



Embrace!

Newsletter of the N.C. Coalition for Long-Term Care Enhancement

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Special points of interest:

- Experience the big screen!
- Dr. Nashold, movie star
- Grant money
- Safety versus freedom

Embrace! is a project of the N.C. Coalition for Long-Term Care Enhancement. To respond to articles, contact the editor:

Jill Nothstine,
(704) 637-2870 or at
j.nothstine@lsanc.net.

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NOW SHOWING!

By Tammy Klingele, NHA

Culture change at Crystal Bluffs Rehabilitation & Health Care Center in Morehead City, N.C. is a way of life for the staff and residents. When the center opened in March 2008, the residents were delighted to see the aviary, salt water aquarium, a new home for their black Labrador retriever "Crystal," a putting green, the It's Never Too Late computer system, all live plants and even an ADA-approved

commercial playground to watch their grandkids play on.

However, for Crystal Bluffs, this was only the beginning of their commitment to culture change.

Since opening, they have initiated fine dining, a gardening club and greatly increased their community involvement. Their newest efforts came to life on April 15th with the "Red Carpet Grand Opening" event for the new, state-of-the-art theater. The Crystal Cinema is complete with plush seating, authentic popcorn machine, traditional theater décor, surround sound and Blu-Ray technology showing on a 100" HD projection

screen for the best quality sound and picture possible. Staff, residents and family members alike have been made speechless by this full sensory experience. "Movies allow us to go anywhere and allow us to experience so many different emotions. The overwhelmingly positive response of our residents has been better than I ever could have imagined it would be. They

simply love it," said Tammy Klingele, administrator.

The Crystal Cinema will offer daily matinees as well as evening showings. They will offer a variety of movies to suit

the tastes of all movie goers. The cinema will also host sporting events, such as the Kentucky Derby Celebration which included mint juleps and many other traditions of that famous day at Churchill Downs. You're invited to come join the fun!

Tammy Klingele is the administrator at Crystal Bluffs Rehabilitation & Health Care Center in Morehead City and can be reached at (252)726-0031 or via email at <Administrator@CrystalBluffs.com>.



Debbie McCain, John Lavene, and Tom Kroll enjoy the new Crystal Cinema at Crystal Bluffs.

With this edition of the newsletter, we are pleased to introduce a new column titled **“Living Life to the Fullest.”** Articles here will be written by or about those who reside in our various eldercare communities across the state.

“Do you ‘vant’ to be in the movie?” (or How Nashold Became a Movie Actor)

By Dr. Blaine Nashold

Those were the words uttered by Director Milos Forman in his thick Czech accent on a hot summer day in Memphis. I didn’t hesitate a second. My answer was a quick, “Yes!”

Let me explain. Milos Forman, a director from Czechoslovakia who won two Academy Awards (for *One Flew Over the Cuckoo’s Nest* and *Amadeus*), was directing the movie, *The People vs. Larry Flynt*. Oliver Stone conceived the idea and produced the movie, which is based on the legal conflict between Larry Flynt and the Reverend Jerry Falwell. The movie is about freedom of speech, and all the court scenes used the authentic legal transcript from the court.

How did I, Nashold, fit into this scenario? In the

mid 1980’s, Larry Flynt was shot in an ambush in Georgia. He was rendered paraplegic and in severe pain, which is not an uncommon consequence of gunshot wounds to the spinal cord. He tried to control the pain with drugs and became addicted. He eventually ended up at Duke where he was operated on, was relieved of his pain, and was drug-free.

The Flynt movie was to include a scene in the Duke operating room, and I was asked to give the director technical advice on the surgery. The scene was to be filmed in a Memphis hospital with the equipment used at Duke. On my last day in Memphis, one of the young directors said that Mr. Forman would like to see me. It was then that the historic words, “Do you vant to be in the movie?” occurred, and so began my movie career.

