can look forward to the new year and see what opportunities may come. We have been so blessed this Christmas season. Thank you for all the special treats and carolers. A big thank you to everyone who helped make our Christmas gift party a success. Your time and generosity are greatly appreciated! As a community we are truly blessed to have so many amazing people who come together and share their love and compassion. Thank you to all the Christmas carolers who took time out of their busy schedules to share the joys of Christmas.

Our residents enjoyed Christmas light tours at the state park and around Bluffton,

and the lights were beautiful this year. Praying the weather will allow us to continue with our van rides, dine outs and shopping trips.

Golden Apple continues to stay busy with their crafts and activities. They enjoyed a Christmas light tour of the Marion lights.

Rene, our Assisted Living Activity Director continues to bring new and creative activities to our Villa and Assisted Living residents. Janet, Doris, Dillon and Lindsey continue to help bring joy and happiness with keeping our healthcare residents busy with activities; we are blessed to have such a good staff.

May you have a blessed and safe New Year.

– Betty Lough
Activity Director

Nursing Notes – *Focus on Pain Management*

Along with the aging process comes aches and pains related to arthritis and other degenerative changes that occur in the body. There are times that other disease processes and conditions can cause much more extreme levels of pain. The overall goal is to keep pain at the most minimal or tolerable level as possible and to meet each resident's goal individually during treatment. Every person has a different pain threshold, and this needs to be considered. It's important for the staff to know what kind of pain management has worked in the past and to try non-pharmaceutical options first.

Some great options to consider are heat or cold compresses, repositioning, and keeping the mind busy with activities of interest. Therapy can offer exercises and other modalities, such as e-stim, for pain management. Other pain remedies include restorative exercise programs, massages, relaxation breathing, music, baths, and topical analgesics applied directly to the area of pain (ie, bio freeze).

Other systemic pain medications may need to be considered for moderate to severe types of pain that are not relieved

by interventions mentioned. With pain medications comes the risk of side effects such as drowsiness, GI upset, and constipation just to name a few. The staff will work with the resident's physician to come up with the most appropriate medication regimen and decide if the benefit may outweigh the risk. Frequent adjustments may be necessary along the way.

Another option that is offered at CCRC is Palliative Care. This is an "extra layer" of care that works with the resident's primary care physician to help with symptom management of pain and other conditions. A health care provider that specializes in this area will come to the facility on a routine basis to follow the resident and make necessary changes to help make that resident as comfortable as possible. If anyone would like any additional information on this service, or if you have other questions about pain management please feel free to see me.

Wishing you a very blessed 2019!

– Rachel Quillen
RN DON



720 E. Dustman Road
Bluffton, Indiana 46714-1214
Phone (260) 565-3000
Administrative Fax (260) 565-3009
Nursing/Orchard Fax (260) 565-3003

Web Site:
www.christiancarerc.org

E-mail:
info@christiancarerc.org

Retirement Community consisting of:

Independent Living

- North Shore Estates
- Lakeview Estates
- Patio Pines Apartments

Assisted Living

- Three Oaks Apartments
- Sugar Maple Suites

Skilled Nursing

- The Orchard
- Golden Apple
- South Woods – Rehab/Skilled

ADMINISTRATION

Executive DirectorPreston D. Kaehr
Administrator Donna Emshwiller
Director of NursingRachel Quillen
Business Office..... Donna Geisel
Social Service DirectorMaria Bates
Residential Services Director... Emma Rhoderick
Dir. of Food & Nutrition Svcs.....Lolly Harter
Maintenance SupervisorDion Dubbeld
Executive HousekeeperKandy Kahn
Laundry SupervisorRita Davis
Activity Director.....Betty Lough
H.R. Coordinator Leann Nash
Volunteer CoordinatorKim Maller

Members of:

- Leading Age Indiana
- Wells County Chamber of Commerce
- Better Business Bureau

Mission Statement:

**“Enriching senior living
with Christian values and
compassionate quality service.”**

Happy Birthday!!!!!!

