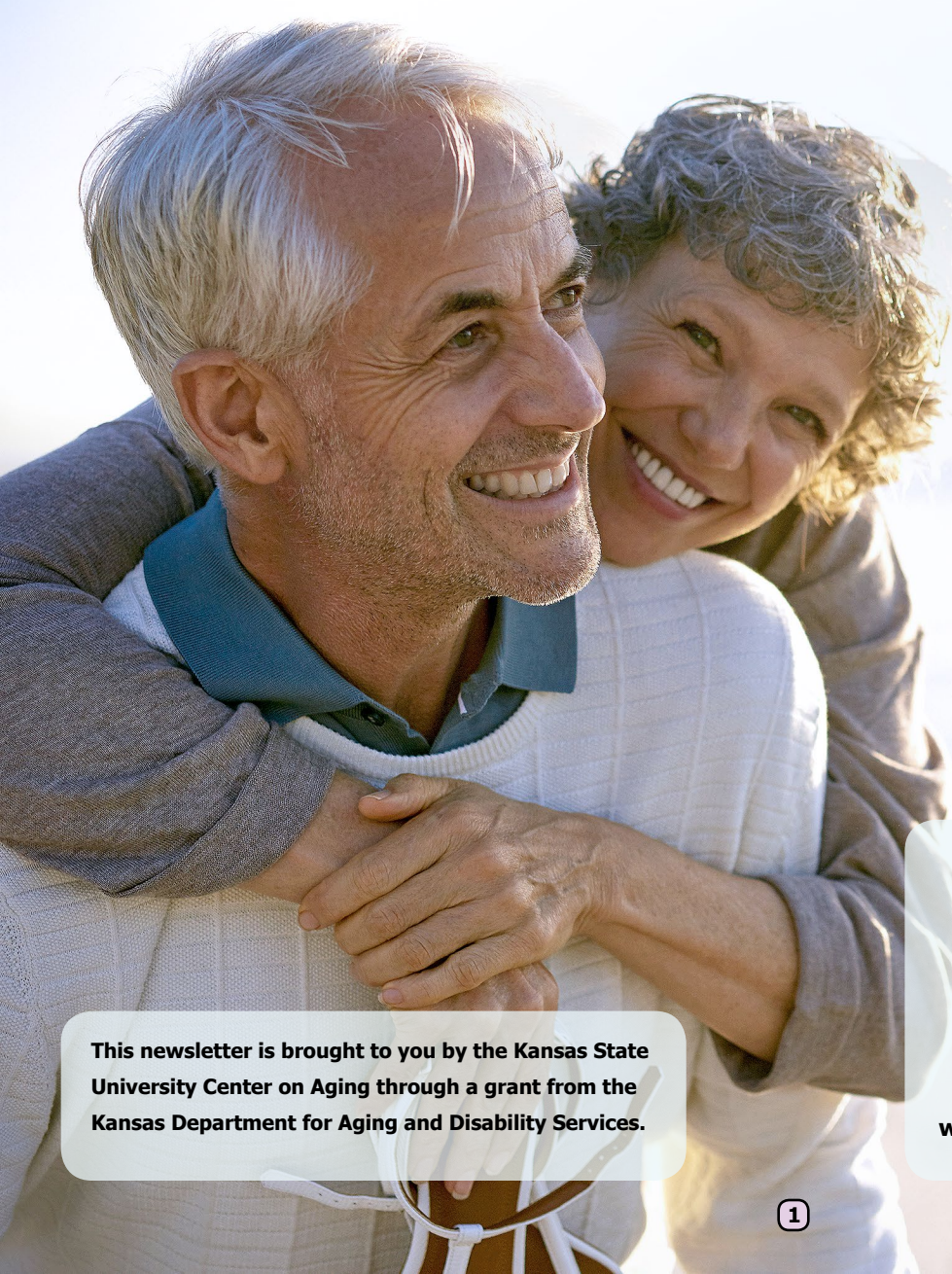


PEAK



2.0



OCTOBER 2019

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Laci Cornelison, PEAK 2.0
Program Coordinator



'Making it Happen' Pioneer Network Conference Theme 2019

In August, Jackie Sump and I attended the Pioneer Network Conference. The Network's primary goal is to "move eldercare to a place where all care and support are person-directed, not system-directed...where flexibility and self-determination are embraced and practiced." We attend this conference to experience and understand what people are doing nation-wide that is innovative in furthering person-centered care.

This year's theme was all about making it happen, which is a true passion for the PEAK 2.0 team. We presented on some best practices here in Kansas associated with the Foundation level, such as the mentor home

experiences and high levels of engagement. Some of our favorite sessions included one presented by Christopher Ridenhour titled, *Retention 911: Hiring, Inspiring, Engaging, Retaining*. It was filled with honest candor about the fact that how we treat people plays the biggest role in whether we retain them. Jill Vitale-Aussem presented our other favorite on leadership and empowering teams.