Milos Forman said that I would not be playing Nashold from Duke, but would be “Dr. Bob,” a drug-dealing doctor from Beverly Hills. Dr. Bob did exist and supplied Flynt with the drugs that addicted him. Suddenly, I was a member of the Screen Actors Guild. I had a trailer with my name on it, and I was being paid. During my short acting career, I was impressed

with the professionalism of the filmmakers and crew. They worked six days a week from 7 a.m. till 7 p.m. with a one-hour lunch break. I can’t relate to you all my new and wonderful experiences except for my first day on the movie set. I was told I was not going to have any make-up, but that I was to go to the make-up trailer. As I sat in the make-up chair, a young woman came up and said, “Dr. Nashold, you’re going to have a Beverly Hills hair cut.” I replied, “I just had a Durham, North Carolina hair cut.” No matter. For the next hour, she clipped and snipped and “voila!” – a Beverly Hills haircut. Next came an Italian silk suit with Gucci shoes and a Gucci handbag to carry the drugs and the cash.

The scene, which takes place in Flynt’s bedroom in Los Angeles, was short and simple. I bring a bag full of drugs and leave with the cash. At the end of the scene, I comment that there is a new operation for spinal pain at Duke. The next scene is in the operating room - but no Nashold in sight.

So ended my movie career. It was one of the most exciting and interesting experiences of my life. Since
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then, Larry Flynt and his wife have become my close friends, and Flynt makes generous contributions to our research efforts to solve the mysteries of pain. I still belong to the Screen Actors Guild, but the phone is silent. Yet I am comforted with a twenty-five-dollar-a-year residual payment from the movie. Hope springs eternal in the actor's heart.

Dr. Blaine Nashold lives at The Forest at Duke in Durham, North Carolina.

of foods are available for residents to choose from. The news plays on the big screen TV during Cafe' hours, and the newspaper is available as well. Residents enjoy social time together, and daily banter about the news, sports, and weather. It's a great alternative to an early morning breakfast for those who prefer to sleep in late!

Julia is the administrator at Pisgah Manor Health Care Center in Candler, N.C. and can be reached at (828) 667-9851.

enhancement grants.

For the past twelve years the Coalition has partnered with DHSR in providing grants to facilities for implementing culture change strategies and projects. Money for the grants is taken from Civil Monetary Penalty funds, the use of which is governed by federal regulations. All dually-certified or Medicaid-only certified facilities in the state may apply. DHSR will send out Request for Applications to the administra-

Welcome to the Mountain View Café

By Julia Gibson, NHA

Thanks to an enhancement grant from the Division of Health Services Regulation and the North Carolina Coalition for Long-Term Care Enhancement, Pisgah Manor Health Care Center has opened the "Mountain View Café." Residents of the skilled nursing facility now have the option to have a continental breakfast served from 7:30 a.m. to 9:30 a.m. Residents can choose to get up early or sleep a bit late, and not miss the Café! Quality roast coffee, bagels and cream cheese, and a variety



Residents Anthony Tancoedi, Doris Campbell, Peggy Sue Wells, and Sue Belcher enjoy a morning snack and favorite TV show in Pisgah Manor's Mountain View Café. The facility used grant money to create the space.

Grant Writing 101

This summer members of the North Carolina Coalition for Long-Term Care Enhancement will present five half-day seminars on how to apply for DHSR's

tors of all eligible facilities around September 1. All submitted proposals are then reviewed and scored for the quality and effectiveness of the project or concept to be implemented. Facilities with the highest scores are recommended to DHSR for approval of the grant. With a set amount of money to be offered, those facilities that do a better job of communicating how a grant will enhance the quality of life for their residents will stand a better chance of getting their application approved. For more information on the sessions, contact Becky Wertz at <becky.wertz@dhhs.nc.gov>.

Standing for a Reason

He could be difficult to care for. You know who I'm talking about. His name isn't important, because it changes from one facility to the next. That resident who keeps getting up out of the wheelchair alone and winding up on the floor.

This was years before the alarmed sensory pads were developed; eons before the restraint-free initiative became law—you didn't use restraints simply because it was the right thing to do. And yet we'd racked our brains trying to figure out how to allow this little man the opportunity to have freedom of movement while remaining injury free. Not easy. The family was telling us to "tie him in" and if we didn't start doing that, we were going to wind up in big trouble.

So we set about trying to be more watchful, among other things. One day it was my turn. As social worker, I was included in the duty. I was finishing up some paperwork in the activity room and keeping one eye on him at the same time. Suddenly I detect movement. He's making his move. I jump to prevent the inevitable when I realize there's music coming from the television. Some base-

ball game was getting ready to start and a band was playing the National Anthem. And as I weaved my way to my charge his bent and arthritic frame straightened—as much as he could—in front of his wheelchair. While his left hand held tight to the wheelchair's arm, his right arm began a slow and tortuous rise. When his hand reached his heart, it rested there. He had heard the National Anthem, and was doing what his generation had been taught to do when that familiar song was played - he was standing in reverence and allegiance.



