

GRACE HOME NEWS

JUNE 2019



SURVEY

On April 8, two ladies walked in the front doors of Grace Home. Their arrival ended the wondering of when state surveyors would come. For the next several days, our elders were asked hundreds of questions as these ladies searched high and low to see what they could find wrong with Grace Home. As one of our residents states, "Grace Home is right next door to Heaven," but as it is NOT Heaven, of course they found something wrong.

Just a glimpse into what we got deficiencies for:

#1 Legionella testing- There is a new regulation stating that water must be tested for legionella. While it was being worked on, it hadn't actually been done yet, hence a deficiency.

#2 Room size- Every year, we get a deficiency because some of the rooms are too small according to regulations.

#3 Medication errors- Some medications were given a few minutes late due to an emergency.

#4 Oxygen tubing expired- Oxygen tubing is to be replaced every month. Somehow one got missed.

#5 Toast crumbs had fallen into a container under the toaster. This container was not being used but because there were crumbs in it, we got a deficiency.

#6 Expired ham- The ham was still very good. Someone had written the wrong expiration date on it. Since it was past the date handwritten on it, we got a deficiency.

Employees and elders were so incredible thankful when they left three days later. Then the real stress set in for Barry, Lindsey, and Bonnie. They had to write a plan of correction which had to include what is being done to correct the deficiencies and how we will prevent it from happening again. After submitting it to state, the wait begins. Will they accept it or not? No! They won't! All the information they need is there but it is not in the correct format. So, instead of spending the necessary time taking care of our elders' needs, a new plan must be submitted. We are waiting to see if the second plan will be accepted or not. —Laura Koehn

April 26- [Grace Home Fundraiser](#) was a success. David Koehn had his train there and was giving rides. He tried to keep track of how many rounds he went with his train. He estimates he did over 200 trips. Justin Koehn and Adam Schmidt gave lots of people (not just children) rides with the tractor and wagon. The Nichols' crew sold some really scrumptious homemade ice cream. I hear there were some interesting items on the auction. Kevin Bronson and his crew fried a substantial amount of fish and Floyd Jantz and Arlan Koehn did the "tri-tip" for supper. This was served with cole slaw, baked beans, and a roll. That's about all I can tell you about that part of the fundraiser as I was hanging out by the trashcan the entire evening.

By the trashcan, there was a buzz of activity, especially after supper. There was candy for sale, raffle tickets, and games. The games consisted of Feed the Pig (art by Lena Moody), Matching Ducks, Gutter Travel, Human Ring Toss, Airplane Toss, Football Toss, Take the Plunge-r, and Disc Golf Challenge (made by Marvin Sommers). Feed the Pig was a game for younger children where they picked three plastic vegetables and try to get them in the pig's trough. Matching Ducks was a bucket filled with water and rubber ducks. Each duck had a shape on the bottom and was played like memory with five tries to see how many matches could be made. Gutter Travel was a race to get your plastic fish down the gutter and across the finish line first using a water squirter. Human Ring Toss was three tries of getting a tube for swimming over a person's head. This was probably the hardest game. Airplane Toss was three tries of building a paper airplane and making points by flying it through one of three holes in a board. Football Toss was five throws to get points by throwing a football through hoops. Take the Plunge-r was a race to see who could lay down on a creeper, pull themselves along with plungers and cross the finish line first. Disc Golf Challenge was five tries to throw a disc golf Frisbee through slots cut into plywood to earn points.

The raffle tickets were for a creeper (won by Waylon Jantz), a huge crayon (won by Cheri Koehn), a candleholder and 3 disc golf Frisbees. I don't remember who won the rest. It seemed to be a successful evening, thanks to the Fundraiser Committee.

—Laura Koehn

NONPHARMACOLOGICAL DRUG INTERVENTIONS

An antipsychotic drug is used primarily to deal with psychosis and is used as a last resort in people with dementia. It is used to address behaviors that can come from dementia. When these drugs are used on nursing home residents, there must be a careplan of a nonpharmacological intervention. These interventions must be tried before a psychotropic (an antipsychotic, antidepressant, or anti-anxiety) medication can legally be given. The reason behind this is because so many times, an elder gets dementia and gets hard to care for so they are chemically restrained with a psychotropic drug until they have no quality of life left.

