



Health Center at
Franklin Park

At the Health Center at Franklin Park our team of caring, experienced clinical professionals help residents manage their needs and the activities of daily living.

Why Choose Franklin Park?

Affordable Assisted Living

- Semi-private and private rooms
- Downtown location
- Accept Medicaid, TLC, Private Pay
- 24 hour staffing

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Health Center at Franklin Park Retirement Community is owned and operated by American Baptist Homes of the Midwest, a not-for-profit provider of senior housing and healthcare since 1930.



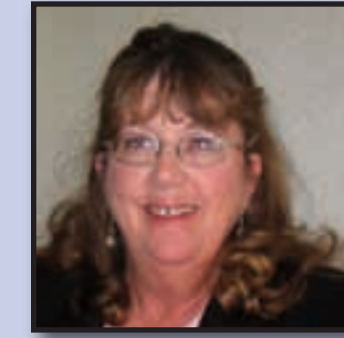
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HEALTH CENTER AT FRANKLIN PARK

Winter 2011

Retirement Community

Welcome New Administrator Michele Johnston



Michele Johnston
New Administrator for
Health Center at Franklin Park

The Health Center at Franklin Park would like to welcome its new administrator, Michele Johnston. Michele has extensive experience in the long term health care field in Colorado. Her vast experience includes Administrator, Regional Director of Operations and consultant for a number of Colorado organizations. More recently, Michele has been instrumental in improving a number of operational issues including regulatory compliance, occupancy and employee relations. Michele's strong interpersonal skills and her passion for serving long term care residents are exceptional attributes that will compliment her role as Community Administrator at Health Center at Franklin Park.

WELCOME MICHELE!

Hello to all of Health Care at Franklin Park's residents, families, friends and supporters. Stepping into the Administrator's role has been an exciting experience! In a little over three months we have completed our annual health department surveys, have implemented the new federally mandated 3.0 MDS (Minimum Data Set) assessments, have hired several new key people on the Leadership Team. Further we have developed a working relationship with our sister community, Residences at Franklin Park, started remodeling our assisted living area and completed a number of environmental improvements to our community.

The care partners and residents here at HCFP have been gracious to me in this transition. We are continuing our journey toward creating a "human habitat" through embracing culture change and Eden Alternative philosophies and principles. In today's health care climate, it is reassuring to know that American Baptist Homes of the Midwest (ABHM) is a company that lives and operates daily based on the company vision and core values. As the Administrator here at HCFP I am proud to know that our community and our company are working hard together to ensure continued improvement in leadership, quality of service, mission effectiveness and stewardship. Our residents deserve no less.

Michele Johnston,
Administrator

Health Center at
Franklin Park
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Bessies Hope – Bringing Generations Together



Bessie's Hope (formerly Rainbow Bridge) began with a spiritual vision received by one of the co-founders. She heard a distinct voice repeating, "Bring them together, the young and the old", and she saw what was to become the work of Bessie's Hope.

Inspired by her grandmother's tragic nursing home experience and by the loneliness she observed in nursing homes, Linda Holloway, and co-founders, Sharron Brandrup and Marge Utne, worked to create an organization that would bring community awareness and participation into nursing homes. Sharron and Linda began taking groups of children

to visit nursing home residents in 1989. Evidence of the life-transforming benefit to both populations led to the formation of a 501c3 non-profit corporation in 1993. In the summer of 1994, Linda's and Sharron's original musical entitled "Rainbow Bridge, an Intergenerational Musical" was produced at the Denver Center for Performing Arts. It attracted tremendous media attention, both locally and nationally. In the fall of 1994, the Rainbow Bridge volunteer programs were officially begun.

Bessie's Hope partners with the Health Center at Franklin Park as well as other facilities, in providing supportive experiences for our residents. This includes monthly visits by students from several area schools. These students engage in therapeutic recreations activities with the residents in our the community and is a rewarding experience for all involved.

Activities Creating a Way for Life at Franklin Park

The Activity Department here at the Health Center at Franklin Park strives to offer a variety of opportunities for our diverse resident population.

Currently our youngest resident is 18, and our oldest is turned 100 at the end of January. Naturally this generational difference creates a lot of different ideas regarding activities for residents. In order to meet the needs of all residents we continually look for new activities and opportunities that will be of interest. All the while keeping true to the Eden concept of offering residents a homelike environment that stimulate the mental, physical and emotional aspects of our lives.

As part of our Mission we want resident to be able to give back to their community. To help them achieve that goal we provide volunteer opportunities such as raising money for the Rescue Mission. In addition, we offer residents a Volunteer Work Program that helps them maintain life skills, gain access to new learning opportunities and create meaningful purpose in thier lives.

We also provide residents with the opportunity to get out into the greater Denver community. We plan outings to shops, visit museums, go to movies, out to eat and a variety of the activities in the Denver area.

