

COMMUNITY VOLUNTEER NEWSLETTER

June 2018 Newsletter Volume 6, Issue 11



Montessori and Passavant

Over three years ago, Passavant's nursing and personal care residents moved from "Olde Main" into the Abundant Life Center. This move provided them with an environment that helped support Passavant's person-centered culture in a household, as opposed to an institutional, model of care.

While this move was a significant improvement for its residents, Passavant's leadership did recognize the need to further enhance the way their elders who were living with dementia were served.

With that vision in mind, Passavant's leadership met with Jennifer Brush, an international expert in Montessori Advisory Group for Ageing and Dementia (MAGAD). The decision was then made for Passavant to pursue a partnership with MAGAD to establish Passavant as a Center of Excellence for Montessori for Ageing and Dementia.

In pursuit of that, Passavant leadership was pleased to announce that they received three grants which afford the opportunity to establish a Center of Excellence in the Abundant Life Center's Shenandoah Household in Personal Care. The grants will pay for training, supplies, and regular coaching with Ms. Brush for one full year.

Training has already begun with Ms. Brush presenting a two day training the first part of May to Shenandoah household staff, volunteers and families.

This Montessori approach will provide more means of connection and assistance with activities of daily life for residents with dementia who often struggle with communication, cognition and memory loss on a very basic level.

"This is more than activity based," stated Elizabeth Garrett, Associate Director and Nursing Home Administrator as she shared about the impact this will have on the resident's whole environment.

Further explaining the importance of providing the residents with connection and a no-failure environment, Ms. Garrett added "This is a very human and intentional way of working with our residents."



MARK YOUR CALENDAR

PUBLIC WELCOME

MUSIC IN THE GARDEN: SUMMER CONCERTS

"Zelie Blenders"

with Community Volunteer Dale Krynski

Sunday, June 10

2:00 pm

Centennial Gardens

Located by the South Entrance to

The Abundant Life Center

Attendees may bring their own lawn chair

Rain location:

Scholl Conference Center

Abundant Life Center

COMMUNITY VOLUNTEERS ONLY

COFFEE SERIES

World of Coffee

Explore coffees from around the world

Presented by Heather Rohm,

Starbucks Store Manager and Coffee Expert

Tuesday, June 19

10:15 am

Scholl Conference Center

Abundant Life Center

Reservations requested by Friday, June 15

at 724.452.3456



**Happy
Father's
Day**

Volunteers: Equipping to Serve

Pastoral Care Class Certification



*Pictured left:
Anne Mathe,
on left, with
Rev. Schubert.*



*Pictured right:
Meg Lope,
on left, with
Rev. Schubert.*

Community Volunteers Anne Mathe and Meg Lope received a certificate for completion of the Pastoral Care Class from class facilitator, Rev. Valerie Schubert.

Open to anyone interested in enhancing their visitation skills, the series of classes focused on developing and equipping the person providing pastoral or visitation care through information and self-reflection.

Congratulations Meg and Anne - and thank you for your commitment to serving our residents!

Silver Spoons Training Completion

Community Volunteer Bill Montgomery successfully completed training to become a part of the *Silver Spoons* Program which provides meal assistance to nursing residents.

After completion of a training class, volunteers in this program complete an observation and demonstration and then are assigned to nursing residents who do not have choking or swallowing concerns. As a safety measure, volunteers assist residents in public areas such as the household dining room where staff is present.

Bill had requested this training so that he could further assist residents on first floor nursing.

Thank you, Bill, for your initiative and your help!

MAKING A DIFFERENCE Volunteer Musicians

Our residents enjoy music! So when volunteers come to share their musical gifts, they are met with an appreciative audience. Even Memory Care residents who at times do not appear to be engaged, show evidence of engagement as their toes begin tapping to the music!

Volunteers playing guitars, pianos, and drums not only add music and social interaction to the residents, but also provide them with a number of other benefits.

Studies over the years have found that these benefits of music include improvement in the following areas: visual & verbal skills; brain health; heartbeat, pulse rate & blood pressure; sleep quality; immune systems; pain levels and depression & anxiety.¹

So thanks to our musical volunteers for making this difference in the lives of our residents.

Misty Bianco - Drumming Circles

Leona DeRosia – Newhaven Court Pianist

Emily Harrer - Nursing Pianist

Nonie Kirkwood - Nursing pianist

Dale Krynski – Nursing, Personal Care and Wittenberg guitarist and singer

Anne Mathe - Drumming Circles

David and Marianne Stalder - Song Leader and Pianist

Penny Winkelbleck- Newhaven Court Pianist

¹<https://www.usatoday.com/story/news/health/2013/12/17/health-benefits-music/4053401/>



*Pictured clockwise starting
from the left:
Nonie Kirkwood,
Misty Bianco, Emily Harrer.*



“Music’s the medicine of the mind.” – John A. Logan

FACES AND PLACES

Welcome Back Seasonal Volunteers!

Returning Summer Teens

- Sabrina Dunlap** – Personal Care Activities
- Taya Jones** – Personal Care Activities
- Reagan Lang** – Newhaven Court Activities
- Riley Lang** – Newhaven Court Activities
- Sophie Muller** – Nursing: Allegheny and Mt. Laurel Activities
- Rachel Sandala** – Nursing: Allegheny Household Activities
- Marleah Schlick** – Personal Care Activities

Snow Birds

- Christine Stives** – Gift Shop and Activities
- Trudy Bauder** – Gift Shop
- Sandy Schmeling** – Outreach Office Assistant



Assignment Updates

These volunteers have recently added on to their current assignments. We thankfully recognize their commitment to providing continuing service to our residents.

