

COUNTRY COURT CAPERS



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

March 2018

MARCH BELIEF

'When March comes in like a lion
it goes out like a lamb.'



'A dry March and a wet May
Fill barns and bays with corn and hay.'



'As it rains in March
so it rains in June.'

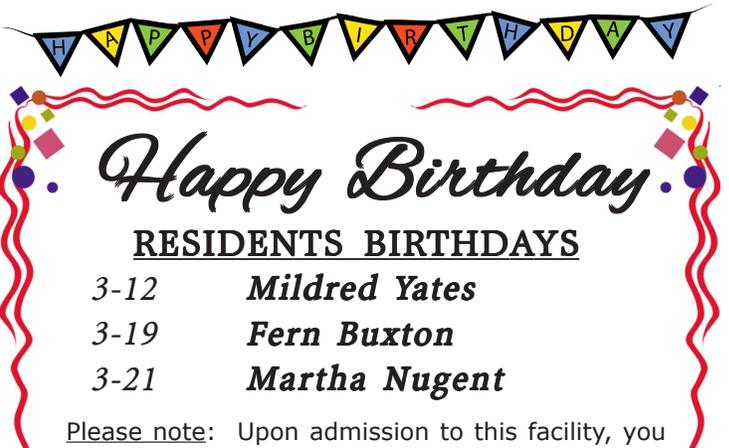
'March winds and April Showers
Bring forth May Flowers.'

Volunteer Needed

We are in need of some reliable, committed volunteers to fill the following positions:

- Bingo help on Monday and Friday afternoons from 2:15pm - 4pm
- Volunteers who are willing to come weekly to visit and interact with some of our residents who are room bound and have some memory deficits.
- Volunteers who have appropriate behaved pets. We would love to have these pets visit on a regular basis for lots of loving and petting.

If you are interested in volunteering and are able to commit the time, please call Heather Thomas at the facility and I am sure we can find the right fit for you!



Happy Birthday.

RESIDENTS BIRTHDAYS

3-12	Mildred Yates
3-19	Fern Buxton
3-21	Martha Nugent

Please note: Upon admission to this facility, you were asked if permission was granted to have your resident's name or picture in the Country Court Capers. If you marked this as "no", then please realize that is why their name does not appear in the birthday list.

THE NEWS IS OUT!

The news is out....

It's time to sing.....

Time to be happy and WELCOME

The Ides of March we should not fear

Because we know that spring is near.

In like a lion.....out like a lamb.

Old Man Winter.....we say "Scram".

The streams are full from the melted snow.

Soon will be time to plant and to hoe.

The birds are chirping high in the tree.

Spring is arriving.....that we can see.

Flowers rising from their wintry beds

Crocus and tulips raising their heads.

Bunnies hopping around in the clover.

At long last.....Winter is Over.

~~Author Unknown.~~

American Red Cross Month

Since our founding by Clara Barton on May 21, 1881, the American Red Cross has been dedicated to serving people in need. We received our first congressional charter in 1900 and to this day we are tasked by the federal government with providing services to members of the American armed forces and their families as well as providing disaster relief in the United States and around the world.



**American
Red Cross**

Even while the Red Cross adapts to meet the changing needs of the people we serve, we always stay true to those roots. Are you familiar with the classic images of Red Cross nurses helping American soldiers and civilian war victims during World War I? In fact, as you read this Red Cross staff and volunteers are still deploying alongside America's military. Maybe you've taken a class through the Red Cross, such as first aid certification or how to swim. Did you know we've been offering similar training since the early 1900s? Have you ever given blood or received donated blood? The Red Cross developed the first nationwide civilian blood program in the 1940s and we still provide more than 40% of the blood products in this country. Today, as throughout our long history, the Red Cross depends on generous contributions of time, blood, and money from the American public to support our lifesaving services and programs.

www.redcross.org

NATIONAL POTATO CHIP DAY

America's #1 snack food is recognized each year on March 14th. On National Potato Chip Day, this snack will be enjoyed by millions of people across the country.



