

GRACE HOME NEWS

JULY 2021



C.N.A Week ...

...was June 17 to 24. There was something special each day for a week in honor of their dedication to our elders. One day, the Sips Coffee Truck came to Grace Home and cupcakes were brought from the Cupcake Lady. The next day, Aja Virnig was contracted to give massages all day so everyone could sign up for a 30 minute massage. The board provided lunch one day. This was tri-tip and white BBQ chicken along with beans and cabbage salad. Melissa Virnig and Randy Koehn made breakfast for the employees early one morning: Peaster sausage, eggs, pancakes & fruit. The last day, Ishmael brought tacos for all employees for lunch. The residents also painted flower pots and planted succulents in them for each C.N.A. -Laura Koehn

*And on the 8th day, God looked down on his planned paradise and said,
"I need a caregiver of the people." So God made a CNA.*

God said, "I need somebody willing to get up before dawn, or stay up through the night to answer call lights, work on their feet for a whole shift, stay over when someone calls off, then go home to cook dinner, help with homework, laundry, baths, all in order to take care of their own family. Even when their whole body aches from work." So God made a CNA.

God said, "I need somebody willing to work at double speed for 8, 12, or 16 hours. I need somebody willing to spend Easter, Thanksgiving, and Christmas holidays with them instead of with their own family, someone who will keep smiling with a positive attitude throughout." So God made A CNA.

God said, "I need somebody with arms strong enough to pick them up and put them to bed, but yet gentle enough to reposition without waking them in the middle of the night. I need somebody to give showers, change briefs, dress them, comb hair, trim and paint nails, walk with, or push them to where they want to go, feed the hungry, fill water pitchers, get snacks, and then change yet another brief. I need somebody who, while doing this, can take the time to listen and talk with a caring heart, a kind voice, and mean it." So God made a CNA.

God said, "I need somebody willing to comfort, provide care, and hold a hand in times of need. And if no one is there for them, do the same while they lie dying at the end. I need somebody who can comfort their family members with a hug and tell them that their loved one will be missed, all while not letting them see you dry your eyes." So God made a CNA.

Written by: Frank Roloson, CNA
Lutheran Social Services, Gettysburg, PA

CNA STORIES

My name is Jaskiranjit Kaur (Karen). I started working at Grace Home as a CNA on February 12, 2007. Since I have been at Grace Home I have taken care of 186 different residents. Nathanael Groff and Robert Isaac hired me to work night shift, then I switched to evening shift. Finally I was offered morning shift and that is the shift I have worked for many years. I love my job of taking care of our residents, making sure they are well taken care of and putting a smile on their faces. Our residents are our family. One thing I love about Grace Home is we always put our residents first before anything else. I have been working as a CNA for many years. I also started working at the hospital in 2019. I would work 3 days a week at Grace Home and 3 days a week at the hospital. I also loved working at the hospital but my heart was always at Grace Home. In 2020, I had to choose one job so I chose Grace Home because I really appreciate our residents and people I work with. We have an amazing team working with us. Many things have changed since I started working at Grace Home but one thing has always stayed the same: our love for our residents and our coworkers. I work with amazing CNAs. They all are my sisters. Our administrators were Robert Isaac and Barry Yost. I worked under some amazing DONs: Nathanael Groff, Lamin Tunkhara, Shannon Unruh, Annie Medina, John Ensz, Suzanne Kohl, and our current DON, Lindsey Rees. Our DSD, Miss Audrey Kane, everyone knows, loves her CNAs and we love her too. Our nursing staff, office staff, kitchen staff, activities staff, maintenance staff, housekeeping staff, and Amanda Walker are hard working ladies and gentlemen. We love everyone. Thank you all so much from the bottom of my heart for everything.

NEW HIRES

SHERILYN KOEHN– DIETARY

SIERRA LIVINGSTON-RN

NAYELI HERNANDEZ-CNA

ESMERALDA PULIDO– HOUSEKEEPING/LAUNDRY

SARA SMITH– DIETARY

RACHEL MCFARLAND– DIETARY

RILEY NICHOLS– DIETARY

□ Singing and Church Service Outside

On May 17, we set up canopies outside and started having the Tuesday and Friday evening singers come to Grace Home again. Evening devotions has happened out there and Sunday morning service. Most of the residents have really enjoyed seeing people again that they have known for many years. I have heard many positive responses from those coming in to do the singing, church service and devotions. We still look forward to the day when we can go back to having these happenings inside but until then, we have a substitute plan that seems to be working quite well unless it is too hot in the evenings. If it is too hot, we go back to calling or streaming it in. 90 degrees is somewhat our gauge of if it is too hot or not.

Picnic to Joseph Gallo Park

On May 14, we had our first real outing since Covid hit. There were still a lot of things we couldn't do but as long as it was outside it was ok. All but 3 residents could have been seen enjoying grilled hotdogs and watermelon for lunch. We also had birthday cake to celebrate the May birthdays while we were there. All those in wheelchairs had been pushed the 4 blocks to the park. Some employees came in just to make this happen.

