



AANHR

Arkansas Advocates for Nursing Home Residents

PROTECTING NURSING HOME RESIDENTS
June 2008

Conway (501) 450-9619 · Fairfield Bay (501) 884-6728
Conway (501) 450-7405

AANHR's Mission Statement:
"To protect and improve the quality of care and life for residents in Arkansas nursing homes."

Next Meeting June 9th

MEETING PLACE:

First Assembly of God Church
4501 Burrow Road
North Little Rock
Directions to church on back of Newsletter.

Please Note

There will be no AANHR regular meeting on June 9. Instead, AANHR is honoring CNAs as part of National Nursing Assistants' Week. Please join us. (See article at right)

Annual C.N.A. Appreciation Luncheon June 9



If you are regularly present at AANHR meetings, be prepared for a different scenario this month. AANHR is modifying its itinerary for the June meeting. In lieu of the regular meeting AANHR members will host their fourth annual CNA awards appreciation luncheon at 12:30 PM on Monday, June 9, recognizing the very important role that Certified Nursing Assistants play in the care of Arkansas' nursing home residents. You may come at the regular meeting time of 10:00 AM and help us with the finishing touches or arrive in time for lunch (12:30 PM), program, and awards presentation.

Carol Compas, Project Manager for the Arkansas Foundation for Medical Care, will deliver the keynote address. Kathi Gately, Arkansas' State Ombudsman will also offer words of inspiration.

Approximately sixty CNAs plus their guests from nursing homes around the state plan to attend this event to commemorate National Certified Nursing Assistant Week June 12-19, 2008. CNA honorees receive a complimentary lunch, an award certificate, and a monetary award.

AANHR is looking forward to honoring CNAs for the selfless dedicated job that they do in caring for Arkansas' frailest citizens. The names of the 2008 CNA honorees are listed on page 2. AANHR congratulates each of them!

Family Members Take Note

Nursing Home Residents May Still Apply for Tax Stimulus Payment

April 15 is past but it is still possible to apply for the Tax Stimulus payment of \$300 and this may be a boon to some nursing home residents. If the resident received income of \$3000 or more from Social Security, Disability benefits, VA benefits or certain Railroad Retirement benefits, and/or other pensions, they are eligible but must apply.

You have until October 15 to apply.

DID YOU KNOW?
The AANHR Newsletter Is Available Online At aanhr.org



From the President's Desk Martha Deaver

On behalf of AANHR, I wish to present the list of our CNA honorees from nursing homes around the state. I congratulate each of you on being chosen to represent your fellow CNAs at your nursing home. I'm looking forward to meeting each of you at the awards luncheon. AANHR is very proud of each of you and appreciates your dedication to our dear family member nursing home residents. See you all on Monday, June 9!

CNA Honorees For 2008:

Rolanda Abby - Grace Healthcare of Benton
 Breanne Allen - Greenhurst Nursing Center
 Stacy Atkins - Monticello Healthcare
 Barbara Babbitt - Benton Healthcare Center
 Mia Baugh - Little Rock Health Care
 Kris Beckner - Benton Healthcare Center
 Barbara Bowers - Greenhurst Nursing Center
 Karen Brewer - Arkansas Health Center
 Shaundra Brim - Woodland Hills Healthcare & Rehab
 Amber Brown - Cave City Nursing Home
 Annie Buckley - Arbor Oaks Health Care
 Donna Bullis - Northridge Healthcare & Rehab
 Laura Burns - Woodlawn Nursing Home
 Kamika Cannon - The Pines Nursing & Rehab
 Eartha Coleman - Parkview Rehab & Healthcare
 Jennifer Crabtree - Mena Manor Nursing & Rehab
 John Davis - Auburn Hills Nursing & Rehab
 Marilyn Finks - St. John's Place
 Rodney Foley - Rich Mountain Nursing & Rehab
 Dorothy Franklin - Trumann Health & Rehab
 Harold Gloston - Arkansas Health Center
 Erma Green - Stone Ridge Health & Rehab
 Dawn Hardin - Byrd Haven Nursing Home
 Dana Hixon - Arbor Oaks Health Care
 Bonnie Holland - Cave City Nursing Home
 Donna Hunt - Brookside Health & Rehab
 Sherri Hutchins - Woodland Hills Healthcare & Rehab
 Audrey Jackson - Brookside Health & Rehab
 Jennifer Jamminson - Northridge Healthcare & Rehab

