



CHESTEML CHATTER 2011



News, News, and more News..

Resident Right of the Month

Group Activities

They have the right to participate in social, religious, and community activities that do not interfere with the rights of other residents.

They have the right to organize and participate in resident groups in the facility.

Their family has the right to meet with the families of other residents in the facility.

Employee News

Remember do not walk through the dining room when the floors are wet and never, ever when the residents are dinning .

FLU Clinics in November

Clocks will change on November 6 th 2:00 am

Employee of the month nominations are always Welcome. !!

ALL SMOKING STAFF

Please remember we are all responsible to be sure the area is kept clean and litter free. If you are interested in quitting please see the HR office. WE CAN HELP !!!

Resident October Birthdays

Clinton Holcomb	10/1
Helen Terwilleger	10/4
Gertrude Sikorski	10/5
John Keereweer	10/15
Gilles Laroche	10/15
Elaine Smith	10/16
Marilyn Griffin	10/27
Hortense Morrill	10/27



What You Can Do to Stay Healthy

Stay informed.

- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
 - **Take everyday actions to stay healthy.**
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- Find healthy ways to **deal with stress and anxiety.**

Employee of the month

for September

Jan Falvey- Brooks

Jan has worked at Chestelm as a Certified nurses aide for over five years. Jan enjoys traveling and spending time with her family and friends. At Press release time she was unavailable for further comment's.

Congratulations Jan !



Chestelm Chatter 2011

1 "START OF NEW FISCAL YEAR



2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



7 Pay Day Dress Down Day

14

National Boss's

21 Pay Day/ Dress Down Day Employee Luncheon

27 2:00 PM CNA MTG

26 2:00 PM NURSES MTG

25 9Am-4pm HR Orientation

11 9Am-4pm HR Orientation

10 Columbus Day

31 HALLOWEEN