

GRACE HOME NEWS

SEPTEMBER 2017

THE PURPOSE OF A CHRISTIAN HOME



Grace Home: Then and Now

According to John B. Koehn, Grace Home was started by the suggestion of a state inspector. The inspector found out that there were three elderly invalids being taken care of in a home near the Winton church. The inspector liked what he saw but couldn't give them the approval to continue. Instead, he suggested that they start a nursing home.

John B. an Alfred Koehn decided to investigate the possibility. Neither one had ever seen a nursing home, so the two of them drove around the area trying to find one. Within a twenty-five-mile radius, they only found one, small, six-bed nursing home. This gave them a place to start with their ideas.

Next, they took their ideas to the Winton and Livingston congregations for consideration. Both congregations approved of the plans and started collecting pledges. Once the plans for the building were drawn up and the money for the pledges started to come in, the work was begun. John Esau and Herman Nightengale were the head carpenters. They took turns supervising the volunteer labor donated by the two congregations. The nursing home was dedicated May 11, 1958.

Since 1958, the home has grown from a 16- bed facility to a 33-bed facility. It continues to provide the same care and compassion that was given to those first three residents. Grace Home is not finished growing. The board of directors is still looking and planning for ways to reach out to more of the elderly in the community. Today, as we look back over 50 years of service, the question arises, "What is Grace Home?" Grace Home is certainly a complex organism comprised of residents, family members, employees, board members, and volunteers of the present, the past, and as God continues to bless: the future. Grace Home is truly a picture of Christian service through each individual who has contributed to the residents of the home.

With God's help, Grace Home has weathered both good times and trying times. In the history of Grace Home, may we find comfort from the good, learn lessons from the failings, and find inspiration in the faith that God will continue to bless out sincere Christian service in the future.

-Nathanael Groff, written in 2008

FIVE STAR FACILITY

Grace Home is now a 5-star facility! What does that mean? It means that we have an excellent staff that gives the best care they can give. It means that a lot of love goes into the work of each employee. It means the DON has worked long hard hours looking over antipsychotic medications and only allowing the ones that are necessary, the administrator has spent many hours working behind the scenes to make Grace Home a success, Social Services dropped what she is doing to cater to each need that comes her way, Medical Records spent excruciating hours overseeing the charting and making sure it was being done correctly and on time, Quality of Life Director spent brain-wracking hours trying to make sure there is not one elder bored in the whole facility and that their emotional, spiritual, and physical needs are being met, LVNs and RNs meticulously giving the right medications and following doctors' orders. It means many CNAs worked hard manual labor caring for the elders like they were their own parents or grandparents, laundry and housekeeping supplied the elders with clean clothes, sheets, towels, and rooms. There are more that have added to this excellence that has gotten us a five-star rating. There is the secretary, maintenance, dietary, volunteers, volunteer coordinators, singers, board members... To celebrate we had an ice cream social August 24.

Welcome to the Museum

When you think of a museum, what do you think of? I think of a place filled with important information, artifacts, special pieces of history... I have found walking down the halls, that Grace Home houses quite a number of museums. The oldest of them began almost a century ago to collect data that is now stored in their museum. The youngest has been collecting for less than twenty years. Each of these museums can be visited but on most days, there are a few of them that the doors will be locked and you will be barred from entering. Behind those closed eyes and silent lips lies a wealth of history, of wisdom. We stand in awe as the family recounts stories of the treasures hidden now from view. The love that laid a plush carpet for visitors and family alike. The God that framed windows overlooking chasms that He had led through. The laughter that cast a cheery glow over everything inside. The tears that formed a fountain that sprang up in the middle. The hard work that planted flowering bushes around the fountain. The kind words that kindled a fire in the hearth where others had found warmth... How we long to visit each showcase and see what these family are telling us.

Other museums can be visited and the owner will tell you with great detail the story behind each object and you can feel again the story come alive as the light in the owner's eyes comes to life. Rich halls bedecked with memories, each one fueling the next until they all run together into a glamorous picture that pulls you right in and takes you back to their time. As you share the memories with them, you enter the sacred chambers of the museum and catch a glimpse of the beauty that surrounded and still does surround each life. Taking the time to visit these halls reminds each of us that these are dear people who have led lives with sadness, happiness, friends, family, love, and loss. As we leave the museum, a hush falls over us as we contemplate the beauty of these dear ones. A new respect fills our hearts and we realize anew that we must treat them with tender care.

ROOM REFURBISHMENT

Grace Home has started to refurbish the elders' rooms and restrooms. This includes new flooring that looks like wood, wainscoting on the bottom half of the walls, new light fixtures, wallpaper removal and a beautiful paint job. Room 1, 4, 5, 6, 7, and 8 have been completed. Next on the agenda are new floors and paint in the hallways and new flooring in the dining room. It gives the Home the feeling of excitement to think that someone is going to be getting a new room in a few days and it is nice to think that people care about what our elders look at every day and night.

