

# GRACE HOME NEWS

**OCTOBER 2021**



**Walk Around**

**the World:**

## **Paris**

**We have been traveling around the world for several years now. In July of this year, we reached our destination of Paris, France. It took us seven months to travel from New York City. We celebrated this arrival with a party in which we served eclairs and macarons with coffee or hot tea. There was a power point on England along with some Google searches of Paris. Did you know:**

The Louvre is the world's biggest art museum having over 38,000 pieces of art including the most famous painting ever, Mona Lisa. It would take nearly eight months to view every piece of art.

The Eiffel Tower is not the most visited monument in Paris. Most visited attraction is the cathedral Notre-Dame, then Sacre-Couer Basilica and the Louvre Museum.

There are more than 300,000 dogs living in Paris equaling one dog for every seven people. It is common to spend half a million dollars on these pets.

Around 5 million people use the Paris Metro per day.

The French army still use carrier pigeons. They are kept in case of a major catastrophe.

The city's first café has been in business 90 years longer than the US has been a country.

Every summer, the city hauls in tons of sand and palm trees and brings the beach to Paris.

Below the streets of Paris lies the Catacombs with the remains of over 6 million people. Only a few people know how to access the full 170 plus miles of underground tunnels and chambers beyond the Catacombs. These same tunnels also connect to bomb shelters that were used as protection during World War II.

# CNA STORIES

My name is Karolina Garcia. I started working at Grace Home as a CNA in February of 2013. I have taken care of 154 different residents. I have worked under three different DONs: Lindsey Rees, Suzanne Kohl, and John Ensz. I chose Grace Home because I wanted to try something different than home health as I had been doing. I had to choose between Anberry and Grace Home. Of the two, I chose Grace Home because it is a Christian home. I continue as a CNA here because of the care the residents receive and my bosses and the board members are amazing. It feels like a second home because everyone is so loving and caring. It is a blessing to work here compared to other places. Thanks to Barry and the board for the chance to be here and for this long. Thanks for everything you do for us.

# NEW HIRES

Kathleen Harrison– CNA

Eduardo Alvarado– Housekeeping/Laundry

Youa Lor– CNA

Juanita Lima– Activity Assistant

Sylvia Lima– Activity Assistant

Baljit Rall– CNA

Maxine Koehn– Dietary

Lana Koehn– Dietary

Rosalee Hightower– Dietary

Asa Bawcum– Maintenance

Jessica Rodriguez– CNA

April Rojas– CNA

Jessica Sandoval– CNA

Ramandeep Kaur– CNA

Anjeles Pulido– CNA

# IN LOVING MEMORY

## **DOLORES**

# IDT

IDT stands for Interdisciplinary team. This team consists of the head of each department except Maintenance, Laundry/Housekeeping. The Administrator, DON, Assistant DON, DSD(Director of Staff Development & MDS coordinator), Medical Records, CDM(Dietary Manager), SS(Social Services), and QLD(Activity Director) meet every Wednesday after care plan meetings are finished for the day. We look at weekly weights of residents that are losing or gaining too much to see if it is fluid retention or possible other problems. We talk about staffing problems and have a small meeting on Psychotropic drugs. In this section of the meeting, we discuss whether there are residents that have been on these medications, but we feel like their quality of life would be improved if they were taken off or had a decrease in amount. We also look to see if our other residents are still doing okay or if there is someone whose behaviors cannot be controlled by non-drug interventions.

To continue on with our IDT meeting, we discuss any Falls that have happened over the last week and what we can do to prevent future falls for that resident. The same thing goes for skin tears and bruises. We also get a report on hospitalizations and hospice residents.

Any new Covid updates are shared and, if needed, discussion is given on how to implement new AFLs.

There is a section of the meeting designated to Infection Control where we get a report of any infections in the facility and what is being done for these residents. Any resident issues or safety issues that we know about are talked about as well as any dates to remember. Business that does not fall into the above categories is discussed at the end of the meeting. Follow up is given to the business from the week before.

