

GRACE HOME NEWS

DECEMBER 2018

SPIRITUAL BREAKFAST IN BED



When you come to Grace Home to share something for devotions, do not be discouraged if there are only a few people in the dining room. Instead, feel privileged that you are blessed enough to get to serve an elder "breakfast" in bed.

When the kitchen girls get here, they don't look into the dining room, see there is no one out there and decide to not cook breakfast because it is not worth it. They cook up a good breakfast and send it out when it is time. When the tray comes back untouched, they don't say it wasn't worth it. They realize that they offered them what they had and the elder took what they needed (or thought they needed). The kitchen girls cook food for the employees as well, knowing they get hungry taking care of the elders. And then, the kitchen girls feel good because they have done what they could for that meal.

When the elders are served their spiritual breakfast, some partake from their beds, some don't partake at all, and some are right there when it is served up. Only Heaven will reveal the many souls helped along the way by the five to thirty minutes spent in these devotions. May God richly bless those who take the time to serve this most important breakfast.

We activity girls can cook up a little something to dish out but we just can't make it taste quite like a man can and most of us are too intimidated to pray out loud in such a setting. This is a big disappointment to some of the elders.

I have heard many comments on what has been brought to feed the soul. One of the elders gave me a list of men that would more than meet our need. She longs for more as do others but very much appreciates what is provided.

I myself have been helped through several struggles by what has been served up in these settings. Other employees as well have expressed their appreciation for these devotions.

THANK-YOU!!!

The Gift Wrap and the Jewel

"I looked in the mirror and what did I see, but a little old lady peering back at me
With bags and sags and wrinkles and wispy white hair, and I asked my reflection,

'How did you get there?'

You once were straight and vigorous and now you're stooped and weak, when I tried so hard to keep you from becoming an antique

My reflection's eyes twinkled as she solemnly replied, 'You're looking at the gift wrap and not the jewel inside.

A living gem and precious, of unimagined worth
Unique and true, the real you, the only you on Earth
The years that spoil your gift wrap with other things more cruel, should purify and strengthen, and polish up that jewel

So focus your attention on the inside, not the out

On being kinder, wiser, more content and more devout
Then, when your gift wrap's stripped away your jewel will be set free, to radiate God's glory throughout eternity."

-Wanda B Goines

FROM THE DESK OF:

JOHN ENSZ

The Future and Its Vocabulary

SNF, CCRC, NF-b, LTC, PAC, AL... typical medical jargon alphabet soup. What do they mean, and how do they affect you, a stakeholder or family member of an elder at Grace Home?

Various brethren have been tasked with planning for the future and are discussing and considering various models of care delivery going forward. They will be coming to you, the stakeholder, for a decision so I thought I would try to untangle the alphabet soup of options that face us.

Let's break it down:

- a. PAC – Post Acute Care. These are essentially “hospitals” that take care of patients not needing acute care services, but are too sick for long term care or going home. Many of these patients are on ventilators or are recovering from severe injuries.
- b. SNF - Skilled Nursing Facility (pronounced “sniff”, seriously). This is a Medicare licensed entity that provides care to individuals needing rehabilitation services and/or more nursing services than can be rendered at home. Someone who has had a stroke, or a joint replacement for example and needs short term (2 to 6 weeks) care is admitted from the hospital to a SNF and then is transitioned home when they have met their rehab goals. These facilities have an in-house rehab department. They also often have a Long Term Care section, though more and more do not.
- c. LTC - Long Term Care is where an elder may be admitted if they or their family can no longer care for them in the home setting. Medicare does not pay for this and Medi-Cal, LTC Insurance, or the resident/family pick up the tab. In most cases LTC is provided in a SNF.
- d. NF-b: (Nursing Facility B). This is how Grace Home is licensed. We provide long term care but not short term rehab, IV therapy, tracheostomy and ventilator care, etc. We operate under the same regulations as a SNF, but are more limited in the care we can provide.
- e. AL – Assisted Living. The name is fairly self-explanatory. Elders live in their own apartment or suite and nursing care, meals, activities, etc. are provided based on need. They do not need a licensed nurse on a daily basis. Positive reasons for choosing this includes privacy (no shared room), and more independence. Usually there is a pricing structure that goes up as the elder's needs increase. On the negative side, there is very little government funding so a person must pay their own way, usually between \$3,000 to \$5,000 a month. This restricts who can make this choice as many elders on a fixed income cannot afford these types of fees.
- f. IL – Independent Living. Apartments or suites provided to individuals who are fully capable of taking care of themselves. Currently we have a number of IL apartments at Grace Home.
- g. CCRC – Continuing Care Retirement Community. A community where all levels of services and care are available to residents, usually all on the same campus. CCRCs usually provide a written agreement or long-term contract between the resident (frequently lasting the term of the resident's lifetime) and the community, which offers a continuum of housing, services and health care. In CCRC communities, potential residents choose an apartment or cottage as well as a level of services they need: independent living, assisted living, nursing care or specialized memory care. In many organizations, the different levels of care can be accessed directly by those living outside the retirement community.

