

ROLLING FIELDS NEWS



9108 State Hwy 198, Conneautville, PA 16406

(814) 587-2012

www.rollingfields.com

Holiday 2017

A loving home where life is meaningful, relationships are genuine and growth never ends.

Happy Holiday Season!

It's hard to believe how quickly 2017 has disappeared! It was definitely a transition year for me as I adjusted to my sister's retirement. Even though she only worked part time the last couple of years, you get used to having that right arm so when it's gone, it makes a big difference.

2017 has also been a year of regulatory changes. The aptly named "mega rules" have consumed much of my time and energy. The first phase was fairly easy but phase II which begins on November 28th has so many moving pieces it has been a real challenge. I am pleased to say that we will be ready by the deadline.

Next week is Thanksgiving and if you decide to join us for dinner, once again the culinary services team has prepared a delicious traditional Thanksgiving dinner menu complete with all the trimmings. Details on reservations are found elsewhere in this newsletter.

Excitement is in the air as we have set the dates and made plans for the neighborhood Fireside Gatherings in December! Indeed the Christmas season is a time we all look forward to at Rolling Fields. One of our favorite traditions is our Christmas play performed by care partners. This years' play will be performed on Friday, December 22nd. The title is, "Merry Christmas, No Matter What!" Feel free to join us for either the morning or the afternoon performance.

I appreciate your continued trust in us to care for your loved ones. It is an honor and pleasure to create home for these amazing people. Have a joyous holiday season and treasure the moments that mean so much. I look forward to seeing you at Rolling Fields.

Kim





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Rolling Fields Achieves Five Star Rating

Rolling Fields is proud to announce that they have earned the highest attainable quality rating from the Centers for Medicare and Medicaid Services.

Nursing Home Compare provides quality ratings to each of the nation's 16,000 Medicare and/or Medicaid-certified homes. Each facility is rated from a low (1Star) to the highest (5 Stars) based on three critical areas: health inspection results, quality measures and staffing levels. The quality rating system was created to help consumers, their families and caregivers compare nursing homes easily.

Rolling Fields is proud to join the ranks of the top 10% of nursing homes in the country with five star ratings. We congratulate our staff for their hard work and dedication to achieve this milestone.





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Honoring those who Serve

Veterans' Day Luncheon 2017



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SHORT-TERM RESPITE STAYS

We will care for your loved one while you enjoy some time away from in-home caregiving!



Rolling Fields
Elder Care Community



THINGS TO DO DURING A TWO-WEEK RESPITE STAY AT ROLLING FIELDS:

Order a cheeseburger w/ bacon, French Fries and a Lemon Bar

Enjoy a glass of red wine before dinner

Take my dog for a walk

Compete in a Wii bowling league

Read a book to the children in the Young At Heart daycare

Stroll through the beautiful gardens and go fishing

Order Brownie Cheesecake for my midnight snack

Invite my grandson for lunch in the restaurant

Order room service for breakfast

Attend Communion in the church

Get my hair colored

Treat myself to a French Manicure

CALL STEPHANIE AT RF TODAY! 814-587-2012



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A Proud 5 STAR CMS Rated Community



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2017 Daycare Year in Review

This year has sure flown by, and Daycare has been busy! We had regular visits from our Stone Memorial Librarian every month for story time, and during the summer we hosted a visit from Tamarack Lake Rehabilitation in partnership with the local library. On days off of school we had volunteers that completed their volunteer hours with us as well!



We received several notable gifts this year, one from our Pharmacy Delivery person Tim brought all the children a special Sand Dollar when he returned from his trip to Florida! Another is from Elder John Hodson gave the children a wonderful gift of his Hot Wheels and Matchbox Car Collection, which the children still enjoy every day.



The children helped with their favorite play area in the Courtyard by assisting with a Spring Cleanup: they gathered up the sticks into their wagon to clean up after the winter!

We released our Painted Lady Butterflies that we raised from caterpillars with our Elders in the Courtyard this spring, and throughout the summer our junior volunteers were involved throughout the home, creating relationships with Elders as well as helping with some light chores.

Every holiday is celebrated in style from the Mardi Gras parade, Pajama and Pancake Day, Pub Hop, and the Cinco de Mayo Fiesta.

April held our Annual Trip from the Easter Bunny, with an outdoor egg hunt in the Courtyard that brought our best ever attendance!

