

# GRACE HOME NEWS

March 2018

## THE PURPOSE OF A CHRISTIAN HOME



Respect... what does it mean? Some synonyms of respect are: obedience, esteem, respectfulness, regard, abide by, honor, observe, prize, value. The dictionary defines it as "a feeling of deep admiration for someone elicited by their abilities, qualities, or achievements". We are to respect our elders, but how do we even do this?

Leviticus 19:32 tells us, "Thou shalt rise up before the hoary head, and honor the face of the old man and fear thy God: I am the Lord." 1 Peter 5:5 brings it a little closer. "Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble." Then 1 Timothy 5:1 says, "Rebuke not an elder, but intreat him as a father; and the younger men as brethren." That last verse hints at the fact that it is not only our elders that need our respect. Could it be that we need to respect each person that we meet? 1 Peter 5:5 doesn't exactly leave room for the elders to be mean to those younger than them, but even if they are, there is still no room left to rebuke an elder.

There are little ways that we can show our respect to our elders and they would probably never notice. We can speak clearly and not mumble with a look in the eye when we are speaking to them while getting on their level. We can walk quietly down the halls of their home instead of running, jumping, hollering and just plain being disruptive. We can keep in mind that they go to bed early and when we visit in or around their home, we keep our vehicles and children quiet so they can sleep. They have enough problems sleeping without us adding to it. We can visit frequently. Our elders never tire of too many visitors. They also rarely tire of going out for a meal or an afternoon. Your visit will mean even more to an elder you aren't related to. Making them feel needed and not a worthless piece of flesh just wasting away in a corner of a home is one of the most beautiful things you can do for them.

Respecting our elders goes way beyond that even. It is providing a peaceful environment for them, realizing their wishes and desires and accommodating them to the best of our abilities. It is not let them drown in depression but to also give them the privacy that they need. It is not making our co-workers work short and therefore sacrificing our elders care, not just that shift but later on when those having to carry the burden of all the work get burned out. It is pulling your share of the load when you are at work and respecting your boss so he/she can work on more ways to respect our elders. It is offering to help out where you see help is needed whether that be volunteering or staying longer on the job. It is true that there are times when that just isn't possible. We all need time away too so we don't burn out.

At the end of the circle of respect, it comes down to respecting ourselves and God and realizing that God did not create us for our pleasure although He does want us to enjoy our lives. In respecting others, our hearts are given in service and are returned to us full of blessings, love and joy.

-Laura Koehn

## HOW WELL DO YOU KNOW OUR ELDERS?

(Don't worry. There are a lot of employees that don't know all the answers. Maybe only one does.)

- Who lived in Germany during WWII?
- Who can answer just about any question about the Bible or history?
- Who was born in Portugal?
- Who are the four artists that are currently living at Grace Home?
- Who is our youngest elder?
- Who has been here the longest?
- Who had to live in internment camp after Pearl Harbor attack?
- Who was a bull fighter?
- Who worked as a CNA at Grace Home?
- Who won several championships in bowling tournaments?
- Whose daughter owns a funeral home?
- Which elder had triplets?
- Who was born Amish?
- Who are the siblings at Grace Home?
- Which two elders only speak a different language than English with a few scattered English words?
- Who was an RN?
- Who played with Princess Margaret on palace grounds?
- Who rocked babies in NICU at Doctors' Hospital?
- Who is a veteran?

We are glad that we have such a wide range of stories and love each one of them.

## FROM THE DESK OF JOHN ENSZ, DON

As I contemplated what to share for the newsletter this month, I remembered something I wrote as a student nurse many years ago. It was one of my first clinical days on a med-surg floor at Halstead Hospital, Halstead, Kansas. As a student nurse, I was unprepared for what faced me that day and as I reflected on it later, I decided to write it down as a coping mechanism, I suppose.

Nursing is a challenging profession, but filled with many rewarding moments. Many of the skills we have to learn, cannot be taught in labs or classrooms, but are learned from listening to our patients and putting ourselves in positions that stretch our levels of comfort.

I share this in the hopes that someone out there, reading this, may want to join the ranks and help us in our work.

