



Vintage Hills March Newsletter

Heard it Through the Grapevine:





“Tell me a fact and I’ll learn. Tell me a truth and I’ll believe. But tell me a story and it will live in my heart forever.” Native American proverb
We love the stories you share about your lives. Your childhood – your education, starting your own families. Your stories help us learn the importance of making a good impression or making lifelong connections. How families, friends and churches learned to stick together and look out for one another. Of course, we really love the tales of fun, mischief and adventure you each took part in.

Keep telling us facts, truths and all the stories so they may live forever in our hearts.

We know these last few days and maybe a few more to come are difficult. COVID continues to make days hard, and we miss seeing all of you out and about. Hang tight, we will all be together soon, sharing stories and smiles.

Take Care,
Stephanie, Executive Director





Nursing:

Why Is Hand Washing So Important?

It's a message worth repeating — **hand washing is by far the best way to keep kids from getting sick** and prevent the spread of germs.

What's the Best Way to Wash Hands?

Here's how to scrub those germs away. Teach this to your kids — or better yet, wash your hands together often so they learn how important this good habit is:

1. Wet your hands with clean, running water (warm or cold). Make sure the water isn't too hot for little hands.
2. Use soap and lather up for about 20 seconds. Antibacterial soap isn't a must — any soap will do.
3. Make sure you **get in between your fingers**, on the backs of hands, and under the nails where germs like to hang out. And don't forget the wrists!
4. Rinse and dry well with a clean towel.

When Should We Wash Our Hands?

To stop the spread of germs in your family, make regular hand washing a rule for everyone. It's especially important:

- before eating and cooking
- after using the bathroom
- after blowing one's nose, coughing, or sneezing

How Do Clean Hands Help Health?

Good hand washing is the first line of defense against !

Germs can spread many ways, including:

- touching dirty hands
- through contaminated water and food
- through droplets in the air released during a cough or sneeze
- on contaminated surfaces
- through contact with a sick person's body fluids

When people come into contact with germs, they can become infected just by touching their eyes, nose, or mouth. And once they're infected, it's usually just a matter of time before the whole family comes down with the same illness.

So don't underestimate the power of hand washing! The time you spend at the sink could save you trips to the doctor's office.

Lisa, Director of Health Services



Kitchen:

We have fully opened the AL Dining Room for breakfast as of February 1st and it has been great seeing all that have come to enjoy another meal with each other. Along with opening for breakfast, we have reinstated the Always available menu back with some changes to make your dining experience better. We have had a lot of positive feedback from all of you on the changes we have made within the Culinary Department, and we appreciate your honesty. We will continue to strive to make your experience better, but also encourage you to share comments with the culinary team.

With the current Covid restrictions in place, we have had to close the dining room temporarily. Our hope is this is short lived and we can resume enjoying meals in the dining room soon. With the closure of the dining room, we have gone back to room deliveries that will not be charged as this time. We have also had to limit our Always Available menu, but you still have choices for each meal. The servers have all the choices with them at the time of delivery, so please let them know if you would like a different option aside from the regular menu.

When we can reopen the dining room, we will be going to individual daily menus for each person. These menus will be at your table daily at breakfast. If you choose to not come to breakfast, you will still have them for lunch. The menus will have the days date, the entire day menu, as well as the activities for the day of and next day for you to enjoy. I ask that you keep the menus at your table for the next meal, or if you choose to take them with you, please bring them back so you have your menu to refer to for the following meal.

I want to thank everyone for all the feedback and comments, it helps us to get better! If something is not prepared to your liking, please let me or our staff know

at the time, and we will correct it. Just as you would if you were eating in a restaurant. If you do not let us know; we cannot fix it. As always, please feel free to call me in the kitchen if there are any comments, feedback, or concerns you may have about your dining experience. I also welcome compliments! Our goal is to make your dining experience enjoyable with good food and good friends!

-Chef Jenn, Culinary Director



The Bulletin Board

Can you feel it? It's almost spring! I know it's hard to believe with all of this snow, but hopefully warm weather is just around the corner. February saw lots of change and fun new activities as usual. We saw the return of the amazing Foote and Buckingham Duo who were excellent like always! We had our first armchair travel which took us on a simulated vacation to Germany and it was a big hit! We also had some great parties throughout the month. Love was in the air when we celebrated with our Valentine's Day party. We also celebrated some very

important birthdays, including our very own Alice's 102nd birthday! Thank you to everyone who came out to help celebrate her big day! As we inch ever closer to sunny days and warmer weather, and change seems to surround us. We are very grateful to share all of these experiences with you and want to thank you for your continued understanding and support. I am beyond excited for spring, March, and all of the fun things that are bound to come with!

-Bryant, Activities Director

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