

GRACE HOME NEWS

JUNE 2020



HOW DOES YOUR GARDEN GROW?

We have been having such fun watching the vegetable plants in the garden grow. There are lots of cherry tomatoes on the plants, tiny cucumbers on the vine, itty bitty beef steak tomatoes and lots of zucchini growing. We picked our first zucchini on June 4 and look forward to much more zucchini bread and bars. It is very exciting to watch for new growth in the garden.

What is happening at Grace Home?

At this time, we have been directed by the state, to keep elders in their rooms. If they come out they are asked to wear a mask. This is due to a positive test on an employee. While even the county is wondering if it is an accurate test, we don't know for sure so we must treat it as though all the elders were exposed. Testing was implemented for all staff and elders. If an elder refuses testing, they must be isolated at least 14 days or until we get the green light from the county. We started doing exercise by having the interested elders sit in the doors to their rooms and the employee leading leads from the nurse's station. This is much better for them as they can feel like they are not all alone. We are trying to reach each person each day, not just their body but their soul to try to chase away the gloom that is becoming way too common. Some days, we want to just cry because we see how this is affecting our elders. Elders that have always been chipper are sleeping a lot. One that has been "the best mother-in-law" is grumbling about everything. Another elder who has always known I love him hollered at me and said, "no one loves me! No One!" And started crying. Yet another elder is so gentle and kind but on her mood interview reveals she is very depressed. Another sits at his door begging to go outside repeatedly and does not want to abide by the guidance the state has put in place. Another who on a normal day is not the happiest camper became so depressed she would look no one in the eye. And then there are two ladies who are shining through the whole thing. Hardly a complaint, a smile on their faces every time I enter their room. The one is just so thankful for all we are doing to keep them safe. Another resident sits by the windows watching for family to come see him. Some of them are doing okay, but evidence of the toll this lockdown is taking is showing up everywhere, in residents and employees.

Kevin Bronson, with the help of most of the Grace Home board, **fried catfish** (which he donated) for all employees and employees' families along with the residents. This took place on May 30 and was much appreciated. I, for one, felt genuinely appreciated when I drove up to pick up my food and saw all the people out there supporting us! *Laura Koehn, QLD*

Thank-you!

Evidence Based Practice

Evidence based practice is a term often heard in nursing circles. Simply put it means having a way of doing things that has been proven to work. This is in contrast to doing things that seem logical to the nurse or doing things the way they have always been done. This is a commonsense approach that is also used in other fields of expertise. (Was that meant to be a pun?)

According to local sweet potato farmer Keith Peaster, “We saw sweet potato yields increase tremendously when we went from row irrigation to drip tape about 15-20 years ago. Although Keith stated that he may not keep track of his yields as well as some farmers he believes he is getting about 10-15 bins an acre more with the current irrigation system. This is probably about a 15-20% increase in yields depending on the variety. “You can control the water so much better” said Keith, “With the old system you always had some areas of the field getting too much water and some not getting enough.”

Keith says he wasn’t the first or the last farmer in the area to switch to drip. “Some others like Bob Weimer had been playing around with it for a couple of years. There might be some farmers over by Turlock who are still doing row irrigation.”

Bottom line is that when the farmers started seeing better results in their neighbor’s fields they started to change their way of doing things.

What does this have to do with nursing, and June 2020 in particular?

Epidemiology is the study of where and when a disease occurs, and how it is spread. Although we believe that life and death are in the hands of the Lord, God is a God of order and it seems that different diseases are transmitted by different routes. Evidence based practice for preventing spread of a disease would mean using the methods that have been proven to work for that particular disease. When a disease is “new” to population it may take some time to establish that proof. Epidemiologists may make recommendations based on what has been proven to work with similar diseases and then change their recommendations when more proof is available. Here’s a few examples.

Norovirus (sometimes called stomach flu) is a virus that causes about 658 million cases and about 200,000 deaths globally each year 50,000 of which are children. The disease causes vomiting, diarrhea, and stomach pain. The most life threatening complication is dehydration, especially to the young and the old.

Norovirus is spread by ingesting (into the stomach) minute amounts of viral matter from the excretions of other people (how gross is that?). This can occurs through contaminated food or water. Risk factors include unsanitary food preparation. Outbreaks can occur, especially among those living in close quarters. Obviously preventing norovirus outbreaks is a big priority in nursing homes.

