

Life Matters



Celebrating Life's Stories:
National Skilled Nursing Care Week 2018
PAGE 4

**Life Care Center of Lawrenceville
Celebrates Nurses Week in Style**
PAGE 6

Aloha and the Blessings of Tragedy
PAGE 8

A message from the president

Mopping Up *Spilled Coffee*

Blessings can come at unexpected times in unexpected places.

One of those times was at the Chick-fil-A restaurant in Cleveland, Tennessee, of all places.

That's one of the regular breakfast stops for me. It was about 7:20 a.m., and I stepped to the counter and ordered my meal. The cashier took the money, prepared for me that all-important requirement – a cup of coffee – and handed it to me. I found a table and waited for the meal to be delivered.

Shortly, a member of the staff – a young woman, probably a college student – brought it on a tray and set it on the table.

As she turned to walk away, the side of her hand inadvertently touched a corner of the tray, bumping it into the cup of coffee, spilling much of it on the table and a portion of the tray. She was unaware of what she had done, as she had already turned her back and was walking away.

I was left trying to deal with all that coffee in unwanted places.

In the line of people waiting to order their food (about 5 or 6 feet from my table) were a father and his son, who was probably about 6 or 7 years old.

Witnessing what had just happened, the boy, without hesitation, went to a nearby stand, picked up a handful of napkins and walked up to me.

“Maybe these will help you, Sir!” he said, then smiled and returned to his father.

The napkins, of course, were exactly what I needed. And he changed my day from an awkward start to a happy one.

Such a demonstration of kindness – by this little boy – touched me deeply, for several reasons. This youngster:

- Showed a level of maturity beyond his years.

- Revealed, by his action, the training and example that he had received at home.
- Displayed a caring heart for others that will guide him for a lifetime.

In this summer edition of *Life Matters*, the magazine includes coverage of National Nurses Week, the eruption of Kilauea volcano in Hawaii and National Skilled Nursing Care Week. In every challenge facing our associates, they respond with the highest level of professionalism.

But there is more on display than just their training and God-given skills. It's their consideration and tenderness.

The late Leo Buscaglia – author, motivational speaker and professor in the Department of Special Education at the University of Southern California – put it this way:

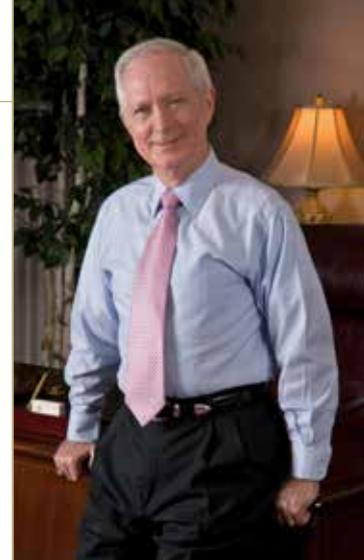
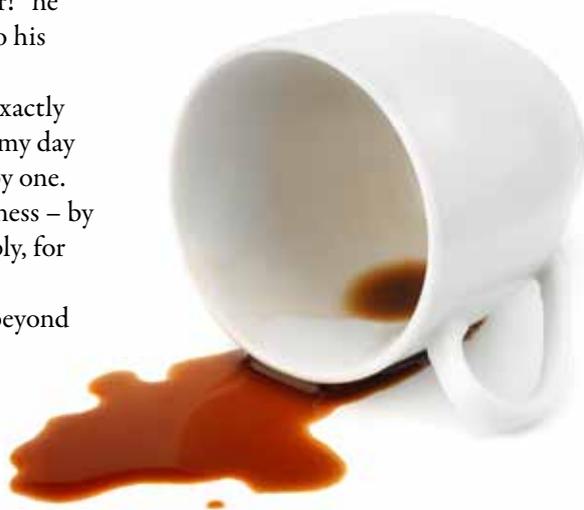
Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring; all of which have the potential to turn a life around.

He is so right. Thank God, Life Care associates understand and demonstrate this truth.

Sincerely,

Beecher Hunter

Beecher Hunter



OUR COVER MODELS:
Life Care Center of Lawrenceville,
Georgia, nursing staff

Life **Matters**

is published quarterly by
Life Care Centers of America
P.O. Box 3480
Cleveland, Tennessee 37320

Forrest L. Preston
Founder and Chairman

Beecher Hunter
President

Rob Pauza
Director of Graphic Services
and Art Director

Leigh Atherton
Director of Public Relations
and Editor

Deanna Disbro
Public Relations Coordinator
and Associate Editor

Jonathan Golden
Graphic Designer

All correspondence should be
addressed to the Associate Editor.

