

Serving residents of long-term care facilities in Vanderburgh County



VOICES



VIEWPOINT

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COMING SOON!

VOICES, Inc. will be accepting memorable recipes from those living in nursing homes and assisted living facilities in Vanderburgh County. The result will be a cookbook containing many recipes that have stood the test of time. As important as the recipe, is a brief description of a memory that makes the recipe special. It is not only a way to preserve the rich food history of our community, but the memories of those who created and passed the recipes down from generation to generation.

Proceeds from these cookbooks will go to promoting and protecting the rights of residents in nursing homes and assisted living facilities in Vanderburgh County.



WHAT DOES AN OMBUDSMAN DO?

The ombudsman's job is to protect the rights of residents and assure that residents receive fair treatment and quality care by:

- Investigating and resolving complaints,
- Visiting each facility periodically to evaluate conditions,
- Ensuring that residents are receiving the legal, financial, social, rehabilitative and other services to which they are entitled,
- Educating residents, families and facility staff about residents' rights,
- Providing information to the public about long-term care facilities,
- Representing residents' interests before state and federal government by working to change laws, regulations and policies, and
- Assisting with the establishment of resident and family councils.

RESIDENT COUNCILS:

Every nursing home should have an active Resident Council, and every resident who possibly can, should participate. The council gives residents the opportunity to address issues, make suggestions for changes, and plan projects and activities.

RESIDENT RIGHTS REVIEW

TRANSFER AND DISCHARGE RIGHTS

You must not be transferred or discharged from the facility unless one of the following is met:

- Your health has improved so that you no longer need the facility's services,
- You have failed, after reasonable notice, to pay the facility for your care,
- The transfer is necessary to meet your welfare and the facility cannot meet your needs,
- You endanger the health or safety of others, or
- The facility closes.



Give the correct spelling for each pronunciation:

1. suhnday
2. lihlee
3. dEHkurayt
4. dafuhduhlz
5. kuhlur
6. rabuht
7. fuhn
8. chawkluht
9. dii
10. rohl
11. baskuht
12. EHg
13. eestur
14. shichks
15. surch
16. kandee
17. buhnee
18. pihNGk
19. flourz
20. huhnt



ANSWERS:

1. Sunday
2. Lilly
3. Decorate
4. Daffodils
5. Color
6. Rabbit
7. Fun
8. Chocolate
9. Dye
10. Roll
11. Basket
12. Egg
13. Easter
14. Chicks
15. Search
16. Candy
17. Bunny
18. Pink
19. Flowers
20. Hunt

Unless you initiate the move, the facility must:

- ♦ Give written notice of your transfer/discharge, on the state's required form,
- ♦ Include the reason for being transferred, the location to which you will be transferred, information concerning your right to appeal the transfer, and contact information for your local and state ombudsmen,
- ♦ Give you, your representatives and the Ombudsman at least thirty days advance notice. Under some specific circumstances, less than thirty days notice is acceptable,
- ♦ Give information about how long the facility must hold your bed (if eligible) and your right to return to a different bed,
- ♦ Provide you with preparation and orientation to ensure your safe and organized move from the facility, and
- ♦ Allow you to make choices about your move, especially where you wish to live.

If you receive a Notice of Transfer or Discharge from the facility and you wish to appeal, please contact your local ombudsman immediately. You must appeal within a few days, after receiving the notice, or your right to appeal is forfeited.

Renters and property owners cannot be removed from their home without going through the proper legal process.



The same goes for you too!



CULTURE CHANGE CAN BE GREAT!?!?

CULTURE CHANGE IS MORE A CHANGE IN HOW ONE THINKS ABOUT CARE; it is person-centered care, or care centered on you. Staff should focus on you as an individual not just as another person needing care. This is not to say the facility in which you live is inadequate, considering there is ALWAYS room for improvement.

Examples of culture change:

- You have a say in managing your own time such as when you wake up, eat, go to bed, bathe, nap, etc.,*
- You also have a say in how you are bathed such as a bath, shower, sponge bath, sink bath, towel bath or bed bath,*
- Your caregivers are consistent so they can get to know you, your likes, dislikes and routines,*
- You are treated as a person and not just a task, and*
- Your spirit is nurtured and cared for.*

We all know that change is not easy, but culture change will improve your quality of life. Encourage your facility to make a move towards culture change; discuss ideas with your resident council. Many changes require little or no money, just effort. Who better than you and your fellow residents to suggest changes to improve your quality of life. Let me know what your facility is doing to promote culture change.

