National Nursing Home Week – What Does It Mean for You?

By Brian Daniels, editor

National Nursing Home Week is coming up May 13-19. The national theme (determined by the American Health Care Association) is Celebrating the Journey.

Celebrating the Journey. For many who live where we work, the journey has not been easy. They are in pain, many have suffered a health crisis, some no longer remember their friends and loved ones. “Celebrating” may not be the first thing that comes to their mind – at least not this stage of the “journey.”

It is often difficult for people in long-term care and for their families – to see much of the journey prior to their immediate crisis. The intensity of terminal disease can block out memories of birthday parties, anniversaries, special times and days. The crisis of a broken hip or heart attack can leave people depressed, no longer happy with life. Adding to the “festivities”:

- Financial stress (“Where has my retirement gone? Everything I worked for my whole life is going to the nursing home! I don’t have anything to leave my children.”)
- Family stress (spats over placement, sibling rivalry, step-family members, the ‘will’)
- Realization stress (“You are no longer young. Death may be near. It’s all downhill from here.”)

For those of us who work in long-term care, every week is “Nursing Home Week.” It is our challenge to make every day a time to “Celebrate the Journey.” We may be tempted to try superficial remedies. It’s OK to have great fun – parties, special programs, and other events. As Activity Professionals, we need to see the journey through, past NNHW to the rest of the year.

Here are some ideas:

- **Record residents’ journeys.** Help them create journals, photo albums, videos, and other recordings. Enlist family members and other volunteers to get things rolling.
- **Offer opportunities to share their journeys.** Have a week to share wedding pictures, baby pictures, etc. Put them up bulletin boards so all residents and staff can see them.
- **Find “partners” for residents.** Youth programs can be good adopted ‘grandchildren’ (4-H, Scouts, Church youth groups, etc.) Partner with another facility for pen pals.
- **Have regular family nights.** Use themes for them: holidays, special times, sporting events.
- **Give families opportunities to share slide shows** and family movies with the rest of the facility.
- **Create ways that the residents are the celebrants…** they’re throwing the party. Involve them in making decorations, planning refreshments, choosing the program, picking the games, etc. (Try this instead of planning the celebration for them – see the difference? 😊)
- **Form support groups for difficult times in the journey** – divorces, adults with childhood abuse issues, grief support, Parkinson’s and Alzheimer’s support, diabetes, parents who have lost children, etc.
- **Brainstorm with your management team:** Ask questions – “How do we celebrate our residents’ journeys? If you lived here, how would you celebrate? Is NNHW relevant to the people who live here or is it just a marketing tool?”
News from the Districts (!)

**District 1** – No report

**District 2** – No report

**District 3** – No report

**District 4** – Glenda Burcham reporting

Looking forward to see you at our next meeting! Mark Your Calendar

**JUNE 21ST AT 4:00 PM**

Day Break Adult Day Service

**District 5** – Glenda Dearth reporting

District 5 met March 29 at MorningSide of College Park, Indianapolis. Our guest speaker was from **Manan Hearing Clinic**. He shared information beneficial to activity directors and dealing with residents who have hearing loss.

Our **District 5 Workshop** will be June 28, 2012 at MorningSide of College Park, 8810 Colby Blvd., Indianapolis 46268, phone (317)872-4567.

Here is the agenda:

9:30 Welcome, Reception, coffee and donuts
10:00-11:30 Group Session: John Rowlett, Recruiting Volunteers
11:30-12:30 Lunch
12:30-2:00 Split sessions:
   A) Documentation MDS 3.0 - Julie Priest Young
   B) Dementia Education - Jamie Wilson, Pastor & Dementia Specialist

Cost: $ 25.00 Single Registration
      $ 45.00 For two
      $ 60.00 For three

**Questions regarding the workshop?** Contact Glenda Dearth, District 5 president, (765)618-6426, or Rhema Glover, (317)913-7419.

**District 6** – No report

**District 7** – No report

**District 8** – No report
In Memory of Jerry Woods

I sit at my table and write this article with a heavy heart as Jerry Woods (Dietlind’s husband) has passed away this weekend. Jerry became a fixture at our conferences as well as our meetings. I called him “The Enforcer”. I told him he was my security for keeping everyone in line. I would always ask him if he brought the “big stick” and he would nod and smile and then I would ask if he sharpened it up and he would smile and answer “yeah”. His presence will be greatly missed. I received the following email from a friend and thought I would share it.

