



McLean Family Newsletter

So Much More

March 2010

McLean's Journey to Person-Centered Care

A final note from Nancy Wright

Over the past few years McLean has been pursuing an exciting new program to develop a person-centered approach to the way we provide care and services. Some of the changes have been in the physical appearance of the building, with the goal of making it feel and look more like a home and community. The living room's renovations, the Senator's Café, the Sorenson Media Center and the new front porch entrance to Skyview Terrace and Birchview are a few examples.

We have also made some changes in the way we operate on a day to day basis. The new country kitchen enables us to serve meals right in two of the neighborhoods and eliminate the tray service that was put together in the kitchen and brought upstairs in large, institutional looking carts.

The former units are now called neighborhoods, and the residents and staff have chosen new names for each of them. The neighborhoods now have consistent assignments of our nursing assistants that allow staff and residents to get to know each other better and to develop closer relationships.

We have made a great deal of progress toward person-centered care over the past few years, but we still have work to do if we are to become truly "person-centered". The next step in this process is to form small teams, in each neighborhood, and to work on projects to improve the quality of life for everyone. Over the past several months, teams comprised of residents, staff from various departments and family members have been formed. Each of the teams has already come up with several projects that they would like to tackle. Possible projects include having coffee and fresh, hot toast available for residents as soon as they get up in the morning, making the bathing experience more enjoyable, and recruiting more volunteers to work with residents in the neighborhoods. Some of the changes can be made quickly, while others may require renovations and other resources.

We will be bringing you more updates on our journey to person-centered care as we start more teams in each of the neighborhoods, and hope that you can join us on one of the teams as we move ahead. Everyone is invited to join us on this exciting journey!

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Additional Note on Person-Centered Care

By Lisa Clark

We have formed a steering committee to help guide our person centered care initiatives and support the learning circles with the appropriate resources to meet our goals. The steering committee is composed of employees from different disciplines, family members and residents. We are learning about best practices from national organizations to assist us in finding ideas to help us succeed.

Spiritual Care

We work with the residents of McLean to meet their spiritual needs. Through the generous donation of time we are able to offer several services every week. Our community clergy, residents and families help guide us to enhance our program and are so fortunate to have different faith groups provide these services. We are also blessed to have volunteer chaplains and clergy meet individually with those who desire one on one meeting time. Please see our calendar for specifics on services as **we welcome you to join any of the services**. (Our calendar is located on our website – www.mcleancare.org and you will also find them in our elevators and in the neighborhoods.)

The New Village at McLean

We are so proud to report that our active adult community is buzzing with new life, energy and activities. Villagers have been enjoying enhanced dining experiences with display cooking and themed meals. Just this month we had made-to-order crepes, a Super Bowl buffet celebration, and Vancouver cuisine in recognition of the Olympics.

The Hartford Room has been a hub of creative, fun and educational courses as part of the new **Village ACES Educational Series** offered to all Villagers. From learning how to quilt to understanding the intricate workings of our brains, it has been a great inaugural semester. We are already busy planning the next exciting new offerings for each of three semesters a year. The courses are very interactive and engaging.

We are anxiously awaiting the spring thaw as Villagers will now be able to use the golf and tennis facilities at Hop Meadow Country Club at the guest fee rate. Villagers have always enjoyed social membership at Hop Meadow which allows them to participate in the many social events that take place each month, have a meal or just stop in the pub for a drink and game with friends, and use the facilities at the club house including rooms for private functions. We now include all the Hop Meadow activities on the Village monthly calendar, encouraging them to really enjoy this remarkable benefit.

A very comprehensive calendar to truly reflect all of the events, courses, wellness opportunities and so much more right here for Villagers, has been developed and is on the website if you want to have a peak. Trips, trips and more trips..... Villagers will be seen around the state as they travel to the Thomaston Opera House, Bushnell Performing Arts Center and Warner Theater to name a few.

If you have not seen a cottage or apartment, call Karen Murphy at 658-3786 for a tour or attend the new Life Changes Series beginning March 1.

The Village at McLean, so much more and so much more to come!

McLean Home Care & Hospice Named Top Agency for Third Year



McLean Home Care & Hospice has been named to the 2009 HomeCare Elite™ for the third consecutive year. This prestigious organization annually evaluates data of the top-performing home health agencies in the United States. This annual review identifies the top 25 percent of agencies. Winners are ranked by an analysis of performance measures in quality outcomes, quality improvement, and financial performance.

