

WIENNA VINE



OCTOBER 2019



Fun Fact about Vienna

Music & Memory

In 2015, Vienna's Administrator saw a documentary called *Alive Inside*. The documentary depicted the impact music can have on people's health, specifically, people struggling with Alzheimer's and dementia.

The documentary followed a social worker who had found that music could greatly improve people's quality of life. Music was helping people more than any medical interventions and improving people's quality of life. The program, called *Music & Memory*, made people so much happier, that the medical community found they were able to lower the use of antipsychotic medications (which have harmful side effects) that are often inappropriately prescribed to people with Alzheimer's and dementia.

After watching the documentary, it was clear a lot of people in Lodi could benefit from this program. Vienna implemented *Music & Memory* almost immediately and has seen huge results. In the four years since the program was started, nearly 100 people have benefitted from the music, and it has been an important tool in helping Vienna achieve some of the lowest rates for antipsychotic drugs in the nation. Plus, people are happier.

At any given time, there's roughly 35 people on the *Music & Memory* program. We use it for Alzheimer's and dementia, but also to combat depression, self-isolation, anxiety, and plain old boredom. If you're interested in the program, reach out to Ester.

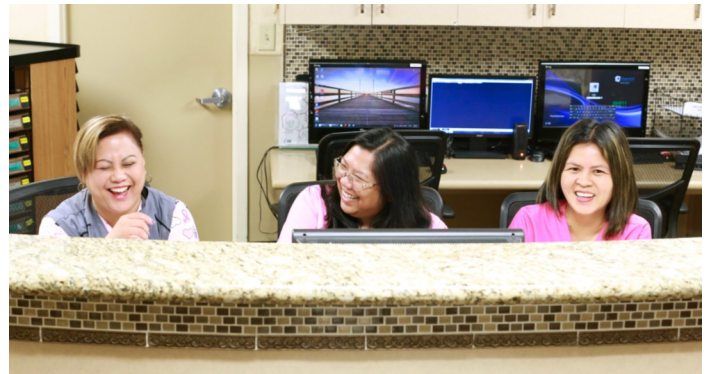


September Recap

Last month at Vienna...



We went to the Grape Festival!



We had a photoshoot!



A rehab grad who achieved her goals went bowling!

Pumpkin Bread



INGREDIENTS

- 2c. all-purpose flour
- 1 tsp. ground cinnamon
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. kosher salt
- 1/4 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- 1/2 c. (1 stick) butter, melted
- 1 1/4 c. granulated sugar
- 1 c. pumpkin puree
- 1/4 c. sour cream
- 2 large eggs
- 1 tsp. Pure vanilla extract
- Cinnamon-sugar, for sprinkling (optional)

DIRECTIONS

1. Preheat oven to 350°. Line an 8"-x-4" loaf pan with parchment paper then grease with cooking spray (or softened butter).
2. In a large bowl, whisk together flour, cinnamon, baking soda, baking powder, ginger, nutmeg, and salt.
3. In a separate large bowl using a hand mixer, beat melted butter, sugar, pumpkin puree, sour cream, eggs, and vanilla.
4. Gradually add dry ingredients to wet ingredients until just combined. Transfer batter to prepared pan then sprinkle with cinnamon-sugar, if using.
5. Bake until a toothpick inserted into the center of the loaf comes out clean, about 50 minutes to 1 hour.

Recipe and photo from www.delish.com



Vienna's Mission

Vienna is committed to excellence in nursing care and rehabilitation. We create a quality, caring environment that provides:

- *A dignified lifestyle for our residents*
- *Attentive therapy for our patients*
- *A supportive atmosphere for our employees to excel*

We are here to offer families responsive, compassionate and supportive services.

Beauty Shop Info



Manicures & Haircuts on Mondays
Perms/Color on Tuesday Morning
~Sets on Wed. Thur. & Friday

As a Reminder, please contact Beauty Shop if an appointment can not be kept.

Thank you,

Get to Know Linda Araiza, Director of House Keeping & Laundry Services



Q: How long have you been at Vienna?

A: 31 years. I started in 1988 as a CNA, I did that for 20 years, then was a unit clerk for 6 years, and now I'm a department head here.

Q: What brought you to Vienna?

A: I actually originally applied for housekeeping, ironically. But the DON at the time convinced me to become a CNA. We used to have a CNA training class here, so I did that, did my clinicals here, and I loved it.

Q: What car did you get for your 30 year work anniversary?

A: I got a white, 2019 Kia Sportage! I love it!

Q: How many grandkids do you have?

A: 10 grandkids and 3 great grandkids. My family is my biggest accomplishment. I never thought I'd live to see my grandkids having kids.

Q: What's your favorite part about working at Vienna?

A: Working with the residents. People sometimes say, "What's so big about laundry?" But let me tell you, these ladies love their perfect sweaters and their warm blankets. When I come around with them and their eye up. It makes their day, and that makes it worth it to me, to be able to make them happy. I love what I get to do and my coworkers. We're like family.

Q: What's something you want people to know about Vienna?