For spiritual care, the Health Center at Franklin Park is fortunate to have a Chaplain who supports residents, families and staff by holding weekly Bible Reading Group and, if needed, Memorial Services.

Activities is a fun and uniquely challenging department and we strive to create an environment where residents are able to experience a fulfilling lifestyle. We are fortunate to be able to put smiles on peoples faces and remind people that they are important cared for. I am privileged to be able to work with such a diverse and considerate group of residents.

Michelle Dinan,
Activities Director

Restorative Nursing Care at Franklin Park



The Rehabilitation Department at the Health Center at Franklin Park would like to introduce Our Restorative Nursing Program. Restorative nursing is utilized to provide a therapy service that allows residents to maintain, and or improve their physical level of functioning. There are three levels in Restorative Nursing. With each level,

a specific restorative care plan is created for each resident that participates. These levels are as follows:

Level I

Level one includes formalized therapies which are physical, occupational, and speech/language.

Physical Therapy provides gait and balance training, assistance with transfers from bed, to standing, etc.

Occupational Therapy works with residents who require additional training in Activities of daily living, i.e. combing hair, brushing teeth, eating and preparing meals, etc.

Speech therapy works to improve speech and language difficulties related to stroke or head Injuries, as well as, assessments for swallowing food and drink and making recommendations as to what consistency of food and drink would be appropriate for a resident to prevent choking.

Level II

Level two involves the combined resources of the Restorative Coordinator and an assigned Restorative Certified Nursing Assistant (CNA). There are two phases of Level II.

The Active phase is which a resident who should, at some point, progress to Level III. They reach level III through active participation in various restorative exercises designed to improve strength, conditioning and endurance. Much like an athlete, but focused on improving the basic Functional level of the resident.

The Maintenance phase is when a resident who will most likely remain on Level II . These are generally residents who have plateaued with their restorative exercises and have limited potential to improve. The goal of the maintenance phase is to keep the resident at their current level of functioning and minimize decline.

Level III

The third level involves the floor CNA's. In Level III, Restorative measures are provided to maintain a level of functioning or attain a higher level of function.

Rehabilitation takes a concentrated effort on both the provider and resident to achieve the most favorable results. Hopefully this information provides a better understanding of the rehabilitation process.

Chaplain Corner - Creating Good Friends

I had a request from a resident for the Chaplain's corner this month. She asked me to write about having good friends. I thought it was very appropriate considering we have just passed through the holiday season where we traditionally spend



time with friends and family. As we head into the new year it also seems like a good subject to touch on.

When someone talks to me of friends, three people come to mind. Dick B. has been my friend for over nine years and would drop everything he had going on if I called and said I needed him. I did do that recently and he changed his schedule to accommodate my request.

Tom M. is my friend who knows me the best. Tom knows the good, the bad and the ugly about me and wonder of wonders, we are still best friends. Tom has walked with me through some of the most difficult and painful times of my life. He is a constant source of encouragement and a person I can always confide in.

My absolute best friend is my wife, Cindy! I never cease to be amazed that after all the things I've put her through over the last 31 years that she is still madly in love with me. In Proverbs 18:22 it says, "He who finds a wife finds a good thing, and obtains favor from the Lord." No truer words have ever been said!

The reason these relationships work so well is that we strive to practice the "one anothers" of Scripture with each other. I think there are over 30 "one another" directives in the New Testament. A few examples of them are:

Love one another, Honor one another
Be devoted to one another, Give preference to one another, Do not judge one another, Accept one another, Serve one another, Be kind to one another, Be tolerant of one another, Forgive one another, Comfort one another, Encourage one another.

Oftentimes, instead of treating each other with a "one anothers" mindset, we assume the worst of people instead of giving them the benefit of the doubt. May I suggest that we practice the "one anothers" of Scripture and become good friends with each other? In reality, it is easier to be friendly to someone and overlook their faults than it is to be upset and mad with them. Try it and see!

~Chaplain Don Bibb

Ideas to Enhance Life in a Skilled Care Community

LIFE IN A NURSING HOME, What Can You Do To Help Your Loved One Adjust?
By Kathleen A. Leo, LSW



Adjusting to nursing home placement is not what you expected, or what your loved one expected it to be. Your loved one needs to adjust to their new surroundings, new faces, new routines, and most importantly, their loss of complete independence. Suggestions to remember as your loved one, and you, adjust to this new placement may be:

HAVE PATIENCE:
A good adjustment can take anywhere from six months to one year. Allow them to voice their opinions, complaints and questions. Having someone who loves and understands them available to listen, can help relieve the stress and anxiety that they may be feeling.

SUPPORT AND ENCOURAGE:
Recognize and acknowledge each accomplishment with enthusiasm. Encourage them to continue looking forward to something meaningful. Try to get them involved in whatever capacity they can, and encourage them to participate in their own behalf, to the best of their ability.

