



**A Message from the Administrator:**

*Exciting Update on Renovations*

*By Judith G. Caroselli, RN, NHA*



Thanks to all of you for your patience and tolerance as we completed an interior design project for

the Rehab Unit and Station 2. Patient rooms look absolutely fabulous with their new floors and furnishings that include beds, night stands, closets, light fixtures, wallcoverings & more.

Shower areas soon to be known as “Nankin Springs” are being renovated at this time. They will offer a soothing, peaceful surrounding so that each person’s personal care is given with sensitive dignity in a place of comfort & serenity.



Beginning in early September, watch as the aviary lounge, salon and public restrooms go through their metamorphosis.

The owners are also pleased to announce that commencement of NEW CONSTRUCTION adding patient rooms (eliminating all 3 & 4 bed rooms); enlarging the rehab department, adding office space, conference rooms, dining rooms and an education center has been given the “proceed” sign. One of the highlights of the construction is the

expansion of the Garden Café (main dining) and staff lounge. The cozy dining room will give you the space you need to enjoy a nice leisurely dinner while visiting. Of course the initial phase of any construction requires obtaining the necessary engineering, architectural and building approvals from the municipalities. As soon as that is completed we will post the Master Floor Plan and Elevations for you to see. The majority of this construction will happen at the front of the building by the administrative office and rehab. Patient rooms will be added in the front and rear of the Rehab Unit and Station 2.

We are proceeding with providing a secure environment for those person’s who like to roam around freely giving them the space they need while,

at the same time, honoring the privacy of others. This will add to our ability to enhance the service model for patients with dementia and render a more specialized method of care.

Everyone here is so excited about the transformation we’ve seen so far and are waiting with energized anticipation for what is to come. Hope you join in and enjoy the ride! This is a grand entrance into the future so that we will be here to serve this community for many years to come.

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*15 Reasons to Love Nursing*

1. *Making a difference in people’s lives.*
2. *Never a dull moment.*
3. *Rewarding memories.*
4. *Doing things no one thought could be done.*
5. *Helping healing happen.*
6. *Working your mind, body and soul.*
7. *Rewards that money can’t buy.*
8. *Every day is an adventure.*
9. *Seeing a patient’s face light up.*
10. *Adrenaline rushes.*
11. *Tender moments.*
12. *Spreading smiles.*
13. *A sense of accomplishment.*
14. *Meeting an essential need.*
15. *Knowing that you’re doing good, even on “bad” days.*



## All About Nutrition

By Simone Heath, Regional Nutrition Director



Salt may add flavor to your food, but getting too much of it can also cut years from your life. Your body needs some sodium to function properly. Sodium is important for maintaining the

body's fluid balance. It's essential for muscles and nerves to function properly. However, most of us consume too much of it. FDA guidelines recommend 2,300 mg of sodium per day—about 1 teaspoon of table salt. Surprisingly, most of our salt intake doesn't come from the salt shaker; it's hidden in many of the foods we buy at the grocery store.

Sodium naturally occurs in some foods, such as meat, poultry, dairy products and vegetables. Taste alone may not tell you which foods are high in sodium. For example, you may not think a bagel or low-fat milk tastes salty but a bagel has 451 mg of sodium and 1 cup of low fat milk has about 107 mg of sodium. Some of the worst culprits are processed meats, things like sausage, bacon, luncheon meats.

Three slices of lean ham has 1,025 mg of sodium, which is almost half of our daily recommended intake.

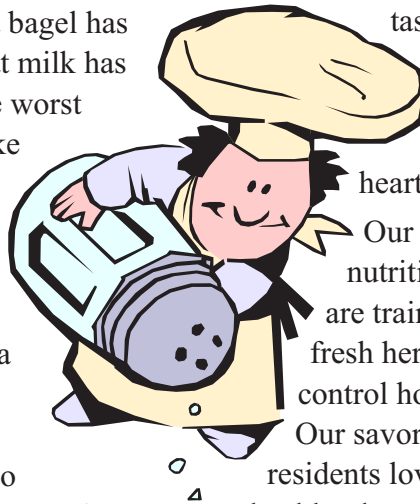
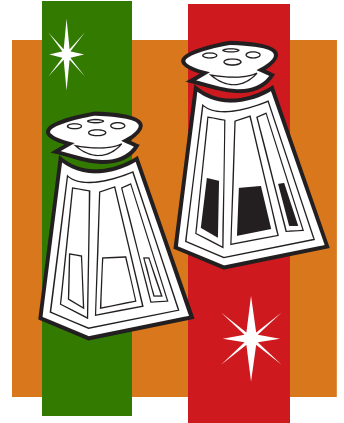
Excessive consumption of sodium on a regular basis is often associated with hypertension, migraines and edema. High intakes of sodium can also lead to osteoporosis because sodium can increase urinary calcium losses. Eating less sodium can help lower blood pressure in some individuals. People who have a history of high blood pressure, eating high sodium foods raise the risk of heart disease, stroke and

kidney damage. Your kidneys regulate the amount of sodium kept in your body. If your kidneys can't eliminate enough sodium, the sodium starts to accumulate in your blood. Certain diseases such as congestive heart failure, cirrhosis and chronic kidney disease can lead to an inability to regulate sodium.

