



May 2010

Reading is Fun Week May 9-15

Select books that sound interesting by reading the first few pages. If the writing style and structure, as well as the content hold the attention of a reader, then the book will likely be fun.

By introducing various styles and content, readers will naturally gravitate towards books they enjoy. The more they enjoy them, the more likely they will be to look for other books to read.



Enjoy reading this week!

Senior Health Fair At Hilltop

Friday, May 28th
8am-12pm

Come join us and visit with different vendors from the community.

Long-Term Care Information

Long-Term Care—is a variety of services that includes medical and non-medical care to people who have a chronic illness or disability. Long-term care helps meet health or personal needs. Most long-term care is to assist people with support services such as activities of daily living like dressing, bathing, and using the bathroom. It is important to remember that you may need long-term care at any age to facilitate recovery.

Medicare and Long-Term Care—it is important to think ahead. Medicare pays only for medically necessary skilled nursing facility or home health care. However, you must meet certain conditions for Medicare to pay for these types of care. Most medical insurance coverage follows Medicare guidelines. Private insurance and Medicare pay for nursing home care only for limited time periods following a hospitalization:

- You must have been hospitalized for at least 3 days.
- You must enter the nursing home within 30 days of the hospitalization.
- Only the first 20 days are 100% covered; then there is a daily deductible.
- There’s a 100-day maximum related to any one hospitalization and diagnosis.

You must be making regular progress as documented by medical professionals. If progress toward independence is no longer occurring, insurance coverage ends.

Choosing Long-Term Care—is an important decision. Planning for long-term care requires you to think about possible future health care needs. It is important to look at all of your choices. You will have more control over decisions and be able to stay independent. It is important to think about long-term care before you may need care or before a crisis occurs. If you have any questions about the services covered by Medicare or Medicaid at Hilltop, we would be glad to answer your questions. For more information go to www.medicare.gov.

Reference: www.medicare.gov

A Word From Donna Coad, Administrator

State Survey...

I would like to share with everyone Hilltop’s good news. Three state surveyors visited our facility on Tuesday and Wednesday (April 13th & 14th) for the return visit for our past annual survey last December. On those two days, the surveyors scrutinized resident care very heavily. The good news is that we were cleared of our outstanding tags that we received during our annual survey. I wish to thank all of my staff for all of their hard work in this accomplishment of passing the survey as well as giving the residents the quality of care that they deserve.



Celebrations

**National Nurses Week
May 6-12**

**National Nursing
Home Week
May 9-15**

**National Senior
Health & Fitness Day
May 26**

Quote of the Month

The real opportunity for success lies within the person not in the job.

Zig Ziglar

For More Information:

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May, National Osteoporosis Prevention Month

Osteoporosis, or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to bone fragility and an increased susceptibility to fractures, especially of the hip, spine and wrist, although any bone can be affected.



Together, the following five steps can optimize bone health and help prevent osteoporosis:

- o Get the daily recommended amounts of calcium and vitamin D
- o Engage in regular weight-bearing and muscle-strengthening exercise
- o Avoid smoking and excessive alcohol
- o Talk to your healthcare provider about bone health
- o Have a bone density test and take medication when appropriate

Save The Date

In celebration of National Nursing Home Week, Hilltop



Convalescent Center will be having it's Annual Spring Fling. This event is free to the community and fun for all ages. Please mark your calendar for Friday, May 14th from 2pm-6pm and join us for an afternoon of fun.

Congratulations to the following employees:

Stacy Carrington & Judy Cox
Attendance Award Winners

Suzie Wright, Cindy Wilder, Jeanie Weber &
Dane Logsdon

Praise Report Winners

Patsy Stephens

Positive Quote Crossword Puzzle Winner

Amber Bell

Safety Bingo Winner



Cooking and eating are among life's greatest pleasures. Cooking for people is one of the ways to maintain a positive attitude and add meaning to life! Social and mental wellness are just as important as diet and physical fitness.

For more information on healthy cooking go to www.HealthyAgingFood.com.