

**Our Lady of Prompt Succor
Nursing Home &
C'est la Vie Apartments
Newsletter ~ May 2018
*A Ministry of the Marianites of Holy Cross***

Nursing Home Week 2018 – Celebrating Life's Stories

National Nursing Home Week was established by the American Health Care Association (AHCA) in 1967. This year the week of May 13th – 19th provides an opportunity to recognize the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities.

The 2018 theme is "Celebrating Life's Stories." The desire and need to share our stories does not decrease with age and infirmity; rather, it increases. Telling our story gives meaning and purpose to our present life situations. Photos, memorabilia, and cherished items assist us in reminiscing on the past and appreciating the present.

At Prompt Succor Nursing Home on the wall outside of each resident's room, there is a special designated area to post photos of the resident, family and friends to help each one remember the past and cherish the present. It is also a way of raising our awareness of the resident's personal and family history and culture. We encourage you to talk to the residents about the items on their memorabilia wall and we encourage families to regularly update these areas. Join with us in celebrating life's stories during Nursing Home Week and throughout the year!

Prevention of Falls

A fall can happen to anyone at anytime. One in three persons over the age of 65 experience a fall. The primary causes of falls are: weak ankles and legs, poor balance, and reduced joint flexibility. Other contributing factors include: illness, surgery, weakness, tests, and medications such as those for hypertension. Items on the floor in the environment, increased noise, and new surroundings can all contribute to a fall.

At Prompt Succor Nursing Home, we work diligently to prevent the occurrence of falls. To be successful, we need your help and cooperation. The following are some suggestions for you if you have a family member here or if you visiting our residents:

- Let us know if they have a history of falls.
- Let us know if they fall when visiting with you outside of the facility.
- Insure that they wear non-skid , low heeled, fully enclosed shoes.
- Keep their environment free of clutter. Remove all non-essential objects off the floor.
- Remind them to stand up slowly from a lying or sitting position to prevent dizziness.
- Encourage them to walk properly using their cane or walker.
- Encourage them to do range of motion of their feet to strengthen their ankles.
- Encourage them to reach their arms up and stretch them as much as possible. This simple movement can enhance balance.
- Encourage them to drink fluids. Dehydration can lead to dizziness and falls.
- Before you leave their room, insure that all personal items are within easy reach and the call light is close at hand.
- Tell us when you are leaving the facility at the end of your visit so we can insure that safety measures are in place.

Mother's Day – May 13th

Mother's Day is celebrated on various days in many parts of our world and most commonly during May. In the United States over 100 years ago, Mother's Day was nationally recognized as a holiday in 1914 after a campaign by Anna Jarvis, the daughter of Ann Maria Reeves Jarvis. On May 12, 1907, two years after her mother's death, Anna held a memorial to her mother and then embarked upon a campaign to make "Mother's Day" a nationally recognized holiday. She succeeded in 1914 and incorporated herself as the "Mother's Day International Association" and trademarked the phrases "Second Sunday in May" and "Mother's Day." Anna Jarvis never envisioned the commercialization of the holiday. She was much more intent on a simple and deeply heartfelt remembrance of Mothers. However, we are grateful for her efforts to make this a day of special remembrance for all mothers. *Thank you, Anna!* Each day let us offer our mothers the most precious gift of all – the gift of prayer:

Lord, bless all mothers with wisdom to teach and guide their children. Help them realize that not even the Angels have been blessed with the privilege of creating new life. Give them strength and courage, compassion and peace. Whisper daily to them of our love and gratitude. Amen.

Happy Mother's Day to all our Moms!

Spring Cleaning

Many of us take advantage of the arrival of Spring as a time to do major cleaning in our homes and tackle some tasks that we have put aside during the winter months. While we are cleaning at home, please consider doing that in your loved one's room at the nursing home.

Daily our housekeeping staff cleans each resident room. However, with so many personal items in each room and our efforts to respect resident privacy, detailed cleaning of closets and drawers is not possible. Please take some time to assess the condition of clothes, only leave in the room what is appropriate for the season, and insure that each particular piece is labeled. Also any items which could be a fall hazard need to be removed from the room. We greatly appreciate your assistance so that your loved one can proudly say to all who enter his/her room – *Welcome to my home!*

If you would like any help from us, please let us know. We will be happy to assist you.

∪ Celebrating Birthdays in May ∪

Sr. J. Bodin	5/21	Sr. M. E. Noel	5/09
Sr. B. Comeaux	5/07	Russell Richard	5/24
M. A. Davenport	5/10	J. C. Tauzin	5/28
Sr. M. Murray	5/30		



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