

Coffman NEWS

Spring ~ 2019



Welcome...

Another year is upon us and it seemed as if we were still getting used to saying and writing 2018 but now it's 2019. It is the last year of the second decade of the 21st century. As the saying goes, time waits for no one.

Each year we make our own New Year's resolutions as we begin the New Year. Several things worth considering to keep you on track are: Let go of the year that passed and look to the year ahead; tell your friends and family about your goals; get a friend involved; write it down; plan ahead to help you stay on track; and reward yourself for good behavior with things that help you to relax.

Coffman is building upon past successes. As you will read in this issue we spotlight one of our longtime residents. We will be continuing to sponsor two Bingos in the first half of this year - March 24th Cash Bingo and another one in coordination with the Activity/Purse Bingo on May 11th. We will be taking our Purse Auction off grounds for the first time by combining the Purse Auction with the Cash Bingo. This will be our second year of participation in the Washington County Community Foundation Gives Day on Tuesday May 7th. Join us in these exciting programs that will benefit our Coffman residents.

~ Nick Mason, Administrator

CASH BINGO

Sunday, March 24th

Event to be held at Western Enterprise Fire Co. #4
Tickets are \$25, which includes 22 regular games, 2 jackpot games, and a meal. Doors open at 12:30, early bird begins at 2:00pm, regular Bingo begins at 2:30pm. Contact Nick Mason at 301-733-2914 x111 for more info.

PURSE AUCTION



Saturday, May 11th

Event to be held at Western Enterprise Fire Co. #4.
Tickets are \$25 and will be on sale beginning in March. Doors will open at 10am with the meal being served at 11am, early birds will begin at Noon, regular bingo begins at 12:30.

If you wish to donate a new purse or obtain more info about this event, please contact Jan Eccard at 301-733-2914 x114

We look forward to seeing you at one or all of our upcoming events!

Resident SPOTLIGHT...

Gwen Snook

Gwendolyn Alberta Snook was born on September 21, 1933. Gwen graduated from Hagerstown High School and went to work for the telephone company for thirty years.

Gwen grew up in the West End of Hagerstown and has one sister.

Gwen enjoys watching television, playing bingo, and is very good on the computer. Gwen is even on Facebook, and she is very popular with the staff and other residents. She is very friendly and always looking out for everyone. Gwen has a beautiful smile that can light up a room. Her favorite activity is when Charles Rice comes to play his keyboard and sax. She really enjoys the music, and Charles' wife Donna graduated from high school with Gwen. They are lifelong friends. Whenever you see Gwen you always come away blessed just being around her.



We love you Gwen!



COFFMAN REHAB...

Who has 5 heads, 10 arms, 10 legs and over 30 years of combined experience in helping patients regain their functional independence? The Occupational, Physical, and Speech therapists at Coffman, that's who!

Our team possesses a wide variety of skill sets for short-term treatment of all types of diagnoses and post-operative conditions. Our outcomes for meeting therapy goals, low length of stays, and low hospital readmission rates are the best in the local Tri-State area. We also offer Out-Patient therapy and have the ability to provide tailored home exercise programs as well as electrical stimulation and ultrasound modalities to facilitate increased muscle performance and decreased pain.

For our appropriate long-term care residents we offer customized Restorative programs which engage not only the resident's body, but their mind as well. We keep the focus on increasing their quality of life and facilitating maximum functional performance.

At Coffman Rehab, we're passionate about what we do. Let us help you or your loved one achieve goals for independence.

Groundhog Day Luncheon



Groundhog Day became a big event here at Coffman. Many of our residents were busy in making the activity room a "Groundhog Heaven". We made groundhog decorations throughout the room and had our bulletin board with predictions of whether or not he would see his shadow.

We had a special Groundhog Luncheon on Friday, February 1st and family members were invited to attend. Invitations were sent out to all residents and family members and we ate Ground-Hog-Hog Maw, Groundhog salad, deviled eggs, and Ground Hog dessert-pudding parfait. The residents and volunteers worked together to make the meal. Even though it was a cold, snowy day, we still had a good turnout and many family members braved the weather to attend. A good time was had by all, and we hope for an early spring.



OUTPATIENT THERAPY

We are currently offering Outpatient Therapy.

Physical Therapy – Leg/foot pain, decreased range of motion, fall prevention

Speech Therapy – Swallowing concerns, memory training, voice quality and volume

Occupational Therapy - shoulder, arm, hand pain. Kitchen safety trouble with daily activities

We can help you with these issues and more.
Come see us for your needs.

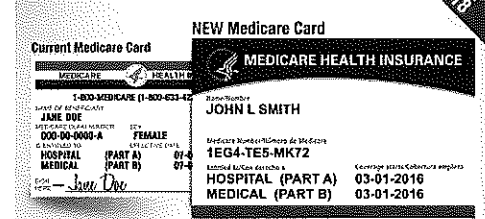
Therapy services provided by Functional Pathways

Elite Care Elite People Elite Results

Reminder...

New Card! New Number!

Waiting in 2016



CMS (Centers for Medicare/Medicaid Services) sent out new Medicare cards.

Please remember to bring in the new Medicare cards when they are received for our records.



The Community Foundation of Washington County holds Washington County Gives day every year on the first Tuesday in May. We are participating again this year. May 7th is the special 24 hour "Giving Day". You can go on line and give at any time day or night, midnight to midnight. It will raise unrestricted funds for our designated endowment account.

These financial contributions assist us in providing quality of life for our residents. Be a donor on Tuesday, May 7th.

Be Antibiotic Aware

Antibiotics are medicines to treat certain infections caused by bacteria. You can "Be Antibiotics Aware" by letting your medical provider know that you want to avoid unnecessary antibiotics. Talk with your provider or pharmacist about ways to get relief from your symptoms. Many respiratory illnesses are caused by viruses, and usually don't need antibiotic treatment. If you need antibiotics to treat an infection, take them exactly as prescribed. Don't take antibiotics prescribed for someone else or for another medical condition.



Coffman residents enjoy a Christmas Eve Party with Carols and Cookies!

Coffman

Nursing Home

1304 Pennsylvania Avenue
Hagerstown, MD 21742

Calendar of Events...

Sunday, March 24th
Cash Bingo

Wednesday, April 17th
Easter Egg Stravaganza

Tuesday, May 7th
Washington County Gives Day

Saturday, May 11th
Purse Auction / Bingo

"In the New Year, may your right hand always be stretched out in friendship, but never in want."
~ Irish Toast

MARCH NATIONAL NUTRITION MONTH

Special Nutrient Needs of Older Adults

Eating right and staying fit are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health.

CALCIUM AND VITAMIN D

Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of calcium-rich foods and beverages each day. This includes fortified cereals and fruit juices, dark green leafy vegetables, canned fish with soft bones, milk and fortified plant beverages. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

VITAMIN B12

Many people older than 50 do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or a registered dietitian nutritionist if you need a vitamin B12 supplement.

FIBER

Eat more fiber-rich foods to stay regular. Fiber also can help lower your risk for heart disease and prevent Type 2 diabetes. Eat whole-grain breads and cereals, and more beans and peas — along with fruits and vegetables which also provide fiber.

POTASSIUM

Increasing potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and beans are good sources of potassium. Also, select and prepare foods with little or no added salt. Add flavor to food with herbs and spices.

KNOW YOUR FATS

Foods that are low in saturated fats and trans fat help reduce your risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats, which are primary found in nuts, seeds, avocados, olive oil and fish.

