

GRACE HOME NEWS

SEPTEMBER 2018

MUSIC AND MEMORY



Did you know there was a cure for Alzheimer's? I didn't either but there is so much we can do to give them back their memory. I will never forget the moment this truth hit me. I was a CNA at another nursing home and trying to care for an elder that was being combative. It was to the point where I couldn't go forward and I couldn't go backward in my care for her. I started to sing "I've Been Working on the Railroad" just to keep from getting more frustrated. The elder stopped hitting at me and started singing along. That song had taken her back to the person she really was and left me to care for her broken down body. I used that approach multiple times on her and it worked every time.

Music is one of the first things we are given and one of the last things to leave. At just 22 days, a cell starts to beat within a baby which stimulates other cells to beat. These cells grow into a heart. This beat continues our entire life creating a rhythm that music can touch. When we hear a song, it uses both right and left hemispheres of the brain and also the Hippocampus which is the long term memory. This helps us to more easily store songs in our memory. Doctors have said that music therapy has been more effective to treat dementia than any other therapy or medication.

Have you noticed how you will hear a song and it will take you back to a certain place? Without that song, that memory may not have even become a memory or it may have been long forgotten. So it is with dementia. If we can find a song that is linked with a forgotten memory to an elder's past, we can reach past their malfunctioning brains to who the person really is. Music can trigger muscle memory as well. If there was a song they always danced to, they will more than likely start to dance again even though they had forgotten how. A pianist will likely play an air piano if they hear the notes from a piano in the music. Each song we can connect to an elder is that much more life we can give them to live in their mind. We have an elder that can no longer communicate with anyone. Her eyes are closed most of the time. We know of a few songs that were her favorites and we sing those to her. Awhile later, she will be trying to sing as well. Then we know, we have given her life. Could we call music CPR for the mind?

My Get Up and Go Has Got Up and Went

How do I know that my youth is all spent?
Well, my get up and go has got up and went,
But in spite of it all I am able to grin.
When I think of the places my get up has
been.

Old age is golden, So I've heard said
But sometimes I wonder, as I get into bed.
With my ears in a drawer, my teeth in a cup
And my eyes on the table until I wake up.
Ere sleep dims my eyes I say to myself
"Is there anything else I can put on the
shelf?"

And I'm happy to say as I close the door
"My friends are the same, perhaps even
more."

When I was a young thing my slippers were
red,

I could kick my heels as high as my head.
Then when I was older, my slippers were
blue, But still I could walk the whole day
through.

Now I'm still older, my slippers are black.
I walk to the store and puff my way back.

The reason I know my youth is all spent,
My get up and go has got up and went. But
really, I don't mind when I think with a grin,
Of all the grand places my get up has been.
Since I have retired from life's competition

I busy myself with complete repetition.
I get up each morning and dust off my wits,
Pick up the paper and read the 'obits',
If my name is missing I know I'm not dead
So I eat a good breakfast and go back to bed.

FROM THE DESK OF:

JOHN ENSZ

It seems like these newsletters tend to take on a certain theme. Laura, our awesome activities director, often approaches me and states, "It's time for the newsletter again. I'm writing on music and memory so thought maybe you would like to write something about dementia." I appreciate the hints and usually run with them. However, as I pondered ideas for this issue, a theme that has been running through my head lately kept coming to the surface: When do I go to a nursing home?

The world of aging is changing rapidly. Recently, speaking with one of the veteran nurses here at Grace Home, I was reminded of "how we used to do it." We were talking about hydrating our elders and she stated, "When I was a CNA we got them up and told them they had to drink this." ("This" being whatever the nurse or kitchen decided the resident needed.) Today we give elders choices. We try to let them be in charge. Person-centered care is the new model, where the resident makes the decisions and "they don't live in our workplace, but we work in their home." (Although, to be fair, when I explained this to a new resident at Grace Home she replied, "This will be my home when you give me the keys to the front door!") She had a point.

Person-centered care is great, and is practiced to varying degrees on a daily basis. Still, at the end of the day, you are living in a facility, usually sharing a room with a stranger, and your care is provided by others. You have a lot more choice than you used to, but it's still not like living in your own home – and probably will never be, no matter how much choice you are given. It's not surprising that most people have no interest in leaving their homes and moving into a nursing facility – until they are desperate.

Aging affects people in many different ways. Our bodies weren't designed to last forever, and life takes its toll. Sometimes its disease processes, including dementia, and sometimes it's just, for lack of a better term, "wearing out". Unfortunately, in many cases, this can happen suddenly; a person has a cardiac event, a fall, a broken bone, an unplanned hospitalization, etc. Discharge planners get involved at the hospital and you, or your family, hear those dreaded words, "We can't let you go home, you need to go to a nursing facility."

