

GRACE HOME NEWS

March 2019



WHY DOESN'T THIS TASTE BETTER?

Most of us were created with two senses that work together to make meals a time of enjoyment in most cases. These two senses are taste and smell. I am sure you have noticed that food doesn't taste quite as good with a plugged nose or burnt tongue. What if you had both of those all the time? It seems like meals would not be such a great time anymore.

As we age, our senses change. We can't feel as sensitively as we once could. We must listen closer and even then we might not be able to hear and understand what is being said. Our vision becomes a bit fuzzy and we might need to strain a bit harder to read the paper. Our smell and taste also changes. Let me tell you how.

When we are born, we have somewhere north of 4,000 taste buds on our tongues grouped together in four sections of bitter, salty, sweet, and sour. New taste buds grow about every ten days replacing the old ones until the age of forty or fifty. Then they start making fewer and fewer taste buds while the ones that we do get are smaller, meaning there is less area for them to taste. This gives the brain fewer signals that tells us what we are eating is so good and that favorite dish, the one your wife has cooked for you so many times for special occasions, no longer lights up your brain like it used to. Less saliva is produced as well which creates a drier mouth making it harder to swallow. Around the age of 60, you may start to notice that you can no longer distinguish so easily between the four groups of taste buds. You may put the same amount of creamer in your coffee as you have for years but the coffee is more bitter than it has been. Your taste buds can no longer taste the sweet as well so you add extra sugar. Or maybe the food tastes bland. You KNOW you used the EXACT same recipe but UGGHH! Those seasonings must be old!

OR maybe, just maybe, it is time to realize that I might be losing some taste. I really hope it is just the seasonings, though!

To add another part to the test of aging, the sense of smell starts acting up! Thankfully this one waits until around the age of seventy! It is a lot easier to eat something that smells incredibly delicious but, around the age of seventy, this starts to work against you too. Smell receptors in the nose work a lot like taste buds in the mouth even following their trend of regenerating.

We might not notice much change other than that our food doesn't taste quite as good as it once did. This can be a silent but deadly killer if no one notices. If something doesn't taste good, why eat it unless you know that you must if you are going to stay living?

I have high respect for our dietary manager. She tries so hard to make food that our elders will enjoy but this is right next door to impossible. Imagine with me... There is a big garden that we can fill with the most exquisite flowers that we want to plant but... we don't know what type of soil is in the garden and we don't know what the weather is like in this area. Therefore, we can put forth our best effort for a gorgeous garden but we have no idea how it will be received. So it is with a meal that is cooked at Grace Home. They can cook it to perfection in their minds but if you tell me tacos are on the menu for supper, I am going to have a yummy story in my mind how that taco is going to taste. Chances are probably about 8 out of 10 that when I bite into that taco, I'm going to be disappointed! I can't smell it very well and my taste buds aren't working like they used to. Top that with the fact that they didn't make it how my momma made it and I won't be happy with the taste. However, if I can remember that this taco will probably taste differently than I think it will and that is not my fault, neither is it the cook's fault but that is just how my life is, there is high hopes of enjoying the new taste. Maybe it doesn't taste one bit like I think a taco should taste but it surely doesn't taste too bad! I think I might have another!

-Laura Koehn

The next **GRACE HOME FUNDRAISER** will be held April 26. This will be a Friday evening event and takes place at the Livingston Church of God in Christ Mennonite right next door to Grace Home. It will include an auction, bake sale, a meal of brisket style Tri Tip or Catfish, a Coffee booth, a game and candy booth, Hay Ride, Train Ride, and an Ice cream booth. Some of the games at the game booth will be: disc golf challenge, football toss, airplane toss, feed the pig and several other games for younger children. Booths will be open early afternoon (4:00?) so don't wait until supper to join in the fun and to show your support to Grace Home. Thanks!

Dementia...

