

The Silver Panther Newsletter

SUMMER
EDITION
2015



**Statewide Coalition of Presidents of Resident Councils
Executive Board Members**

*Grace Bligé-Curry, Karen Hawley, Mary
DePasquale, Ronnie Martin, Brian Capshaw,
Helen Fitch, Charlene Paquin, Jeanette Sullivan-Martinez*

Attention

Presidents of Resident Councils

Please Save the Date

Wednesday, October 7th 2015

for

The 19th Annual VOICES Forum

at

The Aqua Turf Country Club

256 Mulberry Road

Plantsville, Connecticut

Resident Council Presidents

Invitations have been mailed and you will be receiving one soon.

If you do not receive an invitation by 8/31/15 please contact the LTCOP at 860-424-5239.

A SPECIAL INVITATION

Q: Brian, I understand you received a very special invitation recently.

A: Yes I did. On June 22nd I received a call from the Executive Director of the Consumer Voice, Richard Gelula. He informed me that the Consumer Voice could send one person to the White House Conference on Aging and they would like to nominate me for the honor to attend.

Q: What happened next?

A: I received an email invitation that began, The President of the United States... formally inviting me to the White House. It's not every day you receive an email like that.

Q: Is the White House conference on Aging an annual event?

A: No, actually it is held every ten years. The first one was in 1961 under President Kennedy. The goal is to discuss and provide information about aging related issues.

Q: What were some of the topics covered in this year's meeting?

A: There were several panels and many interesting speakers. Some of the topics included discussed technology in aging, living healthier, and saving for retirement. There were speakers about Veterans issues and Alzheimer's disease, as well as a special recognition of the 50th anniversary of Medicare and Medicaid.

Q: What stands out in your memory of the day?

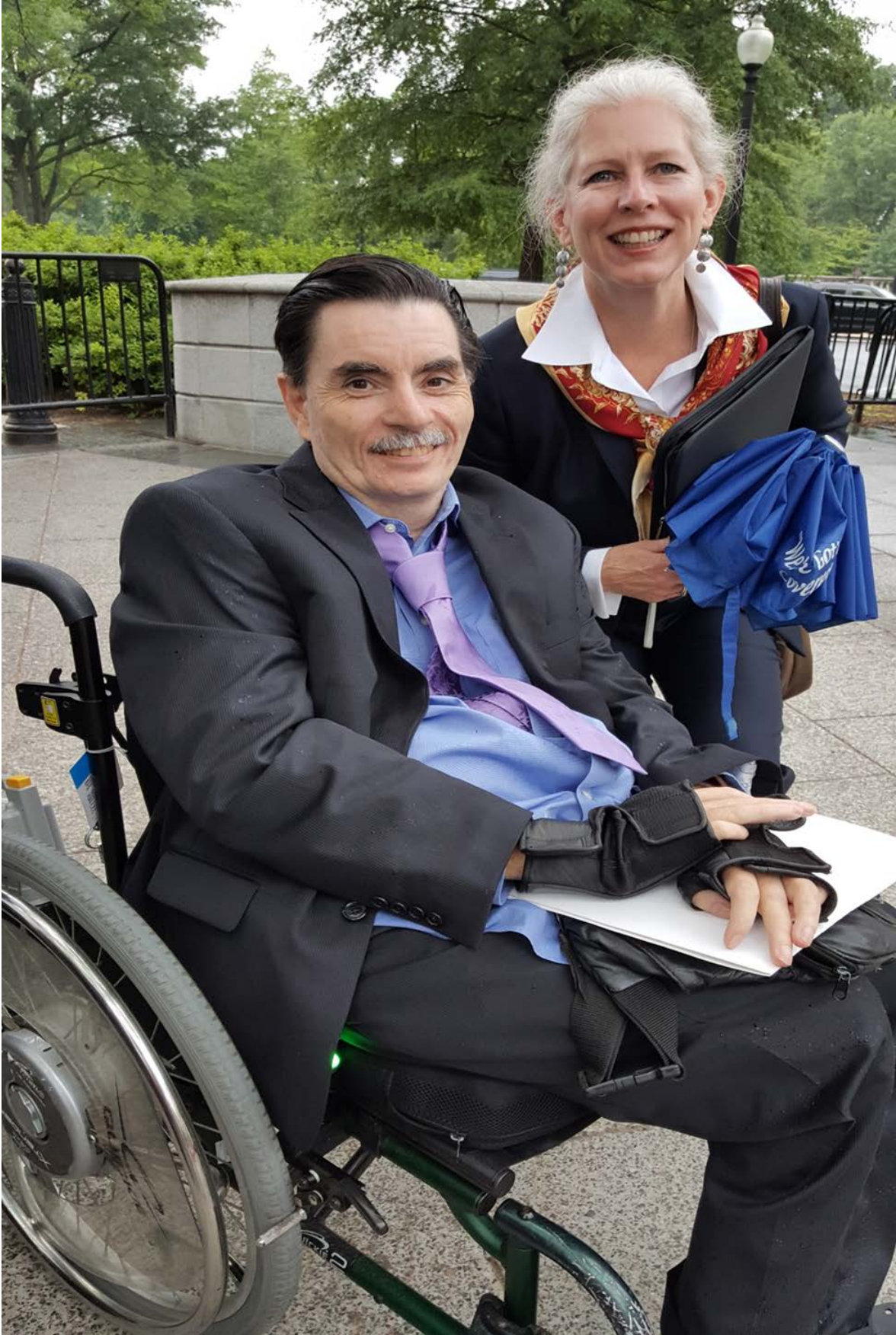
A: We received an agenda a few days prior to the conference so I knew the President would be speaking but it was pretty amazing when he came in to the room. He spoke for about 20 minutes.

