

# Burch By-Line

Marian E. Burch Adult Day Care and Rehabilitation Center  
*A Department of Calhoun County Medical Care Facility*

Kristin Jenkins, Director

June 2010

Dear Friends,

We would like to thank everyone who donated to our garage sale. We had a great sale thanks to all the donations. We also appreciate all the help from our volunteers. We couldn't do it without you!

It's not too late -- you can still sign up to golf in our annual golf event. The date is Saturday, June 26. Shotgun start at 1:30 at Cedar Creek Golf Course. Cost is \$90 per golfer. Rain or shine, come and join the fun!

The Dietary Department is currently making several changes to our menus, including a new philosophy on consumption of green, leafy vegetables as it pertains to those individuals on Coumadin. We have multiple clients who are under the impression that they are supposed to avoid all green, leafy vegetables and other sources of Vitamin K. Suzanne Beckett, our registered dietitian, has sent a letter to all of the physicians (that we currently work with) indicating our new procedure:

- All meals for the Center are prepared under the strict Federal and State guidelines that preside over Calhoun County Medical Care Facility (including meal composition, portion sizes, and quality).
- The best dietary goal for those on Coumadin is to maintain a consistent level of vitamin K. The exclusion of vitamin K results in significant limitations to the variety of foods served and also results in a reduction of well-balanced nutritious food options.
- Erratic eating patterns that include a large quantity of vitamin K foods, followed by no vitamin K for several days, is likely to result in difficulty maintaining proper therapeutic levels of Coumadin.
- Our goal is to serve all of our clients a well-balanced meal that does not exclude the highly nutritious green, leafy vegetables and other sources of vitamin K. These recommendations are consistent with the education materials found at the National Institute of Health.

As part of our community outreach efforts, we have been very busy hosting tours to several different organizations. Help us get the word out about the Center -- please call me if you would like us to host a tour for your church congregation or service club.

Have a great month,

Kris

## Emergency Preparedness: Tornadoes

Knowing what to do when you see a tornado, or when you hear a tornado warning, can help protect you and your family. During a tornado, people face hazards from extremely high winds and risk being struck by flying and falling objects. After a tornado, the wreckage left behind poses additional injury risks. Although nothing can be done to prevent tornadoes, there are actions you can take for your health and safety.

### Stay Tuned for Storm Watches and Warnings

When there are thunderstorms in your area, turn on your radio or TV to get the latest emergency information from local authorities. Listen for announcements of a tornado watch or tornado warning.

### Local Warning System

Learn about the tornado warning system of your county. Most tornado-prone areas have a siren system. Understand the difference between a watch and a warning.

- A *tornado watch* is issued when weather conditions favor the formation of tornadoes, for example, during a severe thunderstorm. During a tornado watch, stay tuned to local radio and TV stations. Watch the weather and be prepared to take shelter immediately if conditions worsen.
- A *tornado warning* is issued when a tornado funnel is sighted or indicated by weather radar. You should take shelter immediately.

### Thunderstorms

Because tornadoes often accompany thunderstorms, pay close attention to changing weather conditions when there is a severe thunderstorm watch or warning.

- A *severe thunderstorm* watch means severe thunderstorms are possible in your area.
- A *severe thunderstorm* warning means severe thunderstorms are occurring in your area.

Keep fresh batteries and a battery-powered radio on hand. Electrical power is often interrupted during thunderstorms -- just when information about weather warnings is most needed.

### Extra Measures for People with Special Needs

- Before an emergency occurs, write down your specific needs, limitations, capabilities, and medications. Keep this list near you always -- perhaps in your purse or wallet.
- Find someone nearby (a spouse, friend, neighbor, relative, or co-worker) who will agree to assist you in case of an emergency. Give him/her a copy of

your list. You may also want to provide a spare key to your home, or directions to find a key.

- Keep aware of weather conditions through radio and television.

*Centers for Disease Control and Prevention*

## Welcome To Our Center

Crystal L.  
Pinky V.

## Birthdays

Lisa M.  
Lena Mc  
Vi T.



## Activity Highlight: The Auction

When reviewing the monthly calendar, you will notice the auction listed during the 1:00 p.m. hour on a varying day once a month. Clients request and eagerly anticipate bidding on auctioned items with the faux \$500 they have been given. Our auctioneer states an opening bid and the friendly competition begins for each item. Most of our items are received through donations. In addition to bingo prizes, your loved one may come home with his/her auction "winnings" once a month. Watches, men's clothing, and stuffed animals are items that nearly vaporize when bid on in the auction!

If you don't have room for more knick-knacks or clothing, you are invited to discretely collect and recycle your loved ones "winnings" into our bingo and auction stockpile to be used in future events. The auction provides an opportunity for your loved one to feel the excitement of winning a desired possession and boosts his/her confidence in participating in the event itself. Smiles and applauding follow the sale of each item. It is a busy, entertaining hour that is scheduled per client request each month! We hope this answers any wonderings you may have that pertain to the auction. Any questions? Going once, going twice....

*Rebecca Carlson, MT-BC, NMT*

*Heidi Sweet, COTA*



*With sympathy to the family of:*

Mike R.

## CLIENT OF THE MONTH



Monte S. was born in Battle Creek. He retired January 10, 2006 as a furnace operator from Denso. Monte attained the rank of WO2 in the US Marine Corp serving in Vietnam, Guam, Japan, Hawaii, Philippines, and Washington DC in the White House and Pentagon. Monte was a driver for Presidents Nixon and Johnson. His wife, Ernestine, works at the Kellogg Community Federal Credit Union. Monte has seven children (daughter Tonia passed away in 1980) Adam, Tracy, Rick, Monte, Jamie, and April. Monte also has 13 grandchildren. Monte's hobbies are fishing, being on his computer, and bird watching. While at the Center, he enjoys meeting people, working on crafts, and playing bingo. While in the Marines, Monte traveled extensively visiting many countries. He said the most interesting countries are China and Russia.



Coin Club with Kenny



Getting ready for the garage sale



Celeste celebrates Cinco de Mayo



Uncle Louie, Benny and Bill as the three Amigos



Marta and Jim enjoying Cinco de Mayo



B. C. Christian students receive certificates

# Mission Statement



“To keep your loved ones in their own home environment for as long as possible with the highest quality of life for the loved one and you as the caregiver.”

*Sharing the Caring Makes a Difference*

**Marian E. Burch Adult Day Care  
and Rehabilitation Center**  
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