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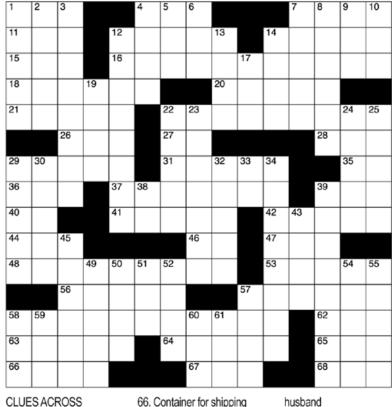


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This week's CROSSWORD & SUDOKU



CLUES ACROSS 1. Printing speed mea-

- surement Fed
- 7. A domed or vaulted
- recess 11. Macaws
- Neck garment 14. A billionth of an ohm
- 15. Local area network 16. Cleve. basketball hero
- Wounded & disfigured 20. Civil Rights group
- 21. Master of ceremonies
- 22. Smallest artery branches
- 26. Ref 27. Exist
- 28. Diagram of earth's surface 29. SE Asian sarsaparilla
- soft drink 31. Fire remains
- 35. 3rd tone
- 36. Before 37. It breaks down lactose
- 39. A waterproof raincoat 40. Atomic #18
- 41. NW Canadian territory
- 42. Hindquarters 44. Follows sigma
- 46. Rural delivery
- 47. Point that is one point N of due E
- 48. Excels 53. Berkus and Silver
- 56. Famous for fables
- 57. Philippine capital 58. Meg Ryan's ex-hus-
- band
- 62. Doleful
- 64. Nurserv verse
- 63. Arugula genus 65. The 7th Greek letter

66. Container for shipping 67. Charge for services

68. Immature onion plant

25. Verse forms

29. Places to sit

33. Spanish be

32. Rounds of poker

34. Sing and play for

38. Chemical symbol for

43. Israeli politician Abba

49. Br. plural of a penny

52. Senate and People of

54. Fill with high spirits

55. Egyptian statesman

57. Non-verbal entertainer

58. 12th calendar month

geological time

50. Largest continent

51. Distress signal

Rome

Anwar

(abbr.) 59. A major division of

45. 7th planet from the sun

somebody

39. Praying insects

gold

30. Chilean pianist Claudio

- CLUES DOWN 1. Swedish statesman Olaf
- Baltic flat-bottomed boat (alt. sp.)
- 3. Fingernail treatment 4. Breezed through
- Check Stray
- Ancient computing devices
- 8. Something cheerleaders wave
- The woman 10. Ambulance rescue
- initials
- 12. In a drowsy manner A set of type of one style
- 14. Not completely closed
- 17. No (Scottish) 19. Microelectromechanical
- system 22. Having the wind against
- the forward side
- 23. Reestablish
 - 60. Ultrahigh frequency
- 24. Khloe K's former Yes vote PREEN

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

RS	9	5	2	1	7	8	3	4	6
WEEK'S ANSWE	8	3	6	4	9	2	7	5	1
	1	7	4	3	6	5	2	8	9
	7	8	5	9	3	6	1	2	4
	2	9	3	8	4	1	5	6	7
	6	4	1	2	5	7	9	3	8
	4	1	8	7	2	3	6	9	5
ST	3	6	7	5	8	9	4	1	2
LA	5	2	9	6	1	4	8	7	3



Level: Intermediate

Clear Lake Care Center receives person directed care certification

By Travis Fischer

A change is sweeping the nation when it comes to care centers. Nursing homes across the country are striving to receive certification for Person Directed Care, a new philosophy on how best to take care of elderly care center residents.

ABCM Corporation's Oakwood Care Center in Clear Lake is among the latest of facilities to receive their Person Directed Care certification.

"It's a lot about having personal choices," said Janice McCoy, a social worker with ABCM Corporation. "Here we do everything we can to meet your schedule.'

of Oakwood Care Center in Clear Lake.

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commitment.

For decades, the standard practice in Care Center. nursing homes was one of rigid schedules and procedure. The daily lives of residents were set to a strict routine, from when they woke up, to what they did during the day, and right down to what foods they ate. Essentially treated more like children than adults.

Likewise, the performances of nurses was judged by how effectively they kept residents to that schedule, rather than the quality of care they were able to give to any particular resident.

"The first time I got in trouble as a nurse was when I was spending too much time with the residents," said Sheri Weaver-Isvik of the Oakwood

Sherri Weaver-Isvik, Janice McCoy, and Kelly Gute accept Person Directed Care certification on behalf

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With Person Directed Care, this

methodology is changing. A new emphasis is placed on individual freedom for the residents and creating a customized level of care that suits their needs without intruding on their personal habits.

"We're going away from the medical model of a hospital-like setting and becoming a home for residents," said McCoy.

The process to get certified as a Person Directed Care facility is not an easy one. There are 94 benchmarks the facility must meet that measures everything from relationships and em-

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employee learning. While many of the benchmark requirements were already being met at Oakwood Care Center, others took some extra effort to reach. It took Oakwood Care Center seven years of work adjusting their policies and practices before they met all 94 benchmarks.

"It wasn't quite as easy as we thought it was going to be," said Weaver-Isvik. "It's a lot of work, but it's so rewarding. We have an excellent team of caregivers."

However, the work has paid off. Oakwood Care Center received their certification on February 11 and celebrated with a party attended by residents, staff, and other members of ABCM Corporation, including CEO Richard Allbee.

"I'm really proud of your team," said Allbee. "We've come a long way in this business. It takes a lot of work. a lot of effort, and a lot of great people."

Oakwood Care Center is the third ABCM owned care center to receive their Person Directed Care certifica-

The effort has been appreciated by the residents at Oakwood Care Center as well. Residents have been happy with the freedom to choose their own meals, set their own schedules, and decide what activities they want to fill their days with.



ABCM CED Richard Allbee congratulates Oakwood Care Center for reaching their goal of Person Directed Care.

Hazel Miller, one of the residents at to go downtown, you're allowed to go. Oakwood Care Center. "You're not They're marvelous."

"It couldn't get any better," said tied down by anybody. If you decide



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