

Action Pact

<http://www.culturechangenow.com>

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Growing Community With a Garden

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Once all staff were educated, the plan was to focus in on two words a week and ask that everybody tune into those words...

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Conversations with Carmen Guest: Linda Bump

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Growing Community With a Garden

When Recreation Director Ruth Finch came to work at Davis Health Care Center in Wilmington, NC (www.thedaviscommunity.org/) in 2004, the greenhouse on campus was being used for storage and plans were in the works for it to be torn down. But Ruth saw potential and convinced the organization to let her give one more try at putting it to the use for which it was intended.

Soon funds were being raised, help from the North Carolina State University Cooperative Extension staff was enlisted and while the green house was still being fixed up, garden programming was put on the calendar. The deal was sealed. A garden club was formed. Residents and staff started with two vegetable beds and a plot of sunflowers outside the greenhouse. When harvest time came, the garden club hosted a party for all the residents featuring tomato sandwiches with their homegrown tomatoes. "It was a smashing success," said Ruth. Those sandwiches stirred up interest in the garden prompting more residents to join the garden club.

The garden club meets once a week, though some residents come out to help water and such more often. The participants are as varied as the plants. "We have ladies who had rose gardens and wear their gloves because they don't want to get their nails messed up and then we have those who say, 'If you don't get dirty it's not gardening,'" Ruth said. Even in the winter there are a few die-hards, "The Dirty Dozen" Ruth called them, who get bundled up and head out to the heated greenhouse to do what can be done.

Ruth admitted that none of the five staff members who help with the garden program are gardeners themselves. A horticultural therapist from the New Hanover County Cooperative Extension had come in and taught residents and staff about bugs, propagation, soil and other important gardening elements, but the true success of the garden, Ruth said, is due to the efforts of the residents. "They're the experts," she said, "Many of them have been raising gardens all their lives and this is something they can still be successful with. You put the soil and pot in front of them and they know just what to do." One resident is an orchid enthusiast and is teaching the club about orchid propagation.



Initial funding for the greenhouse, extended garden and garden club came from a mixture of grants and donations, the largest coming from a resident's family for whom the garden is named, "The Bob and Doris Burke Giggle Garden." However, the garden program is now self-sustaining thanks to on-going sales of plants the club has grown.

Families, community members and residents of the nearby assisted living campus also enjoy the garden program, getting their hands dirty or just visiting in the lovely setting. A monthly "Celebrity Chef" cooking demonstration, wherein a community member demonstrates a dish and residents get to taste it, often features produce and herbs grown in the garden.

Certainly more than plants are grown in this garden; community, esteem, connection to food, pride and interest – all hallmarks of home.



Fall Calendar for One-day workshops

Go to

www.culturechangenow.com
for more information

6 CEUs from NAB/NCERS for each

The New Face of Leadership

The New Face of Leadership, Aug 30, Concordia Village **Springfield, IL** - Instructor: Vonda Hollingsworth – send five from your team and get a free DVD

The New Face of Leadership, Sept. 22 The Glen, **Shreveport, LA** - Instructor Vonda Hollingsworth – send five from your team and get a free DVD

The New Face of Leadership, Oct. 5, Laclede Groves, **St. Louis, MO** - Instructor Vonda Hollingsworth – send five from your team and get a free DVD

Creating Climate for Vibrant Living

Vibrant Living, Sept 2, Levindale Geriatric Center, **Baltimore, MD** - Instructor: Carmen Bowman

Vibrant Living Sept 8, Concordia Village **Springfield, IL** - Instructor Carmen Bowman

Food For Thought

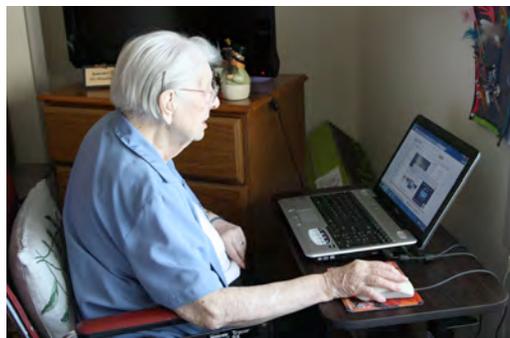
Food For Thought, Oct 26, Pineville, LA - Instructor Linda Bump