Q: Well Brian, this reporter is thoroughly impressed. Congratulations on this special honor and keep up the wonderful work you do, being a voice and a face for nursing home residents.



The President
requests the pleasure of your company at the
White House Conference on Aging
to be held at
The White House
on Monday, July 13, 2015
at nine o'clock in the morning

Southeast Gate



Brian Capshaw and Georgia State Ombudsman Melanie McNeil at the White House Conference On Aging 2015

Java Music Club

Loneliness and depression is an epidemic- we can help

What is the Java Music Club? It is the first standardized mutual support group activity program that is research-based and designed to address loneliness and depression within the long term care continuum. The research was carried out at the Gerontology Department Ent at Simon Fraser University and was funded by the Social Science and Humanities Council of Canada and the Michael Smith Foundation for Health Research.

Loneliness, social isolation and depression is an epidemic. This increases staff burden, sick time and turnover- all linked with substantially higher operating costs.

Where can it be used? The Java Music Club is being implemented in care homes, adult day centers, assisted living and retirement homes, supportive housing and within community support services.

How does it work? It is a daily, bi-weekly or weekly activity group **facilitated by recreation staff that requires no musical ability.** It uses a unique combination of researched themes, photography, music, readings and a traditional talking stick. It comes with a standardized staff group manual & training.

How does it reduce costs? This program is **the most effective way to address the tremendous socio-economic** costs associated with depression and loneliness as it gives residents/clients the practical resources that encourage *and* empower them to seek out and support their lonely or isolated peers.

Java Music Club Program

The Java Music Club program is a research-based mutual support activity group program designed for the long-term care sector that is intuitive and easy to facilitate by recreation staff. The program includes step-by step instructions, a group manual, a facilitator's guide, a hand-carved Aboriginal talking stick, an implementation training DVD, and 8 CD's of custom recorded music in lower singable keys. The group manual includes 52 themes chosen by the research participants, 52 large-size photographs indexed to match the themes, quotes and readings and indexed music.

Why is this program different?

