

In 2011, I visited Lincoln Community Care Center (LCCC), a 66-resident skilled nursing and 14-resident assisted living home located in Lincoln. Click [here](#) to view my 2011 post.

Recently, Administrator Donna Bowers invited me back to share the changes that have taken place since. I visited again in March 2015. One of the first things I noticed was the “Focus on a Resident” board located at the front entrance. At the time of my visit, it featured resident Barbara Mais.



*Focus on a Resident board*

The idea for the Focus on a Resident board, which features a different resident every couple weeks, came out of their Choice Matters Committee. The committee has been meeting once a month for six or seven years. Occasionally they meet more often if there is something bigger happening. Anyone can participate.

Other initiatives from the committee include night activities led by aides and ceramics classes. They are also organizing a summer vacation with the residents. They will be staying in cabins and plan on canoeing and zip lining. The Choice Matters Committee also updates the [Artifacts of Culture Change](#) assessment quarterly. Ms. Bowers said they want staff to develop relationships with the residents, not focus on tasks.

They have family nights, game nights, and movie nights with great participation. Other recent activities include the men going out to play pool, hat day, block parties, can drive for the local

food pantry, quilt show, pie eating contest, karaoke contest, and Why I Like to Live Here contest. They celebrated Halloween, St. Patrick's Day, Valentine's Day, Easter, and National Nursing Home Week. Residents also enjoyed riding on the float they entered in the Lincoln Christmas parade, which won first prize.

They showed me photos on their [Facebook](#) page of a recent "Flapper" murder mystery party. Many staff and residents' family members attended. They had a DJ and taught everyone how to do the Charleston. Residents, including a resident who was almost 103-years-old, had a great time dancing with staff and family members.

They take the residents out to eat on their birthdays and anniversaries. The "almost 103-year-old" resident who was dancing at the flapper party has since had her birthday and celebrated at a local Mexican restaurant.

A local church youth group comes regularly to sing and perform sign language. A youth minister gives a message and one of the church members brings her baby to interact with the residents. They also do crafts with the residents and have snacks.

LCCC applied for the [MC5 Music & Memory](#) Incentive and have developing personalized play lists for residents. I have since learned that they were in fact one of the recipients and will be completing their certification training soon.

In addition to all of the activities for the residents, they also do something special for the staff every month.

They have consistent staffing assignments and are now implementing self-scheduling. They have a new training, "Live a Day in My Shoes," which is mandatory for all staff.

To encourage family members' involvement in care planning, they hold care plan meetings in the evenings to accommodate their schedules. Other recent projects include remodeling their older rooms and working on antipsychotic medication reduction. They also hold individual memorial services when residents pass away and invite all the residents to attend.



