



The MCH Minute

MAY 2023

Celebrating National Skilled Nursing Care Week at Monroe Community Hospital

A Message from the Director



Happy spring! I hope you have all started to enjoy the beautiful weather! As usual, MCH is hopping with lots of continued activity, projects and events, which you can hear more about in these pages.

Thank you all for your continued support of this newsletter – as readers, and contributors. We are so glad that you're continuing to find the content helpful and informative, and appreciate those of you who have reached out to share your thoughts and ideas.

I want to thank and highlight some folks from our team for their ongoing contributions to MCH! Thank you to our Facilities, Environmental Services, Social Work and Nursing departments for your tremendous hard work to help us complete the transition of residents from FR1W to Hope 2, in preparation for major renovations as part of our Friendship Place project. You worked together collaboratively to ensure a smooth transition for residents, and we are most grateful for your efforts.

Thanks again to Nursing, and to each and every person working here at MCH, as we celebrate National Nurses Week and Skilled Nursing Care Week, back-to-back during the month of May. I continue to be so proud of our amazing team here at MCH. Your efforts, day after day, make MCH among the best long-term care facilities anywhere. Finally, thank you to our Diversity, Equity & Inclusion Committee, which as you know launched earlier this year, and has completed its charter. I encourage you to view it here: <https://www.monroehosp.org/dei>.

And of course, I would also like to send a big thank you out to all of you – residents, families, employees, volunteers and supporters – who care about MCH's success and help make us shine! We truly appreciate your continued support, interest, efforts and guidance.

Gratefully,

Alyssa Tallo

Legacy Initiative

The Legacy Initiative is a collaborative project between our Social Work, Therapeutic Programs, Speech-Language Pathology and Occupational Therapy departments with additional support from Recreational Therapy and Nursing.

The initiative, which currently focuses on Hope 2 residents, consists of working with residents and their families to gather information about their unique background and life story. We want to stress the value of each resident's life, working with them individually to create a memory scrapbook which highlights who they are, what they cherish in their lives and remember fondly.

The life story emphasizes positive experiences, allowing each resident to create a meaningful story that they can connect to and reflect upon in a way that is positive, and often times healing. Interview questions focus on information about their families, childhood memories and favorite stories from growing up, schooling, careers, traveling, hobbies, and favorite memories throughout their lives. Families often supply

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MCH celebrated National Volunteer Month in April with a special Recognition Luncheon. The Volunteer Program is celebrating its 58th anniversary this year.

Legacy Initiative (CONTINUED)

meaningful photographs, milestone achievement awards, and other important information. The interviews also highlight residents' greatest accomplishments, proudest moments and life lessons learned along the way.

The memory scrapbook we help them create is aligned with each resident's reading comprehension level and cognitive strengths. The experience of creating the scrapbook helps residents with promoting attention, increased verbal output and expression, preserving long-term memories, tapping into short-term retention while creating each page, increasing auditory comprehension, following commands, identifying pictures and increasing written expression. The scrapbooks also benefit our residents by providing a distraction should a fall risk, agitation or other responsive behaviors present themselves or increase.

Upon completion of the scrapbook, Social Work and Therapeutic Programs are able to share what they've learned with frontline caretakers on the unit, enhancing understanding of each resident. We have already begun witnessing psychosocial benefits and an improvement in quality of life for our residents with moderate dementia.

It is the most amazing experience to watch the emotional response from each resident when they go through their memory scrapbook, and to see how proud they are of the legacy they have created. ■



MCH saluted our Laundry Department during National Laundry and Linen Week in April!

Age-Friendly Health

As part of our celebration of Skilled Nursing Care Week, we would like to share an exciting development. During 2022, Monroe Community Hospital became a Level 1 Participant, Age-Friendly Health System as recognized by the Institute for Healthcare Improvement. The concept of an Age-Friendly Health System is practicing evidence-based interventions for older adults in their care using the 4Ms (What Matters, Medications, Mentation, and Mobility). The overall goal is to ensure we are providing care in accordance with each resident's individual needs and preferences.

As a Level 1 participant, we have expressed a commitment to evaluating our current care practices and working towards aligning them with Age-Friendly principles. We have assembled a team of leaders from across disciplines to coordinate our efforts. Over the last year we have identified numerous areas where our practice already fits into the Age-Friendly framework. Our main task has been in modifying existing processes to ensure that our efforts are coordinated across all care team participants.