Instead, there is always something that an elder is needing whether it is a job to do, the restroom, a snack, or contact with a family member. Maybe all they need for them to stop striking out is something or someone to make them feel needed. An elder who has been a housewife all her life may wish for clothes to fold or dishes to dry. A builder may need to draw plans. A librarian may need to sort books. Maybe there is too much noise or something scares them. If they have lived through a war, maybe the call lights remind them of the bomb alert. Instead of locking them up in their mind with a drug where they are left to fight these demons alone, we can pull them to safety if we can take the time to understand what is causing the behaviors that we want to treat with drugs. Sometimes, unfortunately, we are unable to break the code. There is no answer that we can uncover to protect the elder from hurting themselves or others, and a drug must be used.

We invite and beg you as family to help us understand what could be triggering the actions of your loved one.

-Laura Koehn

Outing to Joseph Gallo Park: On April 29, we loaded elders into the Grace Home van and car.

Whoever didn't fit were pushed in their wheelchair by employees. A total of 17 elders, 9 employees, and 1 daughter enjoyed the outing together. The weather was fabulous although one elder thought it was too windy and told God so. We enjoyed a picnic of ham or peanut butter and jelly sandwich, chips, sodas, and sugar cookies. Much thanks to everyone for making it a success!

-Laura Koehn



IN REMEMBRANCE

EMILY MARTINEZ

DARYL "MILAN"

MININGER



Dessert Social: The first Thursday evening of every month, we have a dessert social in the dining room here at Grace Home starting at 6:30. It is a kind of pot luck where each family that comes brings a plate of goodies. Some evenings there is singing, some evenings there is crying. It is so neat to see families who are struggling with the ravages of dementia on their loved one and they come to the dessert social and find another family facing the same thing. Each family can leave with their spirits lifted from the interaction.

Usually, there are three volunteers to help with set-up, serving, and clean-up. This has become a very special time and we wouldn't trade it! It was started over three years ago but has recently grown into quite a large event. Thanks to all who contribute!

-Laura Koehn



VOLUNTEER APPRECIATION: On April 13, the teen volunteers (girls) along with 2 moms, Kara Nightengale and I arrived at Grace Home around 9:30. We all loaded up and headed for the beach. Sandwiches, chips and sodas were eagerly consumed on the picnic tables near China Cove in Point Lobos State Natural Reserve. Following lunch and the little "thanks for what you do" speech and gifts, we headed down to Gibson Beach stopping at China Cove to watch the sea lions with their new born pups. The remainder of the time was spent at Gibson Beach playing in the sand and water.

May 10, the volunteer boys brought ripsticks and roller blades and spent the afternoon on wheels. Two of the boys had a water fight which the others didn't want to join. Supper was a weiner roast and s'mores. Each boy got a small gift to take home. It was such a delightful evening!

The Junior Volunteer Appreciation is tentatively scheduled for a Friday in August. This will most likely be at John Esau's and will involve the usual roller blading with a picnic lunch. It is called the Friendship Picnic. Each girl and her mom packs a lunch for another girl and her mom. There is usually some sort of activity after lunch along with the "thanks for all you do" speech...

-Laura Koehn

Coffee!!!

Grace Home was honored to receive five pounds of ground coffee from the Ozark Coffee Company in Sedalia, Missouri. It is being thoroughly enjoyed! Thank-you!

Dog Training: Dixie has been having training lessons with the elders. We are trying to teach her to take the ball to them when they tell her to "bring me the ball" and to "drop it". Dixie knows these things but will only do them for me. She also provides great entertainment by chasing the ball or laser light on the hardwood floor or catching treats with her mouth. Dixie and at least a few of the elders really look forward to these visits.

-Laura Koehn

Monday Devotions: May 6 at 6:30 PM found a group of elders in the dining room eagerly awaiting devotions. Due to failed technology, the person scheduled for devotions never received the reminder message so didn't realize it was his turn. We had a very special time anyway. We passed out Christian Hymnal and sang two songs, then we had a reading about Mary washing Jesus feet with perfume and Jesus forgiveness of her sins. One of the grandmas had prayer with us and we sang two more song. The Holy Spirit's presence was felt and we left blessed.

