



Kayla's Korner



Advanced Directives DNR vs Full Code Status



When you start talking to patients about end-of-life decisions, it turns out that several people do not really understand what the terms DNR, Advanced Directives, or POA means. And it's generally not something we really want to talk about.

This month, we are going to discuss what a DNR status truly means.

DNR: Do Not Resuscitate

These are orders written by a physician that tell health care workers NOT to perform CPR on somebody once their heart stops beating, or their breathing has stopped.

CPR was developed as an emergency technique to save people who are generally in good health, and is not usually effective on people with extensive health problems.

Why somebody may choose to be DNR status:

Due to CPR being more effective for fairly healthy individuals, there is a risk that attempting CPR on someone not as healthy could keep somebody alive, but may cause decreased quality of life. CPR may be partially successful, and although the person may survive, they may suffer damage to other organs or bones caused by CPR, or become dependent on a machine to breath.

We hope that this helps you understand the difference between a DNR status, and a Full Code status. Should you have any questions, please don't hesitate to reach out for additional clarification on this subject.



BAKA presents
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ASSISTED LIVING & MEMORY CARE

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Falls Prevention Awareness

The first day of fall marked Falls Prevention Awareness Day. Falls can happen to anyone. But as we get older, falling can become more common as well as dangerous. Yet falling does not have to be an inevitable part of aging, and in fact most falls can be prevented. The following tips can help you stay safe:

Meet with your doctor or pharmacist. They can review your medications and identify medicines or combinations of medicines that can make you sleepy or dizzy. As we get older, the way medicines work in our body can change.

Keep moving. With your doctor's ok, begin an exercise program to improve your leg strength and balance. A physical therapist can create a custom exercise program aimed at improving balance, coordination, flexibility, strength and gait.

Wear sensible shoes. It is important to wear shoes that are comfortable, stable, and non-slipping. Avoid high heels, shoes without backs, and floppy slippers.

Keep your home safe. Rid your floors of loose rugs, electric cords, and clutter that could cause you to trip. Keep your home brightly lit, and place night lights in your bedroom, bathroom, and hallways. An occupational therapist can also perform a home safety assessment and make recommendations that can improve your safety, including adaptive aids.



~ Jill Schniepp, PT

How "Wisconsin" Are You?

Give yourself a point for each one you can answer:

- Been to a Fish Fry
- Visited Lambeau Field
- Eaten a Culver's Butterburger
- Boiled Brats in Beer
- Hunted Deer
- Owned a Snow Blower
- Eaten Deep Fried Cheese Curds
- Went on Vacation "Up North"
- Tailgated at Miller Park
- Eaten Door County Cherries
- Ridden on a Harley
- Worn a Packers Jersey to Church
- Drank from a Bubbler
- You know what a "Yooper" is
- Owned Camouflage Clothing
- Worn a Snowsuit on Halloween
- Had Polka Music at your Wedding
- Know what a Paczki is
- Been to a Fish Boil
- Wore Shorts in Freezing Weather
- Eaten Booyah
- Been to a Packers or Brewers Game
- Owned a Cheesehead
- Know what an Old Fashioned is

Housekeeping Items

- Reminder that meal tickets are available for requests at the front desk for \$6.00 each. Please remember that tickets must be purchased at least 24 hours in advance. Thanks!
- It is the policy that Beaver Dam Assisted Living that there is no smoking anywhere on the campus. This includes both facilities, and the parking lots. Please remind your family and friends of this policy. Thank you!



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HAPPY THANKSGIVING WORD SEARCH

P	C	O	W	X	Y	W	O	C	O	W	X	Y	W	W
U	H	K	E	A	U	L	U	F	K	N	A	H	T	E
M	V	O	I	S	T	U	F	F	I	N	G	F	D	D
P	M	J	L	W	M	C	K	Y	J	T	W	A	C	B
K	T	A	U	I	K	N	J	T	G	U	D	M	N	R
I	N	M	H	C	D	G	M	U	M	Y	E	I	G	E
N	R	V	I	E	O	A	H	R	V	I	E	L	J	A
Q	E	B	O	R	L	D	Y	K	P	O	R	Y	D	D
F	R	I	E	N	D	S	A	E	I	P	F	P	K	D
S	Q	U	L	B	L	L	S	Y	U	L	B	L	L	O
W	A	Y	G	S	E	O	T	A	T	O	P	A	O	O
X	S	A	L	A	D	I	X	S	T	K	G	Q	I	F
D	Y	A	M	A	D	S	D	D	R	M	B	Z	U	U
F	L	T	H	A	N	K	S	G	I	V	I	N	G	Y
G	P	Q	C	H	S	E	L	B	A	T	E	G	E	V

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------------------|--------------------|--------------------|-----------------------|
| 1. THANKSGIVING | 5. THANKFUL | 9. STUFFING | 13. PUMPKIN |
| 2. HOLIDAY | 6. FOOD | 10. SALAD | 14. PIE |
| 3. FAMILY | 7. TURKEY | 11. BREAD | 15. VEGETABLES |
| 4. FRIENDS | 8. POTATOES | 12. YAM | 16. HAM |

Meet Our New Residents!



