

Bringing Home to the Nursing Home



Guide:

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Planetree Coordinator

Parkside Special Care Center



Creating a Calm Environment

It starts with you

It starts with cultivating

Qi

Chi

Prana

Ha

Life Force

Breath





Concepts:

- Noise Reduction
- Neuro-acoustic Therapy
- Aromatherapy
- Qigong
- Stress Reduction:
Stretch & Breathe
- Guided Imagery

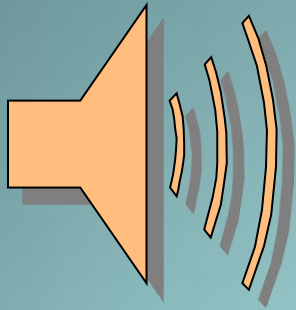
- Healing Touch
- Pets
- Gardening
- Flower Arranging
- Resident Artwork
- Celebrity Chef

Noise Reduction



Lessons Learned

- Sharp Coronado Hospital
- Lo-Har Gardens of El Cajon



Noise Reduction

Reduce or Eliminate

*Overhead Paging
&
Elevator Music*

Noise Reduction

First you need to listen to the environmental sounds in your community

Engage your staff in documenting the sounds they hear

Create a list of all the sounds heard in a day

Share the information gathered at a Town Hall Meeting

Determine which sounds promote calmness and which sounds do not.

Noise Reduction

Sounds that could be reduced or eliminated

- Cell phones
- Overhead paging
- Delivery cart wheels
- Staff to staff talking
- Yelling down the hall
- Bed and chair alarms

Sounds that promote home life

- Laughing
- Singing
- Birds chirping
- Music playing

Neuro Acoustic Therapy

Human beings have been using sound to access deeper states of consciousness, expand awareness and heal the body for thousands of years by.....

- Uttering a mantra
- Chanting
- Using tingshaws
- Striking a singing bowl or a gong

- These are just a few examples of the use of sound.

Neuro Acoustic Therapy

- The biological rhythm of life is set to external beats or cues. Just as the circadian rhythm corresponds to light, sound may be used to cue and entrain our biological responses.
- Massage therapists have long known that certain kinds of music can help relax clients and create a time for healing.
- Neuroacoustic music therapy influences and alters brain wave patterns by improving the core balance and functioning of the brain

Neuro-acoustic Therapy

Residents who lack the ability to communicate verbally sometimes will vocalize by screaming, yelling or moaning.

We have experienced positive results by utilizing neuro-acoustic therapy. Not only has it provided respite for fellow residents but for staff and visiting families.

Equally important is the ability to provide respite periods for the resident who screams, yells or moans.

Neuro Acoustic Therapy

These two ladies share a room at Parkside Special Care Center. They both vocalize by moaning almost non-stop during waking hours.



Since Neuro-acoustic therapy has been introduced they are able to remain calm and peaceful for up to an hour at a time.

Neuro Acoustic Therapy

Center for Neuro-acoustic Research

169 Saxony Road Suite 209

Encinitas, CA. 92024-6780

Phone: (760) 942-6749

Fax (760) 942-6768

www.neuroacoustic.com

Aromatherapy

Aromatherapy is using a plant's aroma-producing oils (essential oils) to treat dis-ease.

It can come from a plant's flowers, leaves, stalks, bark, rind, or roots.

It can be placed on the skin, sprayed in the air, or inhaled.

Essential oils have been used since antiquity.

Aromatherapy as it is used today originated in Europe in the 1900s.



Aromatherapy

- Aromatherapy is a technique that uses the body's sense of smell to help boost mood, relieve stress, energize and encourage better health.
- Aromatherapy doesn't just smell good, it also benefits you in many ways. Some aromatherapy benefits that are more commonly known include:
 - Relaxation and Stress Release
 - Mood Enhancement, Balance and Well Being
 - Relief of Minor Discomforts
 - Boosting respiratory or circulatory systems



Aromatherapy



Some common essentials oils:

- Eucalyptus or Tea Tree - purifying and invigorating
- Lemon or Grapefruit– refreshing, uplifting, cheering
- Lavender , Chamomile or Jasmine – calming & relaxing
- Sandalwood – calming relaxing & centering
- Orange /Ginger - uplifting, strengthening, and anchoring

Aromatherapy



<https://www.youngliving.org/htprogram>

Qigong

气功

Qigong is a Chinese meditative practice that uses slow graceful movements and controlled breathing techniques to promote the circulation of Chi within the body, and enhance one's overall health. Qigong can be done in a standing, sitting or supine position.

