

# Action Pact

<http://www.culturechangenow.com>

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## The Household Tree

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## A New Awakening

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## The Household Tree

Home is a place to foster vibrant daily life, but it is also a place that holds the legacy of the people who have lived in it. The folks of Meadowview household at Shorehaven Health and Rehabilitation Center in Oconomowoc, WI found a unique way to add vibrancy to the daily lives of those who live and work there while honoring the legacy of those who once lived there but have passed on or moved away.

Tired of the boring, standard-issue type hallway art on a wall in their household, staff of Meadowview began to think of what they might replace it with. A nurse suggested a mural done by a local artist, Wendy McDonnell. Wendy brought in some sketches and everyone in the household weighed in, finally deciding on a tree and the theme, "Our Family is Forever."

As Wendy painted the mural, residents chatted with her and watched her progress, creating much excitement in the household. Members of the household also requested that Al, the household dog, be part of the mural, so he is peeking out from behind the tree trunk.



Staff found photo frames in the shape of butterflies in which to put photos of everyone who had ever lived in the household. When the mural was complete, the folks at Meadowview invited friends and family of past residents to come for a dedication ceremony. Family and friends were invited to hang the butterfly of their loved one anywhere on the mural they wanted. "Everyone loved the art," Household Coordinator Jan Braun said, "but after the butterflies were put up...that's what it needed. In Meadowview, we want each member of our household to feel that they belong, that they are valued, and that they are part of our thriving community. This mural embraces that philosophy. Through the artist's accomplishment, each resident will be recognized, and remembered, as part of a living, growing, and caring family."

<http://www.shorehavenliving.org>



## Neighbors

*Action Pact's new blog*

- Looking for insight on dementia training that helps your staff strengthen their sensitivity to residents?
- Needing a little inspiration for injecting wellness into the lives of your residents and staff?
- Curious about what other nursing homes are doing to change their culture and create home for elders?

Action Pact's new blog is the place to find all of this and more. Updated regularly, our blog features information, insight and inspiration from Action Pact consultants, guest bloggers who are experts in their fields, and success stories from around the country. We hope you will visit and join in the conversation by commenting.

**[Blog.actionpact.com](http://blog.actionpact.com)**

Or connect through our website  
[www.culturechangenow.com](http://www.culturechangenow.com)

## A New Awakening

Mr. W. spent most of his days dozing or fully asleep. He was sluggish, had a hard time getting up and ready for the day and required assistance eating. Then the folks of the Miller's Crossing neighborhood at Rosedale Green in Covington, KY decided to individualize sleep plans for their residents, finding ways to let them sleep through the night without being awakened and to sleep until they woke naturally in the morning. Mr. W. was the first resident the staff worked with and the change in him was nearly miraculous.

Staff talked with Mr. W.'s wife to make changes to his nightly routine that originally included waking him every two hours to check and change him and waking him at midnight to take medicine crushed in ice cream. His wife offered alternative medication administration techniques that had worked well for them when he was at home and agreed to have him quietly looked in on at night, but not awakened except to take his medicine.

After the first night of Mr. W. not being awakened, staff couldn't believe the difference. When they came into his room at 8:30 a.m. he was wide awake, said good morning and was ready to get out of bed. This was a first for him and then several more firsts followed. He had no trouble taking his morning meds, a task with which he and staff had had much difficulty. He ate breakfast with no assistance. By day two, his usually garbled speech was much more clear and he was able to call his wife on the phone. She couldn't believe the difference and told staff, "This is my Mr. W. back!" On the third day, staff were busy finding things for Mr. W. to do because he was bored. Having spent most of his days sleeping, he now needed ways to engage and was doing so like he had not since he moved in. All because he was getting a good night's rest.

Staff have since worked with the other residents and their family members, a few at a time, to see how they might get better rest and sleep until they wanted to get up. Not all the changes have been as dramatic as Mr. W's, and there have been some setbacks, but overall, they are seeing much happier and engaged residents sleeping how and when it suits them. Learn more by reading the blog post written by Action Pact nurse consultant, Pat Maben, RN at: [blog.actionpact.com](http://blog.actionpact.com)

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Neighbors (our new blog): <http://blog.actionpact.com>

## Conversations with Carmen

Friday, November 16, 2012

**TOPIC: The New Dining Practice Standards from a Physician's Point of View**

**Guest: Jackie Lloyd, MD, Professor**

Geriatrics Education Director, Florida State University College of Medicine

Jackie Lloyd, MD, will discuss the "ins and outs" of the New Dining Practice Standards from the viewpoint of a physician. She will help us blend the protection of people from harm with honoring their right to choose what they eat. Together with hostess Carmen Bowman, Facilitator of the task force that developed the new standards, Jackie will review pertinent parts of the new standards, federal regulations and physician standards of practice.

*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, [Click here](#), or call our office: **414-258-3649**.

## Pioneer Network Conference Early Registration

The Pioneer Network is offering early registration for the 13<sup>th</sup> Annual Conference in Bellevue, WA, August 11-14, 2013. A great way to spend funds that need to be used before year's end and to save some money. Register before December 21, 2012 and pay the low rate of only \$600 per person for the full 4-day 2013 conference package.

<http://www.pioneernetwork.net/Events/2013Conference>

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