The next time you're tempted to add a little salt to your food; you might want to think twice. Your taste for salt is acquired, so it's reversible. To unlearn this salty savoring, decrease your use of salt gradually and your taste buds will adjust. Most people find that after a few weeks of cutting salt, they no longer

miss it. Start by using no more than 1/4 teaspoon (1 milliliter) of added salt daily and then gradually reduce to no salt add-ons. As you use less salt, your preference for it lessens, allowing you to enjoy the taste of food itself. If you approach low salt cooking as an adventure, instead of a sacrifice or punishment, you will enjoy it a lot more and so will your heart.

Our facility is committed to providing nutritious meals to our residents. Our cooks are trained to prepare meals from scratch, using fresh herbs and spices, which is the best way to control how much sodium goes into your food. Our savory recipes will provide all the dishes our residents love, while helping our residents start a healthy, low-salt lifestyle and forming healthy eating habits for years to come. The facility dietitian has education materials that can help our residents maintain a low-sodium diet. Our nutrition staff is available and ready to educate our residents when requested.



## Protect our Residents Against Foodborne Illness

*By Merrilee Spry, LPN, BS, Infection Control & Quality Improvement Nurse*

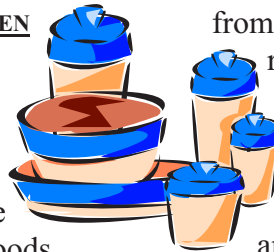


In working diligently to provide the most appropriate care against foodborne illness, also known as food poisoning, the issue has come up regarding foods that family members and staff give to our residents.

As the Infection Control Nurse, I am requesting your assistance involving this very important matter.

**HERE ARE SOME GUIDELINES TO CONSIDER WHEN BRINGING IN FOOD FOR OUR RESIDENTS:**

1. When bringing in fresh food or leftovers, these items may be stored in one of the facility refrigerators for up to three days. After that period of time, the items will be disposed of. Please remember, keeping foods any longer, puts the resident at risk of foodborne illness and violates public health standards.
2. It is important that the container is leak proof, a



- plastic container with a tight fitting lid is preferred or a Styrofoam container is acceptable as well. All items must be identified with the resident's name and the date the food was left.
3. Condiments must also have the resident's name and date on the container, however they can be stored in our refrigerators for up to 30 days. Frozen food items may also be kept frozen for 30 days and, after that, they will be disposed of.
4. Residents are discouraged from saving food from their meal trays and taking it back to their rooms for consumption at a later date. Partially eaten food cannot be kept in refrigerators and this violates public health standards. Our primary concern is to ensure our residents stay healthy and they are protected from foodborne illness.

We appreciate your cooperation. If you have any questions or concerns, please feel free to contact Merrilee Spry at (734) 728-6100.

## Gardener's Corner

*By Jeff Watts, C.G.F.A., Adv. Master Gardener*



The featured plant for this issue is the Bottlebrush Buckeye. It's native to the south-eastern United States, but does very well in Michigan and can withstand winter temperatures to minus thirty

Fahrenheit (-30°F). The scientific name is *Aesculus parviflora*.

The Bottlebrush Buckeye is a member of the Horsechestnut family and has the large five petal leaflets with beautiful white or red flowers that look like long bottle brushes. They will be blooming in late spring or early summer. You can't miss them when they're blooming.

They prefer moist, well drained soil with lots of



organic matter (compost, shredded leaves, humus) and will grow in full sun or partial shade, but seem to proliferate in the shade.



A shrub at Westland Convalescent & Rehab Center has grown from one small plant (2 feet wide x 2 feet tall) to a specimen about 8 feet wide and 6 feet tall in about five years. They do well as a single specimen, but planted in groups are most effective. The dark green color and course textured leaves, along with the tall bottlebrush-like flowers really make a statement in the garden.

I hope you will try planting one of these interesting plants in your own garden.



## NEWS & NOTES

*Keep up with the Latest Happenings*

Congratulations to Dion Humphrey, CNA on his promotion to Clinical Assistant. Dion has been with the facility since October of 2003 as Unit Coordinator on Station 2. As Clinical Assistant, his responsibilities will include wound care and taking vital signs. We are pleased to have Dion as a part of our team and wish him much success!



Best wishes to Angus Cherry, CNA, for accepting the position of Unit Coordinator on Station 2. He has been promoted to this position after being a CNA on Station 2 since January of 2009. We wish him all the best in his new endeavor.

With the current renovations taking place at the facility, there have been many exciting changes. One of them has been the conversion of several rooms on Station 2 to Station 1, which is the Rehab Unit. Essentially, Station 1 has been expanded to include rooms 201, 202 and 204, which will now become room numbers 131, 132 and 134, respectively. Any questions or concerns relating to the care for residents in these rooms should be directed to the staff on Station 1. They have all their medical records. In addition, the fire doors between room numbers 204 and 206 will be closed to delineate the separation of the two units.

## *Just A Reminder...*

- ...When taking a patient out of the facility for an appointment that has not been arranged by the facility, please notify the nursing staff 48 hours in advance to ensure the resident has all the necessary paperwork and medications. We also urge family members to escort the resident on the appointment to provide medical history and answer any questions.
- ...Need a cut, shampoo, or a perm. Don't forget to schedule your hair appointment with the Receptionist. Hours are by appointment only, Tuesday through Friday.
- ...Check with the Director of Social Services, Stephanie Myers, if you need to apply for Medicaid. You must meet strict timelines established by the State of Michigan in order for your application to be approved. For assistance, please contact Stephanie Myers at (734) 728-6100, extension 167.
- ...Nominate a WCRC employee for going above and beyond the call of duty. If you catch a staff member doing something special for a resident or family member, remember to give them some recognition. Shining Star nomination cards are available at each of the nurses' stations.



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