

# GRACE HOME NEWS

MARCH 2020



## To grow a garden...

On February 4, several residents gathered in the dining room to plant seeds. We had a tray for 72 plants, soil, seed and water. We planted 12 each of our residents' favorite vegetables:

- Beefsteak Tomatoes
- Cherry tomatoes
- Cucumbers
- Pickle Cucumbers (we want to make at least one jar of pickles this year)
  - Zucchini (gotta have zucchini bread)
  - Lettuce

After planting the seeds and watering them, we set them in the sunshine so they could grow. Each evening, we brought them inside and out they went again in the morning. We watched eagerly for the day when we could see little sprouts. May 5, we plan to go out to the garden and plant the little plants in the dirt. That will be so exciting! For those of you who have never seen our garden, it is on a cement slab and is crafted so our residents can sit up to it in their wheelchairs and pull weeds or pick vegetables.

...is to believe in tomorrow.



## 100 HOURS VOLUNTEERED!!!

Sylvia Lima, Sherilyn Koehn, Kara Koehn, Alison Koehn and Andrea Toews have reached that goal. One of them is closer to 300 hours already and another is nearing 200. A big thanks to the parents as well for providing transportation for all these times.

## ROP/CTE

What does ROP or CTE stand for and what does it have to do with Grace Home? Regional Occupational Program/ROP is a taxpayer funded program; Career and Technical Education/CTE is not. Both programs are mostly the same other than the funding. The Livingston and Delhi high schools provide many different occupations for the students to choose from. They choose the field that most interests them and the teachers spend the first half of the school year preparing them for what they will face in that field. The second half of the year is spent in a more hands-on approach by leaving the school and going to a facility that will be able to teach them real life experience in the area of interest. 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 6 years ago. Livingston started 4 years ago. They usually arrive the end of January or beginning of February.

Three students from Delhi High School and five 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. This year I made an extensive list of things for them to get acquainted with. This is the list from last year with what was added for this year in red:

- Sanitizing rooms/ **deep cleaning**
- Assisting CNAs as needed
- Hydration: How **and why**
- Set up for activities
- Shadowing LVN
- Engage residents in conversations to stimulate memory
- Passing food trays/ **reading tray cards**
- Making unoccupied beds
- Assisting with laundry collection and delivery **and folding**
- Engage Alzheimer and dementia residents in activities
- Hand and arm massages to stimulate circulation
- Case Studies- Pick a resident and without looking at their chart, guess why they are here and what medications they could possibly be on. Also, what would be important points to cover in a care plan
- **Ride in and operate full lift, sit to stand lift and gait belt**
- **Dementia videos**
- Shadow CNAs
- **Explain and participate in the light therapy/ sundowners program**
- **How to stimulate memory through hand massages and sensory engagement**
- **The volunteer program and all that goes into it**
- **Follow RNA and learn how range of motion helps to keep people from falling**
- **What is a careplan and how to write one**
- **What is a one on one and how to do them**
- **Some of the charting that must be done on a daily, quarterly and annual basis**
- **Writing and putting together a newsletter/ the purpose of a newsletter**
- **Making power points**
- **What does Social Services do?**
- **Plan an activity/ Help prepare for an activity**
- **How to make an activity calendar and all the points that must be covered in one month**
- **How to do residents nails**
- **As much other information as possible of the behind the scenes things that happens to make everyone's jobs go smoothly**

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## ROP/CTE (continued)

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
- Residents Rights

It is very enjoyable to learn to know these students and to see their enthusiasm as they learn about what all it takes to ensure quality of life for our elders. The coordinators from both schools drop in unannounced throughout the period to make sure it is running smoothly. One of them pulled me aside and was so grateful for Grace Home that we take the time to take care of the person instead of just the body. Another school (Hilmar) called this year wanting to use Grace Home as one of their sites but I had to turn them down. I do not have time to add another group and I do not want to stress the elders out from having too many people and too much noise. That would defeat the point that I am trying to teach these students: to respect, care for and love these elders.

-Laura Koehn

kindness is a language  
that the deaf can hear  
and the blind can see  
-Mark Twain

## Parkinson's

Dopamine is a type of neurotransmitter, created by nerve cells and is stimulated by pleasant activities and helps one to focus on a job and strive to finish it. It plays a big part in thinking and planning of an ordinary day. It also helps us to find things interesting. According to WebMD, it plays a part in learning, finding motivation, heart rate, blood vessel function, kidney function, sleep, mood, attention span, control of nausea and vomiting, pain processing, and movement.

What does dopamine have to do with Parkinson's? Parkinson's is a disease that meddles with the production of dopamine. Once a person is diagnosed with Parkinson's they will have it for the rest of their lives. Symptoms that can be relieved through treatment but there is no cure for the disease. The muscles can become rigid, the person can suffer from tremors, their stability on their feet can change causing them to shuffle and fall easily. Speech also can change becoming quieter and harder to understand. It can become hard for them to form a thought and get it all the way out of their mouth. In the late stages of Parkinson's, the symptoms can include hallucinations.