A: It's a good facility. Personally, I think we're giving residents the best care they can get. We're so involved with the residents beyond just the nursing care. We get to do so much with the Grape Festival, the Music & Memory program, and Christmas parties. We have so much to offer for residents, from the coffee shop to the activities, it's really wonderful what we get to do for them.

Q: Any final thoughts?

A: If I had to do it all over again, I'd do it all over again the exact same way in a heartbeat.

HALLOWEEN AT VIENNA **THURSDAY, OCTOBER 31ST**

ALL STAFF & RESIDENTS ARE INVITED TO DRESS UP FOR OUR ANNUAL HALLOWEEN COSTUME CONTEST OCTOBER 31ST AT 2:00 IN THE MAIN DINING ROOM.

PRIZES WILL BE AWARDED.

ALSO ON HALLOWEEN, STARTING AT 6:30 YOU AND YOUR FAMILIES ARE INVITED TO TRICK-OR-TREAT HERE AT VIENNA.



New Residents

Catherine Mendez	September 5
Daniel Baker	September 6
Sharon Vasser	September 9
Julie Reilly	September 14
Isabel Ferrari	September 15
Kenneth "Ken" Berkeley	September 15
Jennie Gilsdorf	September 15
Veronica Kramer	September 16
Adeline Joaquin	September 17
Margaret Shrophsire	September 19
Geraldine Jedlicka	September 20
Linda Lund	September 24
Raymond "Ray" Engel	September 25
Hope Parkinson	September 25
Anne Maresca	September 26

Resident Birthdays

Catherine Mendez	October 2
Carol Kappos	October 2
Purita Collins	October 4
Clifford Vanloozen	October 6
Ellsworth "Toy" Dillon	October 11
Maria Salazar	October 12
Onofrio "Norf" Pennino	October 13
Pancho Barajas Cardenas	October 14
Marge Teranishi	October 15
Betty Hagen	October 22
Paulna Jackson	October 25
Mildred Slates	October 26
Evelyn Flood	October 30

Employee Birthdays

Guadalupe Osorio	October 1
Lolita Cuya	October 5
Grace Hortizuela	October 6
Rachelle Fabro	October 10
Amanda Oberle	October 12
Kendra Lipka	October 17
Kendra Jones	October 18
Darlene Sipa	October 19
Irene Clemente	October 21
Lynn VanDyke	October 21
Ana Armas	October 23
Michelle Silva	October 24
Patricia Charles	October 25
Crystal Lawrence	October 27
Susan Bulahan	October 29
Julia Chacon	October 29

New Employees

Jasmine Natividad	September 3
Jessica Duarte Silva	September 11
Ana Monzon Contreras	September 11
Lynn Van Dyke	September 12
Eva Valdez	September 17
Jerley Caluya	September 27



Administrative Staff


Administrator	Corey Wright
Director of Nurses	Roxan Vincent
Office Manager	Alison Plines
Medical Records	Brittany Ortegel
Social Services	Emily Denham & Lisa Reich (asst.)
Director of Staff Development	Ida Ventura
Dietary Supervisor	Al Loza
Accounting	Teresa Stocker
Laundry/Housekeeping Supervisor	Linda Araiza
Maintenance	Roger Perez
Activity Director	Ester De Santiago
Quality Assurance Nurse/Case Manager	Mary Scott
MDS Coordinators	Alfie Donato, Doris Talens, & Hazel
Rehabilitation Director	Kristi Passey
Admissions Coordinator	Juanita Riberal
Beauty Operators	Kristine Meissner & Diane Landon
Receptionists	Rachel Tolentino & Jasmine Natividad
Ward Clerk	Julia Chacon

The "Vienna Vine" is written, compiled, edited and designed by Jamie Vilinskas & Ester de Santiago

Vienna Nursing & Rehab. Center
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(209) 368-7141 (209) 368-2163 Fax



