

LUNCH & LEARN

Cathy Jacob, RNC, MA, PC
Psychiatric Nurse Clinician/Community
Liaison at Lutheran Hospital presents

“Seasonal Affective Disorder”

Thursday, February 23, 2012
at 11:30 a.m.

Assisted Living Building
1381 Bunts Road, Lakewood
(Campus is on NE Corner of Bunts & Detroit.)

RSVP by February 21st to 216-226-4010.
Complimentary lunch provided!

Administrative Staff Listing

Executive DirectorJason Coe
Director of Nursing ServicesBetty Kuzela
Marketing/Admissions Director ...Mary Teconchuk
Director of Rehabilitation Jennifer Harkness
Director of Social ServicesMary Teconchuk
Housekeeping Supervisor Mary McIntire

Assisted & Independent Living

Director.....Tammy Sibert
Wellness CoordinatorBarb McGrath
Activity Director.....Chris Dorsey
Business Office Manager Sue Krivosch
Food Service Manager.....Judy Latorre

Health Center

Activities Director Lisa Woodruff
Business Office Manager Fran Mahall
Food Service Manager.....Chrissy Fender



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Jason Coe, Executive Director

The Campus Connection

February 2012

www.LSHC-OH.net

Health Center: 13900 Detroit Avenue ♦ Lakewood, OH 44107 ♦ (216) 228-7650 ♦ Fax (216) 228-7655

Assisted Living: 1381 Bunts Road ♦ Lakewood, OH 44107 ♦ (216) 226-4010 ♦ Fax (216) 221-6569



Letter from the Executive Director

February brings about a lot of focus on the heart, so it is only appropriate that this month we recognize the Activity Department – the HEART of any nursing or assisted living home!

The stereotype of activities is playing bingo and watching television. The Activity Department at Lakewood Senior Health Campus (LSHC) welcomes this opportunity to dispel this myth. Virtually all nursing homes have an activity program featuring pre-scheduled, ready-made programs. Typically, the Activity Director plans the calendar one month in advance and offers group activities at pre-determined, dates and times. We believe that this approach to activities, while able to fill a person's day, does not fulfill the person. At LSHC, we strive to enhance our residents' physical, cognitive, emotional, spiritual and social well-being. 'Well-being' is a trendy phrase many nursing homes use to promote their activity program, however, large group activities scheduled Monday through Friday continue to dominate their calendars. At LSHC, we believe that well-being can only be enhanced through meaningful activity and our calendar reflects this belief.

A contributing factor to meaningful activity is spontaneity. We have implemented the use of a *weekly* activity calendar instead of the usual *monthly* calendar. Now, for example, if a resident mentions he misses his wife's cooking – especially her ravioli – we can call his wife for the recipe and cook it within days; instead of having to wait until the next month. Providing residents with individualized activity is often done “behind the scenes” - in addition to the day to day activities you see scheduled on the calendar. Recently, an Activity staff member provided a resident with the ingredients and materials to make his own cucumber and onion salad. He peeled and sliced the cucumbers and onions, mixed in the vinegar and other ingredients and then enjoyed the fresh, homemade salad with his wife.

Another way we are providing for meaningful activity is through our small groups. “Club- based” programs engage residents in small-group socialization, discussion and activity engagement around the club theme, and are used to reduce depression, social isolation, passivity, sensory deprivation, restlessness and wandering. Our small groups include:

- “**Nonagenarian & Centenarian Club**” No young people are allowed – only those 90 and older. We currently have 19 members, our oldest being 103!
- “**Oldies but Goodies**” This is our Baby Boomer (and younger) group. One of our residents is actually from Generation X (born between 1965 and 1980). As you can imagine, Gen-Xer leisure interests are very different than the typical nursing home population. One of our Gen-Xers likes to watch movies but he never participated in the scheduled “Movie & Popcorn” activity. In talking with him, Activity staff discovered we weren't showing the kinds of movies he prefers. Activity staff assisted this resident in purchasing his own dvd player and now go to Redbox to get him the **current release movies he enjoys**.
- “**People Get Ready**” meets on Tuesday mornings. They read excerpts from the book, “People Get Ready: A New History of Black Gospel Music”, and then enjoy southern gospel music together.
- “**Love Your Neighbor**” is a small group for those residents who enjoy volunteering and community service. They sponsor a child through World Vision and organize other community service projects like making bagged lunches for the homeless or dog biscuits for Lakewood Animal Shelter.
- “**Tea for Two**” (or three...okay, at the most four!) is a very small group in which a few friends gather together in one of the residents' rooms for tea and cookies.
- “**New Tricks for Old Dogs**” meets on Fridays with the youngest Activity Staff member, Nick, who is 20 years old. This month Nick is helping residents to learn to play the Wii and next month he will be teaching how to Skype.
- “**Shades of Purple**” includes residents with moderate to severe cognitive impairment. The losses that are part of dementia often interfere with a resident's engagement in preferred and meaningful activities. Activity staff strive to provide individualized “simple pleasures” to the members of this group. Other small groups include: “**Just Us Guys**” and a Veterans Group.