By then I had slipped quietly up behind his chair and simply stood guard during this patriotic act. When the last notes fell silent, he lowered his right hand and grasped each wheelchair arm firmly. The old bones creaked as he slipped back into his seat, none the wiser of my presence or intentions. He settled back into the reality of his life, and I retreated to my paperwork. Only now, I'm trying to finish up with a little mist in my eyes. Not easy.

I learned a valuable lesson that day. And the seeds of change might just have been

planted that day as well.

Sometimes our well-meaning approaches to solving our challenges have unintended consequences. Had I been any closer to him, what emotional pain might I have inflicted trying to prevent physical pain? He could be strong-willed and ornery. Without understanding all the reasons why, might my attempt to keep him safe have been met with fierce resistance and struggle?

Our work is about managing risks. Sometimes its easier to simply try and prevent all situations where any risk is present, but in doing so, more often than not, we simply shift the negative consequences from one reality to another.

It's a challenge trying to protect and care for our residents while giving them the autonomy they deserve. And trying to do that within the realm of a myriad of ever-changing rules and regulations. Not easy.

Yes, I believe the seeds of change were planted that day. The day music stirred an old man's patriotism. The day I came to know I don't know anything at all. And I'm still learning. Maybe one day I'll get there.

Anonymous

Putting Grant Money to Good Use

By Donna Cook, NHA

Capital Nursing and Rehabilitation Center is a proud recipient of a NCCLTCE culture change grant. Over the past two years, preliminary efforts were undertaken to change the focus of activities for residents with the addition of dancercise, a Wii, crafts and cooking. However, receiving the grant funds allowed for staff to further redefine the center from a traditional medical model of skilled nursing to a more home-like environment. The grant funds have been spent on items that will introduce plants, animals and technology-supported entertainment. The additions are as follows:

- A home theater system for playing Wii group games like "The Price is Right," bowling or baseball, seeing the world via nature or travel films, and enjoying residents' personal family home movies. An elder-centered community imbues daily life with variety and spontaneity, such as made



Residents from Capital Nursing and Rehab enjoy the elements funded by DHSR's grant project. Above, Sylvia Onyirimbah and Ruby Whitaker lounge around the fountain. Below, Nancy Dileo and Marie Davis tend to the raised gardens.



possible with today's technology.

- A beautiful water fountain to complete the center's serenity garden of shade trees and flowers. The sound of the waterfall in this peaceful outdoor setting will be perfect for family visits, resident enjoyment, for families to grieve the loss of a loved one, or to

celebrate a milestone birthday.

- An indoor aviary, inspired by an Eden Alternative principle stating that loving companionship, such as with animals, is the antidote to loneliness.
- Wheelchair height gardens where residents can get their hands into the soil that supports the plants they choose to grow.

Staff, residents and families have been involved in the center's culture change program, and they recognize that success is achieved through everyone's efforts. However, this grant is only a first step in a much bigger dream.

Already the seeds have been planted to move into the areas of person-centered care by giving residents the autonomy to make more choices in their daily lives. Capital Nursing and Rehab Center has begun the journey toward changing the culture of aging.

Donna Cook is the administrator at Capital Nursing and Rehabilitation Center in Raleigh and can be reached at (919) 231-6045 or via email at <dcook@liberty-ltc.com>.

**THE NORTH CAROLINA COALITION FOR
LONG-TERM CARE ENHANCEMENT**

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To contact the Coalition, please email us at alice@ltenhance.com.



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The North Carolina Coalition for
Long-Term Care Enhancement
2711 Mail Service Center
Raleigh, North Carolina
27699-2711



For those who love the sport, golf can be a relaxing and pleasurable experience. Unfortunately it often means travel to accessible courses, long walks through the greens, and struggling with heavy golf bags. Crystal Bluff decided it didn't need to be that hard for its residents to get back to a game they once loved, or even provide a new experience for someone who'd never picked up a club before. So they installed a putting green on their campus. John Lavene, a resident at Crystal Bluff, thinks it's a great idea. Seen here practicing his short game, John enjoys the convenience that having the green close to his room can afford. As always, please be sure to share this newsletter.



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