The residents that are ambulatory and didn't want to try to walk that far were driven over in the car by Karen Koehn. It was a lot of work but oh! So worth it!!!



Nigerian Meal

On May 21, we finally had our Nigerian meal that was due sometime in the first half of last year but was postponed due to restrictions. Gary & Rachel Koehn, former missionaries in Nigeria, made the meal of rice, pepper stew, black eye peas and fried plantains. Everyone thoroughly enjoyed it. They had also brought along some souvenirs that they had gotten while serving there which included intricate carvings and a weaver bird's nest. Robert & Janice Isaac also borrowed us some souvenirs for the evening, one of the items being a purse made out of snake skin.

Mother's Day Party

We served donuts and chocolate milk. A few employees had brought items that reminded them of their moms: an apron, coconut, Coca-Cola collector's item, cake decorating book, picture of African Violet. These items started some good mom stories floating around.

Road Trip Party

At 2:00 on May 28, several residents and employees gathered outside to dream about taking a road trip. The first question was: Where would we go? We started a list of places we could visit for each letter of the alphabet. Some of the places would need to begin on a runway, in a space shuttle or time machine but who is watching? Our places were: Alabama, Abbotsford, Bahamas, British Columbia, Bethlehem, Canada, Columbia, Chile, Cuba, DCR, Dominican, Delaware, Egypt, England, France, Finland, Georgia, Ghana, Germany, Hawaii, Honolulu, Israel, Iceland, Illinois, Iowa, Idaho, Ireland, Jamaica, Japan, Jerusalem, Jericho, Kenya,



Kentucky, Kansas, Louisiana, Lebanon, London, Mississippi, Missouri, Montana, Minnesota, Merced, Modesto, Manitoba, Malawi, Morocco, Monaco, Maui, Montana, New York, Nebraska, New Zealand, Newfoundland, Nairobi, Ohio, Oregon, Oklahoma, Paris, Pennsylvania, Pyramids, Pacific Ocean, Quebec, Qatar, Romania, Rhode Island, Reno, Rwanda, Seattle, Saskatchewan, Scotland, Siberia, Sudan, Samaria, Syria, Turkey, Tennessee, Taiwan, Thailand, Topeka, Togo, Tokyo, Timbuktu, Uganda, Utah, US, Ukraine, Uruguay, Venezuela, Venice Beach, Venus, Venice, Vatican City, Virginia, Vermont, Washington, Wisconsin, Winton, Wyoming, Winnemucca, West Virginia, Xalapa, Xanadu, Xenia, Yosemite, Yemen, Yellowstone, Yesterday, Yugoslavia, Zimbabwe, Zion, Zoo, Zambia. Next question: What should we take along on the trip? So... we played the game : I'm going on a trip and I am taking a... Then each person would add something with the next letter of the alphabet while repeating what was said by the ones before. Only 2 employees got all the way through. We took: antelope, bird, cow, Dixie, engineer, food, grapefruit, hair, ink, jambalaya, kite, lawn, melon, nuts, ostrich, pillow, Quiznos, rust, shoes, turkey, ukulele, violets, wet ones, Xanax, yacht, and zebra. Then we "stopped at a gas station" and got some snacks and sodas after we had unpacked the suitcase and checked out what was brought along for the trip.

Activity highlights:

- ◆ Easter party: Hid Easter eggs with symbols of the Crucifixion & Resurrection story in some of them. Also dyed eggs in shaving cream and food coloring. They turned out very beautiful.
- ◆ Ice Cream Truck: We could hear it but we couldn't see it... We had ice cream treats anyway.
- ◆ Tea Party/ Surprise Birthday Party: Set up outside and had pizza pockets and ice cream cake.
- ◆ Coffee Drinks
- ◆ Beyond the Veil: Creating power points to show as we read the book. Three chapters every other week.
- ◆ Memorial Day Remembering: This gave us time to remember those who have left us
- ◆ Root Beer Floats
- ◆ Fathers Day Party: Made crepes with fresh strawberries, Nutella or Peanut Butter and butter sauce
- ◆ Ladder ball: Works well when you have a dog that will go get the balls after they are thrown and bring them back to the resident. It is also more entertaining.
- ◆ Watermelon Social
- ◆ Outing to Starbucks
- ◆ Making zucchini bread with zucchini from the Grace Home garden
- ◆ Mothers Day Party
- ◆ Picnic/ Birthday Party at Joseph Gallo Park
- ◆ Fresh Air Club is always a highlight because who doesn't like to go outside?



SUMMER

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

Water sports watermelon vacation sunscreen sunflower seashore

sandcastle sandals

recreation road trip

ocean ice cream

gardening Frisbee

canoeing camping

beach bathing suit

backpacking



sailing roses

popsicle picnic

hot hiking grass

flowers diving

boating berries

baseball

air conditioner