

# PEAK 2.0 Times



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MAY 2014

## **NOTE FROM PEAK 2.0 COORDINATOR:**

This time of year has such a good feeling for me. The sun is shining, school is letting out, and I hear and smell summer in the air. This time of year also marks the closing of one PEAK year and the start of a new. Many of you are receiving this newsletter for the first time preparing to start with the PEAK 2.0 program. We want to welcome you and encourage you to embrace the journey that lies ahead. This issue of the newsletter highlights what's to come in the new year for each level of PEAK. It also features a story on the image we have used in association with PEAK 2.0. We hope this helps you understand the meaning behind the image. Enjoy your summer!

*-Laci Cornelison*

**"THE SECRET OF  
CHANGE IS TO FOCUS  
ALL OF YOUR ENERGY,  
NOT ON FIGHTING THE  
OLD, BUT ON BUILDING  
THE NEW."**

**- SOCRATES**



# Looking Ahead:

Because person-centered care is individualized, so is PEAK 2.0. Below is an overview of what is to come for each level of PEAK. Find where you fit and read more. If you have questions about your level, please contact us at [ksucoa@gmail.com](mailto:ksucoa@gmail.com).



## The Foundation:

Welcome to PEAK 2.0! We now have a full listing of Foundation level homes and there are 130 homes joining you for this year of education and organizational readiness for change. You should expect to see your Foundation Workbook with DVD in the mail by the end of May. We planned to have the Workbooks out the middle of May but had more homes enroll than we had books! They have arrived and we will be packaging and mailing them next week. The workbook will contain handouts and assignments that we will work through together this year. We will also begin corresponding with your PEAK contact person via email to set up specific training dates for the year. Be on the look out from email from [ksucoa@gmail.com](mailto:ksucoa@gmail.com).

## Level 1 & Level 2:

If you have not already turned in your action plan for 2014-15, please do so as soon as possible. We will begin reviewing plans next week and plan to return feedback regarding the plans to you by the end of June. The feedback is intended to offer suggestions that may help you reach your stated goals. Please do NOT wait on our feedback to get started. Jump right in and begin work on your plans. As you work, use our PEAK staff members as resources. We are here to provide support and guidance as you implement changes.

## Level 3, 4, and 5:

Your home passed to the level 3, 4, or 5 in the original PEAK 2.0 criteria. Look over the 2014-15 criteria and identify any areas you may need to work on to meet these updated criteria. Next year's evaluation will be based on the new criteria.

Level 5 homes will additionally conduct mentoring activities. The PEAK 2.0 team will work with your home to meet some of the educational needs of the Foundation and you can work to identify other mentoring activities your organization would like to engage in. We are continuing to work on the mentor hour log form and will communicate with you when it is ready for use.

# WHAT DOES THIS SYMBOL MEAN?



The image pictured here has been used throughout the PEAK materials and website. The image represents the metaphor of Caleb's basket, which helps us remember why person-centered care is important to Kansas elders. The metaphor of Caleb's basket comes from a story told by Bill Thomas in his book *Learning from Hannah: Secrets of a Life Worth Living*. This story has been told in various forms in many different contexts. The origins of the story are unknown. Bill Thomas helped us connect the metaphor to elders in long-term care.

## *The Story: Caleb's Basket*

Thomas, Bill. (1999). *Learning from Hannah: Secrets of a Life Worth Living*. pgs. 108-115.

...After several lonely and frustrating weeks of searching, Samuel came upon Caleb as the Elder sat on the bank of a small stream. It was just as the Village Elders had said. Caleb welcomed him warmly. They shared a simple meal, and Samuel poured out his heart to the wise old man. He told him about his life in the Village and his burning desire to find wisdom. "Caleb," he asked, "will you be my teacher?"

Caleb considered Samuel's request while he watched light and shadow chase each other across the surface of the stream. The gentle rays of the late afternoon sun cut through the canopy overhead. Finally, he turned to the young man and said, "Yes, young Samuel, you may join me."

The old man rose from his resting place, but before Samuel could gather his pack, the Elder had disappeared down a dark and twisted forest path. This sudden departure surprised Samuel. His provisions lay in a heap on the stream bank. If he took time to repack them, he would lose Caleb's trail. Samuel took one last look at his belongings, shrugged his shoulders, and started down the path in pursuit of Caleb.

...Samuel followed Samuel on his journey but became frustrated that Caleb was not teaching him. They often spent long hours in silence. Samuel became angry with Caleb and demanded that he teach him something. Caleb promised to make things clear the next morning. (summary of pg. 110 & 111).

...Caleb was the first one up. He busied himself preparing for Samuel's last lesson. By the time his young student awoke, all was ready. Caleb called him down to the edge of the lake.

"Samuel, look at my basket closely. Can you tell me if it is full?" The question puzzled Samuel, but he did as he was told. He picked up the basket and looked into its depth. It seemed ordinary enough. It was empty.

“Master, you know as well as I that this basket is empty,” Samuel replied, retuning the basket to Caleb.

Caleb then took a half dozen coconut-sized stones and placed them carefully in the basket. When he was done, he asked again, “Is my basket full?”

The question again puzzled Samuel. “Yes, of course, it is full now. I watched you fill it with those stones.”

“No, Samuel, my basket is not full.” Caleb reached down and picked up a handful of pebbles. He poured several measures of pebbles into the basket. At last, they filled the spaces between the stones. “I ask you again,” Caleb said. “Is my basket full?”

Samuel frowned for a moment and then answered, “Now, Master, it’s obvious that the basket is full.”

“No, Samuel, my basket is not full.” This time the old man took a handful of sand and poured it into the basket. He added handful after handful until the sand filled all the spaces between the pebbles. Samuel looked on in disbelief. “I ask you again,” said Caleb. “Is my basket full?”

A smile broke over Samuel’s face, and he roared his answer. “Yes, now the basket is full!”

The teacher shook his head. “No, my basket is not full.” Caleb produced the skin in which he carried his drinking water. He poured its contents into the basket, and the water filled the spaces between the grains of sand. The Caleb said, “Now, my basket is full.”

...Caleb continued, “Our time together is like my basket. I know that you found great pleasure in our fireside conversations and that you regret there have not been more of them. But those long talks are like the large stones in my basket. They have filled some of our time together. Our long walks, our silent days and weeks, our wordless communication with the world and each other have filled the spaces around the talks. They have been our pebbles, our sand, and our water. Now, the basket is full.”

...Meaning is the food and water that nourishes the human spirit. It strengthens us. The counterfeits of meaning tempt us with hollow promises. In the end, they always leave us empty and alone.

## *Points to Contemplate:*

What fills your basket?

How can your home better learn and support what fills each resident’s basket?



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