This is the time of year in PEAK 2.0 where you are all "making it happen" either through sustaining practices, implementing new practices, or learning about person centered care. Where ever you are in the process, stay focused on not just knowing what person-centered care is, but doing what it takes to make it happen for elders!



Personhood and Dementia

Two Sessions Coming to Manhattan November 7th

What do puppies and puppets have in common? They are both a part of Linda Zimmer's "playful protocol" which Linda developed when her mother began showing signs of dementia.

Linda combines her professional background as a Creative Arts Specialist and a puppeteer on Mister Roger's Neighborhood to infuse music, art and humor into the daily lives of residents in dementia care. Joining her on her journey is her therapy poodle, Toby.

Join us on Thursday, November 7th from 9-11 a.m. and 1-3 p.m. at the Bluemont Hotel in Manhattan, Kansas. Linda will teach us aspects of her "playful protocol" that you can use to bring creativity and joy to your own relationships.

Morning Session information:

The therapeutic value of including pets and puppets in dementia care is both simple and profound. Zimmer's keynote address will explore and illuminate the possibilities of these

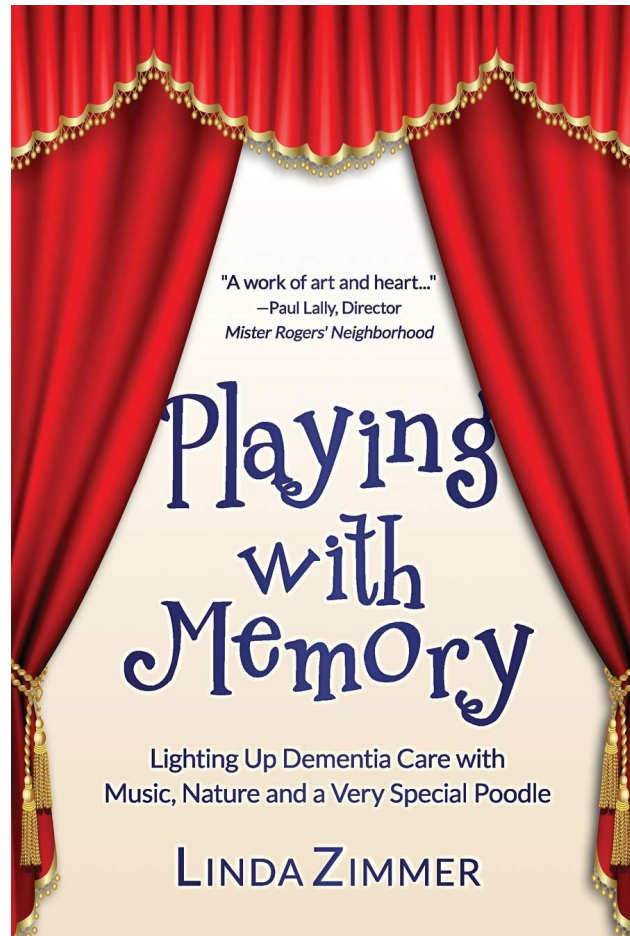
therapies while sharing highlights from the "Playful Protocol" she developed for residents of a West Virginia nursing home. She draws inspiration from her time as a puppeteer for

television pioneer, Fred Rogers, whose ability to see the unique qualities of each person he met informs her work. With therapy dog Toby by her side, Zimmer discovers daily proof that human beings, even with a diagnosis of dementia, retain joy and creativity and can live productively and playfully in the moment.

Afternoon Session information:

In the afternoon session, participants will be able to create simple puppets to be used with clients or

loved ones. While making one's own puppet, thoughts and feelings can be explored in an effective and safe manner. Zimmer will offer suggestions and ideas about the applications of several puppet types and stages. The session will conclude with music and shared scenarios.



A Quick Look Back:

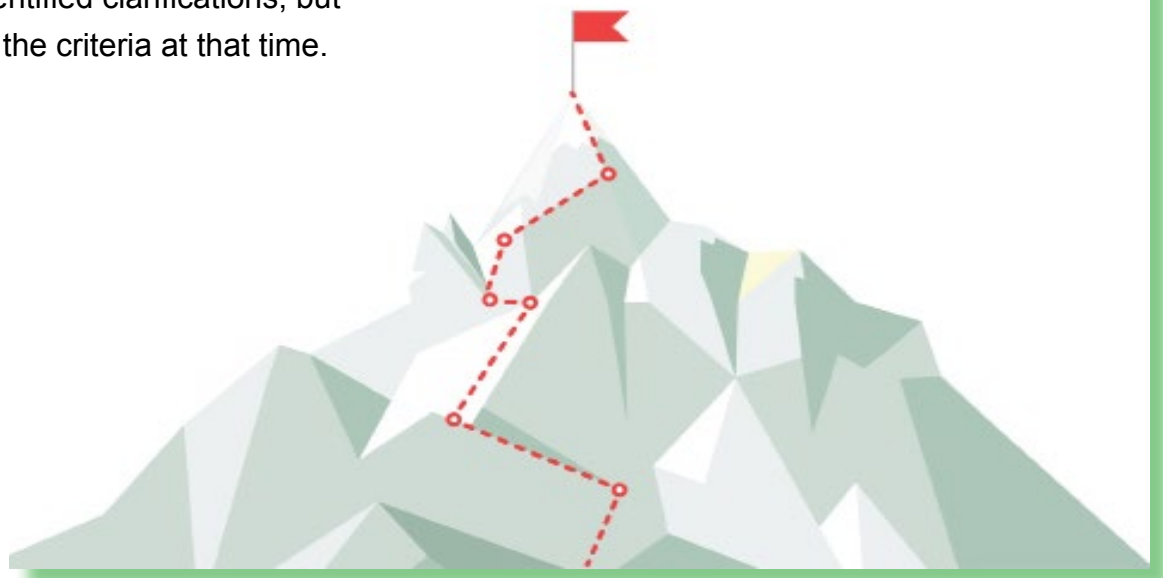
Where did the PEAK criteria originate?

