

# GRACE HOME NEWS

JANUARY 2021

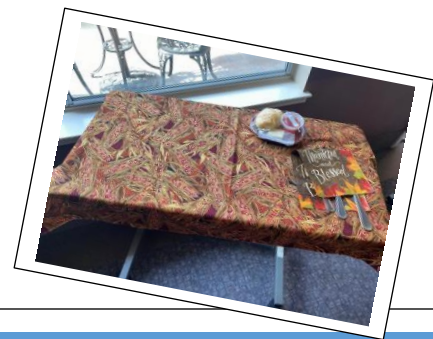


## FALL MEAL

Friday the 13<sup>th</sup> was not an unlucky day at Grace Home. In fact, it was quite the opposite. Bonnie planned a wonderful meal of turkey, mashed potatoes and gravy, candied sweet potatoes, dressing, green bean casserole, olives, pickles and cranberry sauce. Fresh homemade butter horns were placed on a little glass pumpkin plate with a little container of fresh homemade strawberry jam. Dessert was pecan, apple and pumpkin pies. Bonnie had made individual tablecloths for each resident's tray table. These were each set before hand with the resident's butter horn and silverware. Several girls took a drink cart down each hall and served residents' choice of drinks.

In the dining room, the food was placed in chafing dishes on a table decorated with a cornucopia. Randy and Doug, Bonnie's husband and son, had built a beautiful plexi-glass stand to go around three sides of the table, leaving only the back open for the servers. Residents then came in with an employee to tell the servers (dietary staff) what they like on their festive paper plate. These plates were then carried back to their rooms where everyone's appetites were fully satisfied. After all the residents had gotten their food, it was free for employees to help themselves. The sighs and groans from overly expanded stomachs as people gorged on the delectable feast brought an atmosphere of contentment.

-Laura Koehn



**Depression...** possibly the deadliest killer in nursing homes. Mayo Clinic describes it well:

*Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living. More than just a bout of the blues, depression isn't a weakness, and you can't simply "snap out" of it.*

Depression is silent and has many different appearances. Sometimes, it looks like someone not eating like they used to, either eating more or less. Other times, it may be a louder laugh than normal or just not coming out of their room. Often, it appears in a grumpy attitude or extreme entitlement.

There are many medications that can treat depression, all with side effects. While there is nothing wrong with taking medication for depression, it is so much better to find what is called "non-drug interventions". For some, that might be a closer relationship with your Creator, while for others, that might not be enough to get one out of the yawning chasm of depression. Sometimes, that chasm is so deep, one cannot even pray. Is that where we are to bear one another's burdens? Pray for them for what you know would be in their heart if they could just get past that terrible depression. Bring out the song book, remind them of forgotten hobbies and maybe even pull a hobby out and work on it in front of them to get them interested again. Fix a favorite food and wake the taste buds to memories of good times. Sit down with them for a while and listen to every last thing that is causing the depression and empathize. It is very rarely ok to tell someone who is depressed that they need to snap out of it, although if it has changed from depression to a pity party that sometimes works. Get them outdoors and let the sun shine on their face. Bring them a flower.

We are in the holiday season, the most fun time but also the most depressing time inside a nursing home. This year is exceptionally depressing due to the fact that family is not allowed inside. That means the normal Christmas programs and school children are canceled along with families not being able to take their family members out for Christmas Day or come in to see them.

However, if we focus on the fact that visitors are not allowed inside, we will all need anti-depressants before January 1. The best thing we can do for ourselves and our residents is to look at all we have that is still available. You can drop off a gift for your loved one. Drop off their favorite Christmas goodies at the front door. Leave a card in the mailbox. Bring your family and sing outside windows. Make a cheer basket with something for your loved one to open each day. Bring a plate of Sunday dinner and a tablecloth for them to put on their tray table so that even though you aren't at the same table, you can have dinner together. Set them up with a tablet or let me know a week in advance and I will see if I can find an extra tablet so they can have dinner with you via Zoom or Facetime. Bring decorations that we can put up in your loved one's room to make it more familiar. I'm sure there are many more things that could be done. Count it an adventure instead of a right that is taken away, and everyone will have more fun.