As Grace Home goes forward choices will need to be made about the services we want to provide based on need and financial viability. I hope this helps you as a stakeholder to have a better understanding of the terms that will be used in presentations in the future.

WELCOME TO GRACE HOME



Elizabeth Alcorta
Flor Castro
Andrea Koehn
Cierra Loewen
Monica Nieto-Leon
Cheyann Tafoya

Kristi Bronson
Angelica Gaeta
Vicki Koehn
Leticia Mendoza
Nicole Raquel
Valeria Torres



ACTIVITY HIGHLIGHTS: OCTOBER THROUGH DECEMBER

OCTOBER

- Turkey tag
- We backed a pick-up up to the slab and had a tailgate party to bring in the football season
- Pumpkin painting
- Made shopping lists for Christmas
- Tied donuts to a string from the ceiling and ate them without hands
- Fire pit social
- Poem fest
- We saw who could write a recipe for apple pie from memory. Delilah won.
- We made soft pretzels
- Our outing for this month was to Walmart

NOVEMBER

- Caramel apples
- Candy corn social and fall trivia
- We made chili and cinnamon rolls and had a chili supper
- Indian Day: Naming ceremony, molding clay, made drums, shot bow and arrows, watched documentary on Trail of Tears
- Fall Meal: Decorated tables, employees and elders ate a Thanksgiving meal together that the kitchen prepared. Was so yummy!
- We made apple fritters
- Black Friday Shopping
- Aviation Day: History of aviation, planet trivia, exercise was safety before takeoff on an airplane, paper plane target, RC air show- thanks to Gary W.
- Lorita came and helped us make cards
- Weird food combos
- Duarte nursery was November outing

DECEMBER

- We will be putting quilt blocks together and making kits to send to other countries
- A Wii was donated to Grace Home that we plan to make good use of this month
- We will be making Christmas candy of the elders choice
- Ballico youth are bringing their Christmas program
- The very large Christmas party for elders, families, and employees will be held December 14.
- Candy cane hunt
- Gingerbread Houses
- We will be going Christmas caroling
- Christmas Day: Employees are buying gifts for elders to open, Christmas Bingo, Table games, sing Christmas carols
- Decorating sugar cookies
- Jingle bell toss
- December outing will be to Turlock to see Christmas lights



IN REMEMBRANCE...

HELEN SEARS
MARILUISE FEUSI
LUCILLE GIESBRECHT



WHAT DOES IT MEAN TO WORK IN ACTIVITIES?

The main regulation for activities is: The facility must provide, based on the comprehensive assessment and care plan and the preferences of each resident, an ongoing program to support residents in their choice of activities, both facility-sponsored group or individual activities and independent activities, designed to meet the interests of and support the physical, mental, and psychosocial well-being of each resident, encouraging both independence and interaction in the community.

This is just one small paragraph in ten pages of regulations solely for the activity department but it puts the whole thing in a nutshell somewhat.

Activity Assistants are responsible for hostessing breakfast and helping serve lunch and supper along with passing juices in the morning, taking care of cats, watering plants, cleaning the bird cage and doing one on ones. One on ones consist of ten to fifteen minutes spent with an elder doing something of elder's interest. That means knowing the elder and what they did before they were at Grace Home and merging that into the one on one interaction. Most importantly in these interactions is to get them outside if weather permits and to really connect with them and make them feel we care about who they really are. Assistants also lead the after supper activities and Sunday activities including sitting in on the church service Sunday mornings to make sure elders are safe. They also help keep a puzzle going at the puzzle table and keep the children's cart and the library cart straightened up.

