



# The Black-Eyed Susan

For Those Concerned With Assisted Living Issues

## In Case of Emergency...

Everyone knows to dial 911 for medical emergencies, but what do you do when you lose electricity for three days, or there is a major storm coming that requires you to evacuate the assisted living home, or a fire starts in the kitchen? Do you have a plan? While no plan may anticipate every possible scenario, thinking through and writing down your strategies for addressing different emergencies will ensure that you are as prepared as possible.

The new assisted living regulations require that assisted living programs develop and maintain a comprehensive emergency and disaster plan. The sobering fact is if there is a large scale disaster, facilities such as assisted living homes are anticipated to be able to function independently for at least 72 hours before emergency resources may be able to respond. That means you need to assess the individual needs of each client, maintain supplies and resources to operate without outside help, and identify lines of communication and staff responsibilities.

Fortunately, there are resources to help you with this major task. The Office of Health Care Quality's website has sample templates to guide you through the planning process. Additionally, there are trainings being offered throughout the state that you are encouraged to attend. Hopefully you will never need to put your plans into action, but the fact that you are prepared will give you a great peace of mind.

Surveyors will anticipate full compliance with this requirement by August 1, 2009. Questions can be addressed to Michael Cook, Environmental Safety Officer, at 410-402-8181 or mcook@dhhm.state.md.us. Charles County local emergency management can also answer questions about emergencies in general and the status of emergency planning locally.

Bonus! The first person that calls 301-934-9305, ext. 5145, will receive a personal starter emergency kit.

## Farmer's Market Time

Summer time is the perfect time of year to shop at your local farmer's market. With such a wide variety of fresh fruits and vegetables available, think of all the yummy and healthy recipes you can make for your residents. Better yet, residents can shop at the farmer's market using coupons offered through the Senior Farmer's Market Nutrition Program. This program provides free coupons for use at any approved farmer's market for fresh fruits and vegetables.

To be eligible to receive coupons a senior must be enrolled in one of the following Federal programs: Qualified Medicare Beneficiary Program (QMB), Special Low-Income Medicare Beneficiary Program (SLMB), Maryland Energy Assistance Program (MEAP), Primary Adult Care Program (PAC) which replaces MPAP, EXTRA HELP with Medicare D Prescription Drug Program, Medicaid, SSI, Food Stamps, or the Senior Employment Program. Verification of enrollment in one of the qualifying programs must be presented at the time of coupon pick-up.

Coupon booklets are currently being distributed at all Charles County Senior Centers. If you have questions, please contact Lisa Furlow at 301-934-0138 or 301-870-3388, ext 5138.

### Rhonda's Reminders

- Delegating nurses have increased responsibilities under the new regulations. You need to have a very clear contract with your delegating nurse to ensure that you are getting the required services. Put it in writing.
- All residents must have new health assessments completed by December 31, 2009. However, a new health assessment should be completed sooner than that if the client has a change in condition or the client is hospitalized and returns to the facility.
- Service plans must be comprehensive and address everything on the health assessment. Each diagnosis of the client requires that it is addressed somewhere on the service plan.
- All staff must be evaluated, trained, and signed off by the delegating nurse for the specific functions that they perform for each individual client. Staff immunizations must also be updated and documented.

There are a lot of new things to think about, but a consistent, organized approach will get the job done. Know the regulations, take advantage of training, and keep good records. You will succeed.



# The Black-Eyed Susan

Look for our next issue in September 2009

If you would like to contribute an idea, article, recipe, or comment in the next newsletter, please contact our office at 301-934-0133.



The Charles County Department of Community Services is pleased to offer this edition of The Black-Eyed Susan, a quarterly publication providing information and ideas for caregivers. Suggestions and comments concerning the programs and services offered by Charles County's Senior Centers are welcomed and encouraged.

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**Mission Statement** – The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient, and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning, and have an appropriate managerial organization tempered by fiscal responsibility.

**Vision Statement** – Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

**Americans With Disabilities** – The Department of Community Services welcomes the participation of individuals with disabilities. As with all county government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

# The Grab Bag Reminiscence Game

This is a great activity to encourage residents to socialize with one another and as a way to welcome new residents to your facility.

## Supplies

- Paper bag or box
- Slips of paper

## How To

Prior to starting the activity, take the slips of paper and write down a memory phrase; for example: first date, favorite summer activity, favorite school teacher, etc.; a significant event in history; the names of songs or famous persons that were popular when your residents were younger.

Have the residents sit in a circle so they can see one another, pass the bag or box around. Each time a resident picks a slip of paper, have them answer the questions shown by talking about their experiences and memories.

## Suggestion

Invite your resident's family members to observe the game and write down any of their memories and experiences that each of the residents have shared with the group.

For a subsequent activity, place the written accounts into a scrap book, add pictures of the resident and famous persons, places, or events that were part of their memories. When new residents come to your facility, the Grab Bag and scrap book can be used as an "icebreaker" and conversation starter.

# Cooks in the Kitchen

This time of year is a great time to start taking advantage of fresh produce, especially at the local farmers markets. Fruits



in season right now are strawberries, blueberries, raspberries, kiwis, avocados, and pomegranates. Vegetables include tomatoes, peas, mushrooms, celery, and onions.

You don't have to cook anything special to take advantage of the health benefits of fresh berries. Just cut them up and toss over yogurt and cereal for a nutritious breakfast. But if you want to make a special treat that takes advantage of many seasonal fruits try:

## Triple Threat Fruit Smoothie

### INGREDIENTS

- 1 kiwi, sliced
- 1 cup ice cubes
- 1 banana, peeled and chopped
- ½ cup orange juice
- ½ cup blueberries
- 1 8 oz container peach yogurt
- 1 cup strawberries

### DIRECTIONS

In blender, combine and blend all ingredients until smooth.

Serves 4