This article was inspired when, the day of the Fall Meal, we had needed to cancel all morning activities so Dietary could set up in the dining room. I had planned a table game with one of the residents who does not do well with nothing to do. This resident was still needing something else, so I took them for a walk outside. I asked, "Do you want to check the mailbox?" They asked me why. I told them that maybe this was the day someone would have thought of us and brought something. This resident skeptically checked the mailbox and upon finding it empty, commented, "Now it really feels like a holiday! Nobody is thinking about us!"

Please let's all do our part, so Christmas doesn't feel like a holiday in a bad way! Thank you! -Laura Koehn

I know Christmas is past, but the depression is not, unfortunately. This article was written to go out the first of December but due to the current outbreak, that did not happen.

# FALL PARADE

November 21 was a beautiful day for a lot of support. The CNAs, nurses and activity staff got the residents bundled up and outside to watch the parade. It started with a police car driven by Zeus Baldevia, followed by a float by Kendall and Kara Nightengale and the Kindergarteners. This float was decorated with a tent, a fake fire, lawn chairs, a kayak and a bear sitting in some trees. Kendall's niece, Jessie, who is also a Grace Home volunteer, walked alongside with a hiking stick and a back pack. This float stopped long enough to sing "Happy Birthday" to one of the residents. Next in the line-up was David Koehn with his grAMpa-TRACK. He was pulling his grandchildren the first round. The second round the train was pushed by his son, Caleb, his granddaughter Alison and Ben Nichols because it had quit. (Was it a FORD?) Robert Isaac walked behind the train with his Great White Pyrenees, Teddy. Following that was Daphne Giesbrecht with Velma in an older Volkswagen Beetle. Marvin and Jean Friesen showed their support with their golf cart and some balloons cheering for Grace Home. Floyd Jantz drove his 1952 Chevrolet with his wife, Rhoda and friend Chrystal Neese. Rhoda's sister Pauline and Jewel Nightengale rode on the back of the pickup with Jewel's cat in a carrier in her lap. Maynard Koehn brought his 3-wheeled bicycle with the basket in the back full of animals, his zoo. Peter Smith with his wife Miriam brought a 1966 International truck with a flat bed. Their daughter, Esther, rode on the back and fed treats to their dog. They also had a goat in a sweet potato bin. Jordan Baize drove their 1948 Minneapolis Moline tractor through. Layne and Emily Nichols drove their yellow Volkswagen Beetle. Next came a Grace Home recliner with a "sweet little old lady" (Karen Kaur, CNA) in it and being pushed by Nataly Zuniga, CNA and Randy Koehn, RN. Nataly and Randy were in full PPE. Gary Jantz pulled a hay wagon full of children and one Native American (Kylie Yost) with his 1920ish McCormick 10-20 tractor. There was a fabulous 1928 Chevy Truck driven by Ray Morey with a beautiful brown poodle in the back with David Smith. This pickup was surrounded by boys on bikes: Brenley Koehn, Jeremy Jantz, Andrew Smith, Jordan Smith, Jaden Loewen, Mason Loewen, Benji Smith. Brandon Jantz rode his unicycle with the boys on bikes. Joe Reagers brought his old firetruck and his wife, Kelly along with some miniature firefighters rode on the back. David Bates drove one of the Livingston fire trucks through. Marvin Sommers and his gigantic sombrero drove his old tractor and Gary Koehn rode his unicycle while pushing a wheelbarrow. Some city workers directed traffic during the parade and Barry directed it all. The residents were delighted and repeatedly let that be known. Thanks to all who made this parade a success!!!!