Features

- 4 Celebrating Life's Stories:
National Skilled Nursing Care Week 2018
- 6 Life Care Center of Lawrenceville Celebrates
Nurses Week in Style
- 8 Aloha and the Blessings of Tragedy

In *Every* Issue

- 2 Life Care Connections
- 12 *Whatever It Takes And Then Some* Highlights
- 13 Resident Voices: “*What was the best vacation you ever took?*”

Inside *Life* Care

- 10 Director of Nursing at Life Care Center of Orange
Park Treats Pilot on Flight
- 11 Life Care's Alamosa Facilities Offer Unique Therapy
Experiences for Summer



Stories p. 4



Lawrenceville p. 6



Aloha p. 8

Century Park Associates Presents Annual Performance Awards

Century Park Associates recently presented its 2018 performance awards at its Annual Management Meeting in Cleveland, Tennessee.

Harbor Place at Cottesmore in Gig Harbor, Washington, won the Community of the Year Award for the second year in a row.

The building was praised for maintaining its deficiency-free status for six consecutive years. During those six years, the community has also had minimum turnover among its leadership team, with one associate retiring and another advancing careers. In addition, Harbor Place has high customer satisfaction survey scores.

“Nicole [Long Roberts, executive director] and her team have set the standard high again and hit every goal set in front of them,” said Jenny Graham, Century Park Associates director of operations. “Nicole is a remarkable leader, and we are proud of the team’s

accomplishments. Their dedication to their residents is clear, and we appreciate all their hard work.”

“We are very honored to win this award as there are many great communities within Century Park,” said Roberts. “I attribute our community winning this award to the amazing team of associates we have here. They work so hard and are so kind, considerate, caring and compassionate to the residents we serve.”

Century Park also presented a customer service award, the *Going the Extra Mile* Award, to Bridgett Dallas, Lifestyle Services Director at The Bridge at Ooltewah, Tennessee.

Dallas was nominated for her personal relationships with residents, knowing their likes and dislikes individually and taking time to pray with them. She takes new associates under her wing and helps them get involved with residents.

This year, Dallas coordinated a week of Olympic-style activities during the

Winter Olympics so that residents could participate and compete in scaled-down versions of the athletic contests. She also found a pool table for sale online when her residents expressed that they would enjoy having one in the community. She arranged for its purchase and delivery.

“That’s Bridgett – if there is something her folks want, she is determined to get it done,” said Graham.

“It’s an honor and privilege to spend time with our residents every day,” Dallas said. “Their participation in activities greatly adds value to my life by watching them thrive daily.”

In addition, Century Park presented two Chairman’s Awards to strong leaders at its communities. One went to Rita Hood, executive director at Lake Pointe Landing in Hendersonville, North Carolina, and the other was presented to Terek Beckman, executive director at Garden Plaza of Post Falls, Idaho.



Nicole Long Roberts
Executive Director
Harbor Place at Cottesmore



Bridgett Dallas
Lifestyle Services Director
The Bridge at Ooltewah



Rita Hood
Executive Director
Lake Pointe Landing



Terek Beckman
Executive Director
Garden Plaza of Post Falls



Babies Smash Cakes at Life Care Center of East Ridge's 1st Birthday Bash

Six adorable infants smashed into cakes during the 1-Year Birthday Bash at Life Care Center of East Ridge, Tennessee, on June 21, 2018.

The kids were all children of associates at the center, which officially opened its doors in May 2017. Associates, residents and guests from the community laughed as they watched the messy celebration unfold.

"The attendees thought it was a fantastic and creative idea," said Christy Manis, business development director. "They told me, 'What better way to celebrate a 1-year birthday than with babies?'"

The children were not the only highlight at the birthday party. Approximately 100 guests enjoyed hors d'oeuvres, more than 20 senior care vendors and a ribbon cutting by the

Catoosa (Georgia) County Chamber of Commerce and the Chattanooga Chamber of Commerce. Associates also gave out lots of door prizes.

"It's hard to believe a year has already gone by!" said Robert Hubbartt, executive director. "It's so rewarding to see how much we've grown as a facility and as a team. A year ago, we had only three patients, and now we have more than 50 patients and have taken care of more than 600 patients since opening. This one-year anniversary celebration was very special for us, and it was so awesome to see how much support we received from our community. Now with our first year officially behind us, we are looking forward to what this next year will have in store for us and to continue having the opportunity to serve our community."



Life Care Bestows 2018 Directors of Nursing Awards

On Monday, April 9, Life Care gave its highest nursing honor to Helen Matvichuk, director of nursing at Life Care Center of Aurora, Colorado.

The Mary Denton Award – named for the Life Care resident depicted in the company's logo – is presented annually to one director of nursing who best symbolizes the philosophy, mission and values of Life Care.