Residents

HEALTHCARE

Natalie Mosier..... February 7
 Mildred HussFebruary 24
 Doris Neuenschwander March 11

THREE OAKS

Barbara Pfister February 4
 Gwendolyn Fogwell February 14
 Mary Parker..... February 16
 Alvin Fiechter March 6
 Martha Reinhard.....March 30

WILLOW LANE

Dorothy "Dottie" Jones..... February 18
 Arlene Habegger March 17
 Norma Smith March 31

SUGAR MAPLE SUITES

Esther "Marty" Davis..... February 20
 Martha Rupel..... February 22
 Wanda Steffen..... February 26
 Joyce Baumgartner March 8

VILLA RESIDENTS

Frank Ifer February 2
 Dave Reinhard..... February 2
 Mary Jane Yergler..... February 2
 Earl Gerber February 5
 Joyce Neuenschwander February 6
 Carl Fiechter..... February 7
 Nilah Aschliman..... February 9
 Jerry Hook February 11
 Alice Curry..... February 13
 Larry Farling..... March 2
 Evelyn Gerber March 8
 Susie Ellison..... March 10
 Alice Stevens March 13

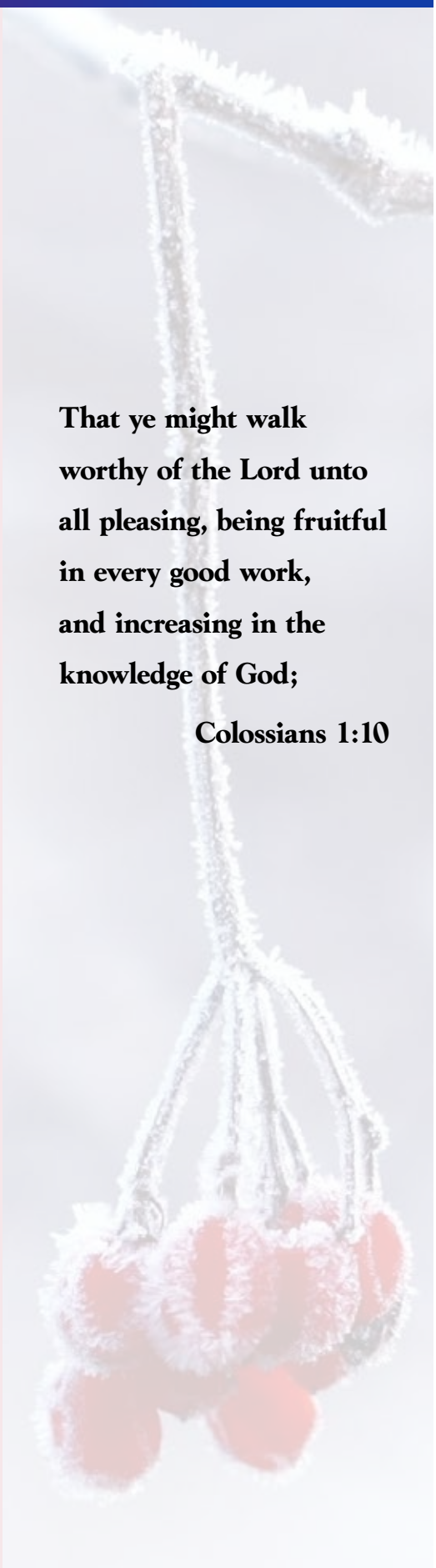
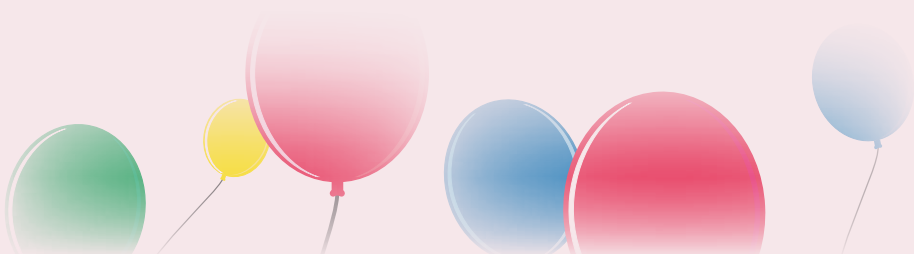
Les Meyer March 14
 Walter Jr. Neuenschwander March 14
 Ruth Ifer..... March 15
 Barbara Haffner March 16
 Judith Cupp..... March 20
 Jacob Fluke..... March 21
 Walter Erxleben March 26
 Betty Longenberger..... March 29
 Elizabeth Schwartz March 30

