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Culture Change in Practice

Resolution

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posted by Steph Kilen



"Culture Change in Practice" is our own weblog where people can become involved in a conversation about Culture Change as it is practiced by professionals in real nursing homes. Feel free to join the conversation, or post a comment about something you have learned on your journey.

www.culturechangenow.com/weblog.html

Anytime is a great time to make changes in the culture of a nursing home. But, of course a new year and the feeling of a clean slate that comes with it can give you an extra push. One of the hardest things about making a change is the attachment we feel to the old way. Behavioral habits are hard to break, but making a change also means we must realize the way we have been doing things for so long has not been the right or best way. That can be tough to swallow. Making changes in the name of "New Year's resolutions" can give us a pass on the stigma of old habits. We can move forward by simply declaring, "Out with the old, in with the new!"

I saw this paragraph in a story about resolutions <http://health.yahoo.com/experts/drmao/8307/top-5-habits-to-increase-longevity> that can increase our longevity (5 great

ways to care for ourselves and elders):

"But don't let these bad habits of the past discourage you - it is never too late to make new choices. What you did in the past can be changed, and your body will respond in kind. What matters is what you do from this moment forward."

I love that line: "What matters is what you do from this moment forward." My resolution this year is to make that my mantra to remind myself every minute is a new opportunity to accomplish something good.

Best of luck on your journeys in this new year. May the best of 2007 be the worst of 2008.