Continued...



Evidence Based Practice continued...

The virus is named after the city of Norwalk, Ohio, where an outbreak occurred in 1968. The disease has been studied for at least 50 years. Handwashing and disinfecting of surfaces have proven to be the best way to prevent outbreaks. An interesting fact, alcohol based hand sanitizers are not considered effective against Norovirus.

Tuberculosis (TB) is a disease of the lungs caused by a bacteria. In 2018 there were over 10 million active cases of TB which resulted in 1.5 million deaths. About 80% of people in many African and Asian countries test positive while only 5-10% of people in the United States test positive.

Tuberculosis has been present in humans since ancient times, although in the past it was known as consumption because it often causes weight loss.

Tuberculosis is spread from one person to the next through the air when people with active TB in their lungs cough, spit, speak, or sneeze. TB is thought to be able to remain airborne for a significant amount of time.

Preventing the spread of TB involves testing, early detection, and treatment. In the United States, all nursing home workers and residents are mandated to be tested at hire and annually. This is done by injecting a small amount of fluid under the skin of the arm and reading the results in 48 to 72 hours. Healthcare workers wear N-95 respirators when caring for patients with active TB. By comparing the level of infection in the United States with that of other countries, we would conclude that the methods being used for TB control are truly evidence based.

Using Norovirus precautions is not an effective way to prevent the spread of TB and vice versa. Like the use of drip irrigation in a sweet potato field, these methods were not developed or perfected overnight. We do not put our faith in science, but rather in the God that created everything, while respecting the natural laws that He put in order.

I hope that this will help with our understanding of infectious diseases and how to best prevent their spread.

- *Randy Koehn, RN,IP*

Nurses Week

There was something special each day of Nurses Week. Everything from a pajama day to “wear something from your favorite vacation spot” day. Hat day made one of the elders laugh uncontrollably. We all joined in. Our DON really knows how to rock a hat!!! Tie Die day was on Mothers’ Day. There were all kinds of goodies brought in for break as well. The board sent cards of appreciation to all of the nurses’ home addresses. Barry sent each of them a letter of appreciation. People from the community brought in signs and Starbucks cards. Each nurse received a personalized tote from Grace Home along with a few other little gestures of appreciation.

CNA Week

CNA week is coming up June 18-24. We rented a large house with many amenities in the country northeast of Merced. Employees can sign up to go for the afternoon/night for some R&R. We are also planning to do something special with the residents to help celebrate all the wonderful CNAs at Grace Home. We just don’t know what yet because we don’t know what stage of lockdown we will be in during CNA week.

Administrative Professionals Day

This was in the last part of April and was totally missed due to everyone having Coronavirus brain. It will still be celebrated, though. Cannot do without our Administrative Professionals!

Other things we have done with the residents during lockdown:

Sent cards to residents at Oakwood Manor in Mississippi after hearing of an outbreak in their facility

Making a “church window” with painters tape and window chalk



Poem Fests with poems sent in from all over USA and Canada. Many were shared from Moundridge Manor

Mailbox in the front for anyone to drop things off for our residents

Reading books over speakers during the first month and a half of lockdown- Peace Greenfield series

Singing for 30 minutes most mornings

Coloring Contest- Pictures were sent in and hung up on walls. Residents picked their favorite picture. There were pictures from 2 families in Mississippi and one in Manitoba. The rest were all from California. The winner was from Mississippi.

A craft that was nine different pages to color, put together it was a heart.

Many window visits

Daily walks outside for most residents



WELCOME TO GRACE HOME:

Daejana Maldonada-Ramirez

Britnie Starling

Ashley Jorge

Frances Peaster



Activity Highlights APRIL

This month was spent mostly with the residents in their rooms. Towards the end of the month, we got a call from Merced County allowing us to do activities in groups of ten or less as long as we could meet the 6' requirement. Following this call, the residents were split into groups of 10.

Each group gets to go to group activities every three days.

- We did a garden party consisting of cookies and lemonade.
- We also set up a different time with ice cream treats and ice cream truck music. The residents and employees that brought them outside could come by and get an ice cream. These were done so that each group had their time when they could come to the party.

MAY

We continued with the groups we had made in April for the parties. Resident Council and Shopping Day was worked out so all who wished might attend.

