

## The Groves

In July 2011, I visited Rosewood Health and Rehab Center and White Oak Living Center, which are both part of a senior living complex in Independence, known as The Groves. The Groves also includes 74 independent living apartments and a Medicare certified hospice. Rosewood Health and Rehab Center is a 300 resident Medicare/Medicaid skilled nursing home. White Oak Living Center is an attached 78-resident residential care home.

Both Rosewood and White Oak have undergone several culture changes, with more planned for the future. They use the [Artifacts of Culture Change](#) tool to help guide them as they move forward. They also participate with Missouri's culture change coalition, MC5. White Oak has restaurant style dining, resident use laundry, community computer with internet access, WiFi, and a large library with a low vision machine that can be utilized by Rosewood residents as well.



*White Oak's restaurant style dining room*



*White Oak's Resident accessible laundry room*



*White Oak's library*

Rosewood has both private and semi-private rooms, as well as privacy enhanced shared rooms. There are no restrictions and residents' furnishings and decorations. They have been renovating common areas, including adding laminate flooring and an electric piano. Caregivers are consistently assigned and they have three resident counsels.



*Renovated common area with electric piano*



*Resident Rabbit*

They have eliminated overhead paging, except in emergencies. There are rabbits and birds that live in the home, which many of the residents enjoy. There are also guest apartments available to visitors for a nominal fee.

They have three transportation vehicles and two full-time drivers. Their activity directors also have chauffeur's licenses. Residents participate in a variety of activities, including square dancing, a walking club, gardening, and picking apples from the tree in the courtyard and baking apple pies. They have an activity kitchen that is available to residents and families. They also have closed circuit TV for residents who prefer to view visiting entertainers from common areas or their rooms.



*Resident Garden*



*Apple Tree*

They have an annual Easter egg hunt. Residents dress up and decorate for Halloween. They hand out Halloween candy to employee's children and have a Halloween parade. They decorate a bus and march

in the Sugar Creek Independence Day parade. They also have a Christmas breakfast. Their Maintenance Man is a professional Santa Claus and invites the children to sit on his lap.

They have a volunteer coordinator and a large volunteer program, which includes a lot of kids from a Christian school and college that are nearby. While I was there, there was a young man who was carrying a cat around to visit with the residents. The rabbits are taken around for the residents to pet. Rounds are also made with the library cart. There is a Dementia Support Group. Residents also do volunteer work, such as water plants and feed the animals. They also help with the employee activity committee (Spirit Committee).

They are making changes to their dining, including plans to institute open dining, expanding their menus, and purchasing dining scarves. They have “alcove dining” for small groups of friends who prefer not to eat in the dining room. They also have a private dining room for residents and their visitors. There are resident use refrigerators and snacks are available at all times at no extra cost.

Some changes have already occurred to make the bathing experience more pleasurable and there are other plans for the future. Residents choose the type of baths they prefer. There is radiant heat in the bathing rooms. White towels and wash cloths have been replaced by colored ones. There are plans to purchase a towel warmer. Residents and staff members are working together to redecorate the bathing rooms.



*Chapel*

Religion is very important at Rosewood. They have a full-time minister and a very large chapel. They hold chapel services on Sundays and Wednesdays. They also hold recognition services in the chapel monthly for residents who have passed away. There is also a visiting church that uses the chapel.

Additional plans for the future include liberalizing medication passes, adding a computer area, and removing a nursing station.

During my visit to Rosewood, I met resident Connie Rastberger. Ms. Rastberger is probably the most energetic and active resident I have ever met. She is 79-years-old and keeps a pace that would exhaust most people half her age. She said, “I don’t have time to get sick.” She volunteers a great deal of her time helping other residents and said, “I love being around people and helping them out.”

On Mondays and Fridays, she sets up for bingo and gathers the equipment back up and returns it to the activity room afterwards. On Wednesdays, she helps serve cinnamon rolls or cookies. Throughout the week, she maintains a snack cart for staff and residents in the activity room. On Fridays, she takes it to



other floors. On Saturdays she delivers cards. She also likes to sit in the lobby on weekends and greet families who are visiting.



*Resident Connie Rastberger and her snack cart*

She cooks, bakes, makes coffee, and washes dishes in the activity room. She delivers mail and newspapers. She reads to residents who need help. She takes care of her “children” Lucy and Gumdrop, the rabbits who live there. She enjoys reading in the evenings. She walks two miles after dinner every day. She also walks three miles every fall for the Walk to End Alzheimer’s. She makes wall hangings. She is going to participate in making a quilt to be raffled off and help put on a fall garage sale. She also serves on the Resident Counsel. She complimented the administration on listening to what they have to say.

God is very important in her life. She attends Rosary and Communion once per week. She also helps other residents to get to the services. She says prayers in the mornings and before bed in the evenings.

I asked her about the care that she receives. She said, “I feel very much at home here.” “We have good staff. They care about us.” She was especially complimentary of Sharon, the Activity Director. She said, “Sharon is wonderful. We have become good friends.” She went on to tell me that her son wanted her to move to Florida but she refused to go. She said, “This is my home now, I have a lot of friends here and I’m not going.”



*Examiner article published after Ms. Rastberger won the Missouri Health Care Association District 1 Ms. Nursing Home Pageant*

Ms. Rastberger participated in the 2011 Ms. Nursing Home Pageant sponsored by Missouri Health Care Association. She was chosen as the Kansas City district Queen of Nursing Homes. She was very proud of her tiara and the dozen long-stem roses she received for winning. She also told me that she was going shopping to purchase an outfit for the statewide pageant, which was being held in Branson in August. While writing this blog entry, I was pleased to learn that Ms. Rastberger won the statewide competition, an honor I believe to be well deserved. The [Examiner](#) published an article about Ms. Rastberger and winning the statewide competition.