- Ron Goehring and Anne Mathe** – Pending Checking Project
- Bill Montgomery** – Silver Spoons

Happy Anniversary

We recognize these community volunteers who are celebrating an anniversary in June as a volunteer here at Lutheran SeniorLife Passavant Community.

Linda Schweiger	13 years	Bingomania
Sue Bologna	13 years	Bingomania
Marilyn Evans	11 years	Fitness Walker, Food Bank Co-Manager
Judy Shearer	6 years	Friendly Visitor, Eagle Eye
Lynn Johnson-Hurley and "Rooney"	5 years	YAP Co – Leader, Pet Visitor
Cathy Shantz	3 years	Gift Shop

Whether you serve throughout the years, for a special project or for a season; your time with us is valuable.

PLACES TO SERVE

Hymn Sing/Sing-Along Accompanist - Accompany residents as they sing from song sheets. Music provided. Accompanist can play household’s organ or piano or bring in their own guitar. Days and times are flexible.

Pianist/Organist/Instrumentalists - Provide music on organ, piano or other instruments for residents who just enjoy listening to music in their household. Days and times are flexible.

Time to Go Outside!

Now that summer is around the corner, our residents, especially those in nursing, would enjoy getting outside and going for a stroll in Centennial Gardens outside of the Abundant Life Center or on the walking path by Newhaven Court.

Can you help?

If you are already visiting a resident, think about changing up your visit by sharing some time outdoors with them.

Or if you are not currently visiting residents, perhaps you would like to visit a resident once a week for even ½ hour on a day when you are already serving at Passavant.

If you would like to help residents enjoy some sunshine and fresh air, please contact the Outreach Office. We will get you connected with a resident or two that would enjoy your company and a trip outdoors.

(Don’t forget the foot pedals on those wheelchairs though!)

Referrals

Because we believe Passavant has a GREAT group of Community Volunteers, we look for people with the same dedication and caring hearts to serve our residents.

Any Community Volunteer referring a new volunteer who has availability that matches a need here at Passavant and completes orientation will have their name placed in a drawing to receive a \$25 gift card. The drawing is held once a quarter.

Volunteers are often not focused on the perks that may be offered, but we care about having a quality team of volunteers. This is our way of saying “thanks!”

“Our best referrals are word of mouth. If you have enjoyed your volunteer experience, please tell a friend.”

Community Benefits

Fitness Center: Keeping Volunteers Fit!

Volunteers who live off campus, can become a member of the Fitness Center which entitles them to use of the gym and pool, participate in classes, and come to special events.

Membership can be obtained for no cost if the applicant is eligible for Medicare and has the qualifying secondary insurance such as *Silver Sneakers* or *Silver and Fit* programs.

For volunteers who are not eligible for Medicare insurances, membership can also be purchased at a discounted monthly rate, if they serve 4 hours a month or more.

Trips, Classes and More

Community Volunteers are not only a vital element in carrying out the Community Life Programs here at Passavant Community, but those who serve at least four hours per month are considered members of this program as well.

Volunteers who qualify by providing four hours of monthly service may select to participate in appropriate programs listed in the *Abundant Living Opportunities* catalog which includes classes, trips and events. They may also use general areas along Main Street such as the Business Center (computer lab) and Game Room, if it is not already reserved.

Some listings in the catalog may have a fee attached. In the event of a limited class size or bus seating, residents will have preference. There are occasions when a trip is cancelled due to insufficient interest.

The summer issue of Community Life Program's *Abundant Living Opportunities* catalog is available in the Travel and Events Office. Feel free to pick one up!

Note on trips: Volunteers who are asked to go on a trip to assist Personal Care and Nursing residents are not charged for the trip. Volunteers who sign up as a pleasure trip for themselves will be charged at the resident's rate.

Mission Statement

ABUNDANT LIFE®

"I came that they may have life, and have it more abundantly." John 10:10b

"These are the words that guide our ministry of care for our seniors. Regardless of their level of independence, abilities, health or financial circumstances, we strive to help all seniors enjoy the richness and fullness of life. A vital element in carrying out this mission of Abundant Life® is the volunteer from the outside community who comes to serve our elders."

**Whether you volunteer on special occasions,
seasonally or on a weekly basis
you are making a difference in the lives of others!
Thank you for being a part of this mission.**

Contact information:

Community Outreach Coordinator
Lutheran Seniorlife Passavant Community
105 Burgess Drive
Zelienople, PA. 16063-1597
724-453-5414
dcawthorne@lutheranseniorlife.org



Passavant Community is rated as a 5-star certified nursing home by the Federal Government's Center for Medicare and Medicaid Studies (CMS).

Applications can be obtained by contacting the Community Outreach Office at 724.453.5414 or by visiting www.lutheranseniorlife.org. On our website, select the "Volunteer" tab on the top of the page, then follow the How to Apply directions.

The purpose of the *Community Volunteer Newsletter* is to provide information, appreciation and education to the Community (off campus) Volunteer and is the creation of the Community Outreach Office Coordinator, Donna Cawthorne and Community Volunteer, Blanche Lozar.