Maybe you have let your children and grandchildren know that under no circumstances are they to ever place you in a nursing home. But now, lying in your hospital bed, you realize that what the medical team is saying is true – you can't go home. There's no way you can care for yourself. And even if you can't accept it, your family knows it to be true. So the discharge planners start calling. You make sure they know you prefer a certain nursing home but they are told there is no bed available and no promise of when one will be. The discharge planners, under pressure from hospital management, make arrangements for you to go to whatever facility that will take you, whether you really want to be there or not.

This is not a rare event. It happens every day in every hospital. So... a little advice from someone who has seen so many families in this desperate condition: As you age, don't be afraid to put your name on the list of the nursing home of your choice. Just because you apply doesn't mean you ever have to go. You can always say no. But if that day comes, when you desperately need the care, your name isn't 50th on the list. Grace Home has a long waiting list, but those at the top, who say "no" when we call about an empty bed, do not go to the bottom of the list. They stay there at the top. Hopefully you will never need nursing home services, but if you suddenly do, you, and your family, will be relieved to know that you can go to the facility of your choice, not the only one that has an open bed.



WELCOME TO GRACE HOME

Irma Acuna- Housekeeping/ Laundry
 Sydney Haines- RN
 Daljit Johal- CNA
 Jatinder Kaur- RN
 Tiffany Koehn- Housekeeping/ Laundry
 Brooke Nightengale- Cook
 Sukhwinder Sooch- RN



ACTIVITY HIGHLIGHTS: JULY THROUGH SEPTEMBER

JULY

- Lemonade Refresher
 - Ice Boat Race
- Crafts with Kara and 5th Graders
 - Watermelon Social
 - Time Travel to Ellis Island
- Outing to Denny's for breakfast
- Boys and Toys with the volunteer boys

AUGUST

- We shaped socks into cupcakes to give to new residents
 - Squirr Gun Painting
- Armchair Travel- New York City with New York style cheesecake
 - Spa
 - Peach milkshakes
- Trail mix Social for National Trail Mix Day
 - Donut Fry
- Made Beach Cups with golden oreos, teddy grahams, lemon pudding mixture and umbrella
 - Made Sunflower Cookies with Oatmeal Crème Pie and tissue paper

SEPTEMBER

- Make paper mache moons
 - Drawing 3-D bubbles
 - Cherry Limeades
- Delilah is giving a cooking class on making bread on September 15
 - Bobbing for Apples with tongs and fake dentures
 - Men's Club
 - Apple Cider Social
 - Sno Cone Bash

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning STAYS YOUNG.
 — Henry Ford



WHAT'S HAPPENING?

August 1, 1:38 pm- Administrator took confused elder outside and was seen laughing with her as he stayed out there for quite some time. Thanks!

August 3, 9:25 am- Ava and Maya (volunteers) are in the kitchen preparing juices for elders while Darline and Rita are quickly doing breakfast dishes before they start preparing lunch. Today it will be Tilapia

August 4, 5:20 pm- Erica and Kimberly are dressing the wound of a grandma who came in to Grace Home for help.

August 5, 10:33 am- Two elders are visiting in room 9. Another elder is looking at books in the library cart.

1:35 pm- CNAs, elders, and family members celebrate an elder's 90th birthday with balloons, party favors, a ginormous cake and ice cream.

August 6, 4:11 pm- Erica has three elders in the fireside room having a conversation.

August 22, 10:35- Jessica is pushing an elder in a wheelchair outside.

August 23, 8:05 pm- Charity is sitting in the fireside room singing with several elders.

August 24, 10:04am- Four elders are in the Grace Home van with two employees and headed for an outing at Starbucks.

August 25- Dixie is spending her first 8 hour day at Grace Home!

August 28, 1:30pm- Dixie is laying on an elder's lap while elder is being read to.



One of the volunteers was working on her CNA badge and I asked her to write what she thought made up a CNA. This was her response:

BEING A CNA

You take care of the elderly. You are responsible for a certain resident on your working days. While taking care of residents, you will have to get them out of bed, take them to the bathroom, give them a bath, give them pills and make their beds. You may have to feed them, take them on walks. They may want you to sing to them. They may complain about something, so you will have to listen to them and help them. All in all you have to help them in all their needs, wants, and wishes, no matter how big or small. You are supposed to be there for them.