Ester Jones - Lakewood Convalescent Home
 Dona Kates - Cabot Nursing & Rehab
 Diana Kennedy - Lakewood Convalescent Home
 Jocelyn Laxamana - Rich Mountain Nursing & Rehab
 Amber Lay - Cabot Nursing & Rehab
 Alma Lee - Linrock Health & Rehab
 Roy McCollough - Grace Healthcare of Benton
 Juanita Mercado - Mena Manor Nursing & Rehab
 Tracy Millsap - Byrd Haven Nursing Home
 Carolyn Moore - Parkview Rehab & Healthcare
 Michael Morris - Salem Place Nursing & Rehab
 Melinda Parks - Batesville Healthcare
 Lorraine Patterson - Woodland Hills Healthcare & Rehab
 Glenda Pittman -- Stone Ridge Health & Rehab
 Misty Platt - Greene Acres Nursing Home
 Brenda Proctor - St. John's Place
 Jennifer Reed - Greene Acres Nursing Home
 Melissa Rehrig - Auburn Hills Nursing & Rehab
 R. Daniel Rice - Monticello Healthcare
 Tina Ryder - Linrock Health & Rehab
 Dana Shaddon - River Valley Health & Rehab
 Carolyn Silas - Woodlawn Nursing Home
 Diane Stokes - Salem Place Nursing & Rehab
 Brandy Stormes - River Valley Health & Rehab
 Rholonda Tellis - The Pines Nursing & Rehab
 Lisa Watts - Trumann Health & Rehab
 Dorothy Williams - Woodland Hills Healthcare & Rehab
 Latoya Wright - Batesville Healthcare

Volunteer Ombudsmen Needed

Regardless of whether or not you end up becoming a volunteer ombudsman, your knowledge will increase greatly by attending an ombudsman training session. Volunteer Ombudsman training takes only one day and can make an incredible difference in the life of a nursing home resident. A volunteer ombudsman is authorized to help the residents with any concerns. Protecting the resident's rights is a priority. The volunteer ombudsman is authorized to take complaints and report things they see that are questionable to their regional ombudsman, who can take steps to remedy the situation. A volunteer ombudsman can make a big difference brightening the life of a nursing home resident. After the day of training and a short orientation period one can become a Certified Ombudsman and can choose to be assigned to a specific nursing home where just two hours service per week is expected. If interested, please contact Martha Deaver at 501-450-7405; she will put you in touch with your regional ombudsman.

Alzheimer's Caring Today

At the May 12th meeting, AANHR members learned a great deal about Alzheimer's Disease and Alzheimer's Arkansas. Phyllis Watkins, Executive Director of the organization spoke of the *plaques and tangles* that kill brain cells.

- Alzheimer's, a disease of the brain, is the most common cause of Dementia among people over 65.
- Diagnosis is done by a process of elimination or exclusion.
- Presently there are 4 medications that slow the process of the disease.
- ***Risk factors for Alzheimer's are age, head trauma, genetics, family history, heart disease and diabetes.***



Phyllis Watkins

Things that can slow down brain-aging are mental activity, physical fitness, stress reduction and a healthy diet.

Symptoms are:

- Loss of function, confusion, decreasing alertness with increasing severity
- Language, difficulty finding words
- Forgetting - a whole experience, not just parts of it; how to drive a car; use appliances; recent events; ever having known a person.

To evaluate the above mentioned symptoms, Ms. Watkins suggests that a Neurologist or Senior Health Clinic will give a more thorough evaluation. Good news is that Alzheimer's disease is not a natural part of aging.

Caregivers must educate themselves about the disease, care techniques and community resources. They must also take care of themselves! NEVER ARGUE with the patient, be aware of that person's view of reality and do not force them into yours. Maintain a calm, familiar environment and be aware of safety issues. Learn how to use distraction.

Alzheimer's Arkansas provides 24/7 phone support; caregiver and family support groups, early stage education, monthly newsletter, lending library and financial assistance grants.

They also provide funding to research for the cure of Alzheimer's. The phone number is 501-224-0021 or 1-800-689-6090.