In February, we had 3 activities that we called How to Dementia. These were open for anyone but we didn't broadcast it due to our very limited space and the fact that we were doing it mostly for our elders to help them cope with their co-residents with dementia. The first activity that we did was to give each participant twelve post-it notes. They were to number them 1 to 12. On each post-it note, they were to write what I told them:

1. "ability to manage money"
2. what you do for a job
3. "ability to understand words"
4. immediate family: spouse and children or mom, dad and siblings
5. where you live: Livingston, Winton, Connecticut...
6. "religion, prayer, God, rhythm, poetry"
7. things that you should absolutely never do or say: bad language...
8. some very important happening from your childhood, good or bad: Christmas at Grandma's, getting your mouth washed out with soap while your dress catches on fire from a candle burning on the sink...
9. name a friend, someone you have not known your entire life
10. "how to eat"
11. "how to walk:"
12. "how to have a conversation"

After everyone had their post-it notes filled out, I instructed them to take away the ones as listed. The rest of us still identified them as having all twelve notes, but as it was taken away, that part of their memory was taken as well. We started with #1: ability to manage money. That is quite often one of the first things to go. Next, was #9: your friends that you haven't known that long. Then #5 left. They had a picture in their mind of the house they associated with home but could no longer tell you how to get there or even where it was located. #2, their hands remembered the skills such as filling forms, folding laundry, etc... but they could no longer do their job. #4, their family would come visit but they couldn't quite pull it up who they were although they knew they should know. #12 They could get through the first two minutes of a conversation but then they were unable to converse beyond "it sure is a nice day!" #3 Their ability to understand words was greatly altered or gone. Individual words and very short sentences they could get but nothing longer than five words. #11 They sat down and needed a wheelchair as their brain no longer remembered how to walk. #10 Time for someone to feed them or at least sit by them and prompt them each step of the way. They can't remember how to get food into their mouth any more. #8 Your childhood memories are the last memories to go usually. You are left with #6 and 7: bad language, religion, prayer, God, rhythm, and poetry. These are stored in a special part of your brain. Things that you are not to say are stored there as you learn they should never be repeated. When the part of your brain that controls this part is gone, you no longer remember that these are not to be used and your brain says, "Look Here! Words! I don't have many of them left! I will use them!" So we hear the bad words come out when really they meant to say "You are pretty!" Or maybe they tell you that you are fat or you stink or some other cutting remark. Maybe it is true and it is something you just can't help. Remember that they aren't responsible for what they say and in two minutes, you just might be beautiful to them.

We also watched a video "How Dementia Affects Language Skills" by Teepa Snow. I would strongly encourage everyone (maybe not for young ears?) to watch it if you have or ever plan to have anything to do with someone with dementia which you will as the chances of getting it are one in two in everyone over the age of 85. In this video, Teepa teaches which parts of your brain store what information as you gather it throughout your life. She also talks about what parts of your brain dementia ravages and what is left. Knowing what is left gives us grounds to build on if we want to prepare our own brains for dementia.

Our second activity, we watched a video called "Dementia from the Inside". This video shows what it is like to wake up and not know the people around but knowing you should. It also shows how a dementia ridden person has good times and bad times, how the floor changes as they are walking and letters can fall off buildings. Next, we did an activity where everyone teamed up with someone and they answered questions for the other person. The questions were:

CONTINUED...

Dementia continued

- Who is your best friend?
- What is your favorite past time?
- What annoys you?
- What is your favorite song?
- Do you like dogs or cats better?
- Would you rather mow the grass or clean the house?
- What's the best single day on the calendar? (Christmas, Easter, birthday, anniversary...)
- What is your favorite vegetable?
- What is the most important thing for you to do every day? (sing, brush your teeth, pray, read your Bible, laugh...)
- What is one of your favorite smells?
- What is the scariest thing that you face daily?
- What is the best thing that has ever happened to you?

When everyone had their questions filled out, they tried to have a conversation with each other. Nikki and I did it together. For example, I had written that Nikki's favorite vegetable was broccoli so I told her, "Here is your broccoli. I know it's your favorite." She replied in a very typical answer for someone with dementia. "I hate broccoli!" She got so worked up that I had to sing her favorite song "Jesus, Keep me near the Cross" which just made the situation worse since I told her it was her favorite song and she just hated that song as well. It didn't go too well for me when I informed her that she didn't hate it! And then... when I mentioned her best friend...