Qigong

- Qigong means: Life Force or Breath Work
- The class begins by:
 -
 - Activating a diffuser or incense burner
 - lighting a flameless candle
 - Yoga Mats/ Blankets
 - Striking a Gong, Tingshaw or Singing Bowl
 - Deep Breathing instruction
 - Play the Qigong Video
 - Class time 20 minutes

Qigong

- Resident who are experiencing hyperactivity in the mid to late afternoon are notably calmer during this class.
- Residents either participate or sit quietly as silent observers.
- Staff and family members also attend.



The benefits of the exercise were evident from the very first class.

Qigong

- Julie, the Activity Assistant embraced the Qigong exercise class from it's inception. She now leads it on a weekly bases.



Qigong

Parkside Special Care Center Receives Programming Award in 2009

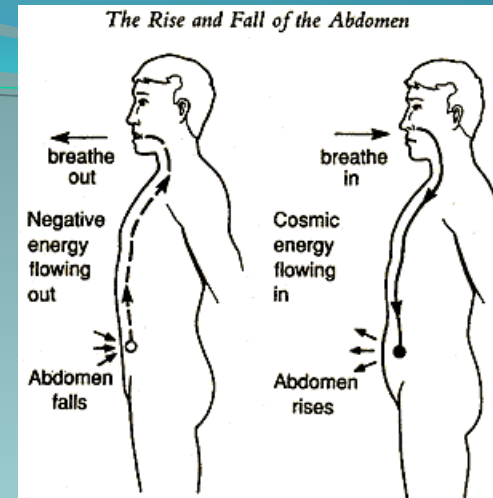
Ed Long and Chili accepting Excellence in
Programming Award by (CAHF) California
Association of Health Facilities for
introducing Qigong into the care center





Protecting Against Staff Fatigue and Burnout

Deep Breathing Abdominal Breathing



- A simple diaphragmatic breathing exercise:
- Sit or lie comfortably, with loose garments.
- Put one hand on your chest and one on your stomach.
- Slowly inhale through your nose or through pursed lips (to slow down the intake of breath).
- As you inhale, feel your stomach expand with your hand.
- Slowly exhale through pursed lips to regulate the release of air.
- As you exhale ,your abdomen should grow smaller.
- Rest and repeat.

- It's how babies breathe. It's how we breathe, when we sleep.
- Why smokers think tobacco is relaxing

Guided Imagery

- Guided imagery is a method that helps you use your imagination to direct your thoughts toward a relaxing or peaceful scene to achieve a relaxation response.
- Guided imagery uses the mind-body connection to make you feel like you are experiencing something just by imagining it.

Guided Imagery

- For example.....if you are imagining a meadow in the morning, feel the crisp, cool morning air. And as the sun rises, feel the warmth on your face. You may see the dew sparkling in the sunlight, hear birds chirping, and smell the wildflowers.

Stretch & Breathe

Positive feedback from staff when Stretch and Breath was introduced last year.

Need to Create a Quiet Zone:

- Dimmed Lights
- Sign on Door “Quiet Zone”
- Flameless Candle
- Diffuser - Sandalwood
- Yoga Mats
- 10 Sun Salutation Postures
- Ending with Relaxation Exercise through Guided Imagery



Healing Touch



Healing Touch

- What is it?
- Healing Touch is a compassionate energy therapy in which practitioners use their hands in a *heart-centered* and *intentional* way to support and facilitate your physical, emotional, mental and spiritual health as well as *self healing*

Healing Touch

Chakras are energy centers in the body. There are 7 major chakras.

Some people have the ability to see the colors. The rest of us can see the chakras by using any pendulum.



