



JNH

Jaquith Nursing Home

HAPPENINGS

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CULTURE CHANGE COMES TO JAQUITH NURSING HOME

Jaquith Nursing Home is planning on bold steps for its future by taking a look at its place in the present.

In a presentation to administrators, nurses, CUOs, recreation staff, and others last month, Adams Inn Administrator Malcolm Pinion and JNH Psychology Director Dr. John Askew laid out a vision for how the nursing home can make a change to a resident-centered planning model of care that could be better for staff and residents alike.

To fully understand the impact of such a culture change, they said employees should also understand how culture has changed in the past decade – smartphones make everyone more connected but also bring about more distractions, the country’s melting pot culture has made people surrounded by more diversity than ever, but at the same time people’s opinions on religion, politics, and other aspects of culture have become increasingly strong on all sides.

Through all of those differences and distractions to work through, they said, most nursing homes across the country are still rooted in the past, with a medical model, based on the original concept of nursing homes as places specifically to care for long-term medical conditions.

“As fast as culture is changing, nursing homes are failing to keep up,” Pinion said.

He quoted noted gerontologist Tom Kitwood as saying, “The shift from the old culture to the new is not a matter of adding on a few items that were missing, but of seeing almost every feature in a different way.”

That means placing a greater emphasis on a broader spectrum of care. For too long, nursing homes have relied on standardized schedules, routines, and hospital-like environments. What’s fallen by the wayside is a focus on residents’ emotional, social, spiritual, and environmental well-being. The results for many residents across the country are loneliness and boredom.

“I can talk about it a long time because we’ve been talking about it and reading about it for a long time,” Pinion said. “But a pic-



MEET JAKE

Meet Jake, the newest resident of Building 34. The name “Jake” is short for Jaquith.

He’s a newly-adopted puppy who will be cared for by the residents and staff of B-34. He is pictured here with Karen Johnson.

Jake is just one way that culture change is coming to Jaquith Nursing Home. Letting Jake spend his days on the building is a part of that program. Dogs can help provide heartwarming experiences and can soothe and relax frustrated or agitated people. Having a dog to provide and care for is just one way Jaquith Nursing Home can help provide a more home-like environment for the residents in its care.

ture is worth a thousand words.”

With that, he showed a video that was billed as an “Extreme Makeover Nursing Home Edition.” It was a segment about Villa Maria Nursing Home in Kansas. That facility took extreme steps in culture change several years, instituting a complete makeover that converted it from a “nursing home” to simply just the residents’ home.

The nurses’ station was removed and remodeled to look like a

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living room. Instead of hallways and wings, the residents now live in nicely-decorated “neighborhoods” in which they decided on the names, decorations, and even voted in their own mayors. There is now a restaurant-style kitchen that offers residents a menu they can order from, so they get to choose their own food that is then freshly-cooked and delivered to their table.

Villa Maria even has its own dog that residents and staff care for themselves.

“It just feels like home,” one resident said in the video. “That’s all I can tell you. It feels like someone cares.”

Another said that since she couldn’t be at her first home, Villa Maria was now her second home, but home nonetheless.

Dr. John Askew said Jaquith Nursing Home obviously won’t be able to take steps as extreme as Villa Maria did, but there are still ways to focus on the residents and their needs and wants more, and to involve them in planning for their own care.

He handed out a survey on Artifacts of Culture change, which can be found online at www.artifactsofculturechange.org. It outlines 79 ways a facility can measure its culture change. Some are very simple, like celebrating birthdays individually instead of in groups. Others are more difficult, such as removing the nursing stations.

Dr. Askew highlighted several items that he said would probably not pose too great a difficulty to implement.

One thing he noted that could be implemented without much difficulty is letting different staffing departments lead activities. Another would be specifically recognizing staff members who have committed themselves to culture change.

He also mentioned that many residents could be involved in aspects of their planning, even if that was simply deciding what times to wake up, go to bed, or take a bath. He said staff should be brainstorming ways to implement culture change, even if they first appear expensive, time consuming, or bothersome.

Some changes are already in store. JNH Recreation Supervisor Holly Haralson told the group about how her staff is already making changes to their usual shopping trips. Instead of deciding where to go, they are letting residents decide what stores and restaurants they would like to visit.

They have been able to offer different options so that when a trip is planned and not all residents want to go to the same store, there will be another shopping trip offered later so they can visit somewhere they would really like to go. Haralson said she has also worked with the Transportation Department so they can take as many residents out as possible, including those residents who require the use of a wheelchair.

Pinion said those simple things are the epitome of what they hope to accomplish with this culture change – give residents more choices.

As culture change is implemented at Jaquith Nursing Home, leadership teams consisting of administrators, directors of nursing, representatives from each department, residents, and their family members will be formed. They will be reviewing materials, and completing the survey themselves. That will lead to many discussions about choice and how residents can participate in their own care.

“The only things that will be impossible are the ones you choose not to do,” Pinion said. “You are the difference between mission possible or mission impossible.”

JAQUITH NURSING HOME CELEBRATES ‘MAKE SOMEONE SMILE WEEK’

Dozens of Jaquith Nursing Home residents received a ‘Be Happy Bouquet’ in celebration of Teleflora’s annual Make Someone Smile Week July 22-28.

Chapman’s Florist partnered with Teleflora to deliver the ‘Be Happy Bouquets’ that were distributed among residents of Jaquith Nursing Home. Now in its twelfth year, the tradition has put smiles on many faces. This year, it resulted in more than 30,000 floral arrangements being delivered nationwide to those in need of a smile.



