

From the desk of: MOQI Nurse Practitioner, Karene Goodman, PhD

It's important for EVERYONE to wash their hands.

Your hands spread germs. We all carry germs on our hands. One of the best ways to reduce the chance of spreading infection is with hand hygiene. Residents, family members, and staff should be performing proper hand hygiene frequently throughout the day.

Do you know the proper way to wash your hands?

You have two choices for hand hygiene: 1) alcohol-based hand sanitizer or 2) washing with soap and water. Either can be effective but if you can see something on your hands, you should use soap and water.

Here's what to do!

Hand Sanitizer:

- Hand sanitizer is as effective as soap and water. Alcohol-based hand sanitizer kills most of the bad germs that make you sick and it does not create antibiotic-resistant superbugs.
- When using hand sanitizer, you should rub your hands together as if washing your hands, covering all areas of your hand (including back of hand) with the sanitizer, until your hands feel dry.

Soap and Water:

- When washing your hand with soap and water, use warm water, a quarter-sized amount of soap, and wash all surfaces of your hand, including between your fingers, for at least 15 seconds (hum "Happy Birthday" twice).
- Dry your hands well with paper towels. After drying your hands, use the paper towel to turn off the faucet and to open the bathroom door.

You should wash your hands:

- Before preparing or eating food
- Before touching your eyes, nose or mouth
- Before and after any contact with other family members
- After using the restroom
- After blowing your nose, coughing, or sneezing
- After touching surfaces in public (door handles, pens, countertops)

We would like to keep the residents, and you, safe and illness free! Please practice proper hand hygiene frequently to help us prevent illness within the nursing home. We have hand sanitizer stations available throughout the building for everyone convenience and safety.



Partner Anniversaries

- Nenita T. Austria 5/11/2016
- Maurice c. Burton 5/21/2013
- Shavaugh A. Davis 5/24/2011
- Nancy G. Deblaze 5/15/1990
- Donald Hendricks 5/07/2014
- Ronald Kountzman 5/03/2017
- Erica Parker 5/11/2016
- Stephany Pritchard 5/24/2017
- Angela Steed 5/21/2013
- Jerome Tucker 5/21/2014

Partner Birthdays

- Gregory Adler 5/01
- Tatyanna Bolden 5/30
- Melissa Campbell 5/16
- Julia Colabianchi 5/06
- Erica Cross 5/06
- Holly M. Hackbarth 5/31
- Latonya Harris 5/13
- Lorie Hester-Bobo 5/29
- Ellen Jones 5/15
- Rueul Largo 5/07
- Mary Nolting 5/22
- Shayla Turner 5/07
- Donika Walker 5/08
- Kimaron Williams 5/06

Dear NHC Town and Country Resident & Families,

In an effort to provide you with excellent communication, we are pleased to inform you of our new Director of Nursing, Pam Swihart. Pam has been a nurse for 30 years and a Director of Nursing for 28 years. We are honored to have her back to the NHC family after being the Director of Nursing at NHC Joplin and NHC Bluffton. In a recent email to her Nurse Managers she writes, "My goal is to be a world class facility...I believe in NHC and this building. And I believe we can prosper and grow into a world class facility, with resident care as our core value."

Please feel free to stop by Pam's office and introduce yourself as she is in the process of getting to know all of our residents and families.

Thank you for being a part of our NHC Town & Country family, as we work together to ensure excellent resident care.

Sincerely,
The Management Team

NHC TOWN & COUNTRY



IN THE MONTH ON MAY WE CELEBRATE THE COUNTRY OF MEXICO!!

Facts about the Mexican flag

Mexico's flag is tri-striped.

The left stripe is green in color and stands for hope and the independence movement. The stripe in the middle is white and represents purity of the catholic faith. The right stripe is red in color symbolizing the blood of the Mexican heroes. An Aztec legend is the basis for the picture of an eagle eating a snake.

The flag was created when the independence movement had ended in 1821 succeeding in its purpose. **VIVA MEXICO!**

Celebrating MAYO

Friday 4 de MAYO Fiesta

3:00 Happy Hour
Sterling Lloyd
Entertains

Friday MAY 11

3:00 Happy Hour
Ken Roberts
Entertains

Saturday May 12

Mother's Day Tea
2-4pm

Friday MAY 18

3:00 Happy Hour
George Hinds
Entertains

Friday May 25

90's All That
Talent Show! 3:00
Dj Don



JOIN US FOR A
Mother's Day
TEA

Saturday May 12, 2018

2:00 pm - 4:00pm

Come join us!

Spring has sprung and it is time once again for the annual spring-cleaning rituals to begin. We need your help! You can help us by eliminating some of the clutter out of your loved ones room.

*We all know that less is more.
THANK YOU!*



Resident Birthdays

- Wanda Johnson 5/01
- Emmanuel Aziz 5/03
- Dirk Deyong 5/05
- Carol Wilshusen 5/06
- Bonnie Hutchison 5/08
- Maureen Dougherty 5/11
- Angelo Stampini 5/14
- Martha Kirkiewicz 5/17
- Eugene Mckinney 5/18
- Robert Wilson 5/18
- John Levi 5/21
- Ruth Steinhoff 5/22
- Jeanine Swantner 5/23
- Gerard Schmitz 5/27
- Deborah Matthews 5/31

What's Lucky in May?

- Lucky Colors: Light green
- Lucky Days: Tuesday
- Lucky Numbers: 5
- Lucky Letters: M
- Lucky Bird: Nightingale



Parnab Ray
Winner of the MHCA Award
Silent Auction of his Art Work
May 8, 2018 at 9:30-2:00
All proceeds will benefit the Parkinson's Foundation.



R.I.P Friend...