We also watched two more short videos of Teepa's. One was titled "10 Ways to De-escalate a Crisis" in which she talks a lady onto a stretcher who had just minutes before been striking out because she thought everyone was attacking her. The second video was "Making Visits Count Part 7" This is about the importance of having physical contact when in someone else's space. Otherwise they are wondering if they are supposed to hit you or kiss you. Most importantly is to have a hold on their hand so they don't end up with it in a place that it shouldn't be.

The third activity... I had sunglasses for everyone to wear with Vaseline on the lenses to give the vision of dementia minus the tunnel vision. Each person had to write their name upside down while looking into a mirror. I gave them several more instructions with a mouth full of marshmallows. Obviously this was frustrating to them. We watched two TED talks. One was "Alzheimer's is not normal aging- and we can cure it" by Samuel Cohen and the other was "How I'm preparing to get Alzheimer's" by Alanna Shaikh. Also, we watched another video by Teepa called "Difference between Forgetfulness and Alzheimer's".

I think everyone learned a lot from these activities. If you are wanting to learn more about dementia, go on YouTube and type in Teepa Snow. Watch every single one of her videos and I can promise you that you will learn something. And if you want to put to use what you have learned, you can go to www.gracehomeinc.com and fill out an application to come work at Grace Home.

-Laura Koehn

Valentine's Party: For food we had cucumber and dill crackers with sugar cookies. We played several games. Ring around the roses was a vase of roses which we tried to ring with canning jar rings. Cupid's arrows was a pyramid of red solo cups and we tried to knock them all over with a nerf gun. Throwing kisses, we tried to make a basket with chocolate kisses. There were goody bags and a little parcel for each elder and the leftovers went to employees.

Surprise Bridal Shower for Charity Peters!!!! One of the elders told me that she had never been to a bridal shower before so that was neat! It was a lot of fun to see them so excited and we actually pulled it off! Charity had no clue! We even decorated in the scarce fifteen minutes we had to set up. We had cupcakes, Funnyuns, party mix, peanuts with M&Ms, and a lemonade drink. Everyone was given a clothespin at the beginning of the party and if anyone was caught saying "bride", "wedding", or "Ty" they would get their clothespin taken away. This was a bit of a challenge as the first thing we did was write "Advice for the Bride". There was a laundry basket of laundry soap and such like. Everyone was to say how much they thought it cost. The total came to \$24.70 and three people guessed \$25. We made two lines and each line started with a full bowl of rice and ended with an empty bowl of rice. The rice was taken out of the first bowl and passed from hand to hand until it reached the second bowl. First team to get all their rice transferred was the winner. The best part was when an entire bowl of rice was dumped down Charity's back. We are trying to get her ready for you, Ty. Once I caught on how well Charity likes the word "cute", I counted how many times she said it. A total of 16 times while she unwrapped about two-thirds of her gifts. It was a lot of fun.

ROP/CTE

What does ROP or CTE stand for and what does it have to do with Grace Home? ROP is a taxpayer funded program; CTE is not. Both programs are Career and Technical Education. It is a class provided at the high schools. The students in these classes choose a certain field that they are interested in and their teachers place them in a work environment. The goal is a more hands on learning experience as well as to give them more of an idea if they really want to pursue a career in this field. I don't know how long ago Delhi started using Grace Home as a placement for their nursing field but it has been at least 5 years ago. Livingston started 3 years ago. These students spend the first half of the school year in the classroom before they come to Grace Home. They usually arrive the end of January or beginning of February.

Three students from Delhi High School and three from Livingston High School come to Grace Home three times a week for an hour to one and a half hours. During this time, the volunteer coordinator/activity director is responsible for their behavior and attendance. They have a little report card that has to be filled out every week and sent back to their teacher. The list of things on their list to learn while they are at Grace Home is:

- Sanitizing rooms
- Assisting CNAs as needed
- Hydration
- Set up for activities
- Shadowing LVN
- Engage residents in conversations to stimulate memory
- Passing food trays
- Making unoccupied beds
- Assisting with laundry collection and delivery
- Engage Alzheimer and dementia residents in activities
- Hand and arm massages to stimulate circulation

In the classroom before these students could come to Grace Home, they had to learn:

- Adult and infant CPR along with certification
- Head to toe assessments
- How to check vital signs
- How to check pulse manually
- Proper ways to communicate with people
- Learn how to take respirations
- Learn how to use a belt to transfer patients to wheelchair
- Proper handwashing techniques