Pictured are (l to r) JNH Recreation Director Holly Haralson, JNH Director Dr. Marc Lewis, JNH Social Work Supervisor Rena Rideout and JNH Recreation Therapist Kristy Stafford

PAINT IT PURPLE OFFERS CHANCE TO SPREAD ALZHEIMER'S AWARENESS AFTER WALK

The 2012 Walk to End Alzheimer's is already here, but that doesn't mean the efforts to stop the disease have to end. The awareness that can be brought to the disease by any community is just as valuable as the money that is being raised to help combat this devastating illness.

One way that volunteers will continue to do that is through the Paint It Purple recognition.

The Mississippi Department of Mental Health, Alzheimer's Association Mississippi Chapter, and the UMMC MIND Center want you to help paint Mississippi purple on September 21 in honor of Alzheimer's Action Day. You can also host a Paint It Purple event in your city and/or workplace.

Everyone is invited to wear something purple and hang purple ribbons and bows on your home or business to show your support for people with Alzheimer's disease.

Though the Walk to End Alzheimer's is now over, there are still opportunities to get involved. Of course, raising funds is always a big help, and fundraising can continue even though the walk has come and gone.

Jaquith Nursing Home Recreation Supervisor Holly Haralson has been leading the JNH team in its fundraising efforts. She and several other team members have been raising funds and spreading the word around the JNH campus and to their family and friends.

In the weeks leading up to the walk, the JNH team has been seeking the support of fellow employees, friends, family, and community members. T-shirts were available for a limited time to those who donated at least \$10, and The Gift Shop on the Mississippi State Hospital campus has been selling \$1 wristbands in support of the walk.

The Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Formerly known as the Memory Walk, it is held each year in more than 600 communities across the country. Each community has the same goal – to help put an end to Alzheimer's disease, the nation's sixth-leading cause of death.

Jaquith Nursing Home has had a team in the walk for several years, and this year is no different. Because the walk, which has traditionally been in October, was moved to September this year, it coincided with the quarterly Family Council meeting, giving a great opportunity to have family members of JNH residents involved in the walk as well.



Those attending the walk are able to learn more about Alzheimer's disease and the support programs and services that are locally available. They can take that information back to their friends and family who weren't able to participate, and every bit of information that gets out there can help.

Even though the walk is over, donations are still being accepted, so team members can still contribute to the cause, and those who missed out on the walk or didn't know about it can still donate.

To continue to donate to the JNH team, you find the JNH team page by visiting www.alz.org/walk and searching for the Jaquith Nursing Home team from there.

When you participate in these efforts, your fundraising dollars fuel the Alzheimer's Association's mission-related initiatives of care, support and research. In addition, your actions, both through fundraising and participating in the event, help to change the level of Alzheimer's awareness in your community.

For more information about the Alzheimer's Association and the disease it fights, visit www.alz.org.

WHY IS ALZHEIMER'S DISEASE AWARENESS IMPORTANT TO MY COMMUNITY?

FAST FACTS:

- In 2008, there were 916 Alzheimer's disease related deaths in Mississippi.
- Currently, more than 53,000 Mississippians live with Alzheimer's disease.
- By 2025, it is estimated more than 65,000 Mississippians

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ans will have Alzheimer's disease.

- In the US, an estimated 5.4 million people have Alzheimer's disease.
- 80% of care at home is provided by family caregivers.

For more information, you can also contact the Mississippi Department of Mental Health at 601-359-1288 or the Alzheimer's Association Mississippi Chapter at 601-987-0020 or visit www.dmh.ms.gov.



JNH RESIDENTS HAVE FUN AUTUMN ACTIVITIES COMING UP

An appearance by a classic rock 'n' roll idol will be just one of several things residents of Jaquith Nursing Home can look forward to this fall.

JNH residents will head to the Mississippi State Fairgrounds on Wednesday, October 10 to see Chubby Checker, known across the world for his 1960 smash hit "The Twist," a cover of an older R&B classic he turned into one of the most popular singles in the world. Chubby Checker will be making an appearance at noon at the Mississippi State Fair on Oct. 10, and JNH residents will be there to see him.

As with all activities at Jaquith Nursing Home, family are invited and encouraged to come participate and join their loved ones during any and all events, and there are several other chances for them to do so in the coming months.

After the Walk to End Alzheimer's on September 15, the annual Senior Citizens Banquet will be on Thursday, September 27, from 10 a.m. until 1 p.m. in Building 202 on the Mississippi State Hospital campus. The theme for this year's banquet is "Hawaiian Sunset," and like in previous years' Senior Citizens Banquets, everyone who attends will have a chance to get a special commemorative photograph taken to remember the event.

After that, the next big event will be the trip to the Mississippi State Fair and Chubby Checker. While at the fair, residents will get to enjoy everything the fair has to offer, including the smorgasbord of fair food available on the midway.

A couple of weeks later, on Thursday, October 25 from 1 p.m.

until 3 p.m., residents will be able to enjoy the Fall Festival, another annual event that lets everyone get together outside to enjoy the best of fall – good food, nice cool weather, music, and even some sports as JNH and MSH staff members put on a touch football game.

Near the end of the month, sometime close to Halloween, there will be another annual tradition residents often have a lot of fun with. That's the pumpkin decorating contest all the buildings take part in, getting ready for the Halloween season with sometimes spooky, sometimes goofy, but always fun pumpkins they make up themselves. They often use paint, clothes, or other props in their pursuit of winning the top prize in the annual contest.

In November, the holiday season begins and volunteers will begin visiting the hospital and the nursing home regularly to host holiday parties. Church groups, civic groups, and others often return year after year to provide memorable holiday meals for residents.

There will also be several Christmas activities for everyone on the campus. The annual Christmas parade is held the first Friday of December every year, and the annual Santa Day event will be coming up soon after.

Look for more information about Christmas at Jaquith Nursing Home in the next issue of JNH Happenings.