- Birthday party drive by was done in the front with many people stopping to holler a happy birthday or drop off a gift or card. It was great to see the community's response. The police car came by with siren and lights on for the birthday girl and many people who did not know her drove by and honked.
- Mothers Day Party- we set up again in the front and served coffee and donuts while accommodating families to stop by and talk to their loved one from their vehicle (We kept the elders back at a safe distance).
- Thrifty ice cream was served one day with a wheel chair drive/walk through. There were 8 different flavors plus 4 or 5 different toppings. This was for all employees and residents. I know the employees enjoyed it.
- Soda Party was just a social with social distancing while drinking soda and a birthday party thrown in for another of our residents. (Cake and happy birthday sung to her while skyping with family)
- Memorial Day- yellow star cut-outs for names of loved ones who have passed away and a time to share memories of those. Purple stars for soldiers who have lost their lives in war.
- Surprise Party- A tropical theme with popsicles and pringles to eat and a treasure hunt that matched the theme.

JUNE

- This month is very much topsy-turvy. The next day's activities are planned usually less than 24 hours in advance at this point. We are doing as much as we can from room to room but this plan cuts out many activities.

Randy's Train Set:

The conductor got coronavirus and infected the entire load of people except Randy, so the train is in quarantine. Randy is the only one allowed to touch it.



“How very little can be done under the spirit of fear.”- Florence Nightingale

The year 2020 was declared the International Year of the Nurse in honor of Florence Nightingale’s 200th birthday. How ironic that it be the same year as an international pandemic placing nurses worldwide on the frontlines.

Last month from May 6th to May 12th 2020, Grace Home celebrated National Nurse’s Week. Our nurses were recognized with an array of activities and gestures of appreciation. Each day of the week had a different theme for dress up including pajama day, hat day, and manic Monday to name a few. The GH Board of Directors sent handwritten cards to every nurse to their home address. Barry distributed a heartfelt letter of gratitude to everyone as well. Members of the community delivered baked goods, snacks, signs to hang up, and Starbucks cards!

The week-long celebration left our nurses feeling special. According to Nurse Randy. “I thought that Lindsey, Barry, and the Board of Directors did a good job of making me feel appreciated and special. We got some personalized gifts and a card signed by the board members. The theme week with Pajama Day (I wasn’t there for that one) and other special clothes helped lighten the mood at Grace Home. It made me feel good about working at Grace Home to see that others notice and appreciate what we do. Maybe next year we can have a candlelit dinner with the nurses and their spouses or a friend invited to join. Barry could wear a white shirt and black suspenders and help serve the meal.”

Our nurses at Grace Home are truly one in a million. Despite the circumstances of the last couple of months, and a number of changes that they have had to adapt to, they continue to come to work with a positive attitude and perform their jobs with love and compassion for our residents.

Lindsey Rees- Director of Nursing

Thankfuls from employees and residents during lockdown:

- Break that was brought in by employees, ex-employees, and friends
 - Random Starbucks drinks
- Little gifts dropped off or messages of encouragement received
- Flowers from Floyd and Rhoda Jantz and Matt Baize for every resident and some left over for the halls
 - Flowers from family members to employees
- Chats for activity directors, administrators... from our other facilities to be able to help each other out
 - Ladies who have sewed masks and gowns for us
 - Rosa (dog) coming to visit her owner
 - Flowers from friends and family dropped by
 - All the many things we pulled out of the mailbox
 - Health
 - No COVID-19 in the building
 - Pauline's smile showing up in different windows
 - Support from the board
- An amazing administrator who has somehow kept it all together through this insanely crazy time
 - Great co-workers
 - The strength that God has given us to continue on
 - The amazing support outside of Grace Home
 - The groups of singers that have sung for Grace Home
- The speaker system that allows us to listen to groups from other states
 - Working wifi (most of the time)
- Weather that has permitted residents to go out most every day since this started
 - Bonuses
 - Residents' response to lockdown. It could be so much worse.



IN REMEMBRANCE

HELEN GRAVES

JEUNE LINDQUIST

MARY LUIS



Things to do after lockdown

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

go shopping shake hands Give hugs respect others be thankful

support local stores have rummage sale

get rid of mask line buy bigger clothes

go to the zoo see friends go on vacation Go hunting for meat

Buy toilet paper