Matvichuk has worked for Life Care since 2002, starting at Life Care Center of Westminster, Colorado, and transferring to Life Care Center of Aurora in 2012. She was especially praised for visiting a former patient who had been discharged home on hospice care and helping her husband around the house so he could spend more time with his wife.

"Her calm approach and never-ending desire to take care of people is truly remarkable," said Dani Andrade, executive director at Life Care Center of Aurora.

The company also bestowed the Company-wide Director of Nursing of the Year Award on Austin Heard from Life Care Center of Hixson, Tennessee. He was praised for his commitment to educating

staff. In February 2017, he coordinated a training course for tracheotomy care, and he has required nursing staff to complete cardiology courses through Life Care's online learning site.

"He is always looking out for the best interests of our patients," said Matthew Cummings, executive director. "I have witnessed him work the floor on a med cart, take the treatment cart and provide wound care, work shifts as a CNA and order and put away stock."

"Helen and Austin represent the pinnacle of their profession," said Beecher Hunter, Life Care president. "The highest ideals of nursing leadership are demonstrated by their daily actions. Our company is blessed to have them, and the real beneficiaries of their talents and their love are our residents."

These two awards were highlights of an evening honoring performance excellence at Life Care Centers of America's corporate headquarters in Cleveland, Tennessee.

Other Director of Nursing of the Year awards were given to eight other individuals:

- Laura Noland – Life Care Center of Seneca, Kansas, for the Central Division
- Stacey Demps – Life Care Center of Sparta, Tennessee, for the Eastern Division
- Ruben Salinas – The Vosswood Nursing Center in Houston, Texas, for the Gulf States Region
- Jana Underwood – Valley View Villa in Fort Morgan, Colorado, for the Mountain States Division
- Sarah Lazard – Life Care Center of Elyria, Ohio, for the Northeast Division
- Sara Walden – Life Care Center of Port Orchard, Washington, for the Northwest Division
- Loren Reddish – Life Care Center of Hilliard, Florida, for the Southeast Division
- Armida Dixon – Heritage Health Care Center in Globe, Arizona, for the Southwest Division



Celebrating LIFE'S STORIES

NATIONAL SKILLED NURSING CARE WEEK 2018

At Life Care, we are proud of the people we serve every day. We are honored to play a part in celebrating our residents' life stories. Their kindness and generosity make our facilities feel more like home to all who enter. We celebrated their influence on our lives during National Skilled Nursing Care Week, May 13 – 19.

ALBERT HAUSER



Albert Hauser, an 84-year-old resident at Life Care Center of Seneca,

Kansas, has played an important role in celebrating many people's life stories.

In 1951, Hauser enrolled in St. Benedict College in Atchison, Kansas. The priests at the college greatly impacted Hauser, and it was there that he felt called to join the priesthood. Hauser entered the monastery at St. Benedict's Abbey in 1953. A year later, he professed his vows, and in 1960, he was ordained.

During the next 10 years, Hauser served as the director of admissions and registrar at St. Benedict, later renamed Benedictine.

In 1970, Hauser entered pastoral life. For the next 47 years, he would pastor at five different parishes in Kansas and

Iowa. In his spare time, he enjoyed hunting and fishing.

Hauser's caring heart has shown in his dedication to serving others. Over the years he's married and baptized hundreds of people.

Today, Hauser considers himself semi-retired. He still carries on his priestly duties and holds mass at least once a week at the facility. He also often hears confession for visitors and associates.

"My years that I have served as a priest have been happy years," said Hauser. "Over the course of that time, I have enjoyed ministering to people."

DIANE JEFFERSON



Diane Jefferson, a 72-year-old resident at Life Care Center of Citrus

County in Lecanto, Florida, has many stories to celebrate.

Jefferson's stories are the children she has cared for.

Inspired by a friend who was fostering a child with Down syndrome, Jefferson was soon applying to be a foster mom.

Jefferson fostered nearly 100 children over the years. Boys and girls of different ages, children of different races, children with disabilities – she has loved and cherished them all. She even fostered a few pregnant teenagers and taught them how to take care of their babies. Many of these children she fostered for between six months to a year.

"It was very chaotic but mostly wonderful," Jefferson remembered. "Children can give you so much joy."

Although she married later in life and never had children of her own, Jefferson adopted three boys. One of them had multiple disabilities, and through Jefferson's care, he was able to do more for himself than the doctors had thought possible.

Jefferson's story is truly one to celebrate – giving others stories they can celebrate too!

ANDREW SEEBART



Andrew Seebart, a 54-year-old resident at Life Care Center of Boise, Idaho, always has a story to share and has celebrated

life through many different adventures.

Seebart grew up in Seneca, Oregon, a small logging community. After high school, he enlisted in the Coast Guard and was stationed in Astoria, Oregon, for four years. He then returned home to work for a few years before going on another adventure.