Employees

Maria Bates..... February 2
 Katy Harris February 2
 Stephanie Beckman February 4
 Aubrey Dunnuck..... February 4
 Sarah King February 6
 Abby Pavlin..... February 8
 Kimberly Schreiber..... February 8
 Makenna Garza..... February 11
 Madison Bowman February 15
 Brooke Hummer February 15
 Lois Yoder February 16
 Javon Steffen February 18
 Andrew Suman..... February 21
 Leann Nash February 22
 Cindy Petty February 23
 Emma Elwell..... February 25
 Whitney Isch..... February 26
 Megan Troxel..... March 2
 Madison Dunnuck March 4
 Marie Winkler March 10
 Teresa Hirschy March 11
 Spencer Schwartz..... March 11
 Rachel Quillen..... March 15
 Madison Townsend March 15
 Deanna Stuckey March 20
 Emily VanOver..... March 20
 Kayla Meyer..... March 22
 Jeff Neuenschwander March 22
 Sarah Speheger March 30

**That ye might walk
 worthy of the Lord unto
 all pleasing, being fruitful
 in every good work,
 and increasing in the
 knowledge of God;**

Colossians 1:10



Welcome!!!!!!

Healthcare Admissions

Healthcare welcomed Barbara Barger on November 12, 2018 from her Assisted Living Apartment at Christian Care. She is a widow. She has a son and two daughters. She was a farmer's wife and worked in a preschool. She is a member of the Pleasant Dale Church of the Brethren. Welcome Barbara!

Healthcare welcomed Lois Brickley on November 14, 2018 from Lutheran Hospital. She is a widow. She has a son and two daughters. She retired from Caylor-Nickel Clinic in housekeeping. She is a member of the Bluffton Wesleyan Church, Bluffton. Welcome Lois!

Healthcare welcomed Carolyn Harnish from her home on November 16, 2018. She is a widow. She has two sons and two daughters. She was a farmer's wife and worked for her son in his convenience stores. She is a member of the Murray Missionary Church. Welcome Carolyn!

Healthcare welcomed Dorothy Zaugg on November 23, 2018 from Ossian Health Care. She attended the United Methodist Church. Welcome Dorothy!

Healthcare welcomed Beverly Merchant on December 5, 2018 from Bluffton

Regional Medical Center. Her husband is Ronald Merchant. They have a son and daughter. They are members of the Hope Missionary Church. She was a homemaker and bookkeeper for five years. Welcome Bev!

Healthcare welcomed Patricia Mitchel on December 5, 2018 from Adams County Hospital for rehabilitation. Her husband is Robert Mitchel. They have two sons and two daughters. She was a teacher for over 30 years in Adams County. They are members of the Pleasant Dale Church of the Brethren. Welcome Pat!

Discharged

Dorothy (Dottie) Jones came to Christian Care healthcare for rehabilitation on September 27, 2018, from Bluffton Regional Medical Center. She completed her rehabilitation and moved to Willow Lane here at Christian Care on November 2, 2018. We wish Dottie the best!

Alice Shannon came to Christian Care healthcare on November 18, 2018. She has moved back to her Assisted Living apartment here at Christian Care on November 20, 2018. We wish Alice the best!

Farewell to Dear Friends...

Judith Milholland came to healthcare on August 16, 2018 from her home and passed away on November 20, 2018. She is survived by her husband, Don, three sons, three daughters, 14 grandchildren and eight great-grandchildren. She retired from Kitco. She was a member of St. John United Church of Christ in Vera Cruz. We express our deepest sympathy to her family.

Helen Hamilton came to healthcare on March 2, 2017 from Lutheran Hospital and passed away on November 24, 2018. She is survived by a son, a daughter, seven grandchildren and several great-grandchildren. She was a homemaker. She was a member of the Keystone United Methodist Church. We express our deepest sympathy to her family.

Mary Ann Gerber came to healthcare on December 20, 2016 from her Assisted Living apartment here at Christian Care and passed away on December 12, 2018. She is survived by a son, two daughters and four grandchildren. She retired from Bi-County Services. She was a member of the Apostolic Christian Church. We express our deepest sympathy to her family.

**Lord Jesus, I long to be perfectly whole;
I want Thee forever to live in my soul.
Break down every idol, cast out every foe;
Now wash me, and I shall be whiter than snow.**

~ RECIPE ~

5 Cup Salad

- 1 (11 oz) can mandarin oranges
(well drained)
- 1 (8 oz) can pineapple tidbits
(well drained)
- 1-2 cups mini marshmallows
- 1 cup sweetened flaked coconut
- 1 cup cool whip

Combine all ingredients...can be refrigerated for later or enjoy it now!

Dietary News

The year 2018 was a VERY BUSY year in dining services here at Christian Care, and the new year of 2019 looks to be even BUSIER!

