



# The Guiding Light in Long Term Care

JANUARY 2014

*“Lord, Keep  
Your arm  
around my  
shoulder  
and your  
hand over  
my mouth”*

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*Executive Director—Jeff Robbins—*

## **Focus on Quality and Hospitalizations of Skilled Nursing Residents.**

*With 2014 off and running, there is a strong push from the Department of Health and Human Services Office of Inspector General (OIG) to reduce the hospitalization rates of nursing home residents. One in four nursing home residents on Medicare was hospitalized in 2011, costing the program \$14.3 billion, according to a report from the OIG, and in light of its findings, the OIG has recommended a*

*new quality measure to track hospital admissions.*

*Investigators utilized government databases to gather information about all Medicare beneficiary transfers from nursing homes to hospitals for inpatient stays. The analysis considered all Medicare beneficiaries who spent at least one day in a Medicare- or Medicaid-certified nursing home in 2011, including long-term residents whose stays were not covered by Medicare.*

*The Bluffs uses several tools to track falls, pressure sores,*

*infections and weight loss, as well as hospitalizations of our residents. Every week we meet to discuss these quality measures and develop strategies to mitigate these potential outcomes. Along with the weekly risk management meetings, the leadership team conducts a monthly Quality Assurance meeting with our medical director and pharmacy consultant. The Quality Assurance process is one that is always evolving and taking the issues head-on to keep our residents safe and out of the hospital.*

### Pepperoni-Sausage Pizza Puffs

- 3/4 cup all-purpose flour
- 3/4 teaspoon baking powder
- 1/2 teaspoon garlic powder
- 3/4 cup milk
- 1 egg, lightly beaten
- 1 cup (4 oz.) shredded mozzarella cheese
- 4 ounces reduced-fat ground pork sausage, cooked and crumbled
- 1/2 cup miniature turkey pepperoni
- Vegetable cooking spray
- Jarred pizza sauce, warmed

Preheat oven to 375°. Whisk together flour, baking powder, and garlic powder in a large bowl. Whisk in milk and egg. Stir in mozzarella cheese, sausage, and pepperoni. Let batter stand 10 minutes, and stir until blended. Coat cups of a 24-cup miniature muffin pan well with cooking spray. Spoon batter into muffin cups. Bake 15 to 18 minutes or until puffed and golden. Serve with warm pizza sauce.

### Joke– Can You Hear Me???????

An old man went to the Doctor complaining that his wife could barely hear. The Doctor suggested a test to find out the extent of the problem. “Stand far behind her and ask her a question, and then slowly move up and see how far away you are when she first responds.” The old man, excited to finally be working on a solution for the problem, runs home and sees his wife preparing supper. ” Honey” the man asks standing around 20 feet away “what’s for supper?” After receiving no response he tried it again 15 feet away, and again no response. Then again at 10 feet away and again no response. Finally he was 5 feet away “honey what’s for supper?” She replies “For the fourth time it’s lasagna!”

### Resident Birthdays



Bill Arnold– 01/02  
 Garnet Endecott– 01/03  
 Janet Marsh– 01/04  
 Nancy Bruggeman– 01/05  
 Herbert Blank– 01/08  
 Julia Ransom– 01/19  
 Betty Chew– 01/20  
 Laverne Walker– 01/21  
 Beatrice Hargrove– 01/23  
 Ginny Anderson– 01/25  
 Barbara Coggeshall– 01/25  
 Betty Kivett– 01/27  
 Ethel Francois– 01/29

### Staff Birthdays

Natalee Midgyett – 01/06  
 Tatyana Woods – 01/06  
 Cesarine Mabengo – 01/11  
 Carmen Mendoza - 01/15  
 Shannon Hickem – 01/15  
 Danielle Preyer – 01/19  
 Jan Fasciotti – 01/25  
 Laura Devries – 01/26  
 Sean Galbreath – 01/26  
 Nathan Turley – 01/29  
 Travon Stuart – 01/31