Seebart's next destination was Fort Bragg, North Carolina, where he joined the National Guard. There, he also served as a teacher and counselor at a camp for troubled youth. Seebart's kindness and willingness to share his faith greatly impacted the children he mentored at the camp.

Once again, Seebart returned to his roots. In 1993, he joined the Harney County Sheriff's Office in Burns, Oregon, and served his community for 13 years.

Seebart's vast knowledge of the area would come in handy for his next job at a software development company in Mountain Home, Idaho, where he developed a dynamic multilayer digital map for the Elmore County Sheriff's Department.

In 2009, Seebart went to live at Life Care Center of Boise. Despite changes in his health, Seebart maintains a positive and humorous outlook on life.

"Andrew shows all of the residents and associates at Life Care Center of Boise that life is more than how you feel physically," said Lisa Berrett, dietary manager. "True to the core of his heart, he continues to serve others, just like he has done all of his life."

"I give all of the glory for the things in my life to the Lord God," shared Seebart.

JUDITH HENRY



Judith Henry, a 74-year-old resident at Life Care Center of Athens,

Tennessee, has a story to celebrate.

A bookworm from a young age, Henry earned master's degrees in mathematics, chemistry and physics. She taught elementary school and high school in a few different states, and in the summers she spread the gospel through OM (which stands for Operation Mobilisation).

The mission teams smuggled Bibles into closed countries – usually Communist countries that were part of the former USSR, but also into places like Turkey. Eventually, she embraced this mission work full time.

Henry's teams got caught at least twice, and once they were imprisoned for three months. With little to eat,

prayer sustained them until OM leaders got them released.

Henry's story led her back to the States, to Precept Ministries, where she was hired as an accountant.

"She never did accounting because right away they found out she had a heart for counseling," said Precept colleague Brook Huston. "She was so ministry-minded and so Christlike. She could see people the way God sees them."

Henry served Precept Ministries as a prayer counselor for 30 years, bringing healing and joy to others' stories and, in the process, enriching her own. 🌸



Life Care Center of Lawrenceville Celebrates *Nurses Week in Style*

By Marah Whitaker, Life Care Public Relations

National Nurses Week was special for Life Care Center of Lawrenceville, Georgia. The facility celebrated with themed costume days and its first Nursing Excellence Awards event.

The facility's 34 nurses came to work dressed as hippies, their favorite superheroes, Florence Nightingale and Hawaiians. The residents joined in on the fun and participated in the dress-up days. On each themed day, nursing trivia was announced via the PA system. Prizes were given out to the nurses who were the first to arrive at the activities department with the correct answers.

"Our nurses deserve to be celebrated because they provide care that is specific to each resident," said Troy Taylor, director of nursing. "One size

does not fit all residents, and our nurses show passion and dedication as they promote healing through following their tailored plan of care and, most importantly, faith. The nursing staff truly goes above and beyond, doing *Whatever It Takes And Then Some* every day!"

Friday was an extra-special day, as the facility had its own night in Hollywood with the Nursing Excellence Awards. Invitations were sent out to all nurses notifying them that they had all been nominated for at least one award and that their presence was requested at the event. Two weeks prior to the event, the nominee list was enlarged, framed and hung in the facility to build excitement for nurses, residents and family members.

On the day of the event, the nurses walked a red carpet in their best attire, dined together and listened to words of inspiration from their executive director and social services director. Each female nurse also received a single red rose. The facility kitchen staff provided the food, with the exception of a beautiful edible arrangement provided by one of the attending physicians, Dr. Sofia Zaman. The awards were mostly given out by the DON, with a few presented by other nurse management team members. The awards were the Dedicated to Service Award, Above and Beyond Award, Healing Hands Award, Rising Star Award, Years of Service Award, Residents Choice Award and the Nursing Excellence Award. The highest



honor, the Florence Nightingale award, was given to Marie Louis, licensed practical nurse. There were also several presentations to other key nursing staff members such as the staff development coordinator, assistant DON, MDS coordinator, treatment nurses and unit managers.

“This experience made me realize how blessed I am to be working with such wonderful people,” said Helen Dele-Oyewole, registered nurse and winner of this year’s Healing Hands Award. “Nurses Week was not about an individual, but about a team of individuals who work together to better each other as well as our residents.”

Nurses also received gifts for their hard work during the first three days. The first gift was calorie-counting wrist watches to promote health. They also received personalized food containers to encourage the nurses to not only eat

healthy but also to take lunch breaks to recharge. Last, they received small journals on which the front cover was in the form of a scrub top. The journals will assist the nurses in daily documentation.

