



*Gasconade Manor*

In July 2011, I visited Gasconade Manor to attend the central region MC5 meeting. After the meeting, Administrator Crystal Ray and Resident Care Coordinator Patty King gave tours. Gasconade Manor is a 79-resident Medicare/Medicaid certified, community owned, skilled nursing home located in Owensville. They also have an adjoining 18-resident assisted living apartments (Gasconade Terrace Retirement Center).

Gasconade Manor has been on the culture change journey for quite a while. They hold monthly culture change meetings in each neighborhood. They participate with MC5, the state culture change coalition. They have consistent staffing assignments, self waking and open dining. They have also liberalized their medication passes and now only have AM, Noon, PM, and bedtime. Everyone answers call lights and is responsible for resident care.

They have four neighborhoods, with 18 residents in the largest neighborhood. They have 73 private rooms with private baths and 3 semi-private rooms. Each neighborhood has its own dining room and living room.



*Neighborhood Dining Room*

They hold group meetings to review meal choices. Menus are updated based on residents' likes and dislikes. Meals are delivered on steam tables and served in each household. Each meal includes several choices. Servers take orders and deliver the meals to the residents. There are also kitchens available for use by residents and their families. Snacks are available at all times at no extra cost. The snack cart is taken around three times between meals.



*Kitchenette*

Their home is an integral part of the community. They have held bridal showers and weddings. They are hosting a quilt show during Heritage Days, with over 100 quilts.

Each neighborhood has its own activities. They have individual and group birthday celebrations. They have a garden club. They have a van and a bus and go on outings all the time. They have ongoing fundraisers to pay for the outings. They have taken men to Hooters and women to the Washington Riverfront and to a casino. Ms. Ray told us about taking residents who still have homes in the community to visit their homes. Sometimes they just want to go home and lie down in their own beds.



*Activity Room*

They have a huge Christmas party for which they fundraise all year long. They get wish lists from residents and give gifts to each one. Residents' family members come. They have Santa Claus, caroling, and a sing-along. During the Christmas season, they have 11 Christmas trees throughout the home. (*Decorations must be compliant with National Fire Protection Association [NFPA] standards found in NFPA 101, Life Safety Code, 2000 Edition, section 10*). If you have questions concerning fire safety standards, please contact your [SLCR Regional Office](#).

They have a beauty shop with three beauticians on staff. They provide aromatherapy and massages by request. There is a gift cart in the beauty shop. There is also a mobile store with inexpensive items that is taken around every Monday morning. The residents keep change in their rooms and look forward to the cart coming around.



*Streetside Salon and Gifts*

They have an in-house Therapist. They offer aqua-therapy in their therapy pool that has 92° water, a lift chair, and current. They also have a workout room that staff can use.



*Therapy Pool*

In addition to many care practice changes, they have made physical changes. They have added 40,000 square feet and a silent call system with wireless pagers. They have renovated corridors by adding exterior siding, mailboxes, and porch lights that function as call lights. They also hired an artist to paint pictures from the Historical Society on walls. They will

be tearing out their nursing station by the end of the year. Their future plans also include neighborhood planned menus, eliminating overhead paging, and adding routine aromatherapy.



*Corridor Renovations*



*One of many historical murals painted in corridor*

During my visit, I met resident Gladys Holtgrew who has lived at Gasconade Manor for four years. Mrs. Holtgrew was originally from Swiss, MO, where her parents were farmers. They sold the farm and moved to Owensville when she was 14-years-old. She worked in a shoe factory in Owensville until she got married. She and her husband lived on a farm near Rosebud and raised cattle, hogs, corn, wheat, milo, and barley. They later moved to town and her son now lives on the farm. She and her husband had been married for 62 years when he passed away. She has one son, three grandchildren, and three great-grandchildren.



*Resident*

*Gladys Holtgrew*

Mrs. Holtgrew sets her own schedule. She likes to get up early and eats breakfast around 6:00. She likes the food, especially the fresh fruit and the baked apples. She also likes to participate in activities. She especially likes to play dominoes and participate in the exercise program. She also likes bingo and gardening. She has 24 tomato plants that she started in the activity room this spring and then transplanted in the raised gardens. The tomatoes will be late this year because they were set back by a hail storm. She told me about another resident who has pepper plants.



*Tomato and pepper plants in raised garden*

Something else she likes about life at Gasconade Manor is the fact that she can still do her own laundry. She enjoys doing her own laundry and wants to as long as she is able. Once a week, she takes her laundry to the therapy room. She takes along something to read and also visits with others while she is waiting. Soap and fabric softener is provided for her. When she is done and gets back to her room, staff members help her put her laundry away.

She was very complimentary of Gasconade Manor and the care she receives. She said, "I think it is a good place and the staff do a good job."