



# Country Court Capers

A newsletter for the residents, friends and family at Country Court.

March 2010

*Happy Birthday!* **IRISH-AMERICAN HERITAGE MONTH**

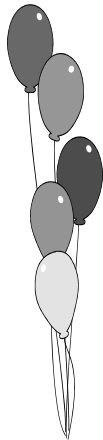
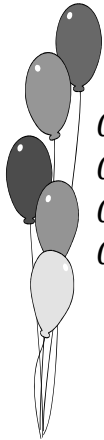
is a special month issued by Presidential proclamation created to honor the achievements of Irish immigrants and their descendants, living in the United States of America. March is the month of Irish-American Heritage Month.

Originally a religious holiday to honor St. Patrick, who introduced Christianity to Ireland in the fifth century, St. Patrick's Day has evolved into a celebration for all things Irish. The world's first St. Patrick's Day parade occurred on March 17, 1762, in New York City, featuring Irish soldiers serving in the English military. In 1948, President Truman attended the St. Patrick's Day parade and gave a speech to attendees. This was a proud moment for the many Irish whose ancestors had to fight stereotypes and prejudice to find acceptance in America.



## EMPLOYEES BIRTHDAYS

- 03-02 **Mary Hartsook**, STNA
- 03-15 **Gladys Davis**, Activities
- 03-24 **Glenda Strouse**, Activities
- 03-29 **Esther Gifford**, STNA



## RESIDENTS BIRTHDAYS

- 03-14 **George Wolfe**
- 03-17 **Joseph Cella**
- 03-19 **Leland Pealer**
- 03-20 **Lillian Feltman**
- 03-24 **Doris McCrory**



Today is the day when bold kites fly,  
When cumulus clouds roar across the sky.  
When robins return, when children cheer,  
When light rain beckons spring to appear.

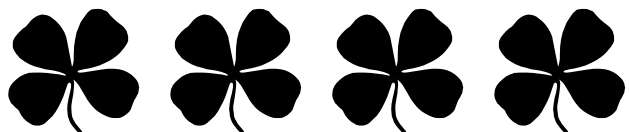
Today is the day when daffodils bloom,  
Which children pick to fill the room,  
Today is the day when grasses green,  
When leaves burst forth for  
spring to be seen.

~ Robert McCracken, Spring



In tribute to all Irish-Americans, the Congress, by Public Law 101-418, designated March 1991 as "Irish-American Heritage Month".

Congress proclaimed March as Irish-American Heritage Month for 1995 and 1996, and the President of the United States has issued a proclamation each year since 1991.



FROM THE DESK OF  
**Sue Reiter, RN, DON**  
 Nursing Department



### Why is pain control so important?

In addition to keeping you comfortable, pain control can help you recover faster and may reduce your risk of developing certain complications after surgery, such as pneumonia and blood clots. If your pain is well controlled, you will be better able to complete important tasks such as walking and deep breathing exercises.

### What can I do to help keep my pain under control?

**Important!:** *Your doctors and nurses want and need to know about pain that is not adequately controlled. If you are having pain, please tell someone!* Don't worry about being a "bother."

### Who is going to help manage my pain?

You and your physician will decide what type of pain control would be most acceptable for you.

You are the one who ultimately decides which pain control option is most acceptable. Your physician or nurse will review your medical history, then advise you about which pain management option may be best suited to safely minimize your discomfort.

You will be assessed frequently to ensure that you are comfortable and safe. When necessary, adjustments or changes to your pain management regimen will be made.

**Important!:** Do not wait until your pain is severe before you ask for pain medications. Also, if the pain medication has not significantly helped within 30 minutes, notify your nurse. Extra pain medication is available for you to take. You do not have to wait 4 hours to receive more medication.

Lastly, make sure you are comfortable with your treatment plan. Talk to your doctor and nurses about your concerns and needs. This will help avoid miscommunication, stress, anxiety, and disappointment, which may make pain worse. Keep asking questions until you have a satisfactory answer. You are the one who will benefit.

### Pain Facts

- Pain is different for everyone.
- Treating pain early usually brings quicker and better results.
- Healing occurs faster when pain is under control.
- Pain affects blood pressure, heart rate, appetite, and general mood.
- Pain may be sharp, dull, stabbing, cramping, throbbing, constant, on and off, etc.



FROM THE DESK OF  
**Lee Mitchell, Administrator**



*Hello everyone. A friend sent this to me and while I never thought of myself as being old, shoveling snow this winter has made me think again. I hope you enjoy it.*

### "Do you like being old?"

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio. I am entitled to a treat, to be messy, to be extravagant.

I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4am and sleep until noon? I will dance with myself to those wonderful tunes of the 60's & 70's, and if I, at the same time, wish to weep over a lost love... I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set.

They, too, will get old. I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being perfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

MAY OUR FRIENDSHIP NEVER COME APART  
 ESPECIALLY WHEN IT'S STRAIGHT FROM THE HEART!



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*A Levering Management Senior Living Residence*



FROM THE DESK OF **Stephanie Woodring,**  
*Dietary Manager*



MARCH 17<sup>TH</sup> IS ST. PATRICK'S DAY

Remember to wear green and come to the **St. Patrick's Day Luncheon**  
Resident's Council committee planned a menu of:

Corn beef and Cabbage or Irish Stew  
Parslied Potatoes  
Irish Soda Bread  
Perfection Salad



Hope to see you in the Main Dining Room at 12:30

Let's all hope for no SNOW!



FROM THE DESK OF **Amy M. Carpenter,**  
*Office Manager*



We can not express the importance of taking the time to review any insurance material that you or your family member may have received to look for changes to the plan. These changes can affect the billing, leaving your family member or loved one responsible for services that would have otherwise been covered. Many of the Aetna Medicare plans were transferred to Humana Medicare plans. It is imperative that we are provided this information, so we may bill the correct insurance provider. Please take a moment and review the insurance information that you have to ensure it matches what we currently have on billing files.

Thank you!



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