

American Diabetes Month

November is American Diabetes Month. With Diabetes being prevalent among our locations we wanted to take the opportunity to talk about Diabetes and what we, as a company, do to train our staff to care for those residents living with Diabetes.

Upon hire, new employees attend a classroom training instructed by our RN trainer. Our trainer is certified through the Division of Quality Assurance to teach Medication Administration. Medication Administration is a 2-day, ten hour course. Insulin training is included in this training. Once new employees complete and pass this class, the RN trainer signs them off on insulin administration. The employee then is required to shadow another approved employee on medication administration and insulin techniques. The final step is for the employee to show competence in medication administration and insulin administration to a management team member. This in-house training can take up to 8 hours to complete. Once this step is complete, employees are then able to administer insulin to diabetic residents in our locations. Annually thereafter, our Health Care Coordinators do face to face re-training with all company employees who administer insulin. During this re-training, staff needs to show and explain the insulin administration procedure. Once staff successfully completes this they receive a signed delegation form from the Health Care Coordinator stating they are approved to administer insulin until the next annual re-training.

Staff is trained and educated on how to administer insulin and administer sliding scale insulin. Through the use of ECP, our Electronic Resident Charting system, we have diabetic addendums showing what resident's parameters are for blood sugars and instructions explaining what to do if a resident experiences hypoglycemia (low blood sugar) or hyperglycemia (high blood sugar). In addition, our facilities have a licensed dietician for proper diabetic meal planning.

National Hospice and Palliative Care

November is also recognized as National Hospice and Palliative Care Month. During this month, NHPCO would like to offer six important reminders about hospice care:

- Hospice services are offered in the home, no matter where home may be.
- Hospice cares for people with any kind of life-limiting illness.
- Hospice is fully covered by Medicare, Medicaid, and most private health plans and HMOs.
- Hospice is not limited to six months of care. A patient in the final phase of life may receive hospice care for as long as necessary when a physical certifies that he or she continues to meet eligibility requirements.
- Hospice is not "giving up"; rather the focus is on caring, not curing and allowing the illness to follow its natural course.
- Anyone can contact hospice; call your local program to learn if hospice is right for you or your loved one.

With that said, Sturgeon Bay Senior Living would like to extend a very special "Thank You", to all of the home health and hospice providers!

Happy Thanksgiving

As Thanksgiving approaches, take time to relax and enjoy time with family and friends this holiday season. We are thankful for the wonderful residents and their families this holiday season as they entrust the care of their loved ones to our company. We thank all of our caring and compassionate staff that serves our residents each and every day. Our appreciation for you is endless.

Diabetes Statistics and Facts

- Nearly 26 million children and adults in the United States have diabetes.
- 79 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- Medical expenses are two times higher for a diabetic.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 0billion.
- Age 65 years and older:
 - 10.9 million or 26.9% of all people in this age group have diabetes.
 - Diabetes is a major cause of heart disease and stroke.
 - Diabetes is the 7th leading cause of death in the United States.
 - People aged 65 or older are 2-3 times more likely to report an inability to walk ¼ of a mile, climb stairs and do housework.



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