My goal as their coordinator at Grace Home is to teach them these things and get enough help from them that they are not using more time than they take. I had the Livingston students write what inspired them to take this class. This is their response:

The reason why I chose to come to Grace Home is because I want to do what I like and collect knowledge for my future career. I consider myself a person who loves to help others, as it brings me great joy. Beyond being beneficial to others, these efforts also make me grow as a person. I enjoy learning something new every day and I value spending time with patients. -Maria

The reason why I chose this place is because my oldest sister works as a home care giver and she inspired me to help out elderly with different disabilities, and also because I knew that I'd enjoy being here because I'm able to socialize in different ways with each patient. -Lupita

I chose to come to Grace Home because I wanted to help elderly people with different disorders and because I knew I would like to work with them because it would help me learn how to socialize with others and learn new things every day. -Lani

-Laura Koehn

WELCOME TO GRACE HOME



Patricia Autra- CNA
Emily Jantz- Activities
Kara Koehn- Activities
Tia Koehn- Activities
Kimber Nichols- Dietary
Juliana Koehn- Dietary
Suzanne Kohl- Interim DON



NEEDED: DIRECTOR OF NURSING, SOCIAL SERVICES

Activity Highlights

January

- 1- Becky Koehn helped us make New Years Cookies
 - 3- Snowball fight with small Styrofoam balls
 - 4- Men's Club (yep, men only)
 - 5- Our wonderful volunteers did another yummy tea party
 - 17- Hot Chocolate Bar with several options to put in your hot chocolate
 - 19- Armchair travel to Latvia. Know where that is?
 - 25- Lorita Koehn did Paper Pumpkin with the elders. This is a card making type of situation.
 - 31- Coffee Bar: Lattes or Iced Coffees
- January Outing was to the Livingston Library

February

- 1- Men's Club
 - 2- Volunteers Tea Party
 - 5- Made Chinese lanterns to celebrate Chinese New Year
 - 7- Spelling Bee
 - 8- How to Dementia I
 - 9- Kara Nightengale and the 5th grade girls did crafts with the elders
 - 14- Valentine's Party
 - 15- Surprise Bridal Shower for Charity Peters!!!!
 - 16- How to Dementia II
 - 18- For President's Day, watched a film on how campaigning for presidency has transformed from the first presidential election to today.
 - 19- African American History Month was celebrated this afternoon. Recalling all the famous African Americans we could and then reading about some of them. Crossword puzzles, word searches and other word games as well.
 - 28- How to Dementia III and a Cape Town Party to celebrate reaching Cape Town, South Africa in our walk around the world. The Cape Town Party started with a supper of clam chowder in bread bowls, something the elders have been looking forward to for close to a year. After supper, we fried koeksisters.
- February outing was to Starbucks

March

- 2- Volunteers Tea Party
 - 5- National Pancake Day so we plan to make mini pancakes and have special toppings like strawberries and ice cream.
 - 8- International Women's Day: A trivia on famous women
 - 9- Crafts with 5th grade girl volunteers and Kara
 - 14- Pi day: 3.14... we plan to play around with numbers while we snack on potato chips because National Potato Chip Day as well.
 - 15- Sleep trivia will probably teach us things we don't know for World Sleep Day
 - 16- International Sports Car Racing Day will find us racing RC cars
 - 21- World Poetry Day: Poem Fest
 - 22- World Water Day: water trivia
 - 29- Paper Pumpkin with Lorita
- March outing: a shopping trip to Wal-Mart

January 20- 26 was **Activity Professionals Appreciation Week**. These fantastic ladies received a surprise every day. One day was a pizza party, another day they got donuts, and one day we had a party with all the elders and any employees that wanted to join in. We asked questions about the activity department and even had prizes that went to the ones who had winning tickets. We had a jar of M&M's that anyone could give a guess as to how many were in the jar.