The program is unique because the focus is on having group participants help one another. It is based on the altruistic concept that people are happiest when they are helping one another. All the components of the program are geared to make this happen. It is different from typical recreation programs in that it is not about what the staff can do for the group participants, but what the participants can do for one another.

IS JAVA MUSIC PROGRAM COMING TO YOUR HOME?

The Long Term Care Ombudsman program will select 5 Connecticut skilled nursing facilities and provide each of them with a JAVA Music club program to be used with the residents in their communities. The program originated in Canada and is used to address a resident's feelings of loneliness, isolation and depression. It is very different from a typical recreation program in that it's not about what staff can do for the group participants but what the participants can do for one another.

***PLEASE SEE REQUEST FOR PROPOSAL IF YOU
ARE INTERESTED IN BEING SELECTED TO
RECEIVE THE JAVA MUSIC PROGRAM.***

JAVA MUSIC CLUB

Request for Proposals

The Connecticut LTCOP has purchased five copies of the research-based peer support program/ JAVA Music Club. We are asking for Connecticut homes to submit proposals for the opportunity to own one of these innovative therapy programs. In exchange selected homes will be asked to collect qualitative and quantitative data and report back to our Office so that results can be shared at next year's VOICES event.

Please submit a proposal no later than **September 11, 2015** answering the following questions:

- 1. What makes your home a good recipient for this type of program?**
- 2. How would your home benefit from using this program and why is your home interested in this program?**
- 3. What is your current utilization percentage of antipsychotic medication?**
- 4. What type of data do you envision collecting and how would you go about collecting this data?**
- 5. What do you anticipate goals being for participants of the Java Music Club?**

Mail completed RFP to:

CT LTCOP

**Nancy Shaffer, State Ombudsman
55 Farmington Avenue
12th Floor
Hartford, CT 06106**

Java Program Update

The Ombudsman Program was pleased to announce at VOICES 2014, a request for proposals from Connecticut skilled nursing facilities to receive the Java Music Club program. Java Music Club (JMC) is an innovative way to incorporate music into a therapeutic group activity.

We were extremely pleased with the proposals, as all offered thoughtful insight as to how the JMC would benefit the residents. Narrowing it down to just three recipients was a considerable and lengthy process. We truly appreciated everyone's interest in receiving the Java Music Club, especially since its emphasis is on fostering mutual-support, understanding and helpfulness between Residents.

The homes selected were St. Joseph's in Trumbull, Touchpoints at Farmington, and Beechwood of New London. A training was held in February at Touchpoints to teach staff how to organize and implement the Java Music Club. A total of eighteen staff members from each of the homes attended, including administrative, nursing, social service, therapeutic recreation.

We were fortunate to have the creators of the Java Music Club, Kristine Theurer and Clayton MacKay, who traveled from Canada to provide training to the selected facilities. The participants had an amazing day and were genuinely excited to get the Java Music Club up and running in their homes.

One of the highlights of the training was the resident demonstration of the Java Music Club. As State Ombudsman, Nancy Shaffer wrote the day after the training, "...what a wonderful day we had with the Java Music training. It was truly one of the most wonderful, touching experiences...Everyone-staff, trainers, Ombudsmen and residents were so touched by the interactions of the group of six residents. There was not one person that did not cry and laugh and express their awe at the experience. In a short time the residents shared unbelievable things about themselves." The training allowed everyone to experience firsthand what a pivotal impact the Java Music Club could have on residents. Later in February, Regional Ombudsmen Brenda Foreman and Lindsay Jesshop presented the Java Music Club Initiative at the CT Culture Change Coalition Meeting.

Leslie Merwin, DNS at Beechwood and Jennifer Ortiz, Director of Recreation at St. Joseph's, spoke to the attendees about their implementation of the Java Music Club at their homes. Recently, the Java creators told the Long Term Care

Ombudsman Program they have been contacted by other CT nursing homes based on the presentation and feedback at the Culture Change Coalition in February.

