



November 2010 E-zine

Holiday Food Safety Tips

The Partnership for Food Safety Education provides information to help you simplify holiday meal preparation. The site has everything you need to plan and enjoy a safe, fun, easy, tasty Thanksgiving celebration!

[Meal Ideas and FREE Food Safety Materials](#)

[Let's Talk About Thawing a Turkey Video from USDA](#)

[Just Don't Cook Your Turkey This Way! \(Just for fun:\)](#)



A new order for CPR, spelled C-A-B



Statement Highlights: When administering CPR, immediate chest compressions should be done first. Untrained lay people are urged to administer Hands-Only CPR (chest compressions only). The 2010 AHA Guidelines for CPR and ECC update the 2005 guidelines.

[Electronic press kit \(stats/fact sheet, chart of key changes, steps of CPR, CPR graphic and survivor stories\)](#)

[Press Release](#)

2010 Market Survey of Long-Term Care Costs



2010 MetLife Market Survey of Nursing Home, Assisted Living, Adult Day Services, and Home Care Costs: This survey provides national, statewide, and, in certain states (based on population), area-specific costs, average private-pay, daily rates for private and semi-private rooms in a nursing home, monthly base rates in assisted living communities, hourly rates for home health aide and homemaker services, and daily rates for adult day services.

[Review the survey](#)



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Need Information on ICF-MR?

See the CMS State Operations Manual, Appendix J - Guidance to Surveyors: Intermediate Care Facilities for Persons With Mental Retardation. Covers Federal guidance for Investigative Procedures for Intermediate Care Facilities for Persons With Mental Retardation and Interpretive Guidelines-Responsibilities of Intermediate Care Facilities for Persons With Mental Retardation including Dietetic Services, Food and Nutrition Services, Meal Services, Menus, Dining Areas and Service.
CMS SOM for ICF-MR

[Information on ICF-MR](#)

Time to Kick the Multivitamin Habit, Studies Suggest



...Today, a tsunami of scientific data has resulted in a reversal in thinking among many experts in the health and nutrition community, including Miriam Nelson, PhD, director of the John Hancock Research Center on Physical Activity, Nutrition, and Obesity at Tufts University. "The multivitamin as insurance policy is an old wives' tale, and we need to debunk it," she says.

[Read More](#)

Family Engagement

A systems approach to working with family members can improve resident care and boost customer satisfaction. Family members are a crucial part of a team approach to resident and patient care. This is especially so when a family member is serving in a health care proxy role. The intensely busy schedules of staff in long term and post-acute care facilities make it even more important to work collaboratively with family members.

[Read this Article](#)



Happy Thanksgiving!