Activity Leaders are responsible to lead all the group activities during their shift and to integrate each level of cognitive elder into the activity in some way. It is also her responsibility to make sure elders are informed and invited to these activities and to make sure they have a way to get there, usually taking them herself. Keeping the volunteers busy is her job as well. They are also responsible for making sure the assistant is doing her job.

Activity Director is responsible to plan the activities, make sure everything is running smoothly and that everyone in activity department is doing their job. It is also the Activity Directors responsibility to plan and facilitate outings once a month, print calendars and keep them updated, write most of newsletter and print it, do assessments and progress notes every quarter on every elder, attend IDT meeting, care plan meeting, safety meeting, QUAPI meeting and stand- up meeting. She is also responsible for updating the one on one list and making sure elders' activity needs are met, scheduling activity employees, shopping for all activities...

This article is not to develop a pity party for us or to scare anyone off from working in activities. Rather, it is a reality check for those interested in working in activities, that you would have a real idea of what it is like instead of thinking that is super simple and you sit around all day. That just isn't what it is about.

I listened to a Ted talk recently by Guy Winch called Emotional Hygiene about how loneliness kills people and how you could be in a group of people and still be lonely. This loneliness is caused by a lack of connection. Guy talked about how we need to take care of our minds. There is no disability of the body that can diminish life. It is all about the mind, heart, and soul. In the activity department, loneliness is our main enemy that we fight every day. Most everything we do is a form of battle on loneliness. Another enemy that we fight against that Guy talked about is the minds ability to trick us into thinking we can't.

THE SMELL OF HOME

In September, one of my friends and I went up to Apple Hill for the day. We were at one of the farms and visiting all the booths when we came up on this tent full of candles. I picked one up to smell it and was pleasantly surprised at the aroma. We both smelled many different candles. Most of the ones we smelled brought a memory back. The smell of leather, someone's perfume, one smelled like my mom, another reminded me of Christmas at Grandma's. As the first memory hit, I understood more the reason we use the sense of smell in our sensory stimulation. It is to awaken the memories buried deep in the mind of an elder with dementia.

If you think about it, the ability that an aroma has to awaken memories probably plays a big part in the scent of cologne or perfume you buy, the candles you burn in your house. It is also probably the reason that clean sheets smell so good to us. The smell recalls the feeling of laying down in a fresh clean bed after a tiring day at work.

Could that be the reason to that freshly cut grass smells so good? We remember the feeling of accomplishment after we mowed the last patch of grass and the lawn looks so well trimmed.

What about the smell of fresh bread, cookies, or pie? Again, the smell reminds our taste buds what is sure to be coming our way. Maybe it even reminds us of mom and the way she supplied us with cookies or how we always had to have about twelve different kinds of pie at our Christmas at Grandmas.

-Laura Koehn



Conference Care Committee Meeting

This year's Conference Care Committee Meeting was hosted by the Valley View Congregation in Filer, Idaho on October 18 and 19. As always, it was an inspiration to meet with workers and board members from our care facilities from across the conference from both the U.S. and Canada. This year three board members (Ron Koehn, Galen Giesbrecht, and myself) and two employees (John Ensz and Laura Koehn) were able to attend.

These meetings started about 15 years ago as a way for administrators and board members to connect with each other, to discuss common challenges, and to give our facilities a voice at Annual Meeting. Around 2004, the Directors of Nursing were invited to the meetings for many of the same reasons. Now other department heads such as Activity Directors and Dietary supervisors are included. Each group has dedicated meeting times and reports back to the larger group summarizing their discussions.

This year the Conference Care Committee arranged for a guest speaker from the Idaho Health Care Association to give a talk on "The Future of Elder Care" and a workshop on "Leadership (Retaining Employees)." The speaker, Robert Vande Merwe, had been very helpful assisting the board and administrator with the opening and operating of Sunset Homes in Bonners Ferry. Robert was eager to help the local Southern Idaho congregations with the planning of their proposed assisted and independent living project.

