



# The Columbia Catch-up March 2014

## **Did You Know? “Are you Mrs. Jones?” Two Resident Identifiers**

In an effort to ensure patient safety, health care providers must use two identifiers before providing any medications, service or treatment. This includes Health Care Aides delivering medications or providing care at Columbia Retirement Community.

Acceptable sources for identification are your picture, that is kept with your medication record, and asking your name before providing your medication. Following this guideline helps us to ensure we deliver the RIGHT medication and service to the RIGHT resident.

A BIG thank you to all those who helped make our Annual Knit-a-thon a big success! We were able to donate two boxes of winter apparel, plus make a donation of \$174.00. Donations were given to the Dr. Gerald Probe Elementary School in conjunction with the “Making Connections” program.

*Our condolences to the family and friends of Dr. Roy Anderson.(our front office supervisor). He will be remembered fondly for his wit, charm and love of ice cream.*

### Everyday Ways to Get Moving

*Small changes add up! These “activity” suggestions won’t feel like work, but will help improve our overall fitness and health.*

*When it comes to improving your activity level, start small and adopt a new mantra: “Anything is better than nothing.”*

*Increase your daily physical activity with a few of these suggestions, and you’ll find that moving a little bit more isn’t as hard as you think.*

- *Get off the couch and do some simple exercises during commercial breaks.*
- *Use your steps—make more trips using the stairs.*
- *Squat at every opportunity. Instead of thinking, “I don’t feel like picking that up now,” view a cluttered floor as a chance to get some leg and butt work in. Bend your knees when putting away clothes, shoes and everything else that isn’t where it should be.*
- *Do it yourself—mix ingredients with a spoon using elbow grease instead of an electric mixer.*

*It’s important to remember that to have an impact, this activity should be completed in addition to your usual routine on most days of the week.*

**If the goal is:**

*To receive the health benefits from activity*

*To boost weight loss*

*To sustain the weight loss you have achieved*

**Add an additional:**

*30 minutes*

*45 minutes*

*60 minutes*