AANHR Videos for Loan

AANHR has several wonderful videos that we would like to loan for use at Family Council meetings, or to help any family member seeking to learn more about receiving good care of residents in nursing homes. If you cannot attend our monthly meetings in Little Rock, please contact one of the officers listed in this newsletter and make arrangements to have one of these helpful videos mailed to you. The videos are:

Nursing Home Care Plans
The Importance of Nursing Home Family Councils
Bathing Without a Battle

NCCNHR ALERT: Teleconference for Family Council Presidents

To: Citizen Advocacy Groups; CAG Listserv
Re: Family Council Support and Networking

NCCNHR is excited to be working on a project dedicated to family councils, and we are asking for your help to contact and network councils across the country!

Background: The Family Councils for Quality Long-Term Care: *Support, Strengthen and Empower* project is supported by a grant from the Frances Lane Memorial Family Council Fund, of the Edward H. Lane Foundation. Through this project, NCCNHR is working with Virginia family councils, as well as councils across the country. Learn more: http://www.nccnhr.org/public/245_1265_14200.cfm.

In Virginia, NCCNHR is providing funding in the form of mini-grants (\$250 - \$1000 each) directly to independent family councils for the purpose of funding council activities.

Nationwide, NCCNHR is supporting and networking independent family councils, and will invite them to participate in educational conference calls. Councils across the country will also have access to a webpage, listserv and mailings with information and resources related to family council advocacy.

Upcoming Event: As part of this project, in late June, NCCNHR will offer a **free, one hour conference call for family council members: Family Councils: Focus on Rights and Advocacy**. This call is an opportunity for family council members to join with other council members across the country to look at the protections for family councils under the Nursing Home Reform Law, and to talk with our panel of family council members about council development and issues family councils face.

How You Can Help: As part of this project, NCCNHR is building a database of contact information for family council members, so that we can support their work, and network them with other councils across the country. **Please send us names and email addresses of family council leaders who might want to participate in the upcoming June conference call, and other opportunities for family council learning, support and empowerment. Contact: Jessica Brill, NCCNHR's Project Coordinator: jbrill@nccnhr.org or 202.332.2275, ext. 225.**

NCCNHR appreciates the Frances Lane Memorial Family Council Fund of the Edward H. Lane Foundation for making possible such opportunities to support, strengthen and empower family councils working for quality long term care.

Thank you in advance for your help!

Jessica E. Brill, MPA
Project Coordinator

NCCNHR: The National Consumer Voice for Quality Long-Term Care
1828 L Street, NW, Suite 801
Washington, DC 20036

Phone: 202.332.2275, ext. 225

Fax: 202.332.2949

Email: jbrill@nccnhr.org

Web: www.nccnhr.org www.ltcombudsman.org

SAVE THE DATE! NCCNHR 33rd National Conference & Annual Meeting
Making It Happen: Advocacy into Action - Action into Care
October 15-18, 2008
Hilton Indianapolis, Indiana

A THOUGHT TO PONDER . . .

When an old man died in the geriatric ward of a small hospital near Tampa, Florida, it was believed that he had nothing left of any value. Later, when the nurses were going through his meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Missouri. The old man's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the St. Louis Association for Mental Health. A slide presentation has also been made based on his simple but eloquent poem. And this little old man, with nothing left to give to the world, is now the author of this "anonymous" poem winging across the Internet.

"Crabby Old Man"

What do you see nurses? What do you see?
 What are you thinking.....when you're looking at me?
 A crabby old man, ...not very wise,
 Uncertain of habitwith faraway eyes?

Who dribbles his food.....and makes no reply.
 When you say in a loud voice....."I do wish you'd try!"
 Who seems not to notice ..the things that you do.
 And forever is losing A sock or shoe?

Who, resisting or not.....lets you do as you will,
 With bathing and feeding ... The long day to fill?
 Is that what you're thinking? Is that what you see?
 Then open your eyes, nurse.....you're not looking at me.

I'll tell you who I am As I sit here so still,
 As I do at your bidding,as I eat at your will.
 I'm a small child of ten.....with a father and mother,
 Brothers and sisterswho love one another.

A young boy of sixteen .with wings on his feet
 Dreaming that soon now.a lover he'll meet.
 A groom soon at twentymy heart gives a leap.
 Remembering, the vows.....that I promised to keep.