Here are the questions that we asked the group at the party:

1. When activity department is staffed normally, how many one to one interactions get done daily on average?
2. What is Tara's worst/best activity to lead?
3. How many exercises are on the daily exercise list?
4. What is the last book read for Night Owl Club?
5. Approximately how many hours are spent per day doing the daily charting?
6. How many activity staff are employed here?
7. How many volunteers are currently on the list counting ROP/CTE?
8. What is one thing that you would appreciate if activities would do?
9. Name a Sunday afternoon activity.
10. What is an activity for Sundowners?
11. What should we celebrate next month?
12. What do you appreciate the most that activities does here?
13. Name an activity that you think sounds fun.
14. How many different activities are there this month?
15. What activity is done most by activity staff in one to one interaction with elders?
16. How many times do you need to walk around Grace Home before completing a mile?
17. How old are Oreo and Molly?
18. How many cups of coffee were served this week at Coffee Shop?

Answers:

1. 10-14
2. spa/cooking and craft
3. 42
4. The Chicken Doesn't Skate by Gordan Korman
5. 1- 1 ½ hours.
6. 7
7. 23
8. The only thing I can remember being mentioned wasn't possible for us to do
9. Bible time, Games
10. Foot massage, music, walk in the sunshine
11. Valentine's Day
12. Don't remember any comments
13. No right or wrong answer
14. 50
15. Reading
16. 8
17. Molly and Oreo are cats and they are 1 year and 3 months

John Ensz has moved on to greener pastures or so he thinks. We are in the process of looking for a Director of Nursing, but while we wait for God to send us the right person, Suzanne Kohl from Missouri is doing an amazing job filling in. We really appreciate her.

VOLUNTEERS THROUGH THE EYES OF A FAMILY MEMBER

As we walk through the doors to visit our dear Mom at Grace Home, one of the many consistent things we can count on to lift our spirits are the beautiful smiles of the many volunteers that frequently decorate the hallways of this wonderful establishment. Watching the genuine kindness and attitude of service extended to each and every "family member" and their visitors is a true blessing and joy to behold. I am particularly moved by the young volunteers that greet us with a smile and a kind word, each time we visit. As they busy themselves with who they can serve next and the bond that they share with our Mom and all of the residents at Grace Home it is nothing short of inspiring. The values of service to others being instilled in these young people and the volunteers of every age who act out God's love in a very personal way is also a humbling sight to see. There are countless members of the church that volunteer their time as well. On any given day you can run into these wonderful servants of God as they greet our loved ones, spend time with them or bring a dessert to the monthly gathering held at Grace. If you volunteer in any capacity here at Grace Home, let me just say a great BIG thank you on behalf of all of the families represented here at Grace. For your sacrifice and for the love and care you so selflessly give each day, we are eternally grateful.

-Karen Souza



On February 22, the department heads put on a Candlelight Dinner for the board. This was to show our appreciation for all the board does for us. We served them clam chowder in bread bowls and there was ham chowder if they didn't like clams. Salads were served first for an appetizer with angel food cake for dessert. After supper, there was a small educational presentation. All in all, it turned out to be a good evening.