We've also had a theme for every week of the year, with favorites being Dinosaur Week, Glow in the Dark Week, and Pirate Week!



Throughout the year children and Elders enjoy many favorite games together, including Noodle Ball, Indoor Chutes and Ladders, Parachute, and Bowling!

The Rolling Fields Fair was a lot of fun and got everyone involved all over the home. We hosted all the favorite fair foods, many games, and the children even got their faces painted!



All who attended Apple Fest got to not only enjoy apple goodies, games, and live music, but got to see and participate in an apple press demonstration.

Elders and children have enjoyed time together playing games, and fishing at our pond. Children can also be seen helping with other various activities around the home, including baking. They also like to show off their

As we move into the holiday season around Rolling Fields, we move from celebrating Halloween, Veteran's Day, Thanksgiving, and onto Christmas. During the holidays you can expect plenty of homemade cookies being baked, many crafts and gifts being created, and all in all the best sights and smells of home at the holidays!

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Trail Of Treats

On Friday, October 27th, Rolling Fields welcomed over 900 Ghosts and Goblins in our home for a safe and fun Trick-or-Treat event. Elders and kids alike, had a great time!! Thank you again USI Insurance and Fred Fiedler for your generous support of this community event.



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Cherry Street Men's Outing October 21st

Linesville VFW Post 7842

The Linesville VFW Post 7842 Auxiliary invited Cherry Street men to an afternoon of fun. They furnished a lunch with soup and sandwich with cake for dessert. We enjoyed our bowling game along with lots of laughter. The post presented the men with pins, bracelets and hats as gifts.



Bob Lane, Tony Miller, Joel Yunik, John Morrison, Karen Beres, Rose Hall, Meg Hilla, Tim Barrall, Megan Krachkowski

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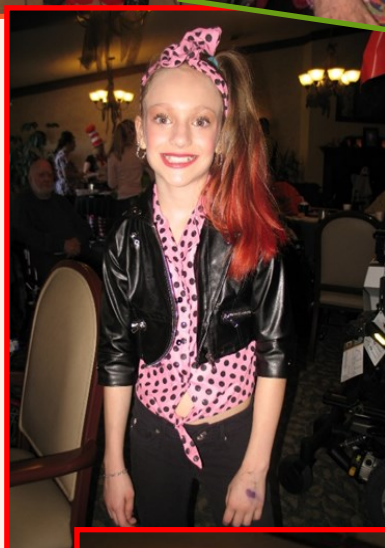
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More
Halloween
FUN!!



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END ALZ

On September 30th Care Partners, family, and friends from Rolling Fields walked at Allegheny College, in the 2017 Walk to End Alzheimer's in Meadville. Rolling Fields was one of 18 teams with over 255 participants that together raised \$28,524.66. This was 10% over the 2017 goal. The Empowered Carepartners from Rolling Fields came in 5th place raising \$2,166.00. The Team is already planning ahead for next year's event. Please watch for future information on how you can join in and support our team. Together we can end Alzheimer's!



Missing from photo: Shane Burchfield, Ariel Vandusen, Misty Phillips, Sarah Brockett & son.



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Wednesday, October 18th the **Fig Street Families** held their annual Harvest Pot Luck Picnic! What a turnout! We created a delicious buffet of many homemade dishes and desserts! What great cooks we have! Many Elders, families, friends and care-partners filled the Fig Street Living Room and spilled over into the adjoining areas. Lots of food, fun, laughter and new friends were enjoyed by all.

Thanks everyone for a really great time!

We are already looking forward to our **Christmas Fireside Gathering that will be held on Wednesday, December 13th from 4:30pm-6:30pm.** Due to anticipated large attendance, the Fireside Gathering will be held in the Community Room this year.





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Cookbook

**The Elm Street Cookbook,
Vol. 2 is available for
purchase**

It contains tried & true recipes
from the Elders, families, care
partners and friends.

**To purchase inquire on Elm
Street or see Molly or Bonnie**





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Holiday Meal Reservations



The Holidays are fast approaching and that means delicious food! This year's Thanksgiving meal will consist of Ham and Turkey with all the yummy trimmings and of course traditional Thanksgiving desserts! The Reservation sheets for Thanksgiving will be out from November 1st through November 15th the price for Guests to enjoy the meal will be \$11.00. Please contact Jen Mihalyi in the Business office to make your reservation. The 24 hour menu will not be available to order from on this day at any time no late reservations will be accepted and please remember we can only accommodate so many guests at one time in the Restaurant. If you have a big family and want to spend the time together

Rolling Fields has several other options for places to dine other than the Restaurant. If you are interested in having a large family gathering and would like more information please contact Eric Mead, House Steward, to reserve a room.