### **Facing Death**

**November 22, 2000**

Last Monday I was privileged to take care of a man who only has a short time to live. Neither of us knew this when I introduced myself that morning. I met a man with an engaging smile and personality who was in the hospital for a “sore chest.” He explained that he had fallen and maybe hurt his ribs so he was in the hospital till they felt better. My first clue that it might be something more serious came with his comment that he had a bad feeling about what they were going to find on his chest x-ray that morning. “Lots of cancer in my family,” was his comment, “I keep telling mom (his wife) that it might be bad, but she just says it’s all in my head.” I brushed it off also and got on with the tasks of the day.

Around 11:30 the doctor went into his room and shut the door. I wasn’t around when she left and it was thirty minutes later when I went back into his room. I immediately knew something was wrong. His smile was gone, replaced by a look of complete desperation and fear. I willed myself to walk towards his bed, a tentative smile on my face. All I saw were the anguished eyes and hands reaching out for another to hold. Grasping my hands he said. “I suppose you heard the news?” Dumbly I nodded no, my mind willing it not to be. “I’m full of it... cancer – all over my chest, everywhere. I’m finished!” And then with a cry I will never forget: “Oh God, you can’t leave me alone... promise you won’t leave me alone!”

I said the first words that came into my head. I don’t remember them, but I know I asked him if he would like a pastor to come, could I call his family, anything so that I could leave the room. When he indicated that calling a priest would be fine, I fled, back to the safety of the hall and nurses’ station where people weren’t dying and naked human emotion didn’t have to be dealt with.

But I knew in my heart I had to go back. I had to face the unknown with him. So I steeled myself, went back into his room, pulled up a chair by his bed, and told him I would stay with him till someone else could. We talked together, we cried together, and when another nurse came in so I could go back to the college campus, I believe we were both stronger for what had taken place.

I didn’t feel like the hero a nurse is supposed to be. I know I said all the wrong things, but I didn’t know what the right things were. Mostly I just listened. Listened to a remarkable human being that I had only known for a few hours deal with his initial shock, grief and the dawning realization that his life was almost over. I’m not sure yet what I learned from the experience except that by overcoming the fear of confronting death, I was privileged to help another human being when no one else was available – and that I found very fulfilling.

John Ensz



IN REMEMBRANCE...  
WILLIAM (BILL) GARRISON  
ADDELINE FORD



## Kitchen Reformation

*We have a new CDM (certified Dietary Manager) from Wisconsin, Mary Salscheider CDM, CFPP. She will be with us until May. She has been working together with Bonnie Toews (future manager in training) to transform the Nutrition and Food Service Department into what the elders at the facility would like. Grace Home will now have a menu committee meeting at the end of each month with the elders to discuss the menu and make changes per elder requests. All elders are welcome and encouraged to attend as this their home and we want to make it as comfortable as possible for them. The last meeting was held on Wednesday, February 28<sup>th</sup>. Many elders did attend and made great suggestions. Currently, Mary is developing a new menu cycle per the resident requests and expectations. The new menus will be submitted to a Consulting Registered Dietician for approval. After they are approved, the new menu cycle will begin. Elders will have a chance to give us feedback and change meals on the menu at the monthly menu committee meeting. Recipes for favorites have also been submitted for approval, so if anyone would like to share a family favorite recipe, feel free to bring it into the facility and we will incorporate it into our menus as applicable. If you plan on suggesting a recipe, we would like to receive it no later than March 13<sup>th</sup>. Thank You*

*-Mary Salscheider*

### Volunteers...

**Would anyone like to be on a group chat for little ways to volunteer such as help with décor for a special meal, singers on short notice, help with an activity or other little ways to help out when we are short staffed, or even helping in preparing dishes of food or serving Candlelight dinner? Contact Laura at 209-628-9907 if you would like to be notified of these chances to volunteer.**

#### To our wonderful teen and junior volunteers:

There are a few policies we would like to kindly remind you of and one or two that we are adding just to better serve our elders. We, as employees, are responsible for the safety and dignity of our elders that are entrusted into our care. That means we need to abide by the laws that are set before us. Thank you so much for your cooperation in these:

- Care for elders with respect and dignity at all times. (Remember that quietly going about what you are here to accomplish is showing great respect for our elders.)
- Personal phone calls may be made from the phone in the break room only.