“In 21 years of nursing, this was the best Nurses Week,” said Stacey Brown, licensed practical nurse. “The Nurses Honors Ceremony was spectacular. Troy Taylor, DON, worked hard on making the event special and succeeded. Everyone is still talking about it. We have an awesome team here at Lawrenceville, and I truly enjoy coming to work.”

The nurses also received a special shout-out video from platinum-selling and Grammy-nominated artist Montell Jordan. Jordan is currently a worship pastor at a mega church in Atlanta, and receiving the video from such an acclaimed musician was a neat experience for the nurses.

“Nurses Week meant the world to me because, outside of taking care of my family, this is where I feel the most at home,” said Marie Louis, LPN. “I love taking care of people in general, whether it’s here at Life Care or helping my neighbor. Every day is a special day to me because I get to be among the great staff and do what I love most.”

National Nurses Week is celebrated annually May 6-12 to raise awareness of the importance of nurses and the impact they make not just to individuals, but to society as a whole. While National Nurses Day and National Nurses Week are not public holidays in the United States, many celebrations are held across the country to celebrate the work that nurses have done. National Nurses Week was first observed in October 1954 and May 6 was introduced as National Nurses Day in 1982. 🇺🇸



Aloha

AND THE BLESSINGS OF TRAGEDY

By Ryan Faricelli, Life Care Public Relations

The earthquakes began happening every 10 or 15 minutes the first days of May, and Life Care Center of Hilo, Hawaii, associate Allison Andrews-Nelson suspected something was about to happen. Andrews-Nelson lived in the Leilani Estates neighborhood in Pāhoa, and she never thought her home would be buried in lava just a few days later.

While it may seem strange to many, living with nearby volcanic activity is as normal in Hawaii as earthquakes are to California, tornadoes are to Kansas and hurricanes are to Florida. Like those other natural occurrences, sometimes they can be exceptionally large and destructive. An eruption like what is occurring at Mount Kilauea is unprecedented in most Hawaiians' lifetimes.

"When we bought the house," Andrews-Nelson explained, "that area is deemed lava Zone 1 – most likely to happen. I asked the realtor when the last time the lava flow came through there, and they said about 250 years ago."

As the earthquakes became more frequent, Andrews-Nelson prepared. It wouldn't be the first time they were evacuated, but they had always been mostly false alarms and they were allowed to return home after a few days. Still, she packed three bags. The first contained photo albums and other irreplaceable family items, the second held important paperwork such as the house insurance information and the third bag was filled with clothes. She told her husband that if they had to evacuate, to grab the three bags, their pets and get out.

This time was different.

"We were on Luana Street," said Andrews-Nelson. "That's a main street through the neighborhood. Fissure 8 opened and was just three houses down from us."

On May 4, Andrews-Nelson was at work when she received a phone call from her husband around 4:15 p.m. He told her the police were knocking on doors and he had to evacuate. She raced home.

"People were driving on the wrong side of the street," Andrews-Nelson recalled. "People were chasing ambulances and police to get to the neighborhood. There was a police officer, and all I said was, 'I have to get back down there to see what I can get.' She told me to go ahead, 'Godspeed, get down there and get back.'"

Standing in her home of 25 years, Andrews-Nelson could feel the earth shaking beneath her. The civil defense sirens were blaring. Her adrenaline was flowing. She had to decide what was important that she could save.

"The hardship is walking into a room and thinking, what is a priority and what should I take," shared Andrews-Nelson. "You forget about things. The things that hurt the most are things that were attached to my parents and grandparents."

With the help of her son, Andrews-Nelson retrieved valuables, her wedding dress, jewelry and anything important that wasn't attached to the wall. She



grabbed canned goods, the coffee pot, the televisions and everything else that would fit in the car.

“My husband had made a pot of spaghetti, and when they rushed him out, he left it,” said Andrews-Nelson with a laugh. “I thought, ‘No. This is coming with me, and we are going to eat.’”

Since the eruption began, 25 fissures have opened, spewing lava and destruction. Fissure 8, however, is the largest. At the time of this writing, the cone around it has grown to more than 180 feet tall and the lava flows all the way to the Pacific Ocean. More than 3,000 people have had to leave their homes, and more than 700 homes, including Andrews-Nelson’s, have been destroyed.

Not losing her spirit, Andrews-Nelson added, “We joke that once I pay off my mortgage, we’re going to own Fissure 8. My home has become a time capsule under the earth they’ll find in 200 years.”

Andrews-Nelson’s family owns a small chain of hotels, so they had a place to evacuate to. Not everyone has been so lucky.

“The first or second day of the eruption, I came to work and discovered that we had a CNA, her husband and son sleeping in their car in the parking lot,” said Mark Mann, executive director at Life Care Center of Hilo. “They were forced to evacuate from their home in Leilani Estates. I felt the need to immediately do something. I called my wife, and without hesitation, she agreed that we would take them in. I told them that we would not have anyone sleeping in their cars and asked them to follow me.”