McLean is the ONLY VNA in the Farmington Valley to win this recognition for three years for quality, and only one of two agencies in Greater Hartford.

Spring Happenings By Kathy Cookson and staff



In March, we will be celebrating St. Patrick's Day on the 17th with entertainment. Then on April 29th, we will be holding a traditional Passover Seder in our craft room. In April we are planning a trip to the Connecticut Science Center, and our Auxiliary will be sponsoring and helping us facilitate the ever popular "Casino Night." During May, we will honor our "Mother's" with a celebration and on Memorial Day we will honor our war heroes with a traditional ceremony outside near our flag pole.

We have approximately 30 World War II veterans on our campus. Sometime in the next 2-4 months, we are planning a special ceremony to honor those individuals who have served their country. The date is not yet confirmed, but when it is, we will be sure to notify the family members of our select veterans and hope that you will be able to join them.

The above mentioned programs are just a sample of the special events planned for the next three months. Should your loved one be going shopping with us or to another event in the community, we welcome you to join us there and share in the experience. Family may join us for any of the programs offered. All events are listed on our website, and we welcome any ideas you have for future programming.

Environment Update By Craig Boettger

In order to protect the safety of our residents, our insurance company is requiring us to limit the opening of the **sliding doors to the outside balconies** located in the resident rooms on the 2nd floor, McLean wing. These doors will be permanently blocked at a space that will allow for ventilation and prevent persons from exiting onto the balcony. We understand that this may not be a popular decision, but we are without recourse with our insurance company.

The balcony area in the dayrooms on Birch View and Skyview Terrace will be available for use. Access will be controlled by key locks so that Nursing staff can supervise their use. Work will begin when the weather changes, and should be completed by mid-spring.

McLean Celebrates Love Stories

The fireplace was glowing, the food and wine was exceptional, the tables were covered with red cloths and pink napkins and red roses, but most of all love was in the air. A special kind of love that comes with many, many years of life together. Imagine being married for sixty-nine years and still holding hands whenever you have a chance. This is the story of Mary and Duke Gionnotti. They enjoy each other's company each day at dinner in the Health Center's Pfirman Restaurant as Mary lives a very active life in the Robinson at McLean while Duke receives the skilled care he needs. As Mary said, "Now I can just love him and not worry about being his caregiver. We really appreciate this very romantic lunch together. The staff is making us feel very special." The Gionnotti's are proud parents of three sons who live out of state, but they routinely fly in to visit and call their mother nearly daily. She loves her room with her high boy, her large antique bed, her most favorite painting of gardens and the shelf above her bed where she proudly displays portraits of "my boys" as she refers to them.



The Therapeutic Recreation and Dining Services staff make Valentine's week very special for couples who live on the McLean campus or who must live apart due to their medical care needs. It is one of the most touching days in the busy annual calendar of events at the Health Center.

John and Barbara Case explained "The prime rib is so tender, and the cheesecake is divine. This is another example of how we feel about living in The Robinson Assisted Living. This move lets us enjoy life again together and not worry about taking care of ourselves or being a burden on our children." Love sparkled in their eyes as John handed Barbara the rose celebrating their sixty-one years of marriage.

Bill and Cynthia Channon moved to the Village at McLean five years ago choosing to continue to live in Simsbury having thoroughly enjoyed their 48 years in town. Bill continues to live in their lovely apartment overlooking the Hop Meadow Country Club golf course. Until a couple of months ago he taught music to local students in his apartment. Bill started and chaired the Simsbury Public Schools Music Department. Cynthia now lives in the Health Center across the path so they can visit regularly. He gave her a big hug as she looked at him for the photo. Another love story of sixty-three years.



The last story reaffirms that love springs eternal. Mr. Nicholas Lavnikovich has found love again. Dorothy Noble and he have been long term friends living in Simsbury. After they both lost their spouses of more than fifty years, romance bloomed. Nick spent a good deal of time at McLean in the Post Acute Center recovering and is back in the community. And Dorothy lives in the McLean Health Center. "Now long standing girlfriend and boyfriend," as he told us, they shared the luncheon together.

So this was a celebration of love and marriages of many, many years and new found love.