We will continue to provide you with information on how culture change is improving lives.

DID YOUR MOTHER

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EVER SAY . . .

"If everyone jumped off a bridge . . . would you do it, too?"

"You're going to put your eye out with that thing!"

"How many times do I have to tell you, don't throw things in the house!"

"Close the door behind you. Were you born in a barn?"

"Don't put that in your mouth . . . you don't know where it's been."

"You can be anything you want to be . . . if you just set your mind to it."

"There's enough dirt in those ears to grow potatoes!"

"I don't care what "everyone" is doing. I care what you are doing!"

"If you can't say something nice . . . don't say anything at all."

"I hope someday you have children just like you!"

"Don't talk with your mouth full!"

"Always put on clean underwear in the morning, in case you're in an accident."

"I'm not just talking to hear myself talk."

"Did you flush?"

"I'm going to give you until the count of three."

"Don't pick . . . it'll get infected."

"If you swallow a watermelon seed, a watermelon will grow in your stomach."

"Sit like a lady!"

"Men perspire . . . ladies glisten."

"Don't cross your eyes or they'll freeze that way."

And the best of all . . . "I LOVE YOU!"

**MAY ALL OF OUR MOTHERS
BE IN OUR THOUGHTS
ON MOTHER'S DAY MAY 13TH**



Thank You

MARK YOUR CALENDARS . . .



the Vanderburgh County Senior Olympics is fast approaching! The games will be sponsored by Southwestern Indiana Regional Council on Aging (SWIRCA) for residents of nursing homes and assisted living facilities. This will be a wonderful time to get out, socialize, compete and show your strength. Ring toss, fishing, ball toss, washers and wheelchair races are just a few of the categories available. Don't forget to show your team spirit by wearing coordinating hats, scarves or other ornaments to set your team out from the rest; make up a team name, cheer or song. The top three winners in each category are awarded medals, so start training now to be in your best shape for the Olympics!

JUNE 13TH

9:00 a.m. – assisted living residents

1:00 p.m. – nursing home residents

WOULD YOU HAVE BEEN DUPED?

The Swiss Spaghetti Harvest: In 1957 the respected BBC news Show Panorama announced that thanks to a very mild winter and the virtual elimination of the dreaded spaghetti weevil, Swiss farmers were enjoying a bumper spaghetti crop. It accompanied this announcement with footage of Swiss peasants pulling strands of spaghetti down from trees. Huge numbers of viewers were taken in, and many called up wanting to know how they could grow their own spaghetti trees. To this question, the BBC diplomatically replied that they should "place a sprig of spaghetti in a tin of tomato sauce and hope for the best."



information from: www.museumofhoaxes.com/hoax/aprilfool

Thanks to all residents, family and staff who signed the recent petition for **House Bill No. 1635**. State Representative Bruce Borders (R-Jasonville) presented the bill that would increase the Personal Needs Allowance (PNA) of Medicaid recipients receiving care in a nursing facility and in other similar settings.

The majority of people living in nursing homes receive Medicaid to help pay for their care. In these instances, ALL their income except \$52 goes to the nursing home to pay for this expense. The difference between the cost of care and their income is supplemented by Medicaid. The \$52 per month, the resident keeps, is their PNA.

The cost of personal phone/cable services, outings, haircuts, newspapers, sodas, candy, greeting cards, AND CLOTHES (socks, underwear, shoes, etc.) are the responsibility of the resident. Obviously \$52 is not enough allowance to adequately meet a resident's financial needs. Unfortunately, the bill did not pass; however, advocates of this type of bill will continue to ask our legislature to increase the PNA with automatic cost-of-living increases. Each signature brought attention to our legislators of the need to increase the PNA. So even though the bill did not pass this time, we did gain some headway.

Thanks again to all those who took the time to sign the petition (464 of you) and thanks to Senator Borders who authored the bill. We will overcome!



VOICES, INC.

SERVING RESIDENTS OF LONG-TERM CARE

FREE AND CONFIDENTIAL

DONATIONS AND MEMORIAL CONTRIBUTIONS ARE GREATLY APPRECIATED!

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