The purpose of these meetings is to pull all our departments together to care for the residents instead of nursing doing their thing and activities doing their thing and possibly conflicting because we don't know enough about the resident to all be working together. For example, if someone is up all night and sleeps all day, activities and nursing need to work together to keep that resident awake all day so they will sleep at night along with light therapy to reset the circadian rhythm. Or if someone is showing behaviours, instead of just putting them on a medication right away, we can try to increase their participation in activities that they enjoy or try to understand why they are acting the way they are. Maybe it is something as simple as needing to be toileted or pain or needing to be able to make choices. Or maybe they are just bored. All departments working together can improve the residents' quality of life immensely. No one person can think of everything alone.



# Who Am I?

- I was born in Turlock, California. I lived here all my life except for about a year when I lived in Texas. I love to color and do word search. My favorite living beings are Dixie and Laura even though Laura preaches to me sometimes. (I need it). I was married three times. I have 4 children: 2 from my first marriage and 2 from my second marriage. My favorite restaurant is Hong Kong and my favorite coffee shop is Starbucks. Purple is my favorite color. My favorite activity is Bingo.
- I was born in Ohio. I lived there until 9 years ago when I came to California. I enjoy embroidery, going out with my daughters, and listening to singing. My husband was a minister. I have 7 children, 3 of them living in Livingston. Some of my favorite restaurants are Denny's, KFC, and In & Out. My favorite color is blue or green. My favorite thing to do is embroidery. I don't have a favorite person.
- I was born in Moundridge, Kansas. I lived in Central Kansas until I was twelve when my family and I moved to Georgia. From Georgia, I moved to California at the age of 31 where I was a nurse. I was one of the lucky ones that never got married. Some of my favorite restaurants are Hong Kong and In & Out. My favorite things to do are/were cooking, needlework, and sewing. My favorite colors are pink or peach/apricot and green. I really appreciate my family.



# Activity highlights:

- ◆ Fourth of July Party
- ◆ Homemade Ice Cream
- ◆ Old Fashioned Day
- ◆ Cheesecake Social
- ◆ Old Cars Reminisce– What was your first car?
  - ◆ Milkshake Social
- ◆ Back to School Reminiscing– How many spankings did you get in school?
  - ◆ Spa Time
  - ◆ Hawaiian Party
  - ◆ Banana Split Social
- ◆ Tailgate Party– Needed a football game to watch but improvised with a game of football toss
  - ◆ Skit: A soft answer turneth away wrath
  - ◆ Walk Around the World: Paris
- ◆ OUTINGS: Ice cream from McDonald's drive through, San Luis Wildlife Refuge, watching sweet potato harvest

## OLD FASHIONED DAY

On July 23, we had an old fashioned day at Grace Home. We had an antique show with antiques brought in from the community. Thanks to all those who contributed. We had a jump rope contest which Barry won and a game of corn hole toss. After lunch, we churned butter which we ate on bread and played Hide the Thimble. We read a bunch of old wives' tales and even tried to do research to see if they were true. We got some funny looks when we asked some farmers questions about planting sweet potatoes. We got our laughs out of those tales and the reaction when people found out why we were asking them if they had fungus on their feet. We decided if there is no other way to treat acne or warts than what we read about that day, we would forget it.

We all had a great time once we were able to find enough room for everyone. The class girls even came to sing a song to the residents while we were all outside which was very much enjoyed.



# FALL

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

BONFIRE APPLE CIDER

SUNFLOWER HOODIE TURKEY

SQUASH SCARECROW RAKE

PUMPKIN PINE CONE MAIZE

LEAVES HAY RIDE HARVEST

GOURD FOOTBALL FEAST

FALLING LEAVES CRANBERRY CORNUCOPIA CORN COBWEB CHILI

CHILLY CHESTNUTS HAY AUTUMN APPLE ACORN