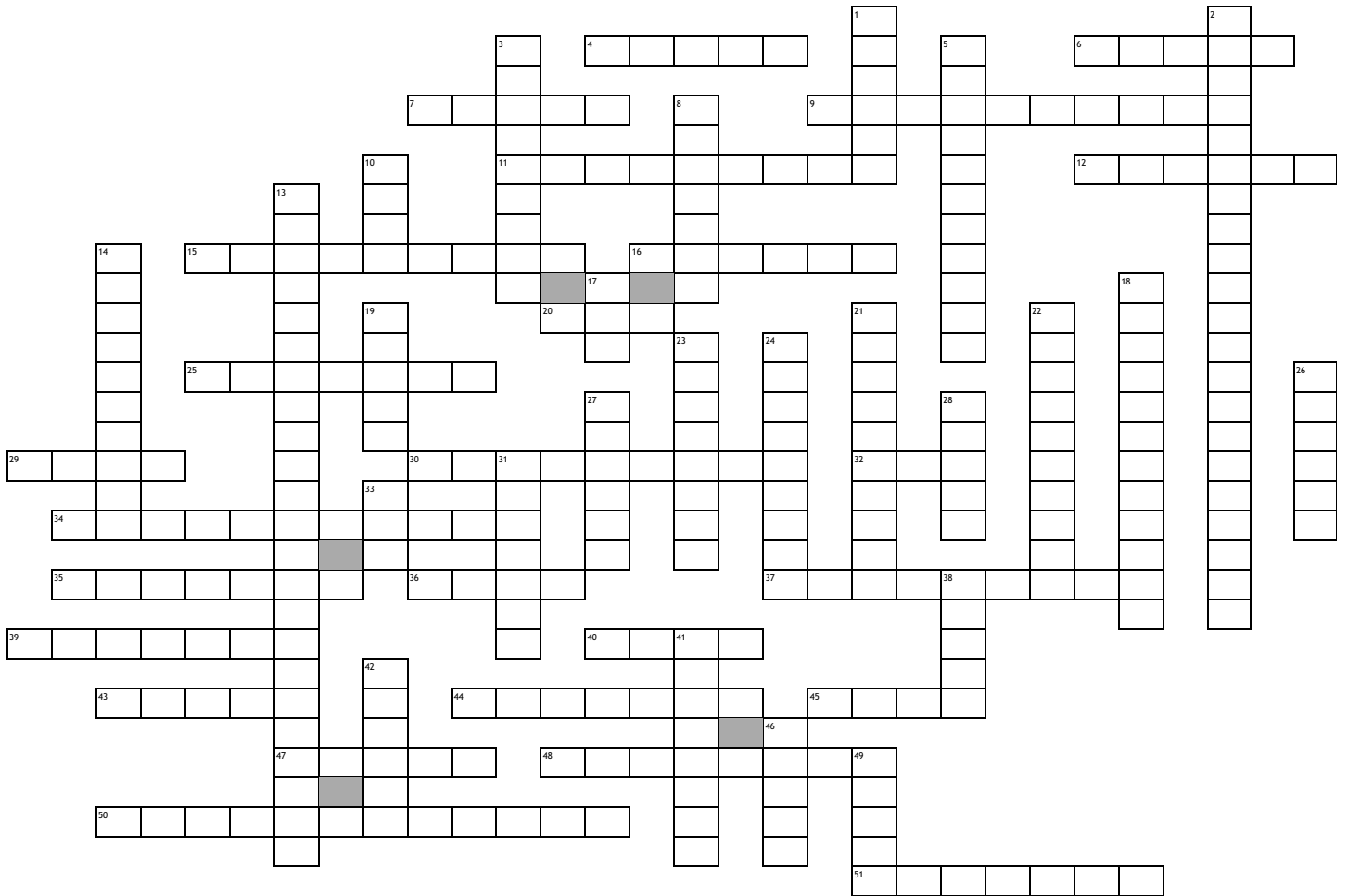


IN REMEMBRANCE

JUANITA SMITH



Grace Home



Across

4. Favorite table game
6. Administrator
7. Dementia is ? failure.
9. City- location
11. To recall things that have happened
12. Who orientates new staff?
15. An outside activity that involves dirt
16. How many employees are currently working here who have previously been in the volunteer program? (including on leave)
20. Cute as a ? on a rug
25. HIPPA
29. Who does audits on all the charts to make sure everyone is doing their charting properly?
30. To give a hug is to give an ? boost.
32. How many evenings a week are there a group of singers come?
34. Department that fixes things
35. Where is the large activity calendar located?
36. Happy as a ?
37. We love our ?
39. To treat with respect
40. Beautician's name
43. Activity Director
44. Oldies but ?
45. Home sweet ?
47. Activity leader who has been employed the longest
48. An activity that keeps you flexible
50. Which department battles dust bunnies
51. Which CNA has worked here the longest?

Down

1. Options
2. What is the most common treatment for in a nursing home?
3. Who keeps up the grounds?
5. How many residents can we have at one time?
8. How often are resident councils required to happen?
10. Secure
13. What does CDM stand for?
14. State
17. Physical greeting
18. Gratitude
19. Street that Grace Home sits beside
21. The road to Heaven is paved with good ?
22. Pills
23. ? is the best medicine
24. A person who donates time and work
26. Activity where things are made
27. Old fashioned walk
28. What you should do before entering a resident's room?
31. Which department prepares food for the residents and staff?
33. Outing transportation
38. Dog that loves to go to Grace Home
41. Favorite dessert
42. Who is the CDM?
46. How many male residents do we have at this time?
49. To experience pleasure