January and February have some special “food” days that we will be celebrating. January 19th is National Popcorn Day. Today Americans consume about 17 billion quarts of popcorn each year, with most of the popcorn coming from INDIANA! Popcorn is a whole grain food that is high in vitamins, minerals and fiber. So, really, popcorn is good for you!

February is Great American Pie Month. The girls do a wonderful job with making pies. AND... if there is fruit in the pie (like cherry pie)... it counts as a fruit... SO... pie is GOOD for you! We will be having a variety throughout the month so ENJOY!

February 11th is Peppermint Patty Day. So, as our tradition, we will be passing out this treat for everybody who is here that day.

March 6th is Oreo Day! Oreo cookies are 107 years old. It is the most popular cookie sold in over 100 countries. More than 500 billion Oreos have been consumed.

This year is a special year for me personally. I have been here at Christian Care for 20 years on January 14th. Christian Care truly is a blessing to this community. God placed me here at Christian Care to serve Him and to grow in my faith and trust in Him. We never know what He has planned for us each day. We are all in need. Circumstances in our lives, the people He places in our lives, where He places us to serve Him... He already knows what our day will be... we just have to trust and have faith.

Christian Care is a great place to work. In the Food and Nutrition Services Department we have 44 employees. Ages range from 15 to 64 years old! 19 of the 44 are in high school. This group of students are great to work with! They truly enjoy being with our residents and it is a good experience for them to help others. Pass the word around if you know of someone who you think might be interested in being a part of our team here at Christian Care.

– Lolly Harter, CDM, CFPP
Director of Food & Nutrition Services

*Food For Thought – Cast me not off in the time of old age;
forsake me not when my strength faileth.*

Psalms 71:9

Volunteer Connection

We hope you had a wonderful time ringing in the New Year and we also hope that 2019 is filled with all kinds of blessings for you and your entire family. One thing I would like to do is enhance our new library area in the Patio Pines hallway. We already have a large variety of large print books and Kathy Gerber (Gordy's) is the volunteer to bring this vision to a reality. If you have any suggestions or thoughts regarding the library, please let me know. Kathy comes to Christian Care with a lot of library experience so I am sure she will do a great job.

I want to let you know that I will be a little absent from Christian Care in the month of January and possibly part of February. I will be working from home during this time and

will do my best to take care of your needs. If you need to cancel your meal deliveries during this time please call Lolly at extension 2132.

I also wanted you to know how proud I was of each of you who happen to be here when the State Surveyors were here in December. They were so impressed by your dedication and your responsible actions during their stay.

As many of you know, I try to always have Sweet Stripe Mints at my desk. The residents, visitors and even the employees love them. So if you are in the candy aisle and think of Christian Care throw a tub or two in your cart and drop them off at my desk. Something else the residents use every day is the eyeglass

wipes. The residents' glasses get so dirty and when we have eyeglass wipes they feel like they can clean them themselves.

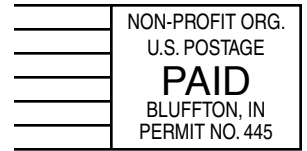
We would lastly like to thank every person who bought a gift for our Healthcare residents' Christmas party. Those gifts were wrapped in such a special way that our residents were delighted by both the gift and the presentation of the gift. I would also like to thank Peg Yergler and her crew who provided the snacks and drink during the party. This party is a highlight for our residents and they look forward to this every year.

Bountiful Blessings for 2019!

– Kim Maller
Volunteer Coordinator



720 Dustman Road • Bluffton, Indiana 46714-1214
Phone (260) 565-3000



Return Service Requested

The Good Samaritan Fund

2018 may be over, but the good news is that you can still partner with us financially for 2019! Here are a couple of reasons to consider making a donation to the Christian Care Good Samaritan Charitable Fund.

Your donation:

1. Helps residents continue to receive the care they need after exhausting their financial resources.
2. Assists Christian Care with campus improvement projects that improve resident quality of life experiences.
3. Ensures that residents can be cared for in a Christ-like manner regardless of governmental policies or regulations that may conflict with Christian Care's beliefs and practices.
4. Provides employees with scholarship and continuing education opportunities, which benefit resident care and organizational success.
5. Helps Christian Care attract and retain necessary workers by offering competitive employee benefits and compensation.

Ready to Donate?

Check – Made payable to Christian Care (mail to: 720 E. Dustman Rd, Bluffton, IN 46714)

Cash – Can be mailed or delivered to the Business Office M-F from 8AM to 4:30PM.

Online – Visit www.christiancarerc.org/giving , click the 'Donate' button at the bottom.

All donations, memorials and other gifts are tax deductible.