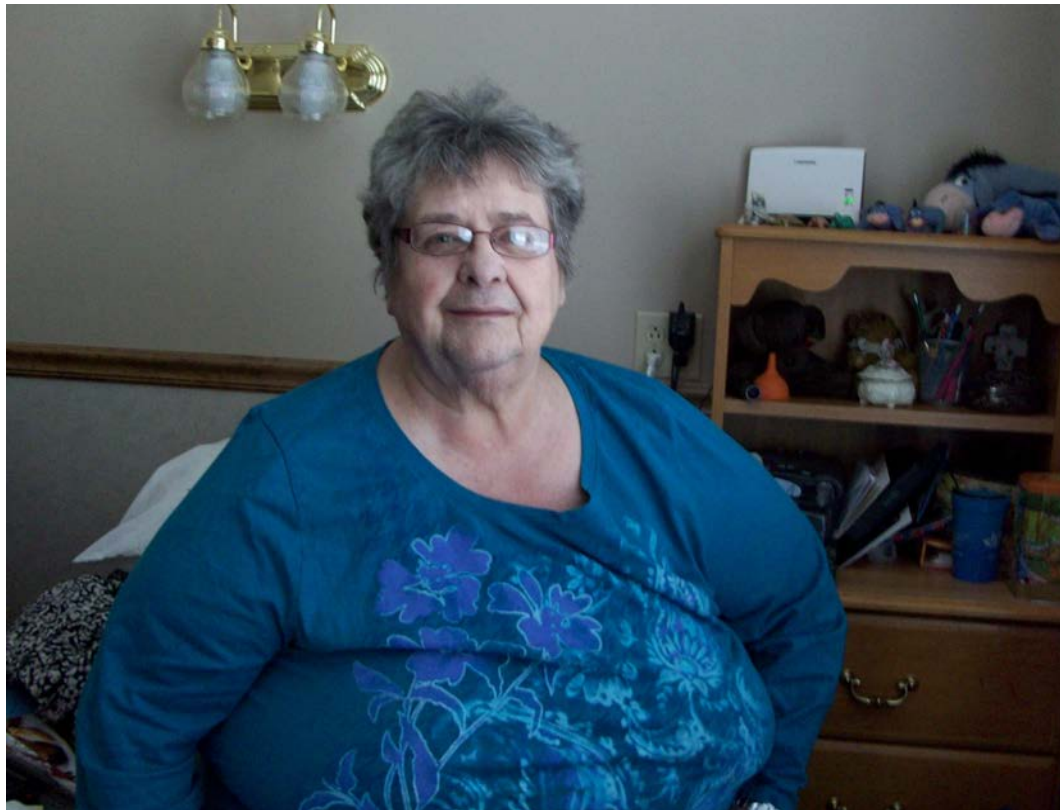
*Always available menu*



*Salad and fruit bar*



Dining services have been enhanced. The kitchen is now open until 8:00 P.M. and residents can place orders anytime. In addition to the menu choices available, soup is available every day and they offer a salad and fresh fruit bar three days a week. A popular change to dining services has been a resident cooking breakfast in the dining room two days per week.



*Resident Barbara Anderson*

Ms. Bowers introduced me to resident Barbara Anderson and we had a great visit. She was born and raised in New York City. She was an only child and her mother worked in a publishing house. Her father was the Executive Chef at Madison Square Garden and her uncle was a pastry chef at Dewberries. “I love to cook. That’s from my father.” She has been cooking since she was eight-years-old. It is her passion and has always been an important part of her life.

She married a Navy officer and moved to Norfolk, VA. After he left the military, they moved to his hometown of Carthage, MO. They had four children and they can all cook. Every Sunday she cooked for 20 to 30 people. She loves to cook and loves people.

She has lived at LCCC six months or so. Her pastor told her about LCCC and a friend brought her for a visit. She was living there within four days. “I found this lovely place and moved here. What I saw here was a home and friendly people who talk to you. They have time for you. The atmosphere is wonderful. Nobody ever goes by you without saying hi and asking how you are doing. It is not a nursing home, it is your home. I can’t explain what it is to live here. I don’t want to leave here. I just wish it was bigger and we could bring more and more people.”

She cooks breakfast in the dining room on Tuesday and Thursday mornings. She cooks waffles, pancakes, French toast, and omelets. "I love doing it." Not only do the nursing home residents enjoy her cooking, the assisted living residents also order breakfast when she cooks.

Ms. Anderson is very involved. She is a member of the Resident Council and Choice Matters committee. She likes that the administration acts on what the committees say and what she says. In addition to cooking, she loves to make quilts, crochet, and do crafts.

She told me about all the group activities. Volunteers from the Elks Lodge lead Bingo. They also have community Bingo once per month and people from the area come in and play. Several churches come in and a music group comes in at least once a week. The Mennonites sing once a month. "That is beautiful."

They are always doing something or making something. "We go all over." The men go out to play pool. She especially enjoys going to flea markets, out to eat, the Friendship Club at her church, and Bible study. "The Roaring 20s party was wonderful!" She was very excited about the vacation they have planned for June.

They celebrate all occasions. "You should have been here at Christmas. We had more Santa Clauses here than Carter has liver pills." They put up decorations for every Holiday. "We just took down St. Patrick's decorations, now we are decorated for Easter." She also enjoys the new spa and said, "The staff is just great."

I later ran into Ms. Anderson near the dining room. She stopped me and took me to see the family dining room where families can have birthday parties, reunions, and dinner parties. I told her she would make a good marketing director.