Christmas reservations will be accepted between December 4th through December 18th, the price for Guests will be \$14.00 and all the same guidelines as Thanksgiving Dinner, no late reservations, and no 24 hour menu available for Guests. The Christmas Menu will be announced at a later date.

Happy Holidays from the Culinary Care Partners at Rolling Fields!



Fireside Gatherings

You are invited to join your loved one at this very special event full of Christmas food, fun and fellowship!

Ash Street : Friday 12/15 at 5:00pm in the Community Room

Birch Street: Wednesday 12/20 at 2pm in the Café

Cherry Street: Tuesday 12/12 at 4pm in the Community Room

Dogwood Street: Tuesday 12/12 at 2:30pm in the Café

Elm Street: Friday 12/15 at 2pm on Elm Street

Fig Street: Wednesday 12/13 at 4:30pm in the Community Room



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Fight the Flu!

As fall and the holiday seasons approach, so does the infamous influenza season. Influenza can begin as early as October and continue through March (already reported in Crawford County). The flu is highly contagious and is passed easily from person to person. The flu is most dangerous for elderly and infant populations. The most important way you can protect yourself and loved ones is by getting vaccinated yearly. Washing both hands and commonly used surfaces such as phones, keyboards, handles, and doorknobs can decrease the chance of the flu being transferred to you or others. You are encouraged to see your doctor for treatment if symptomatic (fever/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue/tiredness). Please consider refraining from visiting your loved ones if you are fighting the flu.



Joel King, RN
Infection Preventionist

Elder Belongings

Please be aware that when items such as clothing, decorations, valuables, etc. are brought in for Elders, they must be entered into an inventory log and labeled with the Elder's name. This process is important for keeping Elders' property accounted for. If you bring something in for your loved one, please make sure to inform a Care Partner in the neighborhood. You may take your Elders clothing/blankets directly to laundry to be labeled.

Also, when removing items from your loved ones' room please inform the Care Partners so those items can be removed from the inventory log. At this time of year, your help in thinning closets is needed much! Thank you for making your Elder comfortable in their home. We appreciate your commitment and effort.



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Insurance Changes

The time of year is coming when our Elders and their families start to receive mailings about their retiree insurance plan or offers for open enrollment into various Medicare plans. If you receive correspondence regarding a health plan change or Medicare Part D plan change for your elder, it is very important that you contact our Business Office so that we may update our records and verify that it is a plan we are in network with. Also, please bring in any new insurance cards received so that we may make copies for our files. If you are unsure about any correspondence you may receive from an insurance company, we will be glad to review it with you. You may contact our controller, Christine Svetz, for an appointment.

Lean On Me

We welcome you to join us for the Lean On Me support group. Lean On Me, which is supported by the Alzheimer's Association, benefits not only the family members of Rolling Fields' elders, but the community, as well. This monthly gathering provides opportunities for mutual support and connects others who are facing the challenges of the aging process. We discuss a variety of topics that includes Alzheimer's and Dementia.

Some of the previous topics that have been discussed are legal issues, behaviors, and depression in Dementia. We also invite speakers from community agencies to share their available services and expertise.

The Rolling Fields' social workers, Shannon Watson and Susan Reitz facilitate this support group. This group is held on the second Thursday of every month in the Rolling Fields' Den. Due to the time change, our support group will now meet from 5:00 PM to 7:00 PM. RSVPs are appreciated a few days prior.

The topic for December is:

Safe Ambulation and Transfers for Holiday Travels.

We look forward to seeing you!

Shannon and Sue



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It's not too late to donate!!

*Halloween is almost a bygone, football season has begun, so
Old Man Winter will be here before we know it!*

BABY, IT'S GONNA' GET COLD OUTSIDE!

Rolling Fields will be collecting gently used winter wear, including coats, gloves, hats and scarves. There are men, women and children in our community who are in need of the warmth and comfort your gently used coats can provide.