Mann lives just five minutes from the facility and was able to make room for his associate’s family for about a month, until the CNA was able to make arrangements

through her church. In all that hardship, the CNA remained dedicated to her own family and those around her and did not miss a single day of work.

“Hawaii is a very family-oriented place,” Mann explained. “Nothing takes the place of ohana (family), and when trials come, everyone takes care of their ohana: residents, family members, associates and communities. The support and willingness of others to assist has been incredible.”

Though the facility is about 25 miles from the volcano, associates have still taken appropriate steps to ensure the residents and staff remain safe. They have thoroughly reviewed their emergency management plan and how to effectively shelter in place. The ash is not toxic, and the toxic gases have stayed a safe distance from the facility. In the event that were to change, they are prepared to seal the building and shelter in place. For now, the focus is on making sure the people affected are cared for.

“Our Resident Council president prays with staff daily and is very supportive of staff who have lost their homes or been forced to evacuate,” shared Mann. “We are aware of several residents’ family members who have been forced to evacuate, and some have lost their homes. We also have one resident who lost her home.”

Aloha is not just a greeting, but it is also the word for love, compassion and mercy. That spirit is alive and thriving in the community. When Andrews-Nelson lost her home, Mann immediately began to receive donations to help. In addition, staff members have been donating items such as clothes, blankets, water and food to local volcano shelters. Some have taken evacuees into their homes and provided emotional and spiritual support to

those who have suffered losses. Dr. Gary Johnson, the on-site physician at Life Care Center of Hilo, has even opened up his farm to take in hundreds of animals that have been rescued.

“Many of our staff members have taken the time to volunteer at the Pāhoia Community Center,” Mann said. “Some are going to the shelter weekly to assist with meals, and some have even taken the training to be certified Red Cross volunteers.”

The outpouring of support has helped give Andrews-Nelson and others like her the strength and ability to face the future.

“It’s not what people have given us – clothes, food or money,” Andrews-Nelson revealed. “It’s the words that are coming from their mouths. It carries you through and has brought back old relationships. Even people I have had to fire in the past have come by to tell me they loved me so much. It’s blessing after blessing. Sometimes from a bad situation good things come.”

Andrews-Nelson feels that she is teaching her children that there are blessings even in loss. She remains focused on the example she is setting for them so that if they experience tragedy in their lives, they will have seen how Aloha carries you through even the lowest points.

“I always thought I would go back home,” Andrews-Nelson said. “That’s the hardest part, because you want to go home but you can’t. I had to realize what was most important, and that was my family. Through all of this, no one died. We have to keep moving forward. Otherwise, we are stuck under the lava like our possessions. My home is where my family is, no matter where that is.”



DIRECTOR OF NURSING AT LIFE CARE CENTER OF ORANGE PARK TREATS PILOT ON FLIGHT

By Heidi Pino, Life Care Public Relations

What started out like any other flight turned out to become anything but.

Tiffany French, director of nursing at Life Care Center of Orange Park, Florida, was on her way to Life Care Centers of America's annual Directors of Nursing Meeting in Cleveland, Tennessee, when she was called on to use her nursing skills.

As French's plane descended into the Charlotte, North Carolina, airport, a flight attendant called for a doctor or nurse. French responded.

"When I was asked to come, the pilot was grasping his chest, diaphoretic, and his pulse was weak, thready and irregular," French said. "He was clearly having chest pain. I supported him as much as possible and was able to get him to answer a few questions about the pain and his cardiac history. He shortly became

unresponsive but was breathing without my help. I hooked him to the AED."



Meanwhile, the co-pilot was flying the plane and called for medical support on the ground. As French

shared information with the co-pilot, the co-pilot relayed the information to the ground team.

"By the time we landed and had a firefighter/paramedic on the plane, the pilot was given two rounds from the AED and was breathing without CPR," said French. "It was presumably a cardiac event. The fire department carried him under a passageway. I remained with him until met by the emergency physician inside the cargo area of the airport. I was delivering oxygen while the fireman started an IV. They loaded him in the ambulance, and off they went. It all happened so fast."

The pilot survived, due in part to French's quick actions.

Needless to say, French had quite a story to tell when she arrived at the meeting. 📖

LIFE CARE'S ALAMOSA FACILITIES OFFER UNIQUE THERAPY EXPERIENCES FOR SUMMER



By Ericha Loosbrock, Admissions and Marketing Director

The therapy teams at Evergreen Nursing Home and San Luis Care Center in Alamosa, Colorado, have worked hard this summer to provide unique and individualized therapy experiences to their residents.