-LAURA KOEHN

(Sorry if I left out anyone who was a part of the parade. It is not intentional)









# WELCOME TO GRACE HOME:

Melissa Virnig-Nursing  
Faith Koetsier-Activities  
Mariano Luna-Nursing  
Nicole Walters- CNA  
Nicole Bernardes- Activities  
Daniella Zuniga- CNA  
Andrea Toews- Dietarv



## Activity Highlights

### OCTOBER

- Fairy gardens
- Pumpkin Patch Puddings
- Pumpkin Painting
- Caramel Apples
- Outdoor Games
- Popcorn Party



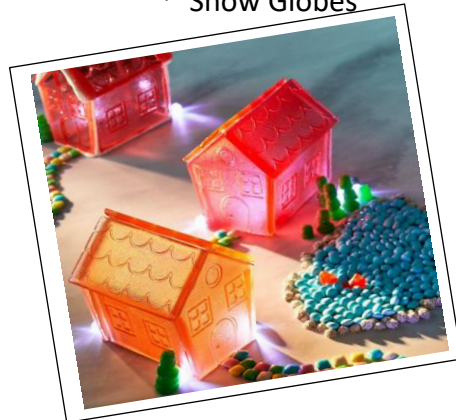
### NOVEMBER

- Candy Corn Social
- Turkey Tag
- Library Cart
- Fall Parade
- Hot Chocolate Bar
- Thankful Leaves
- Games & Hot Drinks
- Cider Press



### DECEMBER

- Mint Sugar Scrub
- Christmas Carol Bingo
- Kind Days Till Christmas
- Snowball Garland
- Make and Send Christmas Cards
- "Gingerbread" Houses
- Christmas Caroling
- Make Card Hangers
- Candy Cane Hunt
- Make Cranberry Strings
- Christmas Trivia
- Jingle Bell Toss
- Christmas From a Jar
- Name the Carol
- \* Christmas Party
- \* Christmas Program
- \* Hymn Sing
- \* Snow Globes



## Vaccine Then and Now

Edward Jenner was a country doctor living in Berkeley, England, who performed the world's first vaccination in 1796. "In the 18th century in Europe, 400,000 people died annually of smallpox, and one third of the survivors went blind. The symptoms of smallpox, or the "speckled monster" as it was known in 18th-century England, appeared suddenly and the sequelae were devastating. The case-fatality rate varied from 20% to 60% and left most survivors with disfiguring scars. The case-fatality rate in infants was even higher, approaching 80% in London and 98% in Berlin during the late 1800s.

Prior to the development of vaccination, some doctors had been attempting to prevent smallpox by a process called inoculation. The method for doing this was to introduce some matter from a pustule of a person infected with smallpox into the arm or leg of the nonimmune person with a lancet. Although inoculation worked sometimes it also had carried a high risk of infection with either smallpox or other disease and sometimes resulted in a new outbreak being started.

For many years, Jenner had heard the tales that dairymaids were protected from smallpox naturally after having suffered from cowpox (a much less serious disease). Pondering this, Jenner concluded that cowpox not only protected against smallpox but also could be transmitted from one person to another as a deliberate mechanism of protection.

In May 1796, Edward Jenner found a young dairymaid, Sarah Nelms, who had fresh cowpox lesions on her hands and arms. On May 14, 1796, using matter from Nelms' lesions, he inoculated an 8-year-old boy, James Phipps. Subsequently, the boy developed mild fever and discomfort. Nine days after the procedure he felt cold and had lost his appetite, but on the next day he was much better. In July 1796, Jenner inoculated the boy again, this time with matter from a fresh smallpox lesion. No disease developed, and Jenner concluded that protection was complete. He had found a way to cause immunity to develop without the risks associated with smallpox itself. He called the process "vaccination" from the Latin word for cowpox "vaccinia."

Throughout the rest of his life Jenner continued to use his own funds to promote smallpox vaccination even setting up a clinic on his property to vaccinate those who were too poor to pay for his services". (Stefan Riedel, MD)

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Fast forward to 2021. A new disease called Covid 19 has been circling the globe. Although Covid 19 only causes mild to moderate symptoms for most people (and no symptoms at all to some), it seems to carry a high risk to the elderly population.

Although many different measures have been put in place to attempt to slow the spread, Covid is currently surging through California at all time high levels. Many have asked if the lockdowns may be worse than the disease itself.

