

GRACE HOME NEWS



DECEMBER 2023

Bringing Calm to the Advanced Dementia

(Java Memory)

Aide sat on a rolling office chair in a tight circle of elders. Aide introduced herself and thanked elders for being there. An elder or two were chosen for roles (leader, reader, etc.). Elder read a welcome. An opening song was sung (What a Friend We Have in Jesus). Next, a "handshake" was passed around group with aide giving assistance when needed. Sometime the question "How's life?" or "How's your day?" was asked.

Also practiced "getting centered" with chimes and deep breathing. "Breathe in calm-breathe out worry...."

Residents participated in storytelling from a picture that aide showed group. Aide helped get it started. Elders had chosen picture from the choice of two options. Elders read quotes about subject. A lot more can be explored for this time in the program-sensory material, more singing with movement to the beat...

When elders and aide had spent close to 30 minutes together, an elder read the closing and the closing song was sung (You are my sunshine). Java guide suggests "passing a hug" around at this time. Leader needs to be in tune with the needs of the elders at the moment.

Aide's reward? Later, she heard an elder that had attended singing "You are my Sunshine". Also knowing other participating elders had benefitted from the care shown by the group. -Marlysa Koehn

This program happens twice a week and gets those with progressing dementia involved. I was a bit skeptical when we first got the program, but I would say it is a huge success.—Laura Koehn

Fall Meal 2023

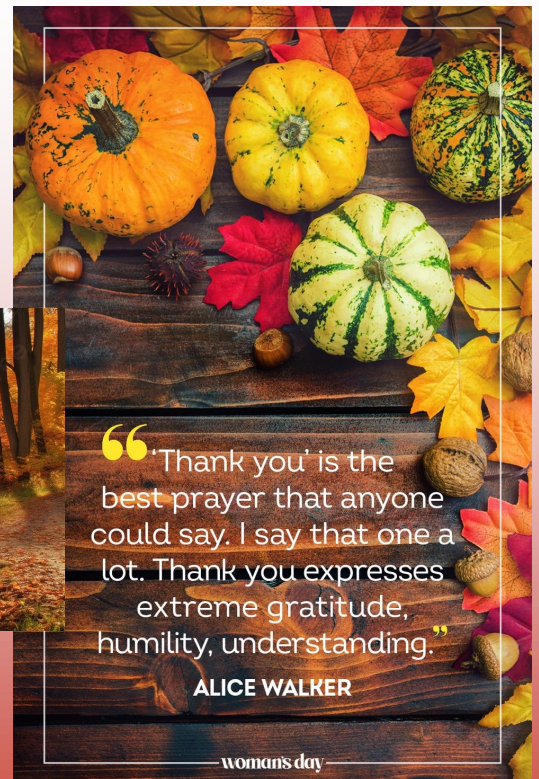
We FINALLY got to have our annual Fall Meal the “pre-Covid” way this year! On November 10, residents were helped out to the Community Center and amid falling leaves and pumpkins and lanterns, were served a delectable Thanksgiving meal.

Bonnie and her dietary department cooked up some fabulous food consisting of turkey, dressing, mashed potatoes and gravy, sweet potatoes, butter horns with strawberry jam, green bean casserole, and pie for dessert. The choices of pie were apple, pecan or pumpkin.

The remaining spouses of our residents were invited as well. It was a very enjoyable meal with employees eating with the residents. Food was served family style. The last time we had been able to do this was in 2019. Four years later, it was extra special to be able to again have a family style meal.

“Wear gratitude like a cloak, and it will feed every corner of your life.”

—RUMI



“Thank you’ is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding.”

ALICE WALKER

womans day

Table Decorating Contest Fundraiser

On September 23rd, Grace Home held the Table Decorating Fundraiser. What a crazy idea! What is the point of decorating a table?! Well for those of you who attended, I am sure that you immediately realized that it was more than just setting a table well (and boy did they!) It was about community, fellowship, and fun. Most of all it was about ensuring the residents of Grace Home have a nice, comfortable place to enjoy while sitting in their new garden.

