

Our Lady of Prompt Succor Nursing Home
C'est la Vie Apartments
Newsletter ~ May 2019
A Ministry of the Marianites of Holy Cross

Nursing Home Week 2019 – Living Soulfully

National Nursing Home Week was established by the American Health Care Association (AHCA) in 1967. This year the week of May 13th – 17th provides an opportunity to recognize the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities. In 2019, National Skilled Nursing Care Week (NSNCW) will focus on *living soulfully*. This week will celebrate skilled nursing centers, and their residents and staff, by showcasing how they achieve happy minds and healthy souls. What are you doing for yourself and others every day that makes you happy and joyful? How are you contributing to your joy and happiness and the joy and happiness of others?

Every day, skilled nursing centers assist our seniors and people with disabilities in living their happiest and best lives. Through singing, praying, dancing, planting, exercising, reading, story-telling, and listening to music, these centers pay it forward by helping individuals find their own happiness and joy to improve their quality of life.

At Prompt Succor Nursing Home, we will have special activities each day of this week to emphasize the art of living soulfully not only for a week but every day of our lives.

Mother's Day – May 12th

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!* And to all, mothers, remember: "There's no way to be a perfect mother and a million ways to be a good one." (Jill Churchill)

Each day let us offer our mothers the most precious gift of all – the gift of prayer:

Lord, may we love and cherish the special women who have born us, nurtured us, enabled our growth and development. Help them realize their special place in the universe and that not even the Angels have been blessed with the privilege of creating new life. Lord, bless all mothers with wisdom to teach and guide their children. Give them strength and courage, compassion and patience. 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 you 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 appreciate your assistance so that your loved one can proudly say to all who enter his/her room – *Welcome to my home!*

Prevention of Falls

A fall can happen to anyone at anytime. One in three persons over the age of 65 experiences 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 are 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 items are within easy reach and the call light is close at hand.
- Tell us when you are leaving so we can insure that safety measures are in place.

∪ Celebrating Birthdays in May ∪

Sr. J. Bodin	5/21	M. Fray	5/21
Sr. B. Comeaux	5/07	Sr. M. Murray	5/30
M. A. Davenport	5/10	Sr. M. E. Noel	5/09
L. Doucet	5/10	Russell Richard	5/24

Residents Recently Deceased

Sr. M. J. Barry, 4/02/2019	R. LeBoeuf, 4/14/2019
T. Macip, 4/14/2019	E. Higdon, 4/17/2019
	J. Greene, 4/26/2019



954 E. Prudhomme St., Opelousas, LA, 70570

PSNH – 337-948-3634

C'est la Vie – 337-942-8154

www.promptsuccor.com

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