Activity Calendar Vienna Nursing & Rehab Center **September 2019**

SUN	MON	TUE	WED	THUR	FRI	SAT	
1 9:30 MOVIE CLASSICS 9:45 TABLE TOPICS 2:00 GRAPE ART 3:15 ONE TO ONE - I	2 10:00 CATHOLIC COMMUNION 10:15 LENDING LIBRARY 1:30 GABBY VISITS 2:00 ADVENTURES with AMELIA BEDELIA 3:15 ONE TO ONE - I	3 9:45 BOWLING 10:00 ROOM VISITS - I 10:15 WORD GAMES 2:00 BINGO! 3:15 ONE TO ONE - I	4 9:30 LENDING LIBRARY 9:45 MORNING STRETCH 10:15 WORD GAMES 2:00 ART CLASS: ALPHABET COLLAGES 3:15 ONE TO ONE - I	5 9:30 MOVIE CLASSICS 9:45 ART CLASS: DRY BEAN ART 10:15 ROOM VISITS 2:00 FALL WREATHS 6:30 EVENING BINGO!	6 9:30 LENDING LIBRARY 9:45 PIANO MUSIC W/ <i>Margaret De Board</i> 10:00 CAFECITO 10:15 BIBLE TRIVIA 2:00 BINGO! 3:15 ONE TO ONE - I	7 9:45 MORNING DEVOTIONAL 2:00 APPLE TASTING 3:15 ONE TO ONE - I	
8 9:30 MOVIE CLASSICS 9:45 TABLE TOPICS 2:00 FIRST MISSIONARY BAPTIST CHURCH 3:15 ONE TO ONE - I	9 9:30 LENDING LIBRARY 9:45 MORNING STRETCH 10:15 WORD GAMES 1:30 GABBY VISITS 2:00 ADVENTURES with AMELIA BEDELIA 3:15 ONE TO ONE - I	10 9:45 PARACHUTE 10:00 ROOM VISITS - I 10:15 TRIVIA 2:00 BINGO! 3:15 ONE TO ONE - I	11 9:30 BEAUTY SHOP PHOTO SHOOT 9:45 MORNING STRETCH 10:15 WORD GAMES 2:00 MR. NEVIS' 5TH GRADERS VISIT & (Salvation Army) 3:15 ONE TO ONE - I	12 9:30 MOVIE CLASSICS 9:45 ART CLASS: DRY BEAN ART 10:15 ROOM VISITS 2:00 GRANDPARENTS' DAY CELEBRATION 3:15 ONE TO ONE - I	13 9:30 LENDING LIBRARY 9:45 GET UP AND MOVE 10:15 BIBLE TRIVIA 12:00 - 3:00 pm 82nd Annual Grape Festival & Harvest	14 9:30 LENDING LIBRARY 9:45 MORNING DEVOTIONAL 2:30 LOCKEFORD SDA SINGERS 3:15 ONE TO ONE - I	
15 9:30 MOVIE CLASSICS 9:45 TABLE TOPICS 10:00 ROOM VISITS - I 2:00 NACHOS ON THE PATIO 3:15 ONE TO ONE - I	16 10:00 CATHOLIC MASS 10:15 LENDING LIBRARY 1:30 GABBY VISITS 2:00 RESIDENT COUNCIL 3:15 ONE TO ONE - I	17 9:45 CORNHOLE 10:00 ROOM VISITS - I 10:15 WORD GAMES 2:00 BINGO! 3:15 ONE TO ONE - I	18 9:30 LENDING LIBRARY 9:45 MORNING STRETCH 10:00 SALVATION ARMY 2:00 ICE CREAM SOCIAL GRAPE FLOATS 3:15 ONE TO ONE - I	19 9:30 SERVING SMILES 10:45 OUTING TO HOPE HARBOR 2:00 MEN'S GROUP & LADIES CORNER 3:15 ONE TO ONE - I	20 9:45 LODI AVENUE BAPTIST CHURCH 10:15 BIBLE TRIVIA 2:00 BINGO! 3:15 ONE TO ONE - I	21 9:30 LENDING LIBRARY 9:45 MORNING DEVOTIONAL 2:00 MOVIE & SNACKS: RESIDENT'S CHOICE 3:15 BEDSIDE TREATS - I	
22 9:45 TABLE TOPICS 10:00 ROOM VISITS - I 2:00 RESIDENTS RIGHTS BINGO! 3:15 ONE TO ONE - I	23 10:00 MORNING STRETCH 10:15 LENDING LIBRARY 1:30 GABBY VISITS 2:00 ADVENTURES with AMELIA BEDELIA 3:15 ONE TO ONE - I	24 9:45 BALLOON VOLLEY 10:00 ROOM VISITS - I 10:15 FINISH the PHRASE 2:00 BINGO! 3:15 ONE TO ONE - I	25 9:30 LENDING LIBRARY 9:45 MORNING STRETCH 10:15 WORD GAMES 2:00 SEPTEMBER BIRTHDAY PARTY/W/NICK JONES 3:15 ONE TO ONE - I	26 9:30 MOVIE CLASSICS 9:45 ART CLASS: DRY BEAN ART 10:15 ROOM VISITS 2:00 BUNKO! 3:15 ONE TO ONE - I	27 9:30 LENDING LIBRARY 9:45 GET UP AND MOVE 10:15 BIBLE TRIVIA 2:00 BINGO! 3:15 ONE TO ONE - I	28 9:30 LENDING LIBRARY 9:45 MORNING DEVOTIONAL 2:30 LOCKEFORD SDA SINGERS 3:15 ONE TO ONE - I	
29 9:45 TABLE TOPICS 10:00 ROOM VISITS - I 2:00 LEAF ART 3:15 ONE TO ONE - I	30 10:00 CATHOLIC ROSARY 10:15 LENDING LIBRARY 1:30 GABBY VISITS 2:00 ADVENTURES with AMELIA BEDELIA 3:15 ONE TO ONE - I	 <p>Activities are held in the main dining room unless otherwise posted.</p> <p>I- In Room O - Outdoors P -Pets D- Back Dining Room</p> <p>Activities are Subject to Change</p>					