To date the work has been largely "behind the scenes." We have been painstakingly reviewing opportunities to embed these principles in our electronic record and work flows. We are very excited to be at the point of sharing the work with our staff, residents, and their families. We are confident that by placing a renewed emphasis on what matters to our residents, we will improve their well-being and bring an enhanced sense of meaning and joy to the staff. ■

County Aging Alliance

MCH has been accepted as a new member of The Monroe County Aging Alliance! The Aging Alliance is a group of community organizations working together to promote the value and well-being of our older adults,

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Aging Alliance (CONTINUED)

and is diligently working to make the Rochester Area an Age Friendly Community, enhancing services across the aging continuum. As MCH continues to work toward recognition as an Age Friendly Health System, the Aging Alliance provides a partnership to collaborate on ideas and philosophies as we work toward a common goal of promoting the lives of the aging population.

"MCH already provides many services to our residents which align with the idea of an Age-friendly Community," said Associate Executive Health Director Kristen Rund. "We are excited to have this opportunity to continue to improve the lives of our residents and their ability to engage with the community, both inside and outside the walls of MCH, including access to transportation, community engagements, and successful, sustainable community discharges." ■

MCH Receives Healthcare Transformation Grant

MCH is proud to have been selected as a recipient for New York State's Healthcare Transformation Grant funding of approximately \$635K to be used to enhance our wound care program at the facility.

"The healthcare transformation grant will bring new cutting edge wound healing technology to the resident's at MCH," said Wound Care Clinician Greg Lott.

"The grant will fund digital wound care photography software that will allow doctors to see images of the patient's wound in the healthcare record and utilize smart functions to track healing rates and help predict healing times. The grant will also fund sophisticated disinfection equipment to help reduce transmission of germs and infection rates at MCH, along with efforts to prevent wounds through the purchase of several new wheelchair cushions and specialty mattresses."

"The new equipment and software will help reduce the likelihood that a resident will sustain a wound while

residing at MCH and help those who have wounds heal faster." ■

Congratulations!

The following MCH employees have been selected to participate as mentees in the RBNA/MCH 2023 Mentorship Program. Please join us in congratulating them! **Gilda Brown**, CNA on Hope 4; **Taashire Brown-Sanders**, CNA on Friendship 1 East; **Tyanna Cook**, CNA on Hope 4; **Vanessa Grant**, LPN on Friendship 4 West; **Tanice Johnson-Price**, CNA on Friendship 2 West; **Cassandra Kilmer**, LPN II on Faith 5 East; **Josephin Meh**, Nurse Manager, Friendship 2 East; **Taylor Porter**, LPN II on Hope 4; **Anitra Rosier**, RN on Friendship 2 East; **Angela Rouse**, CNA II on Hope 4; **Telecia Shrouder**, CNA on Faith 5 East; **Angela Thomas**, CNA on Faith 5 East; **Bianca Williams**, CNA on Friendship 1 East. ■



County Executive Adam Bello joins us, as he has for every class so far, to launch the latest cohort of the RBNA/MCH mentorship program



Interview with Rehab Director Karoline Schulz about Trial of New VR Therapy

How did we get access to the VR therapy?

We have Virtual Reality equipment on loan for a trial through Endless Highways. This organization works to empower individuals of all ability levels to engage in their environment and develop community integration skills allowing for more inclusion.

We know broadly what VR technology is, but what is this particular program that Therapy is using – does it allow people to visualize themselves walking/running/jumping etc.? Is it similar to C-Mill, in that it helps the resident practice specific situations that they will encounter, like stepping up onto a curb? Anything else to add, to help us better understand how VR is being used?

We are utilizing VR in therapy as a way to promote exercise in a fun and meaningful way. For instance, we have a boxing program that gives you real time feedback to promote enthusiasm and engagement in the task, more than just the feedback from a basic punching bag. We use the system to transport out of the clinic, make you feel as if you really are "skating" along a line, and therefore engaging the activity (such as a squat) for a longer period of time. The resident puts on a set of goggles, the therapist helps them select a program and then we broadcast to a TV screen what they resident sees in the goggles. It immerses the resident into a different space and gives a true 4D experience.

How many residents have used it so far? What has their experience been like – anything you can say about outcomes or expected benefits at this point? Do you expect that a lot of residents will end up using it over time, or is it more for specialized cases?

We've trialed this with several residents, our younger residents are more familiar with the concept and we are actively working to engage more people with the use of VR. I believe that as the therapist develop their own comfort and ability to modify settings we would use this even more frequently. When using VR therapeutically there is a learning curve for being able to modify the settings/boundaries to be able to capture the full desired effect. However, I think that one of the greatest benefits is the community building that happens when it is in use in the clinic. People like to gather around (other therapists/residents/families) and support and encourage the resident in the task. This brings quite a bit of laughter and comradery among those undergoing their rehab challenges! ■

