

Burch By-Line

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

Kristin Jenkins, Director

January 2012

Dear Friends:

Happy New Year! Our staff was overwhelmed with the outpouring of gifts from our families during the Holiday season. The treats were also very much appreciated -- our thanks to everyone!

The winner of our lift chair was our own Wanda Baird. Her daughter's name was pulled from the hat and they are thrilled that Wanda now has a new lift chair. Thanks again to Airway Oxygen for donating the chair. They agreed to donate another chair next year!

Our outings for January and February will be "Dining in the Pines" right here within Calhoun County Medical Care Facility. Dining in the Pines is a 50s decorated café. Seating is limited, so this is a small group outing – but it's safe and warm! When the snow and ice melts and it is safer to drive, we will continue our outings out in the community. Remember, not everyone can go on all outings. If there is an outing that you think your loved one would enjoy, please call us so we can make sure that they attend. Otherwise, outing participation is done on a rotating basis.

Please keep your sidewalks, ramps and driveways clear for the safety of your loved one and our drivers. I would really hate to send you a reminder letter to shovel your driveway or to suspend your transportation. Also keep in mind that, because of our volume of clients to pick up, our driver can only wait at your home for five minutes. If you are canceling participation for the day, please be sure to call the Center before 7:30 am.

Just a reminder, the Center will be closed on Monday, January 2.

As we end one year and begin another, I want you to know how grateful we are to care for your loved one and to have them (and you) in our lives. We appreciate your confidence and trust and look forward to working with all of you in 2012!

Have a great month,

Kris

Motor Vehicle Injuries

In the United States, motor vehicle-related injuries are the leading cause of death for people between the ages of 5-34. The Centers for Disease Control and Prevention (CDC) is using science to better understand this problem and develop programs and policies that will change behavior to keep drivers, passengers, bicyclists, and pedestrians safe on the road.

CDC has identified motor vehicle crashes as a winnable battle. With additional effort and support for evidence-based, cost-effective strategies that we can implement now, the CDC will have a significant impact on people's health.

Distracted Driving. Each day, more than 15 people are killed and more than 1,200 people are injured in crashes that were reported to involve a distracted driver. Distracted driving is driving while doing another activity that takes your attention away from driving. There are three main types of distraction: 1) visual (taking your eyes off the road); 2) manual (taking your hands off the wheel); and 3) cognitive (taking your mind off what you are doing). Distracted driving activities include things like using a cell phone, texting, and eating. Using in-vehicle technologies (such as navigation systems) can also be sources of distraction. While any of these distractions can endanger the driver and others, texting while driving is especially dangerous because it combines all three types of distraction.

How big is the problem? In 2009, more than 5,400 people died in crashes that involved a distracted driver and about 448,000 people were injured. Among those killed or injured in these crashes, nearly 1,000 deaths and 24,000 injuries included cell phone use as the major distraction.

What are the risk factors? Some activities, such as texting, take the driver's attention away from driving more frequently and for longer periods than other distractions. Younger, inexperienced drivers under the age of 20 may be at highest risk because they have the highest proportion of distraction-related fatal crashes.

How can distracted driving be prevented? Many states are enacting laws, such as banning texting while driving, or using graduated driver licensing systems for teen drivers to help raise awareness about the dangers of distracted driving and to keep it from occurring. On September 30, 2009, President Obama issued an executive order prohibiting federal employees from texting while driving on government business or with government equipment. On October 27, 2010, the Federal Motor Carrier Safety Administration enacted a ban that prohibits commercial vehicle drivers from texting while driving.

Centers for Disease Control and Prevention



Welcome to the Center

Harold W.

Activity Department News

The Activity Department has planned an exciting month of activities for January. We will be having a country western theme day on Wednesday, January 18. Wear your cowboy hat, scarves, and chaps, but leave the holsters at home! Diana will help us serve a chuck wagon cowboy lunch that day. Also, Binder Park Zoo will be bringing their traveling zoo mobile to us on Tuesday, January 31st.

I would like to suggest to the families to visit with your loved one about what activities they participated in today at the Center. Use the calendar as a guide to help lead the discussion if needed. Discussion examples may be: What instrument did Linda Jo play, or what animals did the zoo bring with them to show today.

Thank you for your continued support and enthusiasm for the Activity Department.

Cathy Winer

Activity/Volunteer Director



Birthdays

Don D.
Lorianne P.

Lee L.
Armetta P.

Tim O.
Ruth R.



It's not too late to purchase a brick in memory of your loved one...

4" x 8" \$50

8" x 8" \$75

See Cathy if you are interested.



CLIENT OF THE MONTH



Bertha G. is our first featured client of the New Year. Bertha was born May 13 in Mounds, Illinois. She is the oldest of six (two brothers and four sisters). Besides Bertha, one younger sister and one older half sister still survive. Bertha, now a widow, married Curtis and they have two daughters, Beverly Jean and Glenda Fay. Glenda gave Bertha two grandchildren, Dawn & Pernell. Bertha was a stay at home Mom and is the best grandma anyone could ask for. She is a firm believer in the Lord. Bertha loves to read & write. She prides herself on her advanced spelling ability. Bertha has two favorite soap operas, The Young & Restless and the Bold & Beautiful. Her favorite food is soul food, especially greens, chicken and homemade dressing. Her favorite dessert is Klondike Bars!



Mary B. adding finishing touches to her project.



Carson bowling in the holiday spirit.



Don B. and Geneva working on a puzzle.



Kenny and Don B. enjoying a game of cribbage.



Jean and Shirley playing UNO.



Aberta R. participating in the sing along.

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

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and Rehabilitation Center**
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