

Newsletter

Where Elders Continue to Live Fulfilling Lives



AROUND THE HEARTH

Fall /Winter 2012



Visit our website at sheridangreenhouse.org



By definition, encouragement is an expression of support or approval, or is words or actions that assist or inspire someone or something. How do we encourage Elders? Their loved ones? Our teammates? Our spouses and children? Ourselves?

"I believe that any man's life will be filled with constant and unexpected encouragement, if he makes up his mind to do his level best each day, and as nearly as possible reaching the high water mark of pure and useful living." Booker T. Washington, Emancipated Slave who became a renowned educator and reformer.

Amazing! The answer provided by Mr. Washington, spoken so eloquently in the late 1800s, still applies today—to everyone: young and old. When we encourage ourselves in a personal way, it translates into inspiring others to carry on, no matter what the challenge. Sometimes everyday work is drudgery. It is simply that. Yet, there is

beauty in what might be viewed as mundane. When carried out with a higher purpose in mind, you encourage yourself personally in doing the task at hand—beautifully.

Gratitude is at the heart of encouragement. In order to build more satisfying relationships with the people around you, make a conscious effort to express more gratitude, appreciation, delight, affirmation, and encouragement.

*"Because life continually requires us to attend to problems and breakdowns, it gets very easy to see in life only what is broken and needs fixing. But satisfying relationships (and a happy life) require us to notice and respond to what is delightful, excellent, enjoyable, to work well-done, to food well-cooked, etc.

It is the ongoing expression of gratitude and appreciation that makes a relationship strong enough to accommodate differences and disagreements when they come along. Thinkers and researchers in many different fields have reached a similar conclusion: healthy relationships need a core of mutual appreciation."

Expressing more appreciation is probably the most powerful and rewarding effort, and it is one of the most demanding. Many who have studied the subject go so far as to propose that gratefulness is key to a happy life and peace with God!

*Excerpts from The New Conversations Initiative Workbook

Gratitude is not only the greatest of virtues, but the parent of all others.

-Cicero, *Pro Plancio*, 54 B.C.

- Candice Casey

Elders' Favorite Recipe

Parmesan & Almond Fish

- 2 tablespoons margarine
- 1/2 onion, thinly sliced
- Four 4-ounce cod filets
- Lemon pepper to taste
- Dill to taste
- 1/2 cup parmesan cheese, grated
- 1/4 cup mayonnaise
- Dried or fresh parsley to taste
- 1/4 cup sliced almonds, toasted



Place margarine in 13" x 9" baking dish. Heat butter in 400 F oven until melted. Layer onion on butter. Arrange fish fillets over onion and sprinkle with lemon pepper and dill. Combine the parmesan cheese, mayonnaise, parsley and lemon juice in a small mixing bowl. Spread over fish. Bake fish uncovered at 400 F for 18-20 minutes or until fish flakes easily with a fork and internal temperature reaches 145 F. Sprinkle fish fillets with almonds and serve.

- Emily Ifert, Dietary Mentor

For those of us who love someone living with dementia, one of the most difficult things we try to do is "connect" with a person who is no longer able to care for themselves or even talk. We might not know what to do during visits because the loved one's memory, thinking, and language may be so difficult to understand. Some may wonder if visiting is even useful. But there's good news – research now informs us that one of the best ways to connect with those living with dementia is through their five senses: taste, touch, sight, smell, and hearing.

The smell of warm apple pie, the taste of chocolate, or the sound of familiar hymns can tap into long-term memories, and the memories can recreate pleasant sensations in the present time. Think about how to work with the five senses, one at a time, to recreate memories with something that your loved one enjoyed in the past and may still enjoy now. If we can let go of our previously held notions about how we used to interact with our loved ones and not dwell on all that has been lost, these moments can be very memorable and meaningful.



Here are some ideas for evoking memories and enjoying your time together:

- Look at a colorful book or pictures
- Sing or listen to familiar songs
- Brush his or her hair
- Hold hands and just be together
- Introduce favorite smells such as: cinnamon, fresh grass, Old Spice cologne, White Shoulders perfume, fresh baked cookies, and flowers.
- Recite favorite prayers or poems
- Massage hands or feet with body lotion
- Hold a cuddly pet like a cat or dog
- Go outside to enjoy the air, the sunshine, and nature

Your one-to-one activity doesn't need to last for a long time – it may just be 5 to 15 minutes – but it will be quality time. Watch for signs of pleasure in their facial expressions or sounds they make. Because people living with Alzheimer's really do live in the moment, these special times can remind us of the importance of being present with loved ones.