Activity staff also provide One to One visits to residents who are unable to leave their room or prefer to spend much of their day in their room. On Friday mornings, Activity staff provide one to one visits to the residents in our SPARK group – those residents who would benefit from assistance in discovering new or more diversified leisure activities or in re-discovering past interests. Activity staff educate residents on available accommodations and adaptations that would allow them to continue to pursue their activities of interest.

Providing individualized, meaningful activity to each and every resident is challenging. An Activity Department cannot do it alone. The secret to our success is that other departments are involved as well. For example, Restorative staff run the morning exercise activity, freeing up Activity staff to lead a small group or provide one to one visits. If you walk through the halls of LSHC, you will see staff members from every department, as well as family and friends, engaging residents in meaningful activity or providing them with a “simple pleasure”. A *heartfelt* thank you to each and every one of you!

Sincerely,
Jason Coe, Executive Director
Lakewood Senior Health Campus

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13900 Detroit Avenue
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Assisted Living

Outings

Thursday, February 1st
David & Marilyn Sanford Residents
in 69 bldg. Celebrating
48th Wedding Anniversary

Friday, February 3rd
Trip to Value World Thrift Store
1:00 pm

Wednesday, February 17th
Heinens 10:00 am

Tuesday, February 21st
Trip to Art Museum 1:00 pm

Friday, February 24th
Cracker Barrel for Breakfast 9:00 am

Monday, February 27th
Giant Eagle 10:00 am

Tuesday, February 28th
Trader Joes 10:00 am

Jennifer Young, STNA/PCA

MVE - February 2012

Jen has worked at Lakewood Senior Health Campus Assisted Living for almost 5 years as a PCA. She lives in Cleveland with her dad and 5-year-old son, Aiden. Jen has 3 sisters and 1 brother. Her hobbies include spending time with her son, like a day at the zoo or other fun activities. Jen was chosen as MVE because she is always pleasant and helps others whenever needed. She is responsible, follows procedures, uses good judgment, and maintains her composure in difficult situations. The advice that Jen would give to new employees: "Be kind, courteous, and a team player."

Congratulations, Jen!

Activities

Friday, February 10th
Balance Assessments conducted
by rehab 4th flr. 10:30-12:00

Tuesday, February 14th
My Funny Valentine Theme Lunch
with Ilya Shteyndler on piano
12:00 Dining Room

Friday, February 17th
Birthday Party at 2:30
Meghan Constantine on Piano

Thursday, February 23rd
Lunch and Learn 4th Floor 11:30
Seasonal Affective Disorder

Wednesday, February 29th
Sight Center Traveling Store
10-2 2nd flr.

The Health Center

Outings

Friday, February 3rd
Bowling at Freeway Lanes

Wednesday, February 8th
Tour & Shopping: Olympia Chocolates

Tuesday, February 21st
Lunch at IHOP

Friday, February 24th
Shopping at Wal-Mart

Friday, February 24th
Lenten Fish Fry at St. Lukes

Save the Date (and your money!)
Sunday, March 25th
"Velocity of Autumn"
Beck Center

Entertainment

Family and Friends are welcome to join us!

Friday, February 10th at 3:00
Pianist Ross Brochhagen
Cheese & Crackers will be served

Tuesday, February 14th at 3:00
Valentine's Day Party with entertainment
provided by Heart to Heart Refreshments
will be served

Thursday, February 23rd at 7:00
Night Owl Party with D.J. Dan
Chips and Pop will be served

Tuesday, February 28th
Pat McGuire
10:30 - 11:15 1st floor DR
11:15 - 12:00 strolling room to room

Early March Entertainment:
NEW TO LSHC: Shifty Drifters
Saturday, March 3rd
at 3:00 p.m.

Health Center

Take-Out Tuesdays

Join us in the 1st floor Conference Room for
take-out lunch from area restaurants

Tuesday, February 7th
Angelo's Pizza

Tuesday, February 14th
Szechwan Garden

Tuesday, February 28th
Winking Lizard