Candlelight Dinner

At 6:00, twenty elders gathered in a transformed dining room. The tables were set with black tablecloths, white linen napkins with silver napkin rings, goblets, purple place cards, four tea lights, rose petals scattered on the table around a bouquet of one red rose, white carnations, and purple status. Bouquets were created and donated by Loretta Koehn. Gary Wiggers did an amazing job of grilling New York steak and pork tenderloin. House salad was served in square white bowls for the first course. The elders helped snap green beans which the kitchen then cooked. The kitchen also prepared baked potatoes and fresh cooked carrots. The baked potatoes were served with sour cream, bacon, and green onion. Fresh rolls were ordered from Jantz Café & Bakery and were served with fresh homemade peach jam. Bonnie Toews spent long hours voluntarily baking scrumptious sugar-free New-York style Cheesecake and be-decking it with fresh strawberries and sugar-free glaze. This was



all served on square white glass plates. Randy Koehn and John Ensz dressed up with bow ties and suspenders over white shirts and black slacks much to the elders' delight and escorted the elders to their seats. Mr. John served in her room one elder who tried but just couldn't make it. She got a three course meal also and was made to feel very special. The elders were served sparkling cider along



with their meal and, of course, coffee to go with dessert. John and Randy served the drinks and Loretta Koehn and Laura Koehn took orders. Eva Garcia also helped serve and clear plates. Extra kitchen help came in to help which was much appreciated. Ballico singers came in at 7:30 and serenaded us, putting a spectacular end to the elders' wonderful evening. A special thanks to the CNAs who cheerfully helped people to bed much later than normal. Elders' reactions to this dinner: One elder called me over to her and asked me if this was real. She reached out and touched my hand before she realized this was not a dream. Several elders commented that they felt like they were in a five star restaurant while another elder completely forgot she was not at a restaurant and asked for a doggy bag. Elders that go to bed at six refused to go to bed until after the singers had left. One elder kept commenting about how beautiful everything was and it was too pretty to mess up.



Gulab-jamun



samosa

Punjab, India (Armchair Travel)



Karen (CNA) took us on an armchair travel to her country in Punjab, India. This is where she was born and she wanted to share her country with us. Karen wore her Indian suit and brought samosa and gulab-jamun for everyone to try. Then she showed us a couple of videos on the history of Punjab. She had some video clips from her sister's wedding and the 7 day proceedings before the wedding that she showed us. It was all very interesting and gave us a glimpse into what her life was like in Punjab.



**Holi is celebrated on
March 24.
Celebrating God's love**



**Vaisakhi is celebrated on
March 30.
-New Year**



**Lhori is celebrated
on January 13.
traditional folk festival**

Residents or Elders?

“An Elder is someone who, by virtue of life experience, is here to teach us how to live.”

Words have meaning. Words have power. Words are a universal tool used by every civilization in recorded human history to convey meaning and communication in daily life. Words come in many languages. No one knows exactly how many distinct languages are spoken in the world today, but a list published by Summer Institute of Linguistics (SIL) in their publication *Ethnologue* indicates that 6,909 distinct languages are spoken or written today. SILs interest lies in Bible translations and currently the Bible is available in whole or in part in 2,508 different languages.

In the world of healthcare, words have changed over the years. Traditionally we have called the ones we care for “patients”, not because they have to wait so long, though many may believe that to be true, but because it is an English word that derives from the Latin word “*patiens*” which translates to “one who suffers”. Hospitals have long used this word to describe those who come to them for health care services, although the term “clients” was in vogue during the nineties and early 2000s. This word comes from Latin also, specifically “*cluere*” and interestingly enough means “one who hears or obeys.” Over the last several years I have seen the old term “patient” resuming its place as a descriptor of one who is seeking care from a doctor or hospital.

The nursing home had its start in the early to mid-20th century, as hospitals were full, and needed places to send patients who were not sick enough for hospital care, but not well enough to return home. This trend was quickly followed by using these new facilities as places to house the elderly and infirm, since taking care of them at home was becoming increasingly difficult for families. Advances in medical science were lengthening the lives of individuals and the population of ageing persons began to grow rapidly. An explosion of building began in the 1950s through the 1970s and the American nursing home was born. Currently there are 15,583 licensed nursing homes in the USA. 1,188 of them are in California. Clearly there is a need for places to care for the elderly and handicapped.

At the onset, individuals who went to these nursing homes were called patients as the daily regimen of these facilities closely mimicked the hospitals they were replacing. Nurses were very visible in traditional white uniforms and caps. Doctors were less visible, but came regularly to see the patients and oversee their medical regimen. The doctor’s orders were non-negotiable, as was the rigid schedule of the facility. Uncooperative patients could be tied into their beds or chairs. You ate what was placed in front of you at the same un-wavering time every day. Your diet reflected your medical condition and was religiously adhered to. This was the heyday of what came to be known as the “institution”.