Keeper

Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Dad in trousers, tee shirt and a hat and Mom in a house dress; lawn mower in his hand, and dish-towel in hers. It was the time for fixing things. A curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. Things we keep.

It was a way of life, and sometimes it made me crazy. All that re-fixing, eating, renewing, I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there’d always be more.

But then my mother died, and on that clear summer’s night, in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn’t any more. Sometimes, what we care about most gets all used up and goes away ...never to return. So ...While we have it ....it's best we love it ... And care for it .... And fix it when it’s broken .... And heal it when it's sick.

This is true ...For marriage ... And old cars ... And children with bad report cards ... Dogs and cats with bad hips ... And aging parents .... And grandparents, aunts and uncles and friends. We keep them because they are worth it, because we are worth it.

Some things we keep. Like a best friend who moved away or a classmate we grew up with. There are just some things that make life important, like people we know who are special ... And so, we keep them close in heart and mind and spirit.

Good friends are like stars ... You don't always see them, but you know they are always there.

Please keep Dietlind and family in your prayers.

Activity Directors Course Report

By Glenda Dearth, Instructor for MEPP 2nd Edition Part 1-11

Congratulations go out to the Spring Class of 2012 for receiving their certificates on Sunday, April 15, 2012. They are:

Sherri Akers, Plainfield Healthcare, Plainfield
Toni Campagna, River Crest Specialty Hospital, Mishawaka
Kristina Colombo, Miller’s Merry Manor, Plymouth
Kathryn “Cat” Grayson, Harrison Terrace/ASC- Indianapolis
Tori Mayer, Sunrise on Old Meridian, Indianapolis
Sandra Murdoch, Lynn House, Muncie
Rhonda Merriweather, Sarah Care Adult Day Center, Indianapolis
April Spencer, Woodbridge Health Care, Evansville
The Fall Class of 2012 Activity Directors Course, MEPAP 2nd Edition Part 1-11 will be: August 11-12, 25-26; September 15-16, 29-30; October 6-7, 20, and 22. Please contact Glenda Dearth, (765)618-6426, if you are interested or if you know someone who would like to take the MEPAP 2nd Edition Part 1-11.

**Elder Source Ministries**
*By Stan Means*

Elder Source is has been a sponsor member of IADA for many years. Stan is a regular at Spring and Fall Conferences. **The following is a sample from our new Elder Source devotional hymn booklet due out by late summer. We will have them at the fall conference.**

**Devotional for Christ the Lord is Risen Today**
"Walking the Emmaus Road"

The Bible tells us that on the same day Jesus rose from the tomb, two of Jesus’ followers were walking on the road to Emmaus, talking about all that had happened in Jerusalem since Jesus’ crucifixion. Suddenly, Jesus was walking with them and asked what they were so intently discussing.

They didn’t recognize him, and their response to his question must have been disappointing. They told him about a teacher from Nazareth, a prophet who did powerful miracles and was a mighty teacher until the religious leaders handed him over to be condemned and crucified.

Their next words must have cut Jesus to the heart, as they said, “We had hoped he was the Messiah.” They completed their story by telling of the women who went to the tomb and were told by an angel that Jesus was not there, that he had risen. Jesus walked along with them and taught them from the Scriptures about himself, the Messiah. Later, as the three sat together to eat, the eyes of the two men were opened, and they recognized Jesus.

When Jesus left, they said, “Didn’t our hearts burn within us as he talked with us on the road and explained the Scriptures to us?” Nearly 2,000 years ago two of Jesus’ followers walked along a road with the risen Lord. Today, His followers are walking with Him every day through the presence of the Holy Spirit. May today and every day be a celebration of the risen Lord.