Unlocking the Life Within -The Key to Elder Wellness

Oct. 20, Shreveport, LA - Instructor Glenn Blacklock

The Elder Computer Connection

Jan Grabow likes to keep up with what's going on in the world. She has CNN on the TV and Yahoo up on her laptop. Jan is 101-years old and lives at Shorehaven Health Center in Oconomowoc, WI. "Somebody's always got something interesting and I do learn something every day," she said.



Jan recently upgraded her laptop. She called a store in a nearby town to order it. An aide who drives past the store everyday picked it up for her. "[The people at the store] about fell

over when she told them she was going to bring it to a 101-year old lady," Jan said the aide told her. Another aide, who Jan says is a whiz with computers, helps her if she gets stuck. Between the two of them, they figured out the differences in the new computer from her former "basic" model.

Jan prefers Yahoo to Google and has dabbled in Facebook, but uses her computer mostly to email friends and family around the country and to keep up on the news. "I know all those naughty boys," she said of the recent news stories on the day of the interview, "Especially Mr. Weiner. His name doesn't help." She chuckled but then added seriously, "He was wrong. But, I do feel sorry for him."

While she knows she could "get out in the world" if she wanted to, she admits she doesn't much and sees her computer as her connection to the rest of the world. "It keeps me busy and up with the times," she said.

Considering most of us, who are, in fact, "out in the world" a lot, have come to rely on computers to "feel connected," it seems like computers would be an easy solution to connecting elders, who are often very isolated, with the rest of the world too. Hopefully we will see more elders with computers in the future. Not only can computers help make connections in the world, but as we've seen with Jan and the aides, they can help staff and elders make connections over exploring technology.

Conversations with Carmen

Friday August 19, 2011

Register now at:

www.culturechangenow.com

Topic: Token Choice or True Choice?

Guest: Linda Bump, RD, LNHA, Pioneer Administrator in the Household Model

In this conversation, we will "pick the brain" of Linda Bump as a culture change pioneer dietician and administrator of one of the first household nursing homes. Linda has assisted many communities to bring about the deep organizational change needed to get to truly honoring a person's right to choice in one's own home. The requirements are there to honor resident preferences and choices in CMS' Tags F325 Nutrition and F242 "Choices;" research shows giving choice improves health; and we all enjoy making choices every day.

As a leader in the movement, Linda is always the first to ask the personal questions that have become known as Bump's Law and to challenge us to really think through whether we give true choice, meaningful choice or token choice.

*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 more info:

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

The Vibrant Living Scrapbook Is Here!

It's big, beautiful and packed with stories, pictures and ideas about energizing daily life in nursing homes. Vibrant Living was written by Carmen Bowman and LaVrene Norton, and is the perfect 'coffee table book'. Large print for easy reading for residents, and filled with things to do, this lovely book begs to be in your household living room, your neighborhood gathering spot, or readily available in your activity room. From ethnic celebrations, to coffee klatch, to tree climbing, to a quiet afternoon curled up on the couch, organizations are finding ways to make it possible for elders to live lives full of interest, value, meaning and spontaneity. This how-to book looks and feels like a loving scrapbook, and is filled with real stories, pictures and spaces for your own notes and memories. Be ready to be inspired!

To create the scrapbook, we asked culture change nursing homes to submit their photos of vibrant living. We thank them all for their contributions and congratulate Providence Mount St Vincent on winning our cover photo contest and a \$200 gift certificate to Home Depot. A special thanks also goes out to Perham Memorial Home where Carmen spent a week witnessing their vibrant living and getting inspired for this project. The book is a companion to the "Creating the Climate for Vibrant Living" workshop and is available from our webstore at: www.culturechangenow.com or by calling (414)258-3649.

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