May 13, Ben Nichols brought a reading on the abundant life. There was a very good turn out with nine residents. They really appreciated the reading. After Ben left, the residents that had come to devotions decided they wanted to sing for a while so Cierra sang with them.

May 20, Caleb Koehn and his family joined the circle. Caleb brought some thoughts and Bible verses on . Then they sang with the elders. The elders thoroughly enjoyed seeing the children as well.

-Laura Koehn



Mother's Day Party: On Saturday, May 11, there was a flurry of action as the activity department along with two volunteers set up tables on the front lawn as well as in the dining room. Fresh roses were cut and placed in vases for centerpieces on top of pink tablecloths. Our female elders joined us with family that were able to attend at 3:00. After Twila Coronado sang "Medals for Mothers" and Teresa Valle read a poem about mothers, everyone found a place at a table and were served strawberry lemonade, cucumber crackers, brownies and ice cream. Each lady (resident) also received a bath bomb. It was such a beautiful day and was enjoyed by all.



Father's Day BBQ: On June 21 (5 days after Father's Day due to unavailable staff), we are planning a Father's Day BBQ for the men only at Grace Home. We are planning to have grilled hamburgers and stuff. This will be served outside. We will be sending out invitations for one person to join each resident.





**WELCOME TO
GRACE HOME:
LINDSEY REES
DIRECTOR OF NURSING**



Activity Highlights

APRIL

- 2- TED TALK ON AUTISM
- 4- TONS OF FACTS, DESSERT SOCIAL
- 5- HELEN KELLER ACTIVITY: READING BRAILLE, PRACTICING SIGN LANGUAGE, LEARNING ABOUT HER LIFE
- 6- TEA PARTY
- 11- BIRTHDAY PARTY
- 12- KINDERGARTEN PARADE
- 13- ORANGE JULIUS SOCIAL
- 16- SHOPPING
- 18- EASTER EGG HUNT
- 23- HAVE A COKE AND A MEMORY
- 25- BAKING FOR BAKE SALE, SODA SHOP
- 26- GRACE HOME FUNDRAISER
- 27- ARMCHAIR TRAVEL
- 30- LAUGH TILL YOU CRY



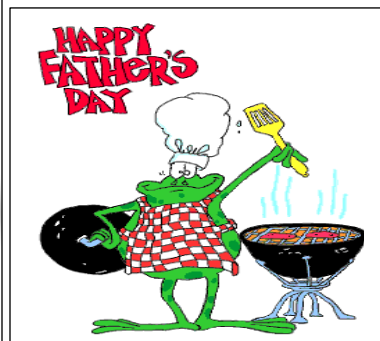
MAY

- 2- MAKE PEANUT BUTTER PIE
- 4- FRESH LEMONADE SOCIAL
- 9- CAKE DECORATING FUN, BIRTHDAY PARTY
- 11- MOTHER'S DAY PARTY
- 16- PRETZEL MAKING, TIME OF SHARING (SPIRITUAL)
- 17- WATERMELON SOCIAL
- 23- CREAM CHEESE MINTS, LUCKY PENNY SEARCH, FOOT MASSAGES
- 30- PAPER PUMPKING, FIRE PIT SOCIAL