7. Crown

6. Brow

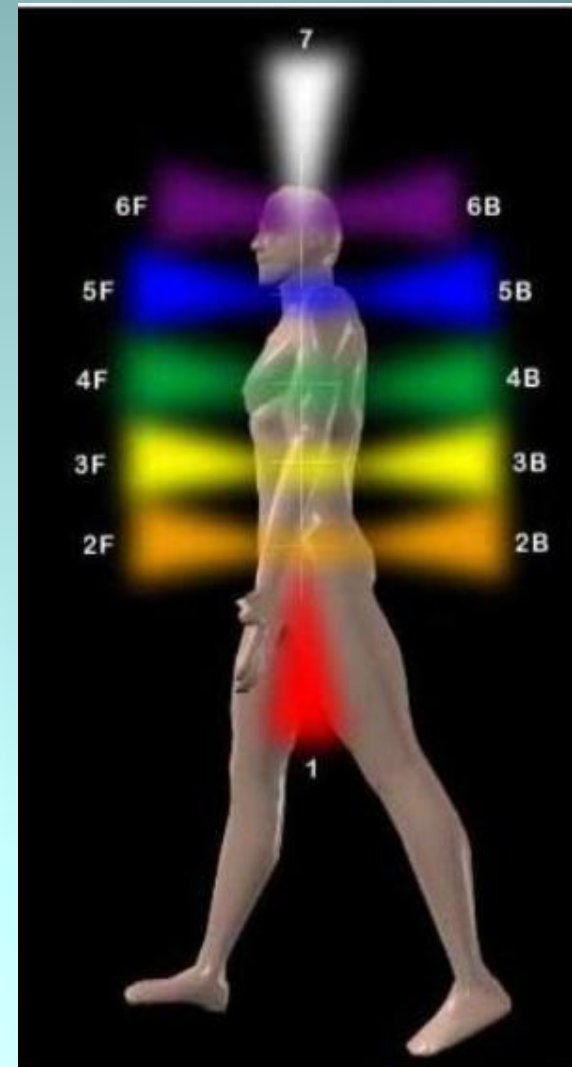
5. Throat

4. Heart

3. Solar Plexus

2. Sacral

1. Root



Healing Touch



January Level 1 Graduates



March Level 1 Graduates

Healing Touch



20822 Cactus Loop
San Antonio TX 78258

www.healingtouchprogram.com

Pets



“Chewy”



“Chili”

Pets

- **Health Benefits of Pets**

- Most households in the United States have at least one pet. Why do people have pets? There are many reasons. Some of the health benefits of pets are listed below.

- Pets can decrease your:

- Blood pressure

- Cholesterol levels

- Triglyceride levels

- Feelings of loneliness

- Pets can increase your:

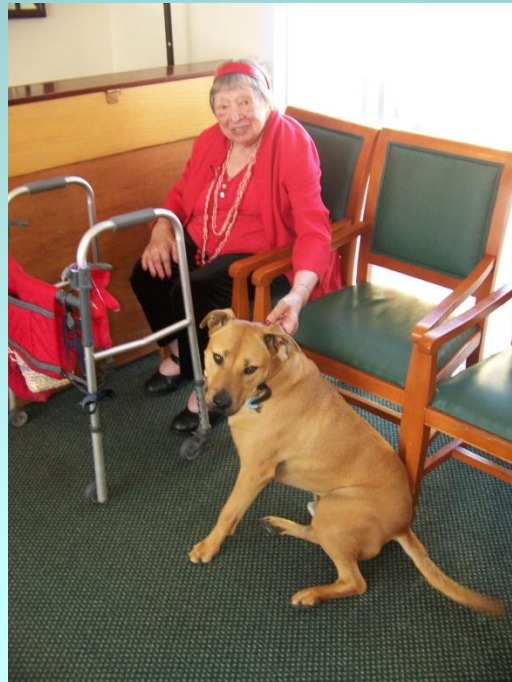
- Opportunities for exercise and outdoor activities

- Opportunities for socialization



Pets

- Animals help make a home



Pets

- Good Citizen Canine Certification offered at KSS&A



Gardening & Flower Arranging

**The Emotional and
Positive Impact of
Plants & Flowers.**



Gardening

contributes to physical health,
since activities such as :

Digging
Planting
Weeding
Harvesting

are all part of three types
of physical activities:

Endurance,
Flexibility
Strength.



Flower Arranging

Flowers are a universal instrument that conveys various messages on any occasions.

It has always been considered a symbol of sharing and conveying a positive feeling.

Research shows that flowers have a positive impact on emotional health which helps relieve stress, illness, and depression.

Flower Arranging



Flower Arranging



Flowers arranged for the dining table

Resident Artwork

What better way to create a home environment then to have the residents' artwork professionally mounted and hung in the care center



Celebrity Chef

Celebrity Chef was designed to allow staff to prepare their favorite recipes as a demonstration. The goal is to prepare a dish that can be sampled at the end of the class.

It started with Root Beer Floats which lead to homemade ice cream, banana split shakes and fruit smoothies.

Even more elaborate recipes have evolved: Pound Cake Bread Pudding, Pineapple Coconut Pecan Upside Down Cake, Garlic Cheese Bread with Bruchetta and Coctel de Camerones.

The Medical Director and his wife Nancy (Chef in her own right) prepared Thai Spring Rolls



Rene Hardy, Activity & Social Service Director



Celebrity Chef



Dr Andrew Alongi, Medical Director and his wife Nancy preparing Thai Spring Rolls

Celebrity Chef



Residents , Staff and Family members look forward to the monthly offering of Celebrity Chef

Bringing Home to the Nursing Home

Questions