

Action Pact

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September 2012

Knitting Up Connections

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Knitting Up Connections



Changing Communities. Changing Lives.

Bookclub, poker game, Red Hat Society, watching the game – there's nothing more normal than friends getting together around a shared interest. A knitting circle organically emerged at Artman Lutheran Home in Ambler, PA. In addition to being a casual way to spend time doing something people were doing before they moved to Artman, it brings staff and residents together as equals and residents have the opportunity to teach staff a thing or two. We're happy to share this story, originally published on Liberty Lutheran's blog, where you can read other stories of their culture change: <http://www.libertylutheran.org/blog/tag/culture-change/>

Residents at Artman Lutheran Home who participate in a weekly “Knitting Circle” are working on a special project. The group, which meets every Wednesday in the Fireplace Room, is crocheting a “Celebration of Life” quilt, which is used to honor residents who have passed away.

The idea for a weekly knitting circle came from Laura Raggi, a medication technician at Artman. Laura learned how to crochet from an Artman resident nearly 10 years ago. “I used to make fun of my mother-in-law for crocheting all the time, but when I started working at Artman I noticed that this woman made really neat stuff, so I asked her to teach me. I just fell in love with it and I haven't stopped since,” Laura said. “Then I noticed that a lot of the residents knitted and crocheted so I thought ‘why can't we all do it together and create a fun group?’”

Residents and staff typically bring their own projects to the circle, and help and learn from one another. Resident Emily Pennypacker knits baby hats for the neonatal unit at Abington Hospital. “When I had my first son, Emily showed me how to make hats for him,” Laura said. “I learn something new every time we meet,” said Emily.

Margaret Gormisky, a resident at Artman, learned to crochet from a neighbor when she was 16 years old. She has crocheted on and off ever since, but hadn't made anything new for the last several years. “I go back and forth with it. Things come up and I don't do it for awhile, then I get back into it,” she said. When the group started working on the new quilt, Margaret decided to help, and has already crocheted 80 squares. “I don't know what the big deal is. I only did 80 of them,” she said. “I enjoy doing it. It did take me a week or two to get my hands used to it again though!”

At the knitting circle, residents are also encouraged to “show and tell” items that they have made in the past, and share stories. Everyone enjoyed listening to Larry Exner talk about how he used to spin wool for his wife Clara. “We've been doing the knitting circle for awhile now, and I've really enjoyed it,” Laura said. “I think everyone else has too.”

Upcoming Workshops

Household Leadership Training

Oct 16 – 18, 2012
Pennybyrn at Maryfield
109 Penny Road
High Point, NC 27260-2500

[Learn more or REGISTER here](#)

Creating the Climate for Vibrant Living

October 17, 2012
Sponsor: Sunset Retirement
Community, Toledo, OH

Sunset House
4020 Indian Road
Toledo, OH

[Learn more or REGISTER here](#)

or email:
marsha.poulsen@actionpact.com

Coffee Table Book: Vibrant Living

This delightful book is big (11X17), written in large print and encourages residents to initiate small group activities, circles and daily life experiences.

Read more about it here:

[VIBRANT LIVING](#)

Do You Walk to Dine?

It has been common practice for elders to wheel themselves or be wheeled to the dining room at meal time - even if they can walk, often because staff is not available to walk with them or because the dining room just seems so far away. But the walk to the dining room can be one of the few opportunities elders get to exercise their legs in this way. An elder who is able to walk but uses a wheelchair instead can further weaken through loss of muscle, lack of exercise. Walk to Dine initiatives have been beneficial in helping elders maintain their abilities and independence, can be a great social experience and improves the appetite.

We're looking for stories from you about how your organization has implemented Walk to Dine initiatives and the benefits you've seen in an effort to educate and inspire other organizations to do the same. If you would like to share your story with others, please contact Steph Kilen at: steph@actionpact.com

WANTED: Director of Nursing

Kansas Masonic Home has a dynamic leadership opportunity for a Director of Nursing to join our team as we undergo an exciting and comprehensive culture change journey by creating five healthcare households, and three assisted living households, including rehabilitative and memory care.

The Director of Nursing will oversee clinical responsibilities of the five healthcare households and should have a track record of great clinical outcomes, as well as solid experience directing, motivating and training staff. Good knowledge of the MDS process is also important as well as an ability to be flexible and responsive to resident needs, instilling a genuine sense of "home" in residents, their family members and staff.

Successful candidate will be effective in communication with residents and their families, as well as staff. Five (5) plus years of leadership experience required as well as current Kansas RN license (BSN preferred). We are an Equal Opportunity Employer and a Drug and Smoke Free Workplace.

Please email resume and cover letter to Mark Garriott, Human Resources Director, at mgarriot@ksmasonic.org or submit resume and cover letter to:

Kansas Masonic Home
401 S. Seneca, Bld. C
Wichita, KS 67213

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Conversations with Carmen

Friday, September 21, 2012

TOPIC: Legal Implications of Honoring Choice

Guest: Marshall B. Kapp, JD, MPH, Center for Innovative Collaboration in Medicine and Law, Florida State University

This final show in the New Dining Practice Standards series will raise the long-standing question, "Won't we get sued?" Attorney Marshall Kapp will discuss legal implications of not honoring a person's choices as well as honoring them when in opposition to recommended medical advice. Together with hostess Carmen Bowman, facilitator of the standards task force, he will review the pertinent regulations supporting resident choice such as Tags 151 'same rights as any US citizen,' 155 'right to refuse medical treatment' and 242 'choices.'

*The hour-long Conversations with Carmen webcast is an educational talk show where you can join in the conversation by asking questions of Carmen and her guests. Webcasts are held the **third Friday of every month at noon Mountain time (11am Pacific, 1 pm Central, 2pm Eastern)**. Certificates of participation will be available to participants as well as handouts for each show. A closing feature called "Words to Consider" - takes a look at undignified language and dignified replacements to consider.*

The \$99 fee is per site, so get as many folks as you can together and be ready to be inspired and informed! For info: http://actionpact.com/calendar/event_details/conversations_with_carmen_webinar or call our office: **414-258-3649**.

GREAT IDEA! Households Sharing Insights and Info

A group of long-term care organizations in Kansas is taking communication between households to a new level. They are going outside their own organizations and getting household coordinators from several area households and Greenhouses together to share insight and information. The Household Peers group includes household leaders from Parkside Homes in Hillsboro, The Cedars in McPherson, Ashbury Park in Newton, Mennonite Friendship Communities in South Hutchinson, Meadowlark Hills in Manhattan and Pleasant View Home in Inman.

Every three months a different organization hosts the meeting, prepares the agenda of discussion topics and offers a tour of their home. The focus is more on dialogue than on training, said Judy Miller, DON of Pleasant View Home. There is much discussion on blended roles in the households. Dining service and delivery, and activities, especially for those living with dementia, have been hot topics as well.

If you're looking for a similar sharing experience, but are isolated geographically, join Action Pact at LinkedIn (<http://www.linkedin.com/company/action-pact>) and keep an eye out for our new discussion groups.