New policies:

If you are wanting to volunteer but are not on the schedule, contact volunteer coordinator (Laura) before coming in. Your parents are responsible to be in the facility and to make sure you have things to do that are compliant with what is acceptable for you to do. (unless given permission by Laura to do otherwise)

In the circumstance that you are volunteering without being on the schedule, please use the notebook in the wall pocket outside the back office labeled "Volunteers" to write your name and what you did with who. We are required to know what our volunteers are doing at all times.

We are putting a disciplinary plan in place. We will follow the same standards of conduct and discipline as Grace Home employees.

Thanks!



### Board Appreciation Candlelight Dinner

On February 23, we as the Interdisciplinary Team plus Gary put on a candle light dinner for board members and their wives. Not all were able to attend which was a big disappointment but life is just like that unfortunately. Gary grilled tri-tip and pork loin, Shar made Burnt Grapes, Bonnie made trifles and tea, Lena made bouquets, I made butterhorns, Barry made coffee, and between Bonnie and I we made green salads, twice baked potatoes, and green beans. The men did most of the serving and we had lots of help with clean-up.

After supper, we listened to the group that was practicing at church. Not exactly planned but we enjoyed the singing. An enjoyable evening for everyone, I think.



-Laura Koehn

## New Addition to Grace Home

On January 10, we had three new admissions to Grace Home. These were a little different than the normal admission. We were required to make sure they had certain shots before we could let them move in. The only possessions they brought with them was a little oval bed about one foot wide and 2 feet long. We built them a special little house outside and they are only allowed inside if they are in the grasp of human hands as they can get a little wild and we wouldn't want to trip someone by them getting in the way. These three admissions have fur and their names are Wally (male), Oreo and Molly (female). They have brought so much entertainment to our elders. Several elders will sit at the window for hours and watch them play. These kittens still have a lot of energy but they will allow an elder to hold them for short amounts of time. It is fun to watch them grow.



-Laura Koehn

## Grace Home Gift Day

Come join us on April 27 at 4:00 pm. A supper of tri-tip or catfish will be served at 5:30.

Bake sale starts at 4:00 along with some children's activities including making slime and other fun crafts, games, and candy.

Auction starts at 7:30.

## Volunteer Appreciation Week is April 23- 28.

We will have a tea party in appreciation of our Teen volunteers sometime in April and the Junior volunteers will have an appreciation lunch/party at a later date.

A big thanks to all the men who have volunteered for over a year now, having devotions once a month. It is much appreciated.

Also a big thanks to Lovepreet Kaur for her many evenings spent giving massages and helping out. She has spent 2 hours, 3 evenings a week at Grace Home.

Thanks to the Delhi ROP students who have helped us 3 mornings a week for one hour each morning since January.

**Volunteers do not necessarily have the time; they have the heart. –  
Elizabeth Andrew**



WELCOME TO GRACE HOME  
Kelly Jantz- Activity Assistant  
Mildred Stubbs- Activity Assistant  
Howard May- CNA  
Mary Salscheider- CDM  
Harley Hellberg- CNA



## ACTIVITY HIGHLIGHTS: January through March

### January

- Snowball fight- with small Styrofoam balls
- Snow removal- with spoons cotton balls were transferred from dish to dish using only the mouth
  - Spa- Arms, hands, feet, legs, and face received special treatment
  - Writing- we made up stories together. We have a doozy to share with you.
- Armchair travel to Azores, Portugal- with Portuguese sweet bread and travel documentary

### February

- Woodworks- Elders are glad to have this back on the calendar
  - Make a Pizza- National Pizza Day was made yummier
- Valentines Party- red velvet cake, homemade chocolate ice cream, and a game of blowing kisses with feathers
- Bubble blowing- elders made bubble wands and school children from GMS came to blow bubbles with them.
  - National tortilla chip day was celebrated with tortilla chips and cheese dip.
  - Armchair travel to New Orleans- with fries from Popeyes and travel documentary