Thank you all for your participation and generosity; the ladies who made pies, the individuals who decorated tables, the youth who sang, served and cleaned up, Arlan for the meat, and all the individuals who attended. We raised enough funds to purchase the needed furniture...

Laura is shopping for it as we speak:)

Come join us next year, set a table or just have lunch with us, either way we will be glad to see you there.

-Katrina Anderson

The furniture buying is a bit on hold until spring when the outdoor furniture is back in stores.—Laura Koehn

On September 15, we took ten residents to the new Pump 'n Water shop. They showed us how they install a pump and all the stuff that went with it from start to finish. Don't ask me what all that was. It was very interesting and they obviously knew what they were doing because they got water. So now you know who to call if you need help with a water pump issue. The residents thoroughly enjoyed it. One resident who had been at Grace Home close to 20 years told me she thought that was the best outing she had ever been on. It was neat enough, but then they served us all homemade ice cream and toppings along with some tea and water. I will have to admit, it was one of the best outings ever. I might be a bit prejudiced but I wouldn't tell.



Outing to Paradise Park

On October 20, we took the residents who wanted to go and went to Tom and Brenda Peaster's park. We took cookies and coffee along to make it a bit more special. Once we arrived, the residents wanted to see the park so we took them around. They all wanted a glimpse into the cabins. Then Tom pulled his train out. Several wanted a ride on that. Some wanted to just sit by the pond and watch the water wheel and listen to the falling water. It was such a relaxing setting. We could have spent much longer there. Hopefully, we can go again soon and maybe next time we can take a lunch along!

Annual CAHF Conference.

On November 12 , we headed to Palm Springs, CA for the Annual California Association of Health Care Facilities (CAHF) Conference. My wife Loretta went along as well as Katrina Anderson, our Director of Staff Development. This was my first time attending this event that typically draws about 1,500 attendees.

“Founded in 1950, the California Association of Health Facilities is a non-profit trade association representing skilled-nursing facilities and intermediate-care facilities for people with intellectual disabilities. It is dedicated to providing quality care for the frail, elderly, intellectually disabled and those with chronic mental illness.

CAHF is the largest provider of continuing education for long-term care providers in California, representing 900 skilled nursing facilities and 420 intermediate care facilities for individuals with intellectual disabilities.

Serving 350,000 individuals each year, skilled nursing providers are directly responsible for more than 139,000 jobs and \$5.3 billion in wages and benefits to long- term care employees.” Among other services CAHF provides.

- Timely information about industry trends
- Education and training for long-term care professionals
- Promotion of long-term care at local, regional, state and national levels
- Group insurance programs and other membership benefits (<http://www.cahf.org/about>)

While there, we attended a total of 13 educational, informational, and motivational seminars over a 3 day period. Here’s an example of some of the topics that were covered.

-Developing a Safe and Compliant Environment of Care- An interesting 3 hour presentation by “Stan the Fireman” and two other presenters about fire safety and disaster preparedness. He included pictures of some of the usual and unusual fire hazards he’s seen in nursing homes over the years. These included things stored in hallways, exit doors blocked, old and poorly maintained electrical systems etc... In one picture someone had made an electrical junction box out of a tuna can. Kudos to our Maintenance department here at Grace Home for keeping things up to date and well maintained! Other parts of the presentation covered new regulations for more backup power generation capacity, and the hazards and challenges involved in lithium ion battery fires.

-State of the State-Information was provided on current legislature that will be affecting Long Term Care over the next few years. These include a minimum wage increases for healthcare workers that is likely to pass next year, and a mandate for 24 hour RN staffing in nursing homes.

-Because I Said I Would- The speaker talked about the importance of keeping promises. Keeping our word is a very basic part of personal integrity. We need to be careful not to make promises that we may not be able to keep.

-Operationalizing 2023 MDS Updates- There have been some major changes in the forms and data that we are needing to report to CMS on our residents as of October 1. This has been a bit of a bumpy ride for facilities and software companies with lots of last minute changes.

-Dementia Behavior Psychotherapy- A couple of pharmacists talked about what drugs are most effective and have the least harmful side effects for different types of dementia related behaviors.