At twenty-five now I have young of my own.
 Who need me to guide And a secure happy home.
 A man of thirty My young now grown fast,
 Bound to each other With ties that should last.

At forty my young sons ...have grown and are gone,
 But my woman's beside me.....to see I don't mourn.
 At fifty, once more, Babies play 'round my knee,
 Again, we know children My loved one and me.

Dark days are upon me My wife is now dead.
 I look at the futureI shudder with dread.
 For my young are all rearing.....young of their own.
 And I think of the years... And the love that I' v e known.

I'm now an old man.....and nature is cruel.
 'Tis jest to make old agelook like a fool.
 The body, it crumbles.....grace and vigor depart.
 There is now a stone.....where I once had a heart.

But inside this old carcass A young guy still dwells,
 And now and againmy battered heart swells
 I remember the joys..... I remember the pain.
 And I'm loving and living.....life over again.

I think of the years all too few.....gone too fast.
 And accept the stark fact.....that nothing can last.
 So open your eyes peopleopen and see..

Remember this poem when you next meet an older person who you might brush aside without looking at the young soul within.....we will all, one day, be there , too!

PLEASE SHARE THIS POEM

The best and most beautiful things of this world can't be seen or touched.

They must be felt by the heart.

A drink of water in His name

As a child and then again as a young mother, how many times did you hear or did you say “wash your hands before eating, don’t put your fingers in your mouth, cover your mouth when you cough, cover your nose when you sneeze, don’t drink from someone else’s glass”? These are ways we knew that could curb the spread of infection causing germs. We worry constantly about newborns “catching something.” Then, as we age, it seems to be forgotten. However, as we get older, our immune systems start to weaken and we suddenly find ourselves again worried about infection. Our senior years are a time when it again becomes most important to eat properly and drink plenty of fluids.

When we visit nursing homes, it is not unusual to see a water pitcher out of the reach of the resident. Is it not a sad thought to think of a resident who is thirsty but cannot reach refreshing water and no one appears to offer a drink. In a health care facility, caregivers should know that hydration is one of the most important concerns in maintaining the health of the elderly persons living there. Encouraging residents to drink and eat is a vital part of the work of the caregivers.

It appears that many caregivers do not understand that older adults are at increased risk for infection and that good nutrition and hydration play a significant part in maintaining a well-balanced immune system and healthy skin tissue. When the immune system is compromised, it diminishes the body’s ability to fight off infection and if skin breaks down, pressure sores develop.

Urinary tract infections seem to be prevalent in nursing homes. Because of the way the immune system changes as we age, older adults do not always show the typical signs of infection. This can delay the diagnosis until the individual is seriously ill with infection. The most common sign of infection in older adults is either decreased alertness or increased confusion. If the caregiver does not understand that these symptoms could be signs of infection, they might be diagnosed instead with dementia. The resident then might be given medications that he/she does not need and that could worsen the condition or create other problems.

It is extremely important that we all remain watchful that our loved one is receiving adequate amounts of fluids and nutrition. Discuss your concerns with the CNA and charge nurse. If you become aware of unusual symptoms, bring them to the attention of the caregivers and work together to determine the cause. To borrow a phrase from a well-known personality, “it truly does take a village to care for our frail senior citizens in the sunset years of their lives.”

“Then the righteous will answer Him, saying, ‘Lord, when did we see You hungry and feed You, or thirsty and give You drink? And the King will answer and say to them, ‘Assuredly, I say to you, inasmuch as you did *it* to one of the least of these My brethren, you did *it* to Me.’ “ (*Matthew 25: 37 - 40 NIV*)

Partially reprinted from the AANHR newsletter, June 2006 issue.

“Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.” Proverbs 31:8 NIV

AANHR Special Thanks

We extend our heartfelt thanks to the following people and groups who make our outreach possible:

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Jack Waggoner and Gene Ludwig for keeping AANHR supplied with copies of the book *DANGER ZONE*.

Brandon Clark of the Law Offices of Brandon Clark, PLLC, for ongoing support of AANHR activities.