Parkinson's can also cause loss of cognition because the brain is like a muscle and therefore can become rigid. Apathy and depression as well as problems sleeping can be symptoms of this disease as well.

While Parkinson's is not a pleasant disease, it is quite possible to maintain good quality of life while dealing with the symptoms. Like so many other diseases, it may mean doing things a little differently but still doing them.

\*Much of this article was taken from WebMD's "Parkinson's Disease" and "Dopamine: What It Is and What It Does".

-Laura Koehn

## The Shepherd or the Hireling

Recently in Sunday School, there was an explanation given about the difference between the Shepherd and the hireling. The Shepherd really cares about His sheep and will do everything with their best interest in mind. He not only really cares but He also really loves His sheep. The hireling knows how to find a good pasture and they know how to do everything just right but they are “there for the paycheck” and may not truly care about the sheep. Sure, they want to look good but there are many times out far away from probing eyes that they can let their guard down and the sheep really aren’t safe. Beyond that, they don’t know the love of the Shepherd in their daily lives.

As I pondered this, I realized that we as employees of Grace Home MUST choose to be either a shepherd or a hireling. No, we don’t take care of sheep, but the idea is the same. We can know just the words to say or just the fix to a problem. We might know how to give a good bath or to serve a good meal. We might know how to interact with an elder, but are we a Shepherd or a hireling? If I do not love and care for our elders, I may think it doesn’t matter if I sit in the breakroom on my phone rather than spending time with a confused elder when I have a few spare minutes, then we are a hireling and only here for a paycheck. When we learn to know our elders’ families, their favorite clothes, and the things that made their day, maybe we can bring a little “happy” when we come to work. A few extra minutes in the room of someone you know is having a hard day can make a big difference... If we can do all these things because we truly love them, we become as the Shepherd. Not perfect like Jesus but like Him as we can be. Then we don’t have to quiver and quake when we are done unto us as we have done to others. As this poem depicts, someday that “lil brack sheep” may be me. (Again, I am not referring to our elders as sheep but using it as an allegory.) When we love our elders like this they become our grandparents also.

-Laura Koehn

## Poor Lil' Brack Sheep

by [Ethel M. C. Brazelton](#)

POOR LIL' BRACK SHEEP dat stray'd away,  
Done los' in de win' and rain,  
An' de Shepherd He say, " O hirelin',  
Go fin' my sheep again. "  
An' de hirelin' frowns, " O Shepherd,  
Dat sheep am brack an' bad. "  
But de Shepherd He smile like de lil' brack sheep  
Is de onliest lamb he had,  
Is de onliest lamb he had.

An' he say, " O hirelin', hasten!  
For de win' an' de rain am col',  
And dat lil' brack sheep am lonesome  
Out dere so far from de fol'. "  
An' de hirelin' frown, " O Shepherd,  
Dat sheep am ol' an' gray. "  
But de Shepherd He smile like de lil' brack sheep  
Wuz fair as de break ob day,  
Wuz fair as de break ob day.

An He say, " O hirelin', hasten!  
Lo, here is de ninety an' nine,  
But dere way off from de sheep fol'  
Is dat lil' brack sheep ob mine. "  
An' de hirelin' frown, " O Shepherd,  
De rest ob de sheep am here. "  
But de Shepherd He smile like de lil' brack sheep  
He hol' it de mostes' dear,  
He hol' it de mostes' dear.

An' de Shepherd go out in de darkness,  
Where de night was col' an' bleak,  
An' de lil' brack sheep He fin' it,  
An' lay it agains' His cheek.  
An' de hirelin' frown, " O Shepherd,  
Don't bring dat sheep to me. "  
But de Shepherd He smile, an' He hol' it close,  
An' de lil' brack sheep — is me!  
An' de lil' brack sheep — is me!





## WELCOME TO GRACE HOME:

*Marlysa Koehn- Activities*

*LoriAnne Koehn- Dietary*

*Nataly Zuniga- CMA*



## Activity Highlights JANUARY

- **New Years Resolutions: Past & Funny**
  - Snowball fight
  - Thomas Kinkade Power Point
- **Shoe Shine Shop with the volunteer boys and Ron Koehn**
  - "I Have A Dream" Speech and Interaction
    - The History of Light
    - Lighthouses
  - Party to celebrate Activity Professionals Week
    - Mad Lib of the Legend of Pecos Bill
    - Bible study on Light
    - 7-11 Party and History
- **Food for Thought and where some foods came from**
  - Spanish Moss
  - Outing: Walmart



## FEBRUARY

- **Groundhogs- Power Point**
  - Mad Libs
- **Underground Railroad Slide Show**
  - Spreading Love
  - Valentine's Day Party
  - Presidential Trivia
- **Bible Study on God's Love**
  - Files- Power Point
  - Spreading Love Part 2
- **Outing: Almond Blossom Tour**



## MARCH

- **Plant garden**
- **Florida- Power Point**
- **Alligators- Power Point**
- **Walk Around the World: Kenya**
- **Niagara Falls- Power Point**
- **Fresh Air Club nearly every day**
  - Outing: Lavender Farm

# Randy's Train Set:

Randy and his sister and brother-in-law with their children are planning their next trip. They will board the train in Merced at 5:06 am. Their destination is the NASA Space Center in Houston, Texas.