-Recruit, Train, and Retain: Boost your CNA workforce...- California has approved a new type of CNA course. CNAs have the option of doing the theory portion of the class online, and a nurse at the facility can teach the clinical/skills portion of the course. There is government grant money available for facilities who decide to use this program.

-Data Exchange Requirements-California is attempting to develop a system for most types of healthcare facilities to communicate patient data electronically between each other. This is a large undertaking because nursing homes, hospitals, clinics, etc... all have different types of software programs. California legislature would like this to be up and running ASAP.

-Navigating the Digital Age: Health Care Technology in Long Term Care- Healthcare systems across the nation are beginning to develop ways to use artificial intelligence (AI) to diagnose disease and suggest treatment plans. Supposedly these technologies are able to save time and maybe even do a better job than human doctors. As more software companies become involved and have access to patient data there is also an increased risk of data breaches.

-Resilience skills for Work and Life-The speaker emphasized the importance of keeping an optimistic outlook on life and being thankful for the fact that we have access to a lot more opportunities and resources than people who live in most countries do.

The CAHF Conference also includes a large vendor expo which gave us the opportunity to touch base with most of the vendors that provide products and services to Grace Home as well as check out other vendors who would like to offer us their services.

All in all, the CAHF conference was a great opportunity to learn some new things and meet with operators, administrators, and nurses from other California nursing facilities. That being said, it was also great to get back to Grace Home and the "real world"!

Randy Koehn-RN



NEW HIRES

Jenny Diaz– CNA

Maria Garcia– CNA

Shane Groff– CNA

Ashley Resendez– CNA

Sam Peaster– Maintenance

Volunteers

New volunteers:

Lisette Gaeta

Daniel Gaeta

Ranita Baize

Lorie Koehn

100 hours: Jiselle Mendoza, Margaret & Daisy Rojas, Alejandra Avalos

Alejandra has over **200 hours.**

Badges completed:

Esther Smith– Beautician

Javin Duhm– Dietary



IN LOVING MEMORY

Benjamin Aguilar
Pandora Edmonston
Lois Wine

ACTIVITY HIGHLIGHTS!

- School children singing
 - Airplane Toss
 - Java Memory
- Apple Nacho Bar with lots of toppings!!!
- Australia– Walk Around the World Party– tried Vegemite on toast and timtams. Not very many were impressed with the Vegemite.
- Indian Day– 1st and 2nd from Winton came to Grace Home and ate Navajo tacos outside in their teepees. The residents who wanted to go to have the same menu in the Community Center. Then they sang and danced to the song they were singing in their Indian outfits. They also did a treasure hunt which involved a few of the residents.
 - Fire Pit Social
- Fall Party– made pumpkin white hot chocolate, ranch oyster crackers and pumpkin chocolate chip pizza cookie. Played a game where the residents had to roll a dice until they rolled a number that was on an envelope that was taped to the wall. Then they got to do whatever was in the envelope. Some one little bags of candy, some told stories, some read poems...
- Hot Drink Social– They got to choose their hot drink: gingerbread latte, hot chocolate or something made with an espresso machine and maple syrup
 - Fall Meal
 - Popcorn Bar with lots of toppings!!!
- Thanksgiving Day: Gratitude Scavenger Hunt that is on the back page of this newsletter, Thanksgiving Reminisce, Game Social with Hot Cranberry Tea
 - Outings
 - November outing was to Duarte Nursery to see the poinsettias.

Gratitude Scavenger Hunt

(look in your mind for these things)

- Find something that makes you happy
- Find something that makes you laugh
 - Find something you love to eat
- Find someone you love (and tell them!)
- Find something outside you love to see
- Find something that is your favorite color
- Find something in your home that brings back a favorite memory
 - Find someone or something that make you feel safe
 - Find something you can use to make a gift for someone
 - Find something you enjoy doing outside
 - Find something that makes a beautiful sound
 - Find something that makes you feel strong
- Find a warm blanket and a special place to rest
 - Find something useful
 - Find a special treasure to take home
 - Find a new recipe and make it for a loved one
 - Find fresh flowers to bring home or give away
 - Find something in the morning you love
 - Find something in the evening you love
 - Find something you're grateful for