JUNE

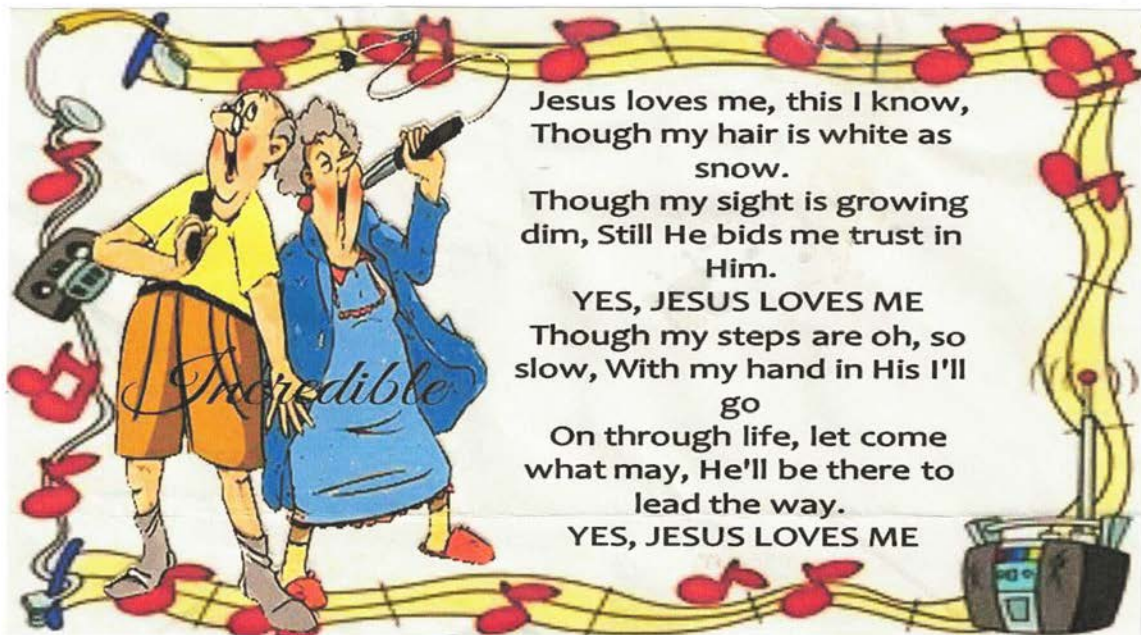
- 1- ROOT BEER FLOATS
- 6- MEN'S CLUB, DESSERT SOCIAL
- 7- MILKSHAKES
- 12- SHOPPING
- 13- BIRTHDAY PARTY
- 14- POPSICLES
- 20- CHERRY LIMEADES
- 21- FATHER'S DAY BBQ, SUMMERTIME MEMORIES
- 26- FRIENDSHIP WAGON
- 27- PAPER PUMPKIN, FOOT MASSAGES
- 29- SNO-CONE BASH



Randy's Train Set: I have a board with a railroad track stapled to it. Gary painted a road on it for me. My train has a tender, a freight car and a caboose. The engine is green, gold and silver. I have a basket of items for it. This includes a train station, a fence with lots of animals, a tractor and barn, trees, horse and cart, wagon, campfire, buffalo, house, hospital, gas station, gas pump, fire department, fire hydrant, police station, post office, toy store, pet shop, school, recycling center, grocery store, restaurant, and fountain. I earn new items every month.

I enjoy setting it up every day on my bed and watching the train. Each evening, I put it away for the next day and give the police man a break.

- Randy Ward
(used with permission)



Jesus loves me, this I know,
Though my hair is white as
snow.

Though my sight is growing
dim, Still He bids me trust in
Him.

YES, JESUS LOVES ME

Though my steps are oh, so
slow, With my hand in His I'll
go

On through life, let come
what may, He'll be there to
lead the way.

YES, JESUS LOVES ME

Fire pit Social: At 6:30 on April 18, any interested elders gathered outside around the fire pit for a social. Ron (board chairman) and his wife Angela as well as their daughter Julie (CNA) joined us for an hour of singing, visiting, roasting marshmallows, and eating s'mores. 'Twas a lovely evening with the weather cooperating perfectly.

-Laura Koehn

SUMMER

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

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|-----------------|------------|-----------|------------|
| AIR CONDITIONER | BASEBALL | BBQ | BEACH |
| CAMPING | CANOEING | FIREWORKS | FLIP FLOPS |
| FOURTH OF JULY | GARDEN | GRASS | HEAT |
| ICE CREAM | KAYAKING | LAKE | LEMONADE |
| MOWER | PARK | PICNIC | POPSICLE |
| SANDCASTLES | SANDLES | SMORES | SPRINKLES |
| SUN | SUNBURN | SUNSCREEN | SWIMMING |
| VACATION | WATERMELON | | |

STAYING HYDRATED

Drink water!

Tea, Coffee, and drinks with caffeine are said to not help hydrate. While they do not dehydrate, they are said to pull off as much water as there is in them. Popsicles are another form of "hydration" that are not really hydration. There is so much sugar in a popsicle that it is not really worth the little amount of water actually in one. While sweetened drinks such as Kool-Aid or Crystal Light hydrate a body, the sugar and sugar substitutes are quite unhealthy. The best alternative for water is Gatorade, but

nothing beats water!