For the past year scientists have been working on developing and testing vaccines to combat this disease. Actually the new vaccines represent decades of work by potential Nobel Prize winning scientists Katlyn Kariko and Drew Wiseman as well as others. Technology that had been showing promise in creating immunity to cancer was shifted to the covid 19 front.

In Phase 3 trials with over 30,000 participants the vaccine was showed to be 94-95% effective in preventing serious illness from Covid 19, with very few serious side effects.

Interestingly enough Pfizer did not use any of the 10 billion dollars being offered for vaccine development by Operation Warp Speed. (Although they did take advance payment for vaccine doses).

Although it is being called new technology the main feature of the vaccine is that, in some ways similar to the first vaccine; it uses something other than the disease itself to create the desired immune response.

With the vaccine becoming available the next challenge is how to best use it to provide protection for high risk population, especially the elderly. The first round of vaccine will be reserved for healthcare workers and nursing home residents. Our Medical Director Dr. Veerappa has also recommended that family members be vaccinated to help break the chain of infections.

Vaccination will not immediately lead to changes in lockdown status, but we are hopeful that a decrease in cases following vaccination will.

Wishing you all health and good immunity in the New Year!

Randy Koehn -RN

# Activities for a Winter Evening

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

Exercise    Indoor snowball fight    Gingerbread house    Organize

Star gaze    Take a walk    Curl up in a blanket    Make a card

Write a letter    Scrapbook    Take a bath    Color    Paint    Call a friend

Read a book    Play board game    Sit by the fire    Coffee    Hot cocoa

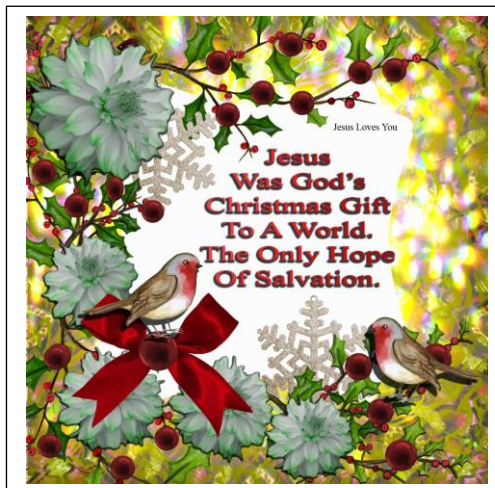
Set puzzle    Crossword    Dot-to-dot



Christmas Eve, we did miniature **Christmas parties** in each room. Employees had drawn residents' names so each resident got a gift. We got gingerbread people, sugar cookies, peanut butter balls and white chocolate cranberry scones from Jantz bakery. The Dietary Staff made a punch with raspberry sherbet and Sprite. We decorated a table with a special touch of a gorgeous bouquet from a family member. This table was carried down the hall from doorway to doorway. We served the residents by room. They received a plate of goodies and a gift to open. It was well worth any effort on the employees' part. Most of the residents were overjoyed, as they were not expecting gifts. It was neat to see the spirits lift as we entered a room.

**Christmas Day**, there was a group that Christmas caroled at church so it was broadcast into the rooms at Grace Home. In the afternoon, there were cheer bags from activity department and cheer baskets from dietary that were passed out. I think mostly, the residents were able to have their favorite Christmas goodies even though we were not able to do our traditional candy making day with them. There were games played throughout the afternoon with residents individually in their rooms. In the evening, I had put together a program from a chat that had been made for our care home across the U.S and Canada. The purpose of this chat was so others could contribute songs or readings for us to share with our residents. There were way too many contributions to use them all but I did make use of around 30 of them. I did not work that day, but from the reports I got, the day ended up being quite nice.

Thanks to all who contributed to the Christmas atmosphere here at Grace Home. Bouquets, cards, cheer baskets, snowmen, chocolates, cash, egg rolls, and much more from family, friends, Livingston High School, a school in Missouri, and Livingston Mennonite School. Spirits have been brightened considerably by your thoughtfulness.



**IN REMEMBRANCE**  
**PAUL HERNANDEZ**  
**ROBERTA MATTHEWS**