In the seventies and eighties change slowly began to occur. Patients were given more rights, and nursing homes tried to be more homelike and less institutional. Restraining individuals began to be discouraged and then closely regulated. During this period, individuals living in nursing homes, began to be called “residents” as many institutions tried to distance themselves from hospital-like environments, recognizing that for many people the nursing home was now their home.

Today we are living in the age of “person-centered” care. The licensing agencies are closely watching nursing homes and ensuring that the rights and preferences of the individuals living there are honored by the facility. This movement has been embraced more slowly in California, but is now being written into the regulations. An example of this would be the liberalization of diets. With the exception of diabetics, everyone is on a regular diet. No more therapeutic low salt, low fat, etc. diets are used. Most people don’t eat this way at home, so why should they be forced to just because they live in a nursing home?

With all these changes come new words, and one of the words that is slowly being adopted at Grace Home is to call the people who live here “elders” instead of residents. At first glance this may seem obvious, as most of the people living here are “elderly”. However, not all of them are. Some are much younger, but may have developmental disabilities or disease processes that require around the clock nursing care. Isn’t it an insult to call a younger person an elder?

A renowned geriatrician Dr. William Thomas, gives us a new way to look at elders with his definition of the word: “An elder is someone who, by virtue of life experience, is here to teach us how to live.” It is not merely an appellation applied to “old people”, but can fit every individual wherever they find themselves in life. Speak to any parent of a special needs child, and they will tell you of everything that child has taught them about unconditional love, acceptance, endurance of pain and misery. The list could go on and on.

At Grace Home we adopted the use of the term “elder” several years ago when we started down the person-centered care pathway. It is a reminder that this person who I have the privilege to assist is a person of worth, of value, an individual who has something to teach me, if I but stop to listen and feel. It doesn’t matter that he has lived his entire life in a wheelchair and never spoken an intelligible word or that she has entered into the mysterious world of advanced dementia. Our common humanity finds a way to communicate, and if we, as partners in their care, just stop to look into their eyes and listen to their heart the lessons learned will become some of the brightest treasures we hold close for the rest of our lives.

-John Enszt



WHAT'S NEW IN ACTIVITIES

- A major highlight was the Walk to Mexico party. After the elders had walked 722 miles which is the distance to Tijuana, former laundry/housekeeper Rosa who now owns a taco truck, catered tacos. That was looked forward to with excitement. The dining room was decorated with Mexican décor and the afternoon was fun also with homemade churros fried in the dining room and a piñata. Now they are working on flyer miles to Brazil.
- One afternoon we made donuts from scratch and made chocolate and maple glaze to dunk the donuts in. That was greatly appreciated by the elders and staff as well.
- The birthday party has been switched from during the day to the evening and the elders who are celebrating birthdays that month have more of a chance of seeing their families in attendance. Homemade icecream has become a new tradition with the birthday cake and a balloon for each of the birthday people along with their gift. Elders and family have expressed their appreciation for the change in this party.
- Kara Nightengale has brought some interesting crafts to do with the elders and 5th grade Jr. Volunteers. A big thanks to her for all the work she has put into this being a success.
- The elders enjoyed homemade Starbucks Mocha Frappuccinos one hot Saturday afternoon.
- Frances Peaster brought in some wonderful ideas as she joined our team for the summer. She had a great success with a drawing session she did with the elders among other awesome things she did.
- We are looking forward to Wedding Dress Reminisce in September. If any of the elders still have their wedding dresses we will see if they can bring them and any employee is welcome to bring their wedding dress.
- July 3, the elders enjoyed the evening together outside as they ate ice cream and waited for the fireworks to begin. Though they were disappointed in the fireworks, the evening outside was wonderful.
- The elders that wanted to immensely enjoyed the food from Popeyes where we went for an outing while others enjoyed a cold afternoon treat from McDonalds. Another outing was to Henderson Park where they had ice cream by the river. In September, our outing will be to Esau's Park where the elders can relax to the sound of a waterfall and flowers and a sweet pastry to munch on.
- A massive thank-you goes to Ms. Shirley Esau for starting a wonderful Junior and Teen volunteer program and for putting years of work into it. She has passed the baton on to the Activity Department so we will do what we can with it. Alice Warkentin will be sending out reminders to remind the volunteers when it is their turn and Loretta Koehn will see to the Tea Party. Laura Koehn is responsible for everything else at this point.
- See articles on Punjab, India and Candlelight Dinner.
- We will be adding popcorn to the films on Mondays starting soon.
- Thanks to the men who come every month and have devotions with the elders: Randy Koehn, Lee Heibert, Doug Koehn, Robert Isaac, Ron Koehn, Calvin Dyck, Barry Yost, Leon Jantz, Lonnie Jantz, Howard Baize, John Ensz, Sidney Nightengale, Raymond Peaster, Norman Baize, Gary Wiggers, Marvin Friesen, Frank Braun, Les Giesbrecht, Nathan Giesbrecht, and Ron Koehn.



IN LOVING MEMORY OF...

LLOYD KOEHN- JUNE 19

TONY LAPP- JULY 14

DAN GIESBRECHT- AUGUST 29



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