



While attending an [MC5](#) Southwest regional meeting in Springfield, Lacoba Homes Administrator Mike Baldus invited me to visit to see their new addition and renovations. I had previously visited Lacoba in 2013, while they were in the planning phase of the project (See 2013 blog article [here](#)).

Though the original building is 50-years-old, there has been several updates. In 1997, there was an addition and renovations. Independent Living villas were added in 2001, 2004, and 2007. For the most recent addition, exterior walls were breached in 13 locations, adding 16,000 square feet of living space with no increase to the number of residents served.

Mr. Baldus explained that 20 years ago, 15% of their residents returned to their personal homes after receiving therapy services. Now, 75% move back home. Based on these changes, therapy services was a significant focus of the project.

A new short-term rehabilitation neighborhood with six private rooms was added adjacent to the Therapy Gymnasium. Rather than the typical double-loaded hallways with resident rooms across from each other, there are rooms on one side with windows and sitting areas on the other. Instead of institutional call lights, decorative sconces are located outside of each room. The rooms are also equipped with automatic night lights. With the ongoing trend of serving residents with more complex medical needs, they also wired the new rooms to care for residents needing life-support.

Two 300KW generators provide full backup power for the entire home.



Exterior of new short-term rehabilitation neighborhood



Short-term rehabilitation neighborhood



Short-term rehabilitation neighborhood dining room



Decorative sconce that has taken the place of the institutional call light



Therapy gym extension

In the existing long-term care neighborhoods, semi-private rooms have been converted to private rooms and suites and bay windows were added.

The institutional call system was replaced with a pager system that directly alerts caregivers to resident calls. They added a new laundry room, family dining room, beauty shop, and library. Renovations to the activities area include a big screen TV, storage space, a kitchenette, and new flooring. They also added a new training room, breakroom, and gym for staff.



Beauty shop



Activities room



Activities kitchenette



Administrator Mike Baldus accepting \$100 donation to Lacoba Activities Department from Volunteer Jimmy Copely, which he received from the [Missouri Health Care Association](#) when he was named District 4 Volunteer of the Year.

Plans are in place for high school students to work with residents to implement [Music & Memory](#) through the Greater Ozarks Centers for Advanced Professional Studies ([GO CAPS](#)) program.

Proven benefits of culture change include increased staff satisfaction and lower staff turnover. During my 2013 visit to Lacoba, I interviewed caregivers Dyanna Guinn and Jessica Watkins. Even though I didn't get a chance to reinterview them, I noticed they both still work there.



Library



Family laundry available to residents and visitors



Spa



Towel warmer in spa



Staff breakroom



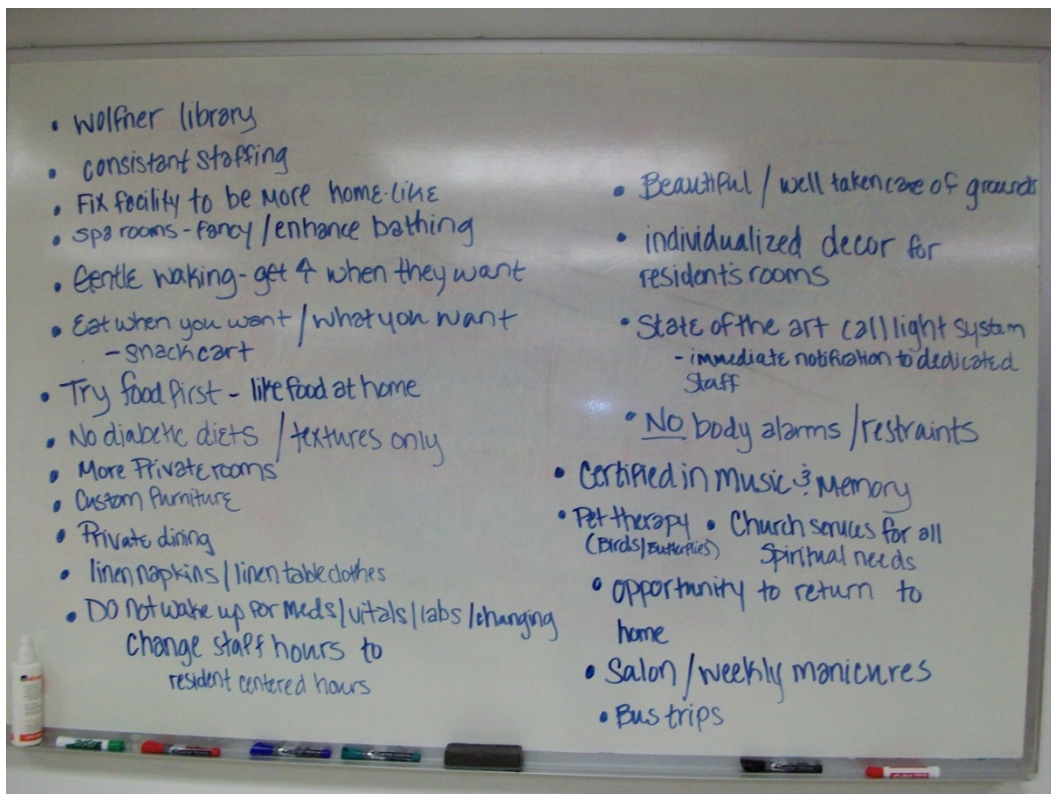
Staff workout room



Walking/wheeling area



Independent living villa



Lacoba Culture Changes listed during a recent staff meeting