Greg Richardson, director of rehab services at San Luis Care Center, encouraged his team to think of a fun or different activity they could offer to residents while accomplishing therapy goals. His team responded with, “Why only one activity? Why not have themed days where everyone can participate and really enjoy the benefits of being in therapy?”

So far, the teams have offered carnival days, a softball game outing, shopping and cooking experiences and a picnic in the park.

The carnival theme originated during National Skilled Nursing Care Week, but the residents and associates had so much fun they all agreed to carry it on for an extra week. The games included piñatas, fishing ponds, World’s Strongest Resident, Punch a Prize, ping pong ball toss, Sticky Fingers (which involved throwing and sticking figures on the mirror), a craft table and football ring toss.

After the residents went through each obstacle or game, they ended with a prize and were treated to a special candy at the end of their gym visit. Residents

lined up outside the gym to make a quick run through the obstacle course and had everybody laughing with their competitiveness.



Shopping and cooking may seem like a traditional therapy goal, but in this case, it was much more than that.

Holly Murphy, speech therapist at Evergreen Nursing Home, shared, “As a therapist, we usually have to gently lead our patients throughout a shopping or cooking experience. In the case of two residents, we were able to watch them work together as a team comparing their recipes, preparing their lists and prepping the food to provide an authentic Mexican dinner for the associates.

“It was rewarding to see the pride on their faces when the staff members came back and asked for second helpings,” Murphy added. “Our goal is to create a fun environment where residents look forward to going to the gym each day. We believe that we can accomplish our

therapy goals through a creative process and provide a fun experience for everyone involved.”

On June 27, residents at both centers banded together to make a very large and loud cheering team for the Life Care softball team. The team is led and coached by April DeVilbiss, physical therapist assistant at Evergreen Nursing Center. The therapists from both facilities have been sharing their ballpark successes and woes with residents in the therapy gym.

After several discussions, DeVilbiss worked with the activities teams in both buildings to arrange a field trip! This was no small feat and was only accomplished with the help of therapy team members and leadership from Evergreen Nursing Home.

Elizabeth Mosny, a resident at San Luis Care Center, helped create posters for the outing.

The weather was beautiful, and with the help of several therapists, the residents were able to get out in the fresh air and provide a little coaching assistance from the sidelines.

“We learned that several of them know more about baseball than we do, and we look forward to trying this activity again,” said DeVilbiss.

The joint team is preparing more fun activities for the future. 🍌

Whatever It Takes And Then Some Highlights

Reneé Marez, certified nursing assistant, Life Care Center of Littleton, Colorado

The facility hosted a prom during National Skilled Nursing Care Week, and Marez knew this would be a special event for one of the residents who enjoyed dancing when he was younger. The resident is in a wheelchair, but Marez worked with him on standing and balancing for weeks leading up to the prom to help him be able to stand long enough for a dance. During the prom, he surprised everyone when he stood from his chair and was able to dance.

Kathy Handy, transportation/scheduling, Life Care Center of Westlake, Ohio

When a resident was planning to attend her grandson's wedding, Handy not only coordinated transportation so the resident could go, but she also went out on her own time to buy her a dress and a hat to wear to the wedding.

Keondra Jackson, hospitality aide, Alameda Oaks Nursing Center in Corpus Christi, Texas

Jackson has been doing extra things for the residents, including doing their nails and giving them foot massages.

Chevelle Jensen, housekeeping associate, Life Care Center of Sandpoint, Idaho

Jensen has brought in her sewing machine to hem pants for two residents and has taken on extra dining room duties when needed. She also helped a resident when juice got spilled on a jigsaw puzzle – she went the extra mile by separating the puzzle pieces that were damp and setting them aside to dry. The resident was able to pick up where she left off a few days later.

Pierrette Trepanier, case manager, Life Care Center of Palm Bay, Florida

When a short-term resident didn't have anyone to watch her dog, Trepanier volunteered. The dog wasn't in very good health, but Trepanier took the dog to her own home and got it to eat and gain some weight. She also took the dog to see its owner daily, and the resident was able to focus on rehab knowing the dog was taken care of.

Sarah English, social worker, Lake Forest Nursing Center in Lake Forest, California

For more than three months, English has been providing a vitamin drink for a resident with her own money. The drink isn't prescribed or really needed, but it helps the resident feel better.

Melany Raley, licensed practical nurse, Parkview Nursing and Rehabilitation Center in Paducah, Kentucky

When a resident with dementia was admitted to the intensive care unit at the hospital, the resident was fearful and crying out. Raley went to the hospital after her shift to comfort the resident. Raley stayed until the resident calmed down and fell asleep.

