Maplewood Hosts Business After 5 in March
The competitive spirit came out at Maplewood’s Business After 5. March Madness was the theme, and Chamber members showed their “stuff” as they tried to get the most baskets in one minute and put the correct name to altered photos of local business members in their youth.

They were also able to see the newest piece of equipment added to the rehab department called a LiteGait. It is an anti-gravity machine that allows a person to exercise without adding weight to an extremity.

Living an Enriched Life
There is nothing more gratifying than seeing someone do something they love. When a person comes to Maplewood or Maplewood Village Assisted Living, a wide variety of activities are available for the residents to choose from. Living in close proximity with peers and having daily activities available positively impacts lives. “Often the things people once loved to do and stopped doing are resumed when they live on Maplewood’s Campus,” explains Julie Cody.

Rae King, Lilah Sprecher and Dorothy Enge enjoy each other’s company as they play a lively game of Skip-Bo.

Rita Asleson and Pauline McCauley were the lucky winners during St. Patty’s “Find the Leprechaun.”
Jeanette and Ray Kurth enjoy the live entertainment hosted for the residents.

Mark Your Calendar
May 1, flower sale, fundraiser
May 6-12, National Nurses Week
May 12, Mother’s Day
May 13-19, National Nursing Home Week
June 20, Spring Picnic

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Margorie Lythjohan
Director’s Note

Happy Mother’s Day
Welcome to May and welcome to spring! We have a full calendar of events this month. We invite family and friends to stop in during National Nursing Home Week—May 13-19. Many interesting fun events, entertainment and activities are planned! Please check the activity calendar or call us for more info.

It’s Mother’s Day on May 12. We hope all of our mothers have a wonderful day! We invite family and friends to stop in during Sundaes on Sunday! Come and enjoy your favorite ice cream sundae and the music of Tom Bedka. We’ll see you there!

Please join us in appreciation of Maplewood’s outstanding nurses during Nurses Week, May 6-12. Thanks, nurses! Happy Memorial Day!

Mother-Daughter Connections
Mother-Daughter connection:
To work at Maplewood, it takes a genuine desire to take care of people and the ability to put the needs of others before yourself. Out of 220 employees, 41 of them are a mother/daughter pairing, which goes across the board. From nursing, CNA, housekeeping, dietary or office personnel, they are not concentrated in one area. If it wasn’t a good place to work, a mother wouldn’t want her child there.

It’s a win/win situation to have relatives work at Maplewood. Employees are rewarded with benefits, an agreeable pay scale and upbeat atmosphere, whereas Maplewood benefits because of their pride in doing a good job, which reflects the family’s work ethic.

Residents acknowledge the familial connection which lends trust. There is a confidence in care levels received.

Maplewood has a strong community relationship, which builds familiarity when looking for employment. Youth involved with any group such as school, church, 4H, Boy or Girl Scouts have a safe place to come to. NHS students teach residents computer skills to receive community service credits necessary for college acceptance. Musical and 4H groups perform plays/musicals as a trial run before a competition. Health care classes receive hands-on experience working with the residents as they learn. Service-minded companies enrich their employees’ lives by sending them to make crafts and play games with residents. And volunteers provide real value to their life as they help others.

Connections with Maplewood can be started during one’s youth as a service project, then a job in high school as a CNA or feeding assistant, which can be performed throughout their days of college. The next logical step is full-time employment.

Pictured: Kim Calvo, Ashley Patterson, San Juana Loera, Celina Loera, Trista Peterson
Back: Marie Patterson, Melani Wheeler, Steph Nachreiner, Sheryl Thornton, Deb Pete, Mary Thornton, Sherry Peterson and Michelle Kraemer
One Pharmacy Is Best
Pharmacists are the most accessible health care providers. No appointment is necessary, so you can stop in to ask advice—even if you are not picking up medication. They are also the “Drug Experts” and can intervene to prevent medication errors if they know all of the prescription and over-the-counter medications that you are taking.

There are a lot of benefits in choosing one pharmacy that fits your unique needs and preferences. On a personal level, developing a relationship with your pharmacist is a good idea. The better a pharmacist knows you, the more able he is to tailor treatment to help improve your health and possibly save you money. The consistency of using the same pharmacist allows educated recommendations on not only prescription medications, but over-the-counter medications as well.

Using one pharmacy impacts society because it saves tax payers money. Each year, over 770,000 people are injured or die in hospitals due to an adverse drug event. The national hospital expenses associated with treating patients with an adverse drug event is estimated to be between $1.56 and $5.6 billion annually. A pharmacist can review a patient’s medication profile to optimize drug therapy outcomes. Records of all of allergies, medical conditions and medication history can easily be accessed at one pharmacy. Pharmacists are able to view the Electronic Health Record, EHR, to help make drug decisions and promote safety, which in turn may reduce hospitalizations.

Safety is significantly improved with the use of one pharmacist by reducing medication errors and drug side effects. Computer programs at a pharmacy include medication histories. This can help catch prescription errors, particularly with incorrect dosage or duplicate therapy. The program can also track when medications are picked up. This helps the pharmacists to see if you are using your medication correctly and if you are picking it up too frequently or infrequently. If the pharmacist knows all of the medications you are taking, the side effects and potential drug interactions for over-the-counter medications, herbals and dietary supplements are identified. They are also aware of the medications that need to be gradually decreased in dose in order to stop taking it and can monitor that they are being decreased correctly. (There are some drugs that if you suddenly stop taking it, you could have a serious adverse drug event.)

At Maplewood of Sauk Prairie, an in-house pharmacist can help with all of the resident’s pharmaceutical needs. 100% of care is provided on location, including dispensing of medicine. It is done on a daily basis, thereby eliminating the waste associated when there is a change in medication. Friendly pharmacists are available to review drug interactions for each resident and the convenience of not having to leave the building to fill prescription is priceless.

May Flowers
The full moon in May is called a Flower Moon. In 2013, you can see it on May 25.

Write It Down and Let It Go
Researchers continue to discover the benefits of a good night’s sleep. Stress and anxiety can disrupt your sleep. One stress reduction tip is to write down your worries in a journal before you go to bed.

Sing a Song
Singing out loud is a great way to relieve stress. It doesn’t matter if your vocal skills are limited—sing in the car, in the shower or wherever you are.

Exercise Your Brain
HelpGuide.org notes that exercise increases the oxygen flowing to your brain and can reduce the risk of disorders that lead to memory loss such as diabetes.
Easter Is Thrilling for All Ages

The thrill of making dyed eggs brimming with color is not left for the youth.

Interesting facts related to Easter:
- Rabbits reproduce in 30 days.
- Onion skins placed in the water while boiling eggs can be used to produce beautiful, rust-colored shells.
- Easter Lilies originated in Japan. 95% of all Easter Lily bulbs for the potted Easter Lily market are grown on 10 farms along the border of California/Oregon.
- In Sacramento, CA, there is an Easter Peep eating contest held each year.
- Each year a commercial laying hen can produce up to 280 eggs.

Lina Marini helps decorate Easter eggs.