SEPARATE YOUR FEELINGS FROM THEIRS: Feelings of guilt, sadness, resentment, hopelessness, and fear can be overwhelming. Leave your thoughts and concerns at the door when visiting and listen to what your loved one is conveying. Be mindful of how your actions and disposition may influence the overall adjustment process. If you find that you are really struggling, consider attending a family support group meeting.

STAY INVOLVED/BE INFORMED:
Familiarize yourself with the routines of the nursing facility. Get to know the staff, from the nursing department to the cook. Attend activities that are planned for the evening and weekends. The more you know, the less anxious you may feel. Lack of communication and information can be the heart of many conflicts. Try to view the nurses and aides as co-workers. Work together to promote the highest quality of care available.

BRING THINGS FROM HOME:
Depending on the size of the room, special items from home can make their room a comforting place. Pictures are great along with a favorite handmade afghan, rocking chair or bureau of long standing.

DON'T LOSE YOUR SENSE OF HUMOR:
Laughter can go a long way to alleviate the stress for both of you. Look for opportunities to laugh, and do so. Life does go on here, and the ability to laugh, both with your loved one and the staff should remain a part of it.
2003 American Health Care Association

Is It a Cold or the Flu?



The fall colors remind us of the change in seasons. The fall colors also indicate flu season is coming. Colds and flu are both highly contagious and, in the initial stages, a bad cold and a mild case of the flu might seem alike. However, flu is a serious illness that can have serious complications, unlike colds.

So - What exactly is the flu?

- It is a contagious respiratory illness caused by the flu virus.
- The virus is spread from person-person in respiratory droplets of coughs and sneezes
- People, such as Mt Vista resident, are at high risk of serious complications from the flu.

Here are some symptoms to watch for:

- Fever - is rare with a cold and usual with the flu
- Headache - is rare with a cold but has a sudden onset and can be severe with the flu
- Muscle Aches - are mild with a cold and usually quite severe with the flu
- Tiredness and weakness - is mild with a cold and extreme with the flu and can last up to 2 weeks!
- Runny nose and sneezing - are often experienced with a cold and rare with the flu
- Cough - is mildly hacking with a cold and very severe with the flu

The Flu vaccine CANNOT cause the Flu.

The viruses in flu vaccines are either killed (flu shot) or weakened with the nasal spray vaccine. Also included in this year's immunization is the H1N1 vaccine. This is to make sure we do not repeat the 2009 flu season. In addition to receiving a flu shot there are other steps you can take to stay healthy:

Extra Steps to Stay Healthy

- Avoid people who are sick with the flu
- Stay home when you are sick
- Cover your coughs and sneezes
- Wash your hands often
- Don't touch your eyes, nose or mouth
- Get plenty of sleep, stay physically active, lower your stress, drink plenty of fluids and eat nutritious food.

The CDC recommends all health care workers get vaccinated, residents receive an annual flu vaccine and visitors get the vaccinated to protect their loved ones from the flu.

Keep fit to Live Longer and Stay Safe

Most of us know that we should work on physical fitness to live longer, look better and feel healthier. But have you ever considered that being fit can also help you to work more safely?

Good physical conditioning strengthens your muscles and increases your flexibility. It helps you maintain your balance when you are standing, walking or carrying. It helps you react to dangerous situations, such as a tripping hazard. If you do slip and fall, it can keep you from landing hard

Add a few steps to your day by trying these ideas:

- Walk to the next bus stop instead of the one right next to your home or office.
- Park your car at the farthest end of the parking lot and walk to the office or shopping center.
- Start with one flight of stairs at work every day. Gradually increase this so that you can walk up or down several flights without being winded.
- Take a walk during your lunch break. Take a co-worker with you for company and encouragement.
- Don't sit in front of the television after work. Take your children out for a game of catch, a walk or an easy bike ride around the neighborhood.
- Play tug-of-war with your dog. Take him on a walk around the neighborhood.



and seriously injuring yourself. It also gives you the stamina to work safely throughout your entire day.

So, how do you get physically fit when you are currently a couch potato? First have a checkup with your doctor. Then start with a few small goals and gradually increase your activities. Practice doing a few minutes of stretching exercises several times

during the day to keep your muscles loose and relaxed. Always remember to warm up before and cool down after more strenuous exercising.

- Join a community recreation center and swim, run or work out at least three times a week. Use the roller-skating or ice-skating rinks. Good physical fitness includes proper posture too:

• Standing - change positions frequently and try to keep one foot up to relieve stress on your back muscles.

• Sitting - keep your knees slightly higher than your hips. This can be accomplished by putting your feet on a footstool. Keep your back straight, relaxed and well-supported.

• Sleeping - rest on your side with your knees bent on a firm mattress. If you wish to sleep on your back, always provide support under the knees with a pillow.