Pat K.

Welcome Pat; our new resident at Beaver Dam Assisted Living. Pat was born on December 27, 1932 in Beaver Dam, Wisconsin. She was married to her husband, Carl, for 70 years in which they raised 5 children (4 daughters and 1 son). Pat and her husband enjoyed traveling; her favorite spot was South Padre Island in Texas. She was also an avid knitter and crochet enthusiast until her eyesight got too bad to continue. Please join us in welcoming Pat to the community!

Betty K.

Betty was born in Fox Lake, Wisconsin on November 8, 1938. She has three sisters; Freda, Nancy and Donna. Betty grew up on a vegetable farm on Hwy E before it moved to East Burnett Street in Beaver Dam. She worked selling vegetables at age 9 door to door, and continued doing so all the way through high school - when she graduated in 1957.

She attended Central College in Pella, Iowa and graduated in education. She taught first grade in Arizona (Bureau of Indian Affairs) for a period of time. She then moved back to Iowa to teach. Betty is a "welcomer" and at age 30 she served on a church mission, working with women and children. She did missionary work in Limburg, Netherlands for 5 years. Her hobbies include, as she says, "talking" along with her other passion baking. Please join us in welcoming Betty to Beaver Dam!



Fun times in October





The Potato Sack Challenge



We all know the importance of exercise as we get older. Here is an exercise challenge that everyone can do with just a little practice:

Start by standing in your living room with 5 lb potato sacks in each hand. Carefully extend your arms out to your sides and hold the bags there for as long as you can. Repeat move several times.

After a few weeks, switch to 10 lb potato sacks, and then a few weeks later switch to 50 lb potato sacks.

After a few months you will be amazed that you can lift 100 lb potato sacks and hold them straight out for a whole minute!

Once you have achieved this level, start putting a few potatoes “in” each sack and then begin the process again.

RESIDENT SPOTLIGHT

GERALD S.



Gerald S., or Jerry, was born July 12, 1925 in Beloit, WI. Jerry grew up in Beloit with one younger brother, and an older sister, Lena, who unfortunately passed away at 18 months because of a heart defect. When talking to Jerry, he takes great pride and speaking of his late wife of 58 years, Ann Pipitone and their four children; Mary, Mike, Tony, and Joseph.

On May 17th, 1944, at the age of 19, Jerry went into the service and served on the minesweeper USS469. Jerry recalls his service vividly, stating “ the government gave our ship to the Russians, and I was reassigned to Naval Air mechanics. I ended up being in charge of all the naval fighters outside the hangars. Jerry's discharge came in June, 1946 and 3 days later he was attending UW summer school. After summer school, he went on to Beloit college in the fall of 1980, where he earned a degree in business, with a minor in history and government. After his schooling was completed his first occupation was operating a bowling alley in Clinton, WI. He soon became unhappy saying “farmers don't bowl during the summer!” Once he realized that owning a bowling alley wasn't the right direction for him, he had an opportunity to purchase a tavern. Jerry took advantage of that opportunity and in 1952 Luigi's Tavern was established in Beloit, WI. Even though Luigi's was a popular dining and dancehall for many years, Jerry decided that he wanted to try his hand at something. He organized and began operating his own business called Outdoor Outfitting, which specialized in camping equipment and campers. Unfortunately, with tight restrictions the business and was redlined, meaning his zone was no longer able to be insured, and giving him no option but to close shop. Jerry stayed positive, even through the close of Outdoor Outfitting, stating “It was great while it lasted!”

Jerry's passion for camping and the outdoors shines through in his favorite hobbies, which consist of hunting, fishing and photography. Jerry also spends most of his free time reading history books. Make sure to stop and say hi to Jerry, and he has a lot of other stories to share.



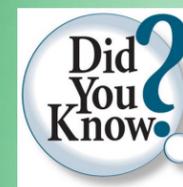
November Birthdays at Beaver Dam!

- 11/14 - Ken P.
- 11/21 - Wynona D.
- 11/23 - Lucie R.



Dates to Remember in November

- Nov 6th Resident Talent Show Contest
- Nov 8th Cooking Club: Swiss Chicken
- Nov 11th We Honor Veterans Pinning Ceremony
- Nov 12th International Travel Day: Italy
- Nov 13th Dance with Elvis
- Nov 14th Cooking Club: Meatloaf
- Nov 15th Lunch outing to Park Ave Sports Bar
- Nov 18th Shopping trip to Wal-Mart
- Nov 20th Casino trip to Ho-Chunk
- Nov 21st Resident & Family Thanksgiving Dinner
- Nov 25th Shopping trip to Rechecks
- Nov 26th International Travel Day: Mexico (bring hat & sunglasses)
- Nov 28th HAPPY THANKSGIVING!



The flower for the month of November is the chrysanthemum. The word chrysanthemum comes from the Greek words *chrys* and *anthemum*, meaning golden flower. In the language of flowers, chrysanthemum is considered to symbolize honesty, joy, and optimism.