

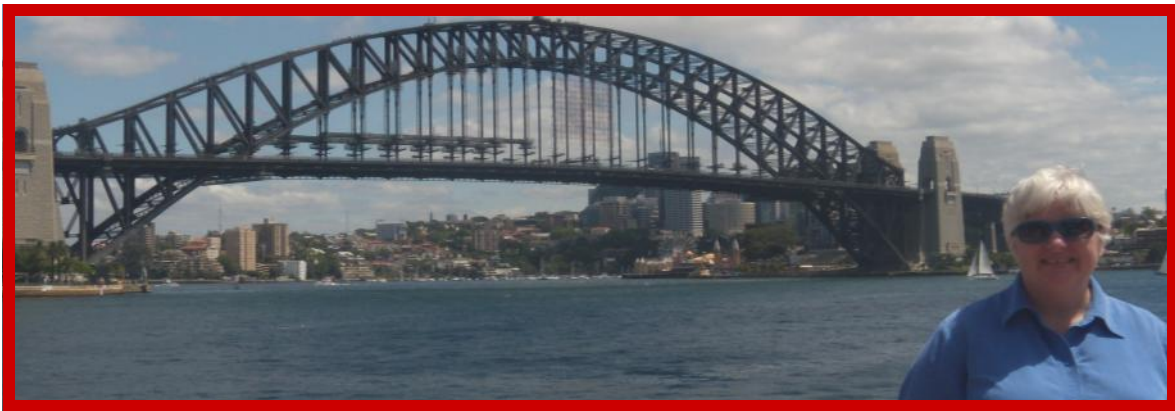
AMBERWOOD
Care Centre

2313 North Rockton Avenue, Rockford, IL 61103

www.amberwoodcarecentre.com

815-964-2200

Happy Valentines Day!!



The holiday season is behind us but we still have winter upon us. I was fortunate to spend a couple of weeks in the sunshine at the bottom of the world and have wonderful memories to sustain me as I brave the roads to get to work each day. We have much going on at Amberwood and it is so amazing to see the positive changes in the New Beginnings community, from the home-like atmosphere to the smiling faces of the residents who welcome new neighbors into their home and are always so helpful. As some of you are aware, Pinnacle Quality Insight is a consulting group that conducts customer satisfaction surveys for us to improve our quality of care. Amberwood was just selected the "Best in Class" for our quick response to resident problems. This means that for the month of January, we received the top score of all the facilities that Pinnacle consults for across the U.S. I am so proud of our staff for all of their hard work and it is gratifying to hear visitors complement our staff on their friendliness and caring attitudes. We strive to be the best we can be and don't hesitate to contact me if I can be of service to you.

Regards,
Julie



A stunning photo from Julie' s trip to Australia

Resident Council Meetings

The resident council meets monthly to discuss issues and concerns. Committee reports are presented by the Sunshine Committee who sends cards of get well and birthdays. On the second Tuesday of the month the customer Service committee meets with the Administrator to discuss concerns. The activity committee meets on the second Tuesday to make suggestions and help organize activities. Recently the residents were given a copy of the RESIDENT COUNCIL POLICY and PROCEDURES. This was accepted at the January meeting. Also discussed are questions regarding Nursing, House-keeping , Maintenance , Social Services

Amberwood is now on FACEBOOK!!!!

Become a fan of Amberwood on Facebook! Go to the Amberwood Website (www.amberwoodcarecentre.com) and click on the Facebook icon. Our website is in the process of being updated. Keep watching as it evolves. New pictures will be added and you can now view the newsletters on line on Amberwood ' s Website!!

Patti, our Director of Nurses, reminds us that flu season is not yet over. We need to remember to wash hands and cover our sneezes and coughs!

News from New Beginnings

On January 13 Susan Sklar of the Alzheimer's Association spoke at Amberwood to a group of community members about the "Ten Warning Signs of Alzheimer's". These presentations are very informative and always fill up quickly. There was a raffle of one of Becky's wonderful baskets. We will be presenting programs on memory loss to organizations and members of the community beginning this month. For more information call Amberwood at 815-964-2200.



Valentine Basket by Becky

The staff and families and residents have been busy decorating the rooms in New Beginnings. Each room has been individually adapted to allow the residents and families to feel more at home. Stop in and see the updated curtains, wall hangings, bedspreads and lap robes all designed to coordinate the residents interests and preferences. The family rooms, and activity rooms have also been redecorated. One of the additions is an aquarium with colorful fish.

Upcoming Events

The Alzheimer's Association is hosting its 7th Annual Unforgettable ART on April 10 at 6 pm at the Prairie Street Brew House in downtown Rockford. Fifty talented artists will create art right before your eyes. This event benefits and supports those affected by Alzheimer's and related diseases. The evening will conclude with a live auction. For more information contact the Greater Illinois Chapter of the Alzheimer's Association.

Memory Loss Community Programs

Becky, Karen and Sue recently gave a program on memory loss for Christ Methodist Church Senior Group. They are available to community groups who will enjoy this informative and somewhat entertaining presentation.

Amberwood is sponsoring the Alzheimer's Association's family and caregiver's symposium on APRIL 24, 2010 at Clock Tower Convention Center. It will begin at 9am and conclude at 12:30 pm.. The event is open to families, professionals, and caregivers.

**The Activities staff have been busy working with the residents to decorate for the upcoming Valentine's Day. They made decorations for the tree and many have attached hearts and flowers to their doors. There are hanging Valentines through-
out the**



The Valentine Tree

February Birthdays

2/8 Virginia T.
2/9 Edward S.
2/11 Joan P.
2/19 Ronald G.
2/23 Coralie M

A BIG thank you to all of our wonderful Volunteers!!

How much chicken does the Amberwood dietary department prepare in one year? An amazing 4,320 pounds!! Steve Pahnke, the dietary manager at Amberwood since 1996 oversees the planning and preparation of all the food served from our kitchen. Born in Shullsburg, WI he joined the Air Force after high school graduation. While in the Air Force, Steve traveled the world to exotic places like Thailand and Turkey. He also spent time in Italy, Germany, Alaska, Mississippi, Florida and South Dakota. He recalls a snow storm in South Dakota where he was responsible for feeding 1800 military personnel. For three days they could not get out of their building and had no electricity. Steve and his crew prepared cereal and coffee using Sterno as the heat source. Married for 40 years, the Pahnke 's have 5 children and 6 grandchildren. More facts about food amounts for Amberwood: In one year 1,560 pounds of bacon, 2,592 pounds of ground beef, 960 cases of canned fruit, 1560 dozen eggs, 3640 pounds of frozen vegetables are used. That is a lot of groceries!



Steve and Mary