Who: Open to all care partners, Elders, and family members

What: New or clean, gently used winter wear

Where: Collection Box will be located in the area near the café/admissions office

When: November 1st – 15th

Why: To help out our fellow care partners and community families

On November 21st all the collected items will be available in the Community Room for care partners. Remaining garments will be donated to the local community. If you have any questions, please see Stephanie Head in admissions or call (814) 587-2012.

This is a great way to give to our fellow care partners and local families in need!





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Rolling Fields Fair

Elders and Care Partners joined for an afternoon of food, games and friendly competition as part of the RF Fair. Everyone worked together to have a fair with everything you would expect! Nurse Care Coordinators welcomed entries for the Home Show that displayed many of the hidden talents of both elders and care partners. Funnel Cakes (Fig St.), Fresh Squeezed Lemonade (Dogwood St.), and samplings from Pie Bake Off entries (Cherry St.) and as if that wouldn't be enough to fill anyone's belly, Kim, Chelsea and Molly served up Italian Sausage Sandwiches and Fresh Cut Fries under the big red and white striped tent. There were games of chance and skill scattered throughout the fair such as Ash St. Bingo, a Corn Husking Competition, Putt Putt, Bucket Pong and Corn Hole. Birch St. welcomed everyone to test their skills at their Annual Watermelon Seed Spitting Contest and we were thankful for the brave ones who ignored the chill in the air and allowed us to show our throwing arms at the Dunking Booth. A Farmers Market (Activities) was a great place to browse for vegetables, flowers, baked and canned goods and to go along with the festivities Amber Daire offered face paintings of anything you could dream up. The afternoon was rounded out with Elm St. welcoming any and all pets to the John Bean Memorial Pet Parade. Thank you to our sponsors McDonald, Illig, Jones & Britton Law Firm, Select Rehabilitation, Northwest Pharmacy Solutions, Coppola Enterprises (Rick Tautin) and CH Reams Insurance.



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More RF Fair Fun !



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Dogwood Street Happenings and Fun times!

Dogwood Street has been very busy with getting things all ready for the special Halloween night we have in store. The Elders love the Trail of Treats and handing out Candy to all the trick-or-treaters.

We have also had a street party with lots of good food for Elders and care partners to enjoy. We have some care partners on our street who love to cook and bake!

We are getting things planned out for the upcoming Fireside Gathering on December 12, 2017 at 2:30pm, this will take place in the Café with refreshments for all to share. This is a special way of spending quality time and celebrating Christmas with our Elders and care partners. We are hoping for a wonderful turn out.

Thank you!—The Dogwood Street Families



Update from the Beech and Buttercup Families

The Birch Street Families held their Family Picnic on September 20th at 4:00 p.m. in the activities center and on the A/B patio. We had a ton of food and even more family members who enjoyed a pot luck picnic! A huge thank you for everyone who participated! We hope to see you again for our Fireside Gathering on December 20th at 2:00 p.m. in the Kalimos café!!!

Thank you!—The Birch Street Families





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New Medicare Cards

In an effort to cut back on identity theft for the elderly, Medicare will be assigning a new Medicare number and mailing new cards to all recipients between April 2018 and April 2019.

Medicare will be removing Social Security numbers from Medicare cards, assigning a new unique Medicare number and mailing each person a new card. If your Elder's social security check comes to Rolling Fields, our business office has been busy making sure that your Elder's address has been updated to Rolling Fields' address so that we receive their card here. If their check does not come to Rolling Fields, please make sure their mailing address is up to date so the card is delivered to whomever handles their financial and medical affairs or to Rolling Fields. If their address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213.

Beware of anyone who contacts you about the new Medicare card. Medicare will never ask you to give them personal or private information to get the new Medicare Number and card.

Understand that mailing everyone a new card will take some time. Your Elder's card might arrive at a different time than a friend's or neighbor's.

Once you receive their new card, please bring a copy to our Business Office right away. We will need to use their new number for billing Medicare going forward and will need to share their new number with any medical providers they use through Rolling Fields.





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Shopping Trips in December!

In December the streets are planning trips to Meadville Walmart for the Elders who would like to get some Christmas and personal shopping done. If you would like to see if your loved one expressed interest in being part of this trip and would like to join them to assist in their shopping experience, please call and speak with an Activity Care Partner for more information. The dates of these trips are:

Ash Street/ Fig Street – Thursday, December 7th

Cherry Street/ Dogwood Street – Tuesday, December 5th

Birch Street – Tuesday, December 12th