### March

- Antique Show
  - Plant seeds
- Brazilian meal and fun afternoon with facts about Brazil and a game of futebol to celebrate our arrival at Rio De Janero. Next stop- Cape Town, South Africa
  - Cereal Trivia for Cereal Day
- National Pack Your Lunch Day with bag lunches. Weather didn't cooperate so we couldn't eat outside as originally planned
  - Donuts (fried biscuits)
  - Racing remote controlled cars
  - Guess that Smell on Fragrance Day
    - Puppy visit
  - Armchair travel to Canada with Canadian honey
    - Milkshake Social
- Easter Egg Hunt on Good Friday (prizes donated by CDM)

-Laura Koehn



Randy got in his red with black racing stripes race car and drove off to Talladega for the races. There were thirty other cars entered into the race. The cars lined up, and the announcer yelled, "Start your engines!" Thirty seconds later, the flag dropped and off went the race cars. Lap after lap they went until, on the tenth lap, Randy tried to pass the whole group. He thought this was a good idea until he lost control of his car and went careening through the fence into the pasture full of bulls. Randy survived the crash but, since his car was red, it drew the attention of several bulls making them angry. They charged his car, sending it fling into the air. 911 was called and a helicopter was dispatched to rescue Randy out of his car. When they got there, they realized that was not possible, so they lifted the car out of the pasture with the helicopter. They set it down right outside the pit where the firefighters were waiting with the Jaws of Life. They cut Randy out of the car and rushed him to Talladega Regional Hospital. One of the bulls damaged he ear, another took a bite out of his arm, while others broke his left arm and collarbone. Randy's right big toe was broken from stomping on the brake pedal. After spending ten hours in the emergency room, he was admitted to the hospital. While lying there recovering, he dreamed he saw the skinny Elvis Presley. After two weeks of hardly being able to move, Randy decided to stick to remote controlled racing and splurged on a remote controlled race track which is much safer than the regular racetrack.

-story put together by multiple elders and activity staff during Writing activity. Used with permission.





### See Me

What do you see, nurses, what do you see?  
What are you thinking, when you look at me —  
A crabby old woman, not very wise,  
Uncertain of habit, with far-away eyes,  
Who dribbles her food and makes no reply,  
When you say in a loud voice — “I do wish you’d try.”

Who seems not to notice the things that you do,  
And forever is losing a stocking or shoe,  
Who unresisting or not, lets you do as you will,  
With bathing and feeding, the long day to fill.  
Is that what you’re thinking, is that what you see?  
Then open your eyes, nurse, you’re looking at ME...  
I’ll tell you who I am, as I sit here so still;  
As I rise at your bidding, as I eat at your will.

I’m a small child of ten with a father and mother,  
Brothers and sisters, who love one another,  
A young girl of sixteen with wings on her feet.  
Dreaming that soon now a lover she’ll meet;  
A bride soon at twenty — my heart gives a leap,  
Remembering the vows that I promised to keep;  
At twenty-five now I have young of my own,  
Who need me to build a secure, happy home;  
A woman of thirty, my young now grow fast,  
Bound to each other with ties that should last;  
At forty, my young sons have grown and are gone,  
But my man’s beside me to see I don’t mourn;  
At fifty once more babies play ’round my knee,  
Again we know children, my loved one and me.

Dark days are upon me, my husband is dead,  
I look at the future, I shudder with dread,  
For my young are all rearing young of their own,  
And I think of the years and the love that I’ve known;  
I’m an old woman now and nature is cruel —  
‘Tis her jest to make old age look like a fool.

The body is crumbled, grace and vigor depart,  
There is now a stone where once I had a heart,  
But inside this old carcass a young girl still dwells,  
And now and again my battered heart swells.

I remember the joys, I remember the pain,  
And I’m loving and living life over again,  
I think of the years, all too few — gone too fast,  
And accept the stark fact that nothing can last —  
So I open your eyes, nurses, open and see,  
Not a crabby old woman, look closer, nurses — see ME!

*This poem was found among the possessions of an elderly lady who died in the geriatric ward of a hospital. No information is available concerning her — who she was or when she died. Reprinted from the “Assessment and Alternatives Help Guide” prepared by the Colorado Foundation for Medical Care.*