New aides provide spa treatments as part of their training. We stopped in to see the new spa. Resident Loretta Baessler was getting a facial while her feet were soaking in the foot spa. She said it was really relaxing to sit in a nice room, listen to soft music, and soak her feet.



*Spa*



*Spa*



*Spa*





Resident Loretta Baessler

Ms. Baessler is 78-years-old and was born and raised near Sedalia. Her father worked for the Missouri Pacific Railroad and her mother was a homemaker. She had three brothers and two sisters. She attended elementary school at a one-room school house and got a great education. “All eight grades were in one room. You learned a lot that way. You were prepared for the next year because you already heard what was being taught. By the time you got to the eighth grade, you had heard it eight times.”

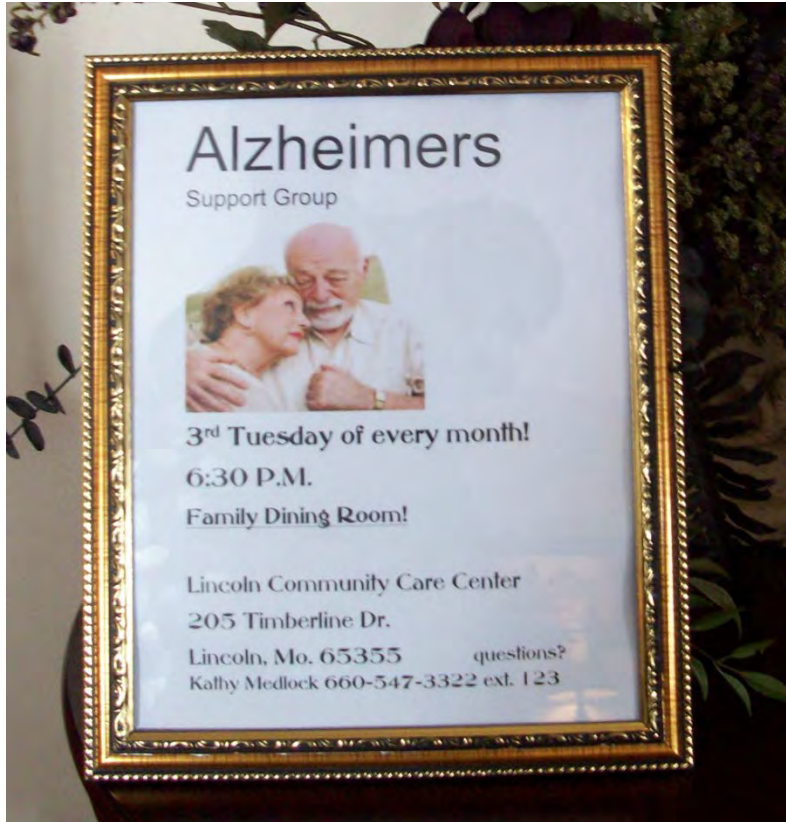
She worked at a drive-in restaurant while in high school. She then married and moved to New Jersey with her husband who was in the Air Force. They came back after he was discharged. They had two daughters and one son. She now has grandchildren and great-grandchildren. One of her daughters teaches school nearby. Her other daughter is a surgical nurse in Kansas City. Her son was coming from Colorado to visit the weekend following my visit.

She worked for many years at the Pettis County Health Department in Sedalia and said it was an interesting job.

She is especially impressed by how well the staff treats her roommate who has dementia. She said she believes the Lord put them together. “You have to believe in the Man Upstairs. We are here for a reason.”

I noticed that she didn't have a bed in her room. She explained that she has a bad back and has had back surgery. She is more comfortable in her recliner. She showed me the electronic controls and demonstrated how well it works for her.

She has lived at LCCC a little over a year. After having a mild stroke, her daughter suggested that she move there. “I had it in my mind that it was like the old way, but it isn’t. This place is so nice. It is not only what they do for you, but the people they employ.” She said, “You get everything you need here” and she couldn’t ask for a better place. She likes people, bingo, and the music, although she does not dance. She said the plays are nice too.



*Alzheimer's Support Group notice*





*Assisted living laundry available to residents and their family members*



*Gift shop*



*Fireplace in the dining room*