## The trip:

February 10, 2020: We arrived at the train station on time and after stowing our luggage, we found our seats. After the train left the station, a breakfast of pancakes and sausage was served. The rest of the day was spent looking at passing scenery, playing Qwirkle, and napping.

February 11, 2020: After 24 hours on the train, we were getting a little bored and began pacing in the aisle. The train rumbled to a stop at 11:54 pm. Adventure awaited. We found our luggage and crashed after we checked into our hotel.

February 12, 2020: I awoke at 7:00 am and was eager to get to the Space Center. My sister reminded me that first we needed to eat breakfast. We got ready for the day and headed out. We spent the day watching astronauts train and got to touch an actual rock from the moon. We saw the replica of a full-scale shuttle on top of NASA 905. This was an astounding eight stories tall. We then had a behind the scenes tour of NASA. After this long day of exploring, we were very hungry, so we went to my favorite restaurant, McDonalds, for supper. I sure did sleep well that night.

February 13, 2020: Our train left Houston at 8:25 am headed home. We enjoyed the train ride home the same as we did going.

February 14, 2020: We arrived back in Merced late at night. Flor was supposed to be at the train station waiting to pick us up, but she wasn't there so we walked down the block to Dianna's house. We stayed in her guest room, but she had to quickly change the sheets first. She took us to Livingston the next day when she went to work. -written by Randy Ward and Laura Koehn



# WALK AROUND THE WORLD -KENYA

We finally reached Kenya after 11 months of walking. We walked 310 miles, which equaled our flight of 3,098 miles from Cape Town, South Africa to Nairobi, Kenya. This journey started in January 2019 and ended in December 2019. Our next destination is Fugar, Nigeria. This destination was chosen by one of our elder who has been enjoying the book Beyond the Veil by Donald Koehn who was a missionary there and is also a relative of this elder.

We are celebrating our arrival in Nairobi sometime in the month of March 2020 by enjoying (hopefully) a Kenyan meal, Power Point presentation and other interactions inspired by the country of Kenya. What will the meal be? Chapatti? Chicken Supu? Rice and Beans? Kenya Chai? Fried Cabbage? Ugali? Only time will tell (and lack of experience cooking these foods).

In our Power Point presentation, we will see some of the different landscapes, tourist attractions, tribes, problems in the country and much more. We will learn about the population, religion, animals, sports, children, schools and many other facts. We are looking forward to this day and hope that all goes well.

-Laura Koehn



**IN REMEMBRANCE**

**ARLENE PEASTER**

**LARRY KOEHN**

**THEDA DYCK**



## The Legend of Pecos Bill- Mad Lib

(Words in parenthesis are what was asked of the elders; words in red are the words that they gave out. Then the story was read after all the red words were filled in)

Pecos Bill was born in Texas in the 1830s, the youngest of 18 children. Within days of being born, little Bill had learned to talk and had started teething on his dad's rifle (weapon). As soon as he could swim (verb), he started sneaking out and looking(-ing verb) with all the wolves (dangerous animals) on the prairie.

Even though their nearest neighbor lived 10(number) meters (units of measurement) away, Pecos Bill's parents decided there just wasn't enough food(something people need) in Texas for their growing family. Pecos Bill wasn't yet a year old when his parents became pioneers and decided to move their family even farther west.

One day during their migration, baby Bill was napping, and he fell out of the family's buggy(old mode of transport) as they crossed the Pecos River. He floated far downstream before anyone even noticed he was gone. Luckily, he taught himself to surf (something people do in water) as soon as he hit the water, and so he made it to shore alive and well.

As Pecos Bill tried to get his bearings and see if he could catch up with his family, a dog (animal\*) came along and decided to adopt him. And so Bill spent his youthful years thinking he was a dog(animal\*), doing dog (animal\*) things, like suffering from flies (pests\*) and howling at hippos (famous huge thing\*).

