# February 2020

# St Mary's d'Youville Pavilion Therapeutic Recreation Department

\* 102 Campus Ave Lewiston ME 04240 \* (207) 777-4200 \*



# February 2020

#### **Informational Corner**

**Quality Board** 

**Family Meeting** 

**Monthly Schedule** 

**Birthdays** 

# Therapeutic Recreation Department

Shelly-Director Recreation Therapy Jessica-Recreation Therapist Karen-Activity Coordinator, TAC Cassie-Activity Coordinator

#### **Informational Corner**



#### **Talking with Residents and Family Members**

#### **About Antibiotics**

The last time this happened, the doctor prescribed an antibiotic and my family member got better. Can't we just do that again? Just in case?

Five potential health problems can occur as a result of taking an antibiotic.

#### 1. Allergic Reactions

People may develop a rash or swelling. Allergic reactions don't happen often.

#### 2. Side effects

Most antibiotics have only mild side effects, such as stomach upset. But side effects vary a lot from person to person, and from antibiotic to antibiotic.

#### 3. Interactions with other medications

Some antibiotics interact with certain drugs. Medications such as antacids, anticoagulants (such as warfarin/Coumadin), blood pressure medications, or anti-diabetic medications can interact with antibiotics. Some interactions can be harmful, for example by causing organ damage.

#### **Informational Corner Continued**

4. Infection with Clostridium difficile or C. diff.

C. diff is bacteria that can cause diarrhea, pain or cramping in the stomach, weight loss, fever, and dehydration. Someone is much more likely to get a C. diff infection after taking antibiotics. Once a person has C. diff, he or she can get it again more easily.

#### 5. Antibiotic resistance

Antibiotics kill bacteria. Sometimes not all the bacteria are killed. The strongest ones are left to grow and spread. A person can get sick again, and this time the bacteria will be harder to kill because the bacteria are resistant to the antibiotics. In other words, the more often you use an antibiotic, the greater the chance that the antibiotic won't kill the bacteria. As bacteria become more resistant, it becomes harder to find effective antibiotics. Your family member may also have to be put in isolation to prevent resistant bacteria from spreading to other residents. The best way to reduce this risk is to only use antibiotics when necessary.

### **Quality Board**

On Thursday, January 22<sup>nd</sup>, d'Youville Pavilion participated in a 'functional tabletop' exercise in conjunction with key local community members.

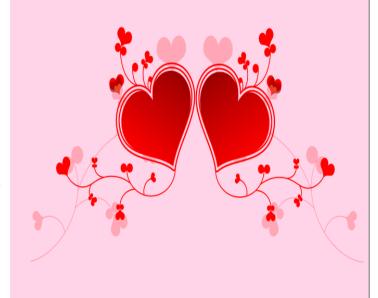
Lewiston Police Department, United Ambulance, CDC, the Health Care Coalition of Central Maine, and d'Youville staff and leadership were given the task to have to evacuate 100 beds from d'Youville in this drill. We were given 90 minutes to do so. Within 58 minutes of the drill, together with our community partners, we were able to navigate the surprise curves in the event and identify 100 beds and discharges to evacuate and complete the drill.

Thank you to our community partners, as well as the facilities who participated in this functional tabletop exercise, including but not limited to Bolster Heights, Marshwood, St. Mary's Regional Medical Center, Androscoggin Home Health and Hospice, Russel Park, Gray Birch, Clover, Montello Commons, and the VA. We appreciate the collaboration among different agencies and facilities.

# **Family Meeting**

Meetings will be held on the 3<sup>rd</sup> & 4<sup>th</sup> Floor in the dining rooms.

Please see Nurse Managers for more information.





### **Monthly Schedule**

# **Chapel Schedule:**

Mass at 9:30am in the Chapel or Channel 26 in the Facility

No Mass on Thursdays or Fridays

#### **Resident Council:**

This meeting is in the 3<sup>rd</sup> & 4<sup>th</sup> Floor Dining Rooms at 2:30pm on February 13th

#### **Outings:**

METZ-February 12<sup>th</sup>
Target-February 4<sup>th</sup>
Flagship-February 6<sup>th</sup>
L/A Museum-February 27<sup>th</sup>

#### **Entertainment:**

Sharon Wright-February 7<sup>th</sup>
Lorraine Ouellette-February 14<sup>th</sup>
Terry Swett-February 21<sup>st</sup>
Emily Torres-February 28<sup>th</sup>

# **Birthdays**



Feb 8<sup>th</sup> Laurette Chamberlain 4W

Feb 18<sup>th</sup> Ronald Sharron 3W

Feb 19<sup>th</sup> Elizabeth Wilkinson-Sitarz 3W

Feb 20<sup>th</sup> John Smythe 3W & Maurice Ball 4W



Your Return Address Street Number and Name City, State ZIP Code

Postage Information

Your Mailing Address Street Number and Name City, State ZIP Code

## **Resident Rights:**

#### INFORMATION AND COMMUNICATION

It is your right to:

- · Reasonable access to use of a phone, TTY and TDD services as well as use of a cell phone at the resident's own expense.
- · Reasonable access to the internet to the extent available to the facility.
- · Have reasonable access to and privacy in their use of electronic communications such as email and video communications and for internet research Provided the access is available to the facility, at the resident's expense if the facility incurs costs and the use complies with State and Federal law (e.g. does not involve access to illegal online content, etc.)

# **Responsibility:**

Reporting unexpected changes in their condition to the physician and the charge nurse.

