

THE CITRUS VILLA TIMES

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STROKE

Stroke is a disease that affects the arteries leading to and within the brain. It is the No 3 cause of death in the U.S. behind diseases of the heart and cancer. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts.

When that happens part of the brain cannot get the blood (and oxygen) it needs, so it starts to die.

SYMPTOMS

If you or someone else is experiencing these symptoms call 911

-  Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
-  Sudden confusion, trouble speaking or understanding
-  Sudden trouble seeing in one or both eyes
-  Sudden trouble walking, dizziness, loss of balance or coordination
-  Sudden, severe headache with no known cause



LETTER FROM THE ADMINISTRATOR:

Hello, I am the new administrator at Citrus Villa. I started the first of December and am very excited to be apart of the Sun Mar family. I have worked in Assisted Living for approximately 5 years, in general assisted living and in dementia care. I have

had experience in home health, hospice and chronic disease management. In all of these environments the thing I have enjoyed most is working with residents/patients and their families. In my spare time, I am a member and past president of Redlands Sunrise Rotary and on the steering committee for the Inland

Empire Palliative Care Coalition. I look forward to learning more about Sun Mar and the joy we all share in making the lives of our residents and patients for meaningful.

Sharon Guggisberg

Reluctance by: Robert Frost

Out through the fields and the woods
And over the walls
I have wended;
I have climbed the hills of view
And looked at the world, and descended;
I have come by the highway home,
And lo, it is ended.
The leaves are all dead on the ground,
Save those that the oak is keeping
To ravel them one by one
And let them go scraping and creeping
Out over the crusted snow,
When others are sleeping.
And the dead leaves lie huddled and still,
No longer blown hither and thither;
The last lone aster is gone;
The flowers of the witch-hazel wither;
The heart is still aching to seek,
But the feet question 'Whither?'
Ah, when to the heart of man
Was it ever less than a treason
To go with the drift of things,
To yield with a grace to reason,
And bow and accept the end
Of a love or a season?



RECIPE CORNER

BROCCOLI SALAD

- 1 Bunch of broccoli cut into small pieces.
- 3/4 C shelled sunflower seeds
- 1 C Raisins
- 1/2 C chopped white onion
- 1/2 C Mayonnaise
- 3T sugar
- 1T vinegar
- Baco Bits

Mix mayonnaise, sugar and Vinegar in a small bowel Toss together with rest of ingredients.



Physician Orders for Life-Sustaining Treatment POLST

WHAT IS A POLST FORM?

“Care transitions” refers to the movement of patients from one health care practioner or setting to another as their condition and needs change. As patients move from the outpatient setting to hospitals or skilled nursing facilities, a set of clinical and communication activities should ensure continuity of care and adherence to the patient’s wishes and reduce the possibility of medical errors.

POLST is an element of transitional care. It uses a standardized medical order form

printed on brightly colored paper (in California it is printed on bright pink card stock paper.) for health care professionals to indicate which types of life-sustaining treatment a seriously ill patient wants or doesn’t want if his or her condition worsens. Often, necessary conversations about end-of-life medical interventions and intensity of care don’t occur. The POLST form, signed by both the physician and the patient, become a tool to capture these discussions and make them part of the patient’s medical record. The form moves with the patient and must be honored across all settings of care.

POLST has been adopted by other states but legislation took affect in California in January 2009. This legislation requires if a POLST form is in use it must be honored across all settings of care.

See our Social Worker for a copy and explanation of how to go about having the POLST filled out and maintained in your medical record while a resident here.



FUN FACTS

- The only food that does not spoil is honey
- A duck’s quack does not echo
- A snail breathes through its foot
- Children grow faster in the spring
- Cats have over 100 vocal cords
- Camels have 3 eyelids
- Slugs have fur noses
- Almonds are part of the peach family
- All porcupines float in water