

Action Pact, Inc.

<http://www.culturechangenow.com>

April, 2010

Cheers! Residents toast happy hour at Masonic Home

"Activity directors in other nursing homes in the area are excited about our happy hour..."

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Photos Fill a Home With Heart

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Conversations with Carmen: Getting Your Residents Outdoors

Elizabeth Brawley a leading environmental design consultant and author will share tips on creating as-safe-as-possible outdoor areas.

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Cheers! Residents toast happy hour at Masonic Home

Masonic Homes Louisville

<http://www.masonichomesky.com/louisville.html>

The big band sound of Duke Ellington fills the room as patrons sit casually nursing their drinks and reminiscing about bygone days. "Harold," seemingly absorbed in a discussion with three pals about the 1950 World Series, shyly steals a sideways glance at "Maude" sitting with legs crossed at the next table as she gracefully sips wine.

"Happy hour" at Masonic Home Louisville (KY) is playing out much like it does in thousands of lounges across America, but with no need for burly bouncers and bartenders checking birthdates on IDs. Here, beer and wine are served, along with cheese, crackers and fruit, by the nursing home's executive chef at no charge to "customers" who are un-mistakenly over 21.

"It's a relaxing social time without much added stimulation when residents can just chat," says Dama Maynard, Life Enrichment Director. Those who seldom participate in other group activities often attend happy hour. It's amazing, she adds, to see residents who normally are "a little confused" attain a bit more clarity during happy hour – "It sparks memories of visiting a local tavern or having a drink at dinner with their spouse."

The idea for happy hour came during a learning circle when residents suggested they would like to have a drink once in awhile. For now, it's held one afternoon each month in a section of the main dining room. About 16 residents attend. Each must have a doctor's permission "just to be on the safe side, making sure that none of the medications interact with the alcohol," says Maynard.

So far the experience has been nothing but positive, she says. Only one resident was opposed to the idea early on, but democracy prevailed during a resident council meeting. "We just let him know it is as much the other residents' home as it is his, and they can choose to have a drink just like he can choose not to," says Maynard.

Beer and wine are offered with a two-drink limit, but the frequency of happy hour and the drink menu is likely to expand soon. "A couple of ladies want a frozen drink like a daiquiri or margarita," says Maynard. Also, word of the increasingly popular happy hour is getting around the Masonic Home neighborhoods...and beyond.

The organization will be moving into their new households at the end of 2010. Decisions about Happy Hour and many other lifestyle decisions will be left to each household to decide.



Training Calendar

Action Pact's Nurse Leader Training Intensive

April 19 - 22, 2010
Perham, MN

Unlocking the Life Within: The Key to Elder Wellness

April 22, 2010 at Meadowood,
Worcester, PA

Food for Thought

April 26, Quincy, IL
April 27, Belleville, IL
April 28, Herrin (Carterville), IL
May 12, Joliet, IL
May 13, Des Plaines, IL
May 14, Malta (DeKalb), IL
Sponsored by Illinois Pioneer Coalition
May 19, Lititz, PA

Tale of Transformation

May 12, Tulsa OK
June 1, Meramec Bluffs (St. Louis)
June 29, Pennybyrn at Maryfield

CHOREOGRAPHY OF CHANGE June 20-25

LIFE HAPPENS IN THE KITCHEN June 20-24

For more information about these workshops or to register go to:

<http://www.culturechangenow.com> or call our office: 414-258-3649.

Photos Fill a Home With Heart

The sister organizations of Masonic Home of Shelbyville and Masonic Home of Louisville in Kentucky are working together to affect changes in their unique environments. Although each has its own Culture Change Steering Team, they regularly come together to learn, share knowledge and experience, and action plan. Although the facilities are only about 40 miles apart, it is rare for members of each team to have the opportunity to visit the sister campus.

A recent meeting of the two teams was held at the Shelbyville campus. After a tour of the campus, a discussion developed about how such a large environment with big spaces managed to still feel so homey. When pinpointing what created this homey feel, people mentioned bright colors, talkative people and the simple but comfortable places throughout the campus to stop, have a seat and enjoy a view. However, the one thing everyone mentioned were the innumerable photos everywhere you went in the buildings. There were nicely framed photos of the community, elders, families and staff on shelves, in nooks, on desks, on walls, in foyers and in residents' rooms.

Not only had the pictures been taken with care and attention, but much thought and love had gone into displaying them. The teams agreed that although it is something that takes time and thought, it is a simple action that really effects the way people experience and feel about the environment - a way that brings us home.

Conversations with Carmen

May 21 Topic: Getting Your Residents Outdoors

Guest: Elizabeth Brawley, Environmental Design Consultant

Residents all too often do not get outside. "Safety" worries are often the reason why. Yet the benefits of being outdoors actually mitigate many negative, "unsafe" outcomes. Elizabeth Brawley, a leading environmental design consultant and author, will share tips on creating as-safe-as-possible outdoor areas. Doses of sunshine contribute to maintaining circadian rhythm, promoting better sleep and vitamin D synthesis for healthy bones, all of which help to prevent falls. It is well known that being outdoors prevents depression and reduces agitation. Sleep disorders, all too prevalent in long term living environments, result in sleep medication and hypnotic use which are strongly linked to falls and hip fractures. This conversation will focus on ideas to woo residents outside with covered porches, raised gardens, safe rockers and gliders, walkways for exercise and by holding group activities outdoors.

*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.*

The \$99 fee is per site, so get as many folks as you can together and be ready to be inspired and informed! For more info:

<http://www.culturechangenow.com/webinar-carmen.html> or call our office: **414-258-3649**.

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