*Up from the grave He arose, with a mighty triumph o'er His foes; He arose a victor from the dark domain, and He lives forever with His saints to reign; He arose! He arose! Hallelujah! Christ arose!*
Brain Fitness Activities: An Example

By Lynn Wallen

We know that mental stimulation is crucial for wellbeing. But how do we provide daily activities for our clients that will get their brain cells firing? We can either spend a lot of time looking for appropriate free activities or we can buy a brain fitness program. Here is an example of an activity that is part of the Super Noggin™ comprehensive brain fitness program:

Participants divide into teams of 3 or 4 people, with one person serving as the scribe. Each team is given the same assignment: If your team were told you have just won a two-week, all-expenses-paid trip to Tununak (pronounced Two NEW nuck), what questions would you need to ask the trip sponsors in order to pack for the trip? The only questions off limits are “Where is Tununak?” or questions that would reveal its location. Brainstorm as a team and write down your questions.

Give the teams enough time to think through all their questions and write them down (Is it hot there? Do they have a store? Will I need a passport? Etc.). Then ask one team to read their questions to the entire group. Ask the next team if they have questions the first group didn’t ask. Make sure every team gets to read some of their questions.

Why is this exercise considered a brain fitness activity? The answer lies in the cognitive skills being used. Imagination, thinking abstractly, and planning are all executive functions of the brain. Figuring out what you need to know to pack for a trip to a place you don’t recognize requires higher order thinking. This exercise stimulates the mind in new ways, and the social interaction of team work is also beneficial. Note that there is nothing competitive about this activity. There are no winners or losers. A positive mindset is important to good brain health, so we don’t want anyone (or any team) to feel they aren’t as mentally sharp as others. And where is Tununak? It’s a small village on the southwest coast of Alaska, inhabited by Yupik Eskimos. For this activity, the Super Noggin program provides detailed information about Tununak (population, subsistence lifestyle of the people, weather, accommodations, etc.) so that participants get all the information they need about the place to answer their questions about what they would need to pack for the trip. They are also engaged in learning something new about a real place. You can do this activity on your own. Just find an exotic place that no one has heard of, research it, and let your clients enjoy the pleasure of mental travel. Scientific studies show that the same parts of the brain that are active when we are doing something are active when we are only imagining doing it.

Dr. Lynn Wallen is the designer of the Super Noggin comprehensive brain fitness program for LEAF Ltd., a private foundation and nonprofit organization dedicated to cognitive wellness.

www.SuperNoggin.org
219-477-9433
Valparaiso, IN
1859 Harrison Blvd.
Senior Services Center
Sr. Agnes Audit Day
Meeting Location

9:00-3:00

MAY 22, 2012

WORKSHOP

ACTIVITIES

IT AFFECTS

Q.L.S. AND HOW

INDIANA ACTIVITY DIRECTORS ASSOCIATION

Sanctuary @ St. Paul's
3602 S. Ironwood Drive
South Bend, IN 46614

Toni Jacobsen

Call Today for Registration Information

219-275-2321

Lunch will be provided.

ADDA District 1

Make checks payable to:

$35.00 ADDA Members

$25.00 ADDA Members, additional non-

$15.00 ADA Members from same ADA

South Bend, IN 46614

3602 S. Ironwood Drive
Sanctuary @ St. Paul's

Phone:

Name:

Address:

Facility:

Registration Form
**Happy Albrecht**

Performance Committee at Porter Hospital

She serves as co-chair of the Quality

Tiffany Home Care as a nurse and educator.

The Ryan nursing at Porter Hospital in Valparaiso and Brooks works for

from 4 pm. She has a degree in exercise

in Biology. She received her nursing degree

University and Indianapolis and a degree

Hygiene.

**Alyssa Dickens, LPN** has attended Anderson

educator and consultant. She is the foundation for the expertise in skilled

knowledge of state and federal guidelines.

courses in Indiana and Ohio. She is a director of the disability course and the activity director's

elements. She received the social work degree from the University of

instructed the Vision for Social Workshops and experiences

conducted various workshops and seminars.

**This session**

Pet Therapy

Geriatric Disease and Activities

Participants will discuss common mental health issues, Parkinson’s and

geriatric diseases such as Alzheimer’s.

**Geriatric Disease and Activities**

In this session you will discuss common

The session will review the value of the

**Geriatric Disease and Activities**

Stress and how it affects activities

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