

# Action Pact

<http://www.culturechangenow.com>

July 2012

## Memorial Day Samaritan Bethany

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## Memorial Day Samaritan Bethany

<http://www.samaritanbethany.com/>

*The folks at Samaritan Bethany in Rochester, MN moved into their new households in May of 2011, just in time for Memorial Day. Their celebration of the holiday was the beginning of some wonderful bonding and growth for the elders and staff of Essex House household. Household Coordinator Janet Fleming wrote this story of a meaningful Memorial Day that led to even more:*

In our first month in the household, the first resident in Essex House passed away. We discovered that dying in a household is different. Her large family gathered in our living room, going into her room a few at a time for visits. We made cookies with her grandchildren. In the end, the funeral home came, and we saw our beautiful white pall covered in butterflies honoring her as she left our care.

And then our second resident in Essex House passed away.

The residents of Essex House have a strong history with Memorial Day. For years they have planned picnics, gotten together with family, and decorated the graves of their loved ones. We decided to plan a Memorial Day in Essex House. One resident just *knew* this meant Extra Crispy Kentucky Fried Chicken, and the rest of us thought that sounded great. The elders added corn on the cob, watermelon and root beer to the menu. One man remembered his mother filling a bowl with toast and covering it with gravy. We added that to the menu, too. I asked about pie, but they said, "No...just more watermelon."

I made a folded booklet called *Essex House Remembers* and took it with me as I visited each resident. I asked if there were people they would especially like to remember this year. Into the simple booklet went the names of anyone they wanted to remember with a short sentence or two about them. Several residents were not able to tell me, so I asked their families if there was someone their loved one would want to remember, and there was. My co-workers were also invited to add the names of people they wanted to remember. All the names were mixed up together in the booklet.

Everyone received a copy of *Essex House Remembers*, and we made many extra copies to give away. On the back, it said we would meet at 11 a.m. on Memorial Day for a short program. We would read the names of the people in our booklet and sing *My Country 'Tis of Thee* and *Amazing Grace*. Then we would start the water boiling for the corn (everyone knows you don't put the corn in the water until you are sitting at the table), and I would leave to buy all the Extra Crispy Kentucky Fried Chicken in town.

That is just the way it happened. What I didn't expect was how valuable it was for each resident to have that booklet in advance. How wonderful it was to be able read about the people each resident wanted to honor. I would hear them talking to each other about their parents, their wives and the brother lost in the war. All of us were stunned to learn that one resident had already outlived four of her children. It changed everything about how we understood each other.

On Memorial Day, all thirteen residents and all our co-workers gathered for our short program. I thought one resident was going to skip it, then I turned and saw him come walking down the hall wearing his dress suit.

*And that was just the beginning...of a year of remembering and strengthening for the body and soul of elders and staff in Essex House. Stay tuned for Part 2 of the story and an exciting announcement from Action Pact that will get you moving and connecting like never before.*



Changing Communities. Changing Lives.

## Upcoming Workshops

### **Honoring Personhood**

**August 15, 2012**

Sunset Home  
4020 Indian Rd  
Toledo, OH 43606

### **Assessing the Affordability of the Household Model**

**August 28, 2012**

Cross Keys Village  
New Oxford, PA

### **Creating the Climate for Vibrant Living**

**October 17, 2012**

Sponsor: Sunset Retirement Community, Toledo, OH

Sunset House  
4020 Indian Road  
Toledo, OH

### **To register go to:**

<http://actionpact.com/calendar/calendar>  
or email:  
[marsha.poulsen@actionpact.com](mailto:marsha.poulsen@actionpact.com)

*"Local Entertainment Variety For Seniors"*

\*Check out this Eldercare Entertainment resource we heard about:  
<http://www.seniorplaylist.com/>

## The More the Merrier

(<http://www.stmargaretsno.org/index.html>)

Sometimes a small gathering of friends can turn into a full-blown party that takes on a life of its own. One guest begets another, one entertaining idea and you're on a roll. Such was the case at St Margaret's in New Orleans, LA.

"One day, Miss Sadie said, 'We need to do something festive. We need to put on a luau and I want you to help me,'" said Lora Perryman, a nurse at St. Margaret's. They invited two more nurses to help and started planning for a small gathering of residents, but then decided staff and family members should be invited also. They started talking about food and music but realized they didn't have the money to put on such a thing. Once again, Miss Sadie had an idea: they could go to the community and ask for donations.

With so much to do and a month to plan, Miss Sadie and the nurses went to other staff and residents for help in planning and getting donations. Subcommittees were formed to plan food, music, activities, decorations and to get donations. Even Board members and the CEO got involved in the planning. Without really thinking about it, St Margaret's, who have just begun their culture change journey, were planning a party using the Steering Team and Action Teams model and employing high involvement.

The facility's maintenance man added a special touch to the festivities. Putting his artistic talents to use, he built and painted a Hawaiian themed prop for folks to pop their faces in and have a photo taken. Staff and residents were free, but the group charged family members \$5 per photo in an effort to raise money for their next adventure.

What great fun for the St Margaret's community and what a great reminder that everyone can bring something special to the table, making a party, culture change and a community even greater than expected.

## Read All About It

We love when our clients get recognition! Levindale Hebrew Geriatric Center & Hospital in Baltimore, MD was recently featured in *McKnight's Long-Term Care News*. The article tells of the development of their new households. You can read it here: <http://www.mcknights.com/a-room-with-a-view/article/244296/>

## Drop by for a Visit!

We're excited to be attending this year's Pioneer Conference <http://www.pioneernetwork.net/Events/2012Conference/> and hope you are too. If you are going to be in Jacksonville, FL, Aug. 5-8, stop by our booth to say "Hi." We'd love to hear what you've been up to and share some news of our own. It's a great chance to catch up with old friends and meet new ones. See you there!

## Conversations with Carmen

Friday, August 17, 2012

### TOPIC: New Dining Practice Standard: New Negative Outcome

*The seventh show in a series covering each section of the New Dining Practice Standards*

**Guest: Judah Ronch, PhD, Dean Erickson School of Aging, Creating Home II expert speaker, Clinical Dining Standards Task Force Member**

The next standard in our series on the New Dining Practice Standards is New Negative Outcome. Task Force member, psychologist Dr. Judah Ronch and hostess Carmen Bowman, Task Force Facilitator, will discuss the latest in research, current thinking and what AMDA, ADA and CMS have revealed about the psychological outcomes of choice and lack of it. Dr. Ronch will explain the new recommended standard of practice to offer choice in every interaction and why – higher satisfaction with life, improved brain health and longevity. Not many are talking about the "new negative outcome and harm from not honoring choice," while CMS has given much attention to resident preferences with the new QIS process, MDS 3.0 and the 2009 updated guidance for Tag F242 Self-determination and participation. Did you know that preferences have risen to the level of Immediate Jeopardy and Actual Harm?

*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**.

## Vibrant Living in the Twitterverse

We're taking long-term care of elders and Action Pact into the 21<sup>st</sup> Century. We're now on Twitter so you can get your culture change news and inspiration fix in just 140 characters. Our Twitter handle is @ActionPactLLC - find our Twitter feed here <https://twitter.com/ActionPactLLC>

Follow us on Twitter and send us a tweet with the hashtag #vibrantliving between now and the end of August and be entered into a drawing for a free Vibrant Living workbook. Keep an eye on our feed for the winner. See you in the Twitterverse!