

CARE MATTERS

Submitted by **Kathryne Corbin, Charlotte Patterson, & Shirley Berg**
Angelic Arms, Senior Assisted Living, Taneytown, Maryland

Comfort that our families have, knowing we are taken care of

Appreciate that someone is willing to help us

Respect is shown for visitors and family when they come

Each one of us still feels like an individual

Makes us feel at home

Always someone there when you need them

Things we cannot handle, we are helped with

Trust is gained between resident and caretaker

Everyone cares and looks out for each other

Residents learn to respect one another

Shows us that we are not alone

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By James Madigan
Aloha Nursing & Rehab Centre
Kaneohe, Hawaii

It takes more than physical care to keep a resident in adequate care. Most residents are not concerned about their rights until they do not have proper care. Care matters.

Although a resident may not respond to attention, the caregiver must realize the human needs they have.

It takes a special caregiver who is familiar with life experiences, with a positive nature, to deal with human needs of the mind. A person who can accept the wishes of different thinking, attitudes, religions and experiences – the medical, physical and spiritual values of people – will know that care matters.

The Care That I Get

By Irene Zahorian
Arnot Health
Elmira, New York

It is important for me
The care that I get, you see
For I have seen many years go by
And many children grow and fly
Now I sit by the bouquet of flowers
And watch the clock for hours and hours
When will they bring that tray of food?
Should I ask or will it ruin their mood?
Questions race through my mind
Until I realize that I am in a bind
That bedroom door was closed
And my family came and went as I dozed



"Care Matters"

Created by the Resident Council of the Harborside Healthcare Willows
Woodbridge, Connecticut

We have a voice and live in the land of the free
Even in a Nursing Home we have our liberties
Our Rights are important, it makes us feel free
To have choices in our daily lives the things that are
important to you and to me
The way that we are cared for matters in how we feel the
entire day
To always be comfortable, protected, and respected in the
best loving way.



The List

If you could only hear my heart and the things I want to say,
You would surely know the hurt I felt when you turned and walked
away.

I want to know you really cared that I lived upon this earth;
That I was seen as a special soul who had dignity and worth.

I want you to know that I felt the pain when you got hurried with my
care
And did not listen to what I needed, as if I were not there.

I want you to know that simple things meant so very much
To those of us who hungered for a kind and gentle touch.

I want you to know that I endured so much in the course of just one
day
When life around me hurried on while I had so much to say.

My time with you is over, but do not grieve for me.
I am "home" in loving arms, just where I chose to be.

So if I could leave you with just one thing, it would be these words
you hear
To say just what I needed from all of you and what I held so dear.

Respectfully submitted by Janet Brennend
on behalf of Ms. E.M. who dictated her "list" before her death in Feb. 2006.
New River Valley Agency on Aging
Pulaski, Virginia

CARE Matters



An essay by Terry Tockman

Shalom Park
Aurora, Colorado

For the past year, I have resided at Beth Israel Nursing Home on the Shalom Park Campus, in Aurora, Colorado—a suburb of Denver.

Currently, the number of nursing-home-residents at Shalom Park is approximately one hundred thirty. We live here because we are no longer able to care for ourselves, alone. Everyone adjusts to new surroundings according to his or her individual temperament and everyone wishes to be in better health, but as a senior citizen, what can you really expect?—at least to feel comfortable. I am very comfortable at Shalom Park.

It has been my ongoing experience that all who work here have particular areas of expertise. Thus, in their many different capacities, they give care to the residents; help keep the facility clean, safe, and beautiful; or they plan, design, and present activities and programs of varied interests. We are encouraged to participate in our daily choices, all of which allows us to decide on our preferences. Whether it is an art class, music appreciation, current-events discussion, games, a life-long-learning gathering, religious services, a musical performance, or an outing, we are never short on uplifting activities, which are most certainly an important part of good care. Additionally, participating in the "One to One" program gives me regular opportunities to share the memories of my many years as a teacher, in my earlier life. Through our scheduled conversations, my special visitor and I experience a growing bond and mutual respect as we exercise the best form of conversation: talking as well as listening, with interest.

Not all employees might be called caregivers, as most people use the word, but their well-performed contributions are part of the finished tapestry that gives warmth to the care that we receive. The medical staff is meticulous and responsible in the dispensation of medications and the monitoring of health care. Consideration is given to non-Jewish residents when the meals are planned, prepared, and served in the Kosher manner. This also clarifies, that care, matters.

*"Care"... to be concerned, have thought of, or regard for, to provide for . . .
"Matter(s)" ... to be of significance or importance . . .*

The above dictionary definitions of *care*, and, *matters*, are meaningful on their own, but in placing them together, care matters becomes a powerful statement. And when a gentle heart and a well-spoken word are involved, the care becomes nearly perfect to the aging souls in nursing homes. Patience and respect also come to mind as I further ponder the thought of meaningful care.

Moreover, there is the significance of our rights as residents in a nursing facility. We have the right to accept or to refuse many aspects of our care, but, not necessarily in an impolite manner. For, just as we seniors might say that caregivers should try being in our shoes, so too, should we imagine being in theirs.

Realistically, care matters to those who need it, and unfortunately, everyone needs some form of it some time. Lest you or I, or our loved ones, experience poorly given attention, it is important that we never stop striving to improve on the matter of caring, for we never know how many are learning by our example. Thus to continue the nurturing of reciprocation of kindness is a primary way to care for one another.

Does it matter? . . . It matters to me!



I Care That You Care

by Elsie Berg
Wesley Manor
Frankfort, Indiana

I care! I care what you do with me when I need help. I just want you to explain it to me, slowly, so my older brain can process it. I care about my personal appearance, because I know others must look at me more than I look at myself. I care and appreciate it when you remember my name even though it's hard for me to remember yours. I care about what's going on outside my own small world, even if it scares me a little. I care about my spiritual life and want the opportunity to participate in meaningful worship.

I like help with tasks too hard or things too heavy to lift or items too small to manage with my less nimble fingers. I like being allowed to do the things I can still do. I like to be able to choose my food menu within my diet restrictions. I like having a room or a certain area that is just mine. I like some times of privacy. I like to have pictures of my family around me.

I don't like being talked to as a child. I don't like being talked about to someone else in my hearing. I don't like professionals, such as doctors, to talk to a caregiver as if I weren't there, instead of to me, even if I don't fully understand. I don't like change and getting older so I appreciate patience. I can get accustomed to change if I'm encouraged. I care that you care about me!