Cori Kustron, occupational therapist assistant, Westside Village Nursing Center in Indianapolis, Indiana

When a resident's daughter called to say that her mother's dentures were missing, Kustron took action. She traced the dentures to potentially being accidentally thrown out and in the dumpster. She dug through the dumpster until she found them, cleaned them and returned them to the family.

WHAT WAS THE *best vacation* YOU EVER TOOK?

Cape Cod at Martha's Vineyard – me, my husband, Joe, and my son went every year.

Sandra Andryc, Life Care Center of Wilbraham, Massachusetts

When I went to Israel because I was walking along the beach where Jesus walked. I went on a boat ride to the Sea of Galilee.

Dureene Demonbreun, Life Care Center of Lawrenceville, Georgia

I went to Spain. Loved the people, so I went five times and stayed at the same hotel.

Dorothy Smarg, The Bridge at Orlando, Florida

In 2003 when my future son-in-law took my daughter and me on a Mediterranean cruise. We had five ports of call, fabulous food and visited Marie Le Baux's tomb, and I swam with a porpoise. Fabulous trip!

Esther Burrow, Life Care Center of Sandpoint, Idaho

Cruising the Panama Canal and snowmobiling in Montana.

Martha Kaiser, The Bridge at Ooltewah, Tennessee

I worked in the War Department in Washington. Best vacation was returning home to Tennessee to see family.

Yolanda Ramsey, Garden Plaza at Cleveland, Tennessee

The best vacation I ever took was to Utah for a week skiing with my daughter, Amy. Amy was only 6 years old, and throughout the week, the winds were so strong atop Snowbird that she had to ski between my legs like a snowplow in order to maintain the upright position.

John Fisher, Life Care Center of Hilo, Hawaii

Road tripping across the United States on a train. Got on a train in Michigan and took the train to Texas and then to California. It was a girls' trip in the late '50s! Went after I finished my first year of teaching.

Margaret Robinson, Life Care Center of Blount County in Louisville, Tennessee

Loyal [husband/Air Force pilot] and I went to Thailand and Singapore without our children. It was different from anything we'd ever seen before. We rode in water taxis through the canals/streets with our guide. In one place we went up a staircase. At the top of the staircase we were half in Singapore and half in Thailand at the same time! One night we went to dinner and two men came up to us and asked if Richard Nixon could come and visit with us for a few minutes. When we told him we were from Greeley, Colorado, he told us he remembered going to the Greeley Stampede when he was campaigning years ago!

Lu Kelsey, Life Care Center of Greeley, Colorado

I love the beaches of Sanibel and Marco Islands. I collected all my seashells from the beautiful beaches.

Betty Alweis, The Bridge at Inverrary in Lauderhill, Florida

In 1939 we drove to San Francisco, California, from Florida. We went to Chinatown, the Grand Canyon and also drove through a tree with a road straight through the tree. It was a family trip – six of us total in an old Buick.

Aleta Wessner, The Bridge at Ocala, Florida

A trip with four friends to Disneyland. We were gone for three weeks. We visited with relatives in California and Colorado. We were able to see Yosemite Park and the Grand Canyon. It was great fun being with friends. They have all passed away, but I still have these memories.

Erma Wallace, Life Care Center of Red Bank in Chattanooga, Tennessee

The best one I took was years ago. We had a pickup with a cover and pop-top tent. We went north to Cheyenne to the rodeo and then to Yellowstone Park.

Nancy Shulfs, Life Care Center of Kansas City, Kansas

I would have to say when Bob and I took his kids and went out West. We drove from here to California. I never could have children, but I loved Bob's like they were my own. We drove everywhere and saw a lot of the West. We made a lot of stops on our way. Bob didn't want us to miss a thing. The kids were between 10 and 14 years of age. It was an awesome trip, and even though Bob has been gone for a while, the trip is still in my mind – that's how great it was.

Pam Hanna, Westside Garden Plaza in Indianapolis, Indiana

Congratulations

to the Life Care facilities recently awarded the Bronze or Silver National Quality Award from the American Health Care Association and National Center for Assisted Living.



Garden Plaza of Aurora, Colorado
Life Care Center of Elyria, Ohio
Life Care Center of Westlake, Ohio
Mayfair Village Nursing Care Center
in Columbus, Ohio
Life Care Center of Sparta, Tennessee
Life Care Center of Tullahoma,
Tennessee



Life Care Center of Littleton,
Colorado
Life Care Center of Stonegate,
Colorado
Lynchburg Nursing Center in
Lynchburg, Tennessee

The awards honor facilities across the nation that have demonstrated their commitment to improving quality of care for seniors and persons with disabilities. Applicants develop an organizational profile with essential performance elements such as vision and mission statements and an assessment of customers' expectations. They must also demonstrate their ability to implement a performance improvement system.