In the afternoon of the 18th, the individual groups met to discuss their own various topics. The board member topics included: "Supporting our members financially and spiritually during nursing school," "Planning for the Baby Boom Surge," and "Keeping our Aging Facilities Up to Date."

The evening service for the congregation was presented by the administrators of the facilities. Each administrator was given time to share a short report about new events or projects that have taken place over the last year.

On Friday, the format consisted of topic presentation followed by open discussion. The topics discussed were: "Future of Elder Care," "Dealing with Conflict," "Leadership Servant Role," "Relationship Caring," "End of Life Care," "Caring for the Caregiver," and "Workers Incentive Plan/Retirement." Next year's meeting will be hosted by Oakwood Manor in Mississippi.

-Nathanael Groff

CHRISTMAS

S M A R Y K G S S O S Y K S E L C I C I Q Q Q P
R N W L K D L O C O A L D E O E N W B V L T V P
E L O D M E J C F E M L Y M C P H M A M F K Y X
P X K I I Z O I X G T O E A X U K E B M N Q P C
E R I G T O S V X W S H E U N N G G Y R O A H F
E U H M K A J L I P I P P U H C L Y A D I L O H
K S M I F E R R E E R E H A P H O B T K T I S R
N Y E U S H S O H D H B P Q Y K R P I E I G L V
N S Z U A D G U C I C P G F B E Y U Q I D C L G
I T S Y R E N F Y E Y O O N E M N F R K A X E M
K I Z A I R I D O Y D N N Z I S P R W L R R B S
R D G M C C T S J I T A V R P P T M U B T I E L
W I S I A A E E B H L R A Q T E P I Y O M F L O
N N T S N S E L G E U C A G E E Z O V S J E G R
P G H T D I R D O J L H K P K Q N L H E X T N A
K S G L Y R G N M E H E L H T E B J B S F A I C
G O I E C G F A A F P L L E V C S T A O C R J R
M G L T A N W C R A N I A A M A T B G I H B N E
A O L O N I O J G M G S H Y U H C M X R C E Y H
N N F E E S N C O I F I L S P G P A M I M L S T
G G N J S S S V R L Z O F O R M H E T E Q E X E
E G A N G E L S P Y H P A T U O R T S I F C H G
R E E T R R W P E E H S W C S R W I E O O J A O
E L O V E D R A T S U D E N Y J W C K R J N M T

ANGELS
BABY
BETHLEHEM
CANDLES
CANDY CANES
CAROLS
CELEBRATE
CHRISTMAS
COATS
COLD
COOKIES
DECORATIONS
DRESSING
EGGNOG
FAMILY
FESTIVE

FIR
GIFTS
GLORY
GREETINGS
HAM
HAPPY HAY
HOLIDAY
HOLLY
HOLY
ICICLES
INN KEEPER
JESUS
JINGLE BELLS
JOSEPH
JOURNEY
JOY

LAUGHTER
LIGHTS
LOVE
MANGER
MARY
MERRY
MIRACLE
MISTLETOE
NOEL
PARTY
PEACE
PIE
PROGRAM
PUNCH
SACRED
SHEEP

SHOPPING
SLED
SLEIGHS
SNOW
STAR
TIDINGS
TOGETHER
TRADITION
VACATION
WISEMEN
WORSHIP

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To all the brethren:

Grace Home is considering making a list including your name for devotions. Would you prefer to come in the morning or evening? If we would choose the evening we would like to see you bring your family and have more of a family devotions setting. We do realize that everyone is busy with multiple obligations. We also know that devotion time at Grace Home is very valuable for the elders and staff (see article in the newsletter). Historically devotions have been at 8:30 am but we are wondering about moving it to the evening (7:00) to accommodate the working people. We do want to be as accommodating as possible to make this a success. Please indicate below what your preference would be. Your response can be returned in person, mailed, faxed (209-233-3045) messaged to Laura (209-628-9907), or emailed to activities@gracehomeinc.com.

_____ I would prefer morning

_____ I would prefer evening

_____ I would prefer to not be involved because of.....