AANHR Officers and Board Members

President - Martha Deaver, Conway

Vice President - Nancy Johnson, Fairfield Bay

Program Chairman - Nancy Allison, Conway

Secretary - Betty Buckta, Judsonia

Treasurer - Nancy Johnson, Fairfield Bay

Members of the Board: Martha Blount, Searcy; James Brooks, North Little Rock; Betty Buckta, Judsonia; Martha Deaver, Conway; Julie Edwards, Mabelvale; Gleason McGuire, Bryant; Ann Pinney, Benton.

Honorary Board Members: Jim and Faye Sandstrum, Searcy.

Newsletter Editors: Martha & Ernie Blount, Searcy

Helpful/Important Numbers

The Office of Long Term Care (OLTC)

has a toll-free number for information, assistance and complaints for residents and family members:

1 - 800 - LTC - 4887 between 8 a.m. and 4:30 p.m. on weekdays.

You may also write to: Office of Long Term Care (OLTC) P.O. Box 8059, Slot 400 Little Rock, AR
72203-8059

OLTC website:

[Http://www.medicaid.state.ar.us/General/units/oltc/index.htm](http://www.medicaid.state.ar.us/General/units/oltc/index.htm)

You should also report complaints to the Arkansas Attorney General

Toll Free: 1 - 866 - 810 - 0016

Little Rock Local: 682 - 7760

For additional assistance or a listening ear, call AANHR at

(501) 450 - 9619 in Conway;

(501) 884 - 6728 in Fairfield Bay;

Visit our website at www.aanhr.org or e-mail us at Info@aanhr.org

Your local Ombudsman's number should be posted in a prominent place in the nursing home, preferably near the front entrance. You may also call your local Area Agency on Aging to secure the name and phone number of the Ombudsman.

The UALR Senior Justice Center can be reached at: **501 - 683 - 7153.**

Strength in Numbers, AANHR Needs You!!

AANHR is a nonprofit organization run by non-paid volunteers dedicated to protecting and improving the quality of care and life for Arkansas residents in long term care facilities.

Won't you please lend your support to us by joining our organization? Your membership dues help to pay for our activities that support our mission statement. Memberships are available on a calendar year basis. Join now and you will be a member through December 31, 2008.

Name _____

Mailing address _____

City/State/Zip _____

Phone _____

Email _____

- I wish to receive the AANHR newsletter.
 \$15 per individual membership enclosed.
 \$20 per family or corporate membership.
 \$4 per student or CNA membership.
 Waive dues because of financial hardship.
Please make checks payable to: AANHR and mail to
135 Hillside Dr #112 Fairfield Bay AR 72088-4026

Driving directions to First Assembly of God Church, 4501 Burrow Road, North Little Rock

Coming from the North:

When driving South on Highway 67/167, take exit #1 onto Warden Road. As soon as you safely can, move into the right-hand lane, as you will be turning right at the Golden Corral Restaurant onto Commercial Drive.

Coming from East, West or South:

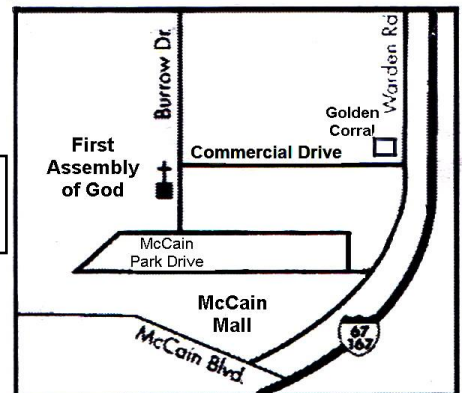
If you are on either I-30 or I-40, take Highway 67/167 North. Take exit #2 onto Landers Road. Stay in the left-hand lane, as you will be turning left and going under Highway 67/167 and enter Warden Road going southbound. As soon as you safely can, move into the right-hand lane, as you will be turning right at the Golden Corral Restaurant onto Commercial Drive.

Commercial Drive terminates at the church. Proceed straight across Burrow Road into the church's parking lot and turn right at the far side of the building into the narrow alley-like drive.

The entry door is located about half-way down this side of the church and the meeting room (#113) is immediately inside the entrance door.

AANHR's Mission Statement:
"To protect and improve the quality of care and life for residents in Arkansas nursing homes."

Map To
Meeting



AANHR

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www.aanhr.org

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