### Resident Spot Light - Dorothy Angell

Dorothy Angell was born July 13<sup>th</sup>, 1923, in St. Louis, Missouri. She grew up with one brother and two sisters, Dorothy was the oldest. She attended Avery Elementary School until she was seven years old, and then moved to Dallas, Texas. She graduated from Highland Park High. She attended 2 years at Arlington College then two years at Denton College and received her Diploma in Teaching. She went to The University of Missouri and received her Masters in English. After she graduated from The University of Missouri she got a teaching job in St. Louis teaching preschool. Dorothy said "preschool was just becoming a new



thing". Dorothy was an expert as everyone would say. She met her wonderful husband of 28 years at the same church she attended. His name was Charles

Angell. Charles joined the seminary and Dorothy was able to be a stay at home mother for their four wonderful children. Charles accepted a job in Arkansas at College of the Ozarks where he taught, which is now University of the Ozarks. Dorothy enjoyed politics and being able to enjoy the activities her children loved to do. Dorothy's most memorable moment was traveling the west coast with her husband for the summer when they were not teaching. Years later, after Dorothy's husband passed, Dorothy moved to Columbia, MO. She met Charlie Winston at the Trinity Presbyterian Church and they have been dear companions since the 1990's. Dorothy taught English as a second language in the Columbia School District. She helped found the Habitat for Humanity Program in Columbia.

### Resident Spot Light Con't:

She helped establish the first PFLAG Chapter (Parents and Friends of Lesbians and Gays). She has been a volunteer and supporter of causes associated with social and environmental justice. Dorothy said "I enjoyed my life, felt God had a plan for me to where one experience led me to another." Dorothy became a part of The Bluffs' family July 10<sup>th</sup>, 2012.

### Memorial

#### December Memorials

James Brink 1923-2013  
Norma Goodell 1913-2013



Our next Memorial Service will be held January 30th at 3:00 pm in the Main Dining Room.

### Work Force Development Center

**This months In-Services will be on Monday January 13th, 2014 - Infection control-hand washing. Monday January 27th, 2014 - Emergency Management Plan. These are all mandatory.**

### *Health and Exercise for the Brain!!*

This semester, The Bluffs' Family and Social Support team welcomes University of Missouri Social Work intern, Katie Kessler. Currently, Katie is pursuing a Masters in Social Work (MSW), along with a Certificate in Gerontology, and she will graduate this May. Katie has attended the University of Missouri (Mizzou) for the past 5 1/2 years and holds a Bachelor of Arts degree in Biology and a Bachelor of Arts Degree in Women and Genders Studies, in addition to a Certificate in Multicultural Studies. Katie completed her first practical experience for her MSW at Tiger-Place, which later hired her to work as a Lifestyle Coordinator there for eight months. When she isn't working with elders or studying, Katie's leisure activities include spending time with family, friends, and her dog, Milo. Currently, Milo and Katie are working toward his therapy certification, as she hopes to use him in future practice. They also enjoy walking on the Katy Trail together. The Bluffs is excited to welcome Katie, as she is passionate about working with older adults. She will work with Janie Bowen, the Discharge and Outreach Coordinator, and will fill Janie's role while she is on maternity leave. Katie is the only intern working with the Bluffs social services team this semester. However, we will have a few volunteers from the University of Missouri Service Learning courses. Student volunteers are available to visit and provide companionship to elders of The Bluffs. If you would like to request a volunteer, please see Janie, Ellen, or Colleen.

### This month in History!!

**January 3, 1959** - Alaska was admitted as the 49th U.S. state with a land mass almost one-fifth the size of the lower 48 states together.

**January 10, 1912** - The flying boat airplane, invented by Glenn Curtiss, made its first flight at Hammondsport, New York.

**January 11, 1964** - The U.S. Surgeon General declared cigarettes may be hazardous to health, the first such official government report.

**January 20, 1945** - Franklin Delano Roosevelt was inaugurated to an unprecedented fourth term as president of the United States. He had served since 1933.

**January 25, 1959** - An American Airlines Boeing 707 made the first scheduled trans-continental U.S. flight, traveling from California to New York.

### Light Award Program

**Leading &  
Inspiring a  
Great  
Healthcare  
Team**



***Please nominate a Bluffs employee you feel has gone the extra mile to deliver extraordinary care to our residents and family members.***