In March a conference call was held with *staff members Kristine Theurer, Brenda Foreman and Lindsay Jesshop to obtain feedback and receive ongoing technical assistance Kristine. Participants reported that Java was off to a great start and some of the homes are implementing more than one weekly JMC session.*

The LTCOP will be sure to keep you posted on the Java Music Club Initiative as it progresses throughout the year! For now, enjoy these pictures from the training held on February 5, 2015.



Best Practices **Outdoor Summer Activities**

Amberwoods in Farmington on a daily basis takes a group of residents to the outdoor courtyard for activities. On a weekly basis they host a cocktail social in the courtyard to bring all the residents out for socialization.

Avon Health Care in Avon has a daily morning Friendship club where 11-12 residents with dementia are brought outdoors for sensory and music therapy activity.

Jefferson House in Newington utilizes their local community by having the students from the Institute of Living and student volunteers from the local schools come in seven days a week to take the residents outdoors and provide one-to-one that allows for individualized attention and socialization.

Bel-Air Manor in Newington as part of a daily morning activity has residents plant and water the vegetable garden.

Wintonbury Health Care in Bloomfield takes groups of residents out for 15 minute walks. The recreational department also does one-to-one outdoors.

Sixty West in Rocky Hill do all their morning and afternoon daily activities outside. They use hats and sunscreen to make sure to protect residents from the sun.

Newington Rapid Recovery in Newington has staff that takes residents in rotation during their break outside. The individual attention helps to decrease combative behavior.

The Summit in Plantsville takes a group of residents for daily morning or afternoon outside visits.

Newington Rapid Recovery in Newington takes a group of residents in the afternoons for outdoor strolls and tea social.

Southington Health Care Center in Southington takes residents out in the mornings to spend time outdoors. Every week a group of residents are taken in the evenings to the Town Green to enjoy a musical festival.

If you would like to share a Best Practice that you are doing at your facility, please E-mail it to:

Best Practice Committee at Michael.michalski@ct.gov or brenda.torres@ct.gov or you can fax it @ 860-723-1425 or write to Ombudsman Program, State Department on Aging, 3580 Main Street, Hartford, CT. 06120

GREEN SPRINGS HEALTHCARE HOSTS ANNUAL FIRST RESPONDERS BBQ



East Hartford Police, Fire Fighters, Emergency Responders are celebrated by Green Springs Healthcare and Rehabilitation at annual BBQ (Posted by rsears1, Community Contributor)

By Community Contributor rsears1

• Law Enforcement

Over 50 East Hartford Police, Fire Fighters and EMT honored at local BBQ

East Hartford, CT, July 14, 2015- Green Springs Healthcare and Rehabilitation in East Hartford hosted a First Responders BBQ to honor all town police, fire and emergency personnel. Over 50 local heroes attended the outdoor luncheon, including Police Deputy Chief Criminal Investigation Bureau, Beau Thurnauer and Fire Chief John Oats.

There was no safer place to be than Green Springs Healthcare on Thursday, July 9th in East Hartford! Applegate Lane was lined with fire engines, police squad cars and ambulances as the First Responding women and men of East Hartford were honored at a local BBQ.

"Every day [Green Springs' employees] carry the important responsibility of keeping our patients safe. It's amazing to think about how the police, fire and emergency responders carry that responsibility for thousands of people across this big town every single day. We're happy to honor the work of our local heroes and take a few moments to share a meal." Marc Lei, Administrator

The owner and Chief Operator of Green Springs, David Blumenkrantz, was on hand to say thanks as well as Marc Lei, Administrator and Michelle Rose, the Director of Nursing. A meal of grilled jerk chicken, burgers and dogs were shared among blooming hydrangeas in the quiet front gardens of Green Springs. Green Springs plans on making this an annual tradition. "It's nice to share a meal and actually interact with our First Responders when we're not in the middle of an emergency!" Becky Sears, Director of Marketing.