-Martha Newman, RN, Director of Nursing

AROUND THE HOUSE: Welcome staff hired June—September

New Shahbazim (CNAs)

Brittini Duran
 Teresa Gilchrist
 Justine Williams
 Cheryl Swisse
 Barbara Everling
 Kim Moyer
 Lisa Aksamit
 Shannon Hicks
 Kayleen McKinzie

Samantha Cheeney
 Jamie Clark
 Summer Bell
 Laurie Hagerman
 Gail Brown
 Michelle Moyer
 Jenete Freesene
 April Sanchez
 Janessa Clark

New Clinical Support Staff

Shelly Jelly, RN
 Erica Krings, RN
 Joette Springer, RN
 Patricia O'Leary, LPN
 Gretchen Rudman, RN



THANKSGIVING DINNER

WE REQUEST THE HONOR OF YOUR PRESENCE

Thursday, November 22nd

Appetizers at 3:00 pm

Dinner at 4:00 pm

A Special Elders' Thanksgiving Dinner will be served.

This dinner is complimentary to all Elders' immediate family members

RSVP Beth at 672-0600 by Friday, November 9th.

Please bring a your favorite dessert to share

FROM THE GUIDE

Wow! What a year we've had here at Green House Living for Sheridan! In late August, we received our CMS certification to take Medicaid and Medicare elders. So, we were able to fill both the Watt and Scott cottages in September and move ahead to opening of the Whitney cottage. We had to gear up for another round of hiring new staff to be able to take care of new elders. I am pleased to say that we opened Whitney cottage on October 3rd, and with a full staff to serve them! This would not have been possible without the combined efforts of our Administrative team coming together for hiring, training and mentoring within such a short timeframe!

We've also had some changes here in the Administration office with new personnel. Layne Holler was hired in June to be our Social Worker and has been very busy with admissions of new elders. She is pursuing her Masters in Social Work at MSU-Billings and will be finished in May, 2013. Emily Iffert, our Dietary Mentor, has taken on an additional role as the Educator. Shane Wilson was also hired in June as our Maintenance Associate and has hit the ground running in helping Bob with a variety of construction tasks, maintenance and cleaning. We are excited to have Layne and Shane aboard, and to have Emily in her extended role.

Our kitchen countertops look much better after being replaced by Fry Construction in September and October! This was a challenge, especially for Emily who was not only taking on the new role as Educator, conducting new staff training, but was also preparing meals for the Scott and Watt Cottages. Amidst all this hustle and bustle, we also opened the Whitney Cottage! Bob and Shane were a great help to Emily in getting dirty dishes transferred over into the Founder's Cottage and getting them cleaned and returned to the Scott and Watt Cottages. Hats off to Emily, Bob and Shane for making the impossible possible! Way to go team!

To kick this off, we held an open house to the public on Saturday, October 20th in the Founders Cottage. We look ahead at the opening of our final cottage, called Founders.

Chris

Visit our website at sheridangreenhouse.org

Cottage Life

Regular Activities at Scott Cottage

Sundays: Church at 1:00 pm
Mondays: 11:00 am Exercise
Tuesdays: 11:00 am Exercise
Wednesdays: 11:00 am Exercise;
Spa Day;
Elder Council (monthly)
Thursdays: 11:00 am Exercise;
Beauty & Barber Shop
Fridays: 11:00 am Exercise
Saturdays: Bingo, Movie Nights



November Activities & Events

Nov. 2 at 1:30 pm -Rooster's Shopping Trip
Nov. 6 - Homebound Readers at all cottages
Nov. 7 at 1:45 -Dick Birkholz -Presentation on Wild Flower Photography
Nov. 8 at 1:00 at -Spencer Bohren, New Orleans Blues Concert at Scott
Nov. 8 at 6:00 pm—Trinity Lutheran Church Basic Singers
Nov. 9 at 11:30 am -Bingo at Senior Center
Nov. 10 6:30 pm —Saturday Night Movie
Nov. 12 at 11:30 am—Mary Ellen McWilliams -
Historical Presentation at Whitney
Nov. 13 at 2:00 pm-Bingo
Nov. 14 at 10:00 am -Senior Center
Historian Helen Lehman -Historic Sheridan Mercantiles
Nov. 17 at 2:00 pm-Gospel Music-Seventh Day Adventist Church
Nov. 21 at 1:00 -George Matthews -
History Of Kennedy Assassination & Related Events
Nov. 22 at 3:00 pm Thanksgiving Dinner
Nov. 24 at 6:30-Saturday Night Movie
Nov. 27 at 5:15-Thanksgiving Dinner Leftovers

December Activities & Events

**DEC. 8 FROM 9 AM—3 PM:
GREEN HOUSE LIVING CHRISTMAS BAZAAR
AT FOUNDERS COTTAGE**

And More . . .

Donations anyone?

Holidays are just around the corner. The Elders greatly appreciate any donations of Christmas ornaments that you may provide to make this first Green House Christmas special for them. We need:

*Christmas decorations, Gift wrap and gift bags
Gingerbread House Kits*



Green House Living Elders enjoy many arts and crafts projects provided on a regular basis. If you have any art supplies to donate, please contact Julie Norris, Activities Coordinator, at 672-0600 for more information. Items needed include:



Paper sketch pads
water color paints and paint brushes
play dough and modeling clay
blank card stock for stamping
Scrapbook stamps
8'-10' parachutes for parachute games
Donations may be dropped off at the Administrative Building Monday through Friday between 8:00 am and 5:00 pm.

Thank you in advance for your generosity!