A Quick History of the Potato Chip
The potato chip was invented in 1853 by George Crum. Crum was a Native American/African American chef at the Moon Lake Lodge resort in Saratoga Springs, New York, USA. French fries were popular at the restaurant, and one day a diner complained that the fries were too thick. Although Crum made a thinner batch, the customer was still unsatisfied. Crum finally made fries that were too thin to eat with a fork, hoping to annoy the extremely fussy customer. The customer, surprisingly enough, was happy – and potato chips were invented! Crum's chips were originally called Saratoga Chips and potato crunches. They were soon packaged and sold in New England - Crum later opened his own restaurant. William Tappendon manufactured and marketed the chips in Cleveland, Ohio, in 1895. In the 1920s, a salesman named Herman Lay sold potato chips to the southern USA (selling the chips from the trunk of his car). In 1926, Laura Scudder (who owned a potato chip factory in Monterey Park, California) invented a wax paper potato chip bag to keep the chips fresh and crunchy. With further technology, innovation, and a countless number of variations and flavors, potato chips have only grown in popularity over the years!

www.joneschips.com

BEST BETS FOR BREAKFAST



Breakfast is one of the best times to eat whole grains, fruits and milk, three of the food groups encouraged by the new Dietary Guidelines. Having a nutrient-packed start to your day can give you energy to perform better, both mentally and physically. Following are

some samples combinations you will likely find at most eating venues. They are packed with fiber, calcium and other vital nutrients your body and brain need to thrive. These combinations work great in the morning, but can be eaten at lunch or dinner, too.

- ★ Fresh pineapple chunks mixed with low-fat cottage cheese and a slice of whole-wheat toast with apple butter
- ★ A whole-wheat English muffin topped with soft margarine and a hard-boiled egg
- ★ Whole-grain of bran cereal with low-fat or skim milk and shaved almonds, served with a piece of fresh fruit
- ★ Oatmeal topped with a sprinkle of brown sugar and walnut halves
- ★ An egg-white omelet loaded with peppers and low-fat cheddar cheese in a toasted whole-wheat pita pocket and served with low-fat milk
- ★ Multi-grain pancakes or waffles topped with banana slices



Country Court Nursing Center
1076 Coshocton Avenue
Mount Vernon, Ohio 43050
(740) 397-4125
www.countrycourt.com

A Levering Management Senior Living Residence

ANTIMICROBIAL RESISTANCE

Fact sheet - Updated September 2016

Key facts

- Antimicrobial resistance (AMR) threatens the effective prevention and treatment of an ever-increasing range of infections caused by bacteria, parasites, viruses and fungi.
- AMR is an increasingly serious threat to global public health that requires action across all government sectors and society.
- Without effective antibiotics, the success of major surgery and cancer chemotherapy would be compromised.
- The cost of health care for patients with resistant infections is higher than care for patients with non-resistant infections due to longer duration of illness, additional tests and use of more expensive drugs.
- Globally, 480 000 people develop multi-drug resistant TB each year, and drug resistance is starting to complicate the fight against HIV and malaria, as well.

What is antimicrobial resistance? Antimicrobial resistance happens when microorganisms (such as bacteria, fungi, viruses, and parasites) change when they are exposed to antimicrobial drugs (such as antibiotics, antifungals, antivirals, antimalarials, and anthelmintics). Microorganisms that develop antimicrobial resistance are sometimes referred to as “superbugs”. **As a result, the medicines become ineffective and infections persist in the body, increasing the risk of spread to others.**

Why is antimicrobial resistance a global concern? New resistance mechanisms are emerging and spreading globally, threatening our ability to treat common infectious diseases, resulting in prolonged illness, disability, and death.

Without effective antimicrobials for prevention and treatment of infections, medical procedures such as organ transplantation, cancer chemotherapy, diabetes management and major surgery (for example, caesarean sections or hip replacements) become **very high risk**. Antimicrobial resistance **increases the cost of health care** with lengthier stays in hospitals and more intensive care required.

What accelerates the emergence and spread of antimicrobial resistance? Antimicrobial resistance occurs naturally over time, usually through genetic changes. **However, the misuse and overuse of antimicrobials is accelerating this process. In many places, antibiotics are overused and misused in people and animals, and often given without professional oversight.** Examples of misuse include when they are taken by people with viral infections like colds and flu, and when they are given as growth promoters in animals and fish.

Antimicrobial resistant-microbes are found in people, animals, food, and the environment (in water, soil and air). They can spread between people and animals, and from person to person. Poor infection control, inadequate sanitary conditions and inappropriate food-handling encourage the spread of antimicrobial resistance.

Antimicrobial resistance is a complex problem that affects all of society and is driven by many interconnected factors. Single, isolated interventions have limited impact. Coordinated action is required to minimize the emergence and spread of antimicrobial resistance.

Antimicrobial resistance:
when the **medicines** we rely on
to treat or prevent infections
stop working



#AntimicrobialResistance