AWESOME VOLUNTEERS

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

ALEXIS	ALISON	ALYSSA
ANDREA	ANNA	AVA
BRENLEY	CHANTAL	CIERRA
DYLAN	ELLIE	ERIN
GRANT	HEIDI	JASPER
JAVONNA	JEMMA	JERALYN
JESSALYN	JULIANNA	KARA
KENDRA	KIAHNA	LANA
LETHA	MASON	MAYA
MICHAEL	MYRA	SHERILYN
SYLVIA	TODD	TYANNE
ZOE		



A PEEK INTO THE VOLUNTEER PROGRAM: PAST, PRESENT, AND FUTURE

-Laura Koehn

Miss Shirley Esau started the volunteer program 11 years ago in 2008. She evolved the program to be quite large by the time she decided she needed to hand it over to someone else. There have been close to 100 volunteers in this program who have altogether accumulated a staggering 7,384.25 hours.

We want to thank everyone who took part in the fundraiser that was set up for this program. We raised \$989.74; \$239.74 from Panda Express, the rest was donated. This money will be used for special volunteer projects and appreciations for them as well.

We started a Boys Volunteer Program. On July 5, the five boys that had signed up already came to Grace Home and spent the 2 hours they were here building Legos with the elders, listening to stories told by an elder of World War II, and singing to an elder. They have come five other times and we have added two more boys to the program. The other times they have come the activities that they have helped with have been hunting with Nerf guns, balloon darts, ladder toss, bowling and Keep It Up. The boys have enjoyed singing to different elders and the men have enjoyed the boys being here immensely. I would say that so far this program has been a huge success! These boys will start coming 2 at a time to Grace Home on Thursday evenings to help with socials as this is the time we usually have these. This will continue for 6 months.

On July 6, the new 5th grade girls joined the program. Kara Nightengale was their leader and she did some fun activities with them and the elders. They painted vegetables, played table top carnival games, sent post cards to terminally ill children, sent post cards all around the world, and made sympathy cards. These girls have also gone to visit the elders some and their presence has been greatly enjoyed. When school starts they will come to Grace Home one Saturday a month with Kara to do an activity with the elders.

The older volunteers have been doing a spectacular job of lightning hearts and loads of employees and elders. They have helped with juices, water pitchers, food labeling, taking elders outside, singing with them, doing puzzles with them, reading to them, helping with exercise and so much more. This will continue through the school year but only on Saturdays.

One of the oldest girls came 5 days a week for two hours throughout the majority of the summer and helped in the afternoons. She passed out towels and gowns for the evening CNAs and then helped in any department that needed a hand. Thanks, Kara!

In April, we had a Coffee Bar Party at Sommers' Pond to show our appreciation to the Teen Volunteers. The annual Friendship Picnic for the Junior Volunteers appreciation was in July at John Esau's. For the boys, we plan to take them to the trampoline park in November as a way to show our appreciation to them. I have asked multiple employees and elders about their interactions with these volunteers in general. Following are some of those comments:

"I love them! They're like my kids. They come to sing to me and they already know which songs I like and pick them."- Elder

"I appreciate them being here. They take the time to sit with a certain elder when she needs it.." – CNA

"They're cute!"- CNA

"I appreciate their help with the juices and getting the elders' Vitamin D (taking them outside)"-CNA

"Thank you for all that you do!" –CNA

"I think they're neat!"- Elder that enjoys their singing and tries to sing along

"They do a great job! And thank you for helping with juices and helping things get caught up with labeling food in storage!" – Kitchen Staff

"Our job as CNAs at Grace Home can be quite challenging at times and we can feel we don't have enough time to do our job properly or to our best ability which can be frustrating at times. As a CNA at Grace Home, we absolutely love our people and desire to care and spend time with them. When the volunteers come to help, we are elated. It helps us immensely, it frees us up to do and care for our people. So it may seem small because it's only two words, but it is heartfelt and sincere. Thank You! God bless you all"- CNA

"Most days in the summer, and some days during the winter, an extra ray of sunshine comes into the lives of the residents and employees of Grace Home... Junior and Teen Volunteers!!! As an employee of Grace Home, I love to see these beautiful girls and handsome boys come into the home with those amazing smiles and cheerful voices. They spread joy and sunshine and exuberance throughout the home. As young voices can be heard singing or talking or laughing with our dear elders, eyes light up, heads are lifted, and smiles beam from faces lined with wrinkles and bowed with age. Games are played or a craft is created or room visits are made. Those days my heart, too, is lightened and blessed by these young volunteers who come in and spread cheer. Mamas, I know it takes a commitment to bring your youngsters to GH and come get them a couple hours later. Thank you and God bless you for that commitment. And thank you, dear volunteers, for spreading your special sunshine!"- Employee



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