

August 2019

Grace Gazette

Grace Caldwell * 518 N 21st Ave * Ph 208.455.8181 * Fax 208.454.9680 *



Happy Birthday!

Mary L. 8/01
Marian B. 8/07
Don C. 8/11
Phil L. 8/12
Georgia L. 8/17
Leona M. 8/24
Ardis S. 8/29
Muriel S. 8/30

Happy Birthday Staff!

Juan C. 8/4

August Entertainment

8/1 Sharon O'Neal
8/3 Hymns Sing a Long
8/5 Louie the Service Dog
8/13 Bruce Biggs
8/26 Rolando Ortega
8/30 Spudman

Community Updates!

Medications are essential for the care of seniors. When used appropriately, medications are effective treatments for acute and chronic conditions. Because there seems to be some confusion about the rules on medication, Self - Administered medication residents, and Grace facility rules we wanted to take some time to go over them and hopefully answer some questions you might have.

Idaho rules state in order to self-administer your medication in a licensed facility the nurse must conduct an initial nursing assessment on each resident. The assessment will test the safety, knowledge and understanding of the medication and dosage. The nurse must also evaluate the continued validity of the assessment to assure the resident is still capable to safely continue the self-administered medication for the next ninety (90) days. Every ninety (90) days a reassessment must be completed.

If the facility is assisting you with your medications all medications will be handled through the nurse, nurse's assistant or med tech. Follow up on orders, changes in medication and appropriate packaging will be handled by the nurse. There must be signed and current orders by the physician on file at the facility for all medications taken by the residents. This includes all over the counter medications and anything given to the residents as a treatment. Every resident in the building is required to have current, signed orders from the resident's physician even those who are considered a self-medicate resident. The facility cannot accept medications brought in by family members. All medications, including over the counter items must be packaged and delivered by a pharmacy.

Residents receiving medication assistance by the facility can not have any over the counter medications in their apartment. Examples are nose sprays, eye drops, vitamins, Vaseline, Menthol rub, etc. When in doubt, just ask. The office staff and nurse are here to assist you.

If OTC medications are observed in a resident's apartment, office staff or responsible party need to remove the items immediately. Please help us work together to make sure these items do not continue to find their way back in to residents rooms after they have been removed.

Residents CAN have basic personal hygiene supplies in their rooms (i.e. toothpaste, mouthwash, deodorant, non-medicated lotions, etc.). However, if you would like to have a heating pad or heated blanket in your room, we will need written doctor's orders. If we do not have written orders, the heating pad or heated blanket can not be used until orders are obtained.

We know that sometimes it is difficult to understand why these rules are in place. They may seem like a hindrance instead of being helpful at times. Please know that each one of us at Grace strive to do our best to make sure we are accommodating each of your needs with your safety in mind while staying in compliance with state rules and mandates. With a little help from each one of you we can continue to make Grace the Place to be!

If you have any further questions about the Medication policy in assisted living facilities in Idaho further discussion of this topic will also be held at the next resident council meeting. ☺

Community Events!

Caldwell Farmer's Market and Concert Series

During the month of August, we will be transporting to the Caldwell Farmer's Market and Concert Series. This event runs from 6-9 PM. There is live music in the plaza, and an area blocked off for the farmer's market. The concert is free to watch, and you can purchase items from the market while we are there. Sign up in the Activity Binder to join us!

Calling All Bridge Players!

We are trying to start a Bridge group! If you are interested in playing, or learning to play, please see Katelyn in the Activities office. All abilities are welcome!

Norco Walker/Wheelchair Maintenance

Norco will be in our building on Wednesday August 21st at 1:00 PM offering wheelchair and walker maintenance. Come by and get your hot rod checked out, cleaned up and ready to roll! Service will be from 1:00- 3:00 PM.

Patio Party!

Monday, August 19th there will be a party on the front patio at 6:30 PM. Come join Katelyn for music, punch, and some grilled appetizers!

Quench Your Thirst!

August is HOT! With the heat reaching up into the nineties more and more often this month, it is more important than ever to stay hydrated.

Seniors are at the highest risk for dehydration due to illness, diabetes and an overall lessened sense of thirst. Seniors also have less water in their bodies than younger people, further increasing the need for hydration. With hydration being such an important aspect of your day, try some of these tips to help keep your thirst quenched:

- Don't like the taste of water? Try adding a splash of lemonade, or juice to give it some flavor.
- Try keeping a bottle of water with you at all times, especially those of you that have a handy basket in your walker!
- Tackle hydration a little bit at a time, make sure you're drinking at least one glass of water with each meal, and a second if you've been active that day!

Our goal is always to keep you healthy, and happy. This is a pretty easy way to start!