2015 Legislative Wrap-up

By Brian Capshaw

The 2015 legislative session ended with a lot of hours of debate about the budget that was filled with tax increases. On the last day June 3rd the house and senate were both tied up debating the budget and many bills did not get called for a vote. As nursing home residents we were fortunate that the legislature rejected the Governor's proposal and passed a budget that kept our personal needs allowance at \$60 a month. The budget ended up passing 73-70 in the house and 19-17 in the senate. Governor Malloy wound up signing over 150 bills and vetoing 4 bills. According to regional ombudsman Dan Lerman about 20 bills were related to long term care, including Senate Bill 1022 which updated the residents' bill of rights and states that each resident is entitled to receive a copy of any Medicare or Medicaid application completed by a nursing home on behalf of the resident. Also signed into law was House Bill 5257 which requires the notification of a family member or guardian if an abuse allegation has been made concerning a resident of a long term care facility. The legislature failed to act on House Bill 6690 which would have raised the minimum staffing levels for nursing homes. The bill had passed through the Human Services and Public Health Committees. Our own legislative committee will begin work this fall on bills we would like to see the legislature pass in 2016.

EXECUTIVE BOARD OF RESIDENT COUNCIL PRESIDENTS ANNUAL RETREAT

The Executive board of Resident Council Presidents was able to gather for their annual retreat/planning meeting in July. The attendees were privileged to be able to meet in a conference room at the Capitol and all involved enjoyed the prestigious setting. The group reviewed the past year activities and legislative focus and did some general planning for the upcoming year. Commissioner Ritter of the State Department on Aging presented an informative discussion on the best ways to be effective communicators to elected officials. Nancy Wyman the Lieutenant Governor made a surprise visit and the group was delighted to have the two distinguished guests.



State Ombudsman –Nancy Shaffer and Mimi Peck Llewellyn-
Legal Services Developer appeared on the Better Connecticut
show on June 15th in recognition of World Elder Abuse Day.
Pictured here with Scot Haney and Kara Sundlan, Nancy and
Mimi also are co-chairs of the Coalition for Elder Justice in CT.



RESIDENT RIGHTS

A	R	R	C	H	O	I	C	E	A	F	E
V	I	A	L	O	R	A	T	M	A	N	O
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*DIGNITY, CHOICE, RESPECT, VOTE, PARTICIPATE, REFUSE, MAIL, SELFDETERMINATION, OMBUDSMAN,
SURVEY, PLAN, LANGUAGE, COMPLAIN, GRIEVANCE, CARE, MEDICAL RECORD, PRIVACY,
CONFIDENTIALITY, VISITORS*

Karen Hawley, Word Puzzle Author



**Statewide Coalition of Presidents of Resident Councils
(SCPRC)**

Executive Board Members

**Brian Capshaw
East Hartford Health & Rehab**

**Ronnie Martin
Bayview Health Care
Emeritus Member**

**Mary DePasquale
Ellis Manor**

**Grace Blige-Curry
Newington Health Care
Emeritus Member**

**Charlene Paquin
Walnut Hill**

**Helen Fitch
Valerie Manor**

**Karen Hawley
Geer Memorial Healthcare
Emeritus Member**

**Jeanette Sullivan-Martinez
Pendleton Healthcare**

NANCY B. SHAFFER - STATE LONG TERM CARE OMBUDSMAN

860- 424-5200

Desiree Pina - Administrative Assistant

860-424-5239

**CONTACT YOUR REGIONAL OMBUDSMAN TOLL FREE
NUMBER - 1-866-388-1888**

WESTERN

INTAKE NUMBER 203-597-4181

Sheila Hayden - Intake Coordinator

Regional Ombudsmen

Kim Massey, Amber Hilyard & Lindsay Jesshop

SOUTHERN

INTAKE NUMBER 860-823-3366

Stephanie Booth - Intake Coordinator

Regional Ombudsmen

Brenda Foreman, Thomas Pantaleo & Dan Lerman

NORTHERN

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Charlene Anglin - Intake Coordinator

Regional Ombudsmen

Michael Michalski & Brenda Torres



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