Pecos Bill lived this way until his 16th birthday, when he was discovered by his long-lost brother. His brother asked if he was Pecos Bill, but Bill said no. He told his brother that he had flies(pests\*) and he howled at hippos (famous huge thing\*), so he must be a dog(animal\*). But his brother reminded him that all Texans have flies (pests\*) and howl at hippos (famous huge thing\*) and that a dog(animal\*) wouldn't eat (something humans do) or speak English (language). Bill was convinced. And so, he parted ways with his animal family and went home with his brother to rejoin his human family and become a cowboy.

Pecos Bill took to cowboy life like a beaver (aquatic creature) to water (liquid). It wasn't long before he was coming up with ideas to solve all of their problems. He invented the hammer (tool) so that herds of cats (animals) would no longer get mixed up or stolen. He invented the mouse trap (type of trap\*) to help his fellow cowboys capture unruly coyotes (animals).

Bill never needed a mouse trap (type of trap\*) himself because he was such a good rider. He could ride any type of animal until they were too tired to try to buck him off. Pecos Bill was known for riding everything from parakeet (exotic animals) to snake (dangerous animals), but his favorite mount was a wild Rotweiler (specific breed of animal) he caught and named Widow-Maker. Widow-Maker ate beer (dangerous substance) for every meal, and no one but Bill would ever be able to ride him without being thrown to their death.

Pecos Bill was only ever thrown once, but that was by a hurricane (natural disaster\*) rather than a horse. Bill had ridden and busted every bronco he ever met, so he decided to go after a tougher challenge. The hurricane (natural disaster\*) flattened every giraffe (very tall thing) in Texas while trying to buck him off, but Bill didn't budge. It tore through California (city or state), creating Grand Canyon



(famous natural formation) in its path. They ended up in **Texas** (city or state) after all of the struggle, and by then the **hurricane** (natural disaster\*) had almost worn itself down to nothing. Pecos Bill was so tired by then he finally fell off. He fell so far and hit the ground so hard, he made a huge mark that became **Niagara Falls** (famous natural formation). Bill's wild ride on the **hurricane** (natural disaster\*) was the origin of the rodeo.

Pecos Bill would have more than **one trillion** (large number) wives in his lifetime, but he never loved any of them as much as his first wife, Slue-foot Sue. They first met when she blasted by him on the **Lake Superior** (famous body of water) riding the biggest **Nemo** (aquatic animal) anyone had ever seen. Bill fell in love with her instantly and asked her to marry him. She said she would, but only if he promised to buy her the nicest **talking mirror** (unusual **thing**\*) ever made. Pecos Bill agreed, of course, and he had the most expensive **talking mirror** (unusual **thing**\*) specially made out of the finest spring steel.

The day of their wedding arrived, and Sue looked grand in her dress with that steel **talking mirror** (unusual **thing**\*) gleaming out from under it. Sue was intent on showing off by making a spectacular entrance. Even though no one but Bill had ever attempted to ride Widow-Maker, Sue surprised everyone by jumping onto Widow-Maker's back and charging toward the church. Widow-Maker was already feeling **fear** (emotion) over Sue taking Bill's attention and so took the chance to throw Sue as far as he could. She flew almost all the way to **hippos** (famous huge thing\*).

All the wedding guests waited **minutes** (units of time) for Sue to fall back down to Earth so they could start the ceremony. Bill breathed a sigh of relief as Sue fell back into visual range, but as soon as she hit the ground, that powerful steel **talking mirror** (unusual **thing**\*) sprung her straight back up into the sky. Sue bounced between **hippos** (famous huge thing\*) and Earth like that for **milleniums** (large units of time) while the gathered friends and family tried to figure out a way to save her. In the end, fearing Sue would starve to death up there, Pecos Bill did the only thing he could think of to save her: he shot her dead to put her out of her misery.

Pecos Bill never got over Slue-foot Sue, though he lived a long eventful life full of many more adventures. You can imagine that his death was just as outlandish as the rest of his life. And of course, Bill didn't die as the result of any outside force, because there wasn't a **person** (living thing) or **fish** (living thing) alive that could have taken him on.

Toward the end of the era of the real cowboys, it became fashionable for city slickers to spend a lot of money and play at dressing up like cowboys. One fake cowboy from **Boise, Idaho** (city or state) showed up in Texas all decked out in fancy **lion** (animal) skin and **camel** (animal) skin and **horse** (animal) print. Bill took one look at him and fell off his **chair** (something people sit on), rolled out into the street, and promptly died laughing.

Pecos Bill was the first and maybe the last of the real cowboys.

©ActivityConnection.com – Mad Libs: The Legend of Pecos Bill (Worksheet)

## Vegetables

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

watercress	turnip	tomatillo
sweet potato	squash	spinach
rutabaga	radishes	pumpkin
potato	bell peppers	peas
onions	okra	mushrooms
leeks	kale	horseradish
eggplant	corn	collards
celery	cauliflower	carrots
cabbage	brussel sprouts	broccoli
beets	green beans	asparagus
artichoke	cucumbers	zucchini
tomatoes	lettuce	