Have you ever wondered where the PEAK criteria came from? Who made the decision to make these the standard of person-centered care in Kansas? We did some investigation to learn more and answer these questions.

When PEAK 2.0 was in its conception phase, Secretary Shawn Sullivan organized a group of people to develop the criteria and further vision the program. The group included providers, representation from the provider associations, university representatives from KU and KSU, advocacy groups such as KABC, and long-term care ombudsmen. Dave Halferty and Vera VanBruggen then led this group to produce the PEAK 2.0 criteria.

Initially the group discussed overall concepts and from there used workgroups to dig into each area. These areas are now the PEAK 2.0 cores, such as food, bathing, sleep, etc. The groups looked at the initial PEAK awards materials, programs in other states, tools from the Pioneer Network and research on culture change available at the time. The work groups for each area created ideas for content then the overall group looked them over. From there the group presented a program for KDADS to review, refine and roll out. KDADS then released PEAK 2.0 in 2011. Kansas State University received a contract to do the administration of the program in 2012.

Since the original workgroup that KDADS organized, the criteria have seen minimal change. In 2014, the criteria were reorganized and further specified to aid in measurement of the outcomes. KSU, KDADS, and representatives from the mentor homes at the time worked together to establish these modifications. The PEAK advisory group reviewed the criteria during the 2016-17 program year and identified clarifications, but made no changes to the criteria at that time.



Meet the PEAK Team

FEATURING: JUDY MILLER, RN

Collectively, the PEAK 2.0 team has over 100 years of experience in nursing homes. Each of the team members share a passion for working with older adults and improving quality of life in long-term care not only for those currently living there, but also for themselves as they age. Over the next year, we will share more about each of our team members. In this issue, we feature Judy Miller, a registered nurse and consultant with the PEAK team.



Judy's entrance into a 30-year career in long-term care began in a local nursing home as a dishwasher, which inspired her interest in pursuing a nursing degree. After ten years working as an LPN, Judy accepted a scholarship to pursue her RN degree. The most rewarding service of her career were the 17 years spent as the Director of Nursing in a Kansas nursing home that embraced the journey of transforming from a medical model of care to a person-centered care home. Judy assumed a key role in the transformation from traditional hierarchical leadership to self-directed work teams. She also implemented strong resident directed care while maintaining high clinical quality of care and strong survey outcomes. She was named the 2010 Nurse

Leader Award by Kansas Home and Services for the Aging (KAHSA/now Leading Age Kansas).

Judy is a 23 year resident of the Hutchinson area. She is married to her spouse, Stanton and has a son, Travis, who is married to Ally and they have two children, Cora and Isaac. She loves her role as a grandma! Judy is a licensed pastor and currently serves as the Administrative Pastor for Journey in South Hutchinson when she is not serving on the PEAK team. She is excited that God has called her to use the leadership gifts at a church that is visionary, willing and obedient. Judy loves life to the fullest and sees life as an adventure. She especially loves to travel to beach destinations.



Colorado Wilderness Flattops:
A favorite spot with son, Travis,
and granddaughter, Cora



Aruba Beach: Enjoying
a sunset walk on the
beach with husband,
Stanton

Life Happens Here

FEATURING: THE NICOL HOME

LOCATION: GLASCO, KS

SIZE: 32 BEDS

ORGANIZATION TYPE: NOT-FOR-PROFIT

PEAK 2.0 LEVEL 2 HOME

What gives your life meaning and purpose? The Nicol Home in Glasco, KS reminds us that purpose and meaning have no age limits or bounds due to disability. About a year ago, their team identified that boredom was a real problem for their residents. That is not the case anymore.

Meaningful life has been the team's focus this year through their PEAK 2.0 work and it has

led them on a powerful journey. Boredom is no longer an issue, because "life happens here now." Bridgett Colby, the home's activity director says the difference is, "It is a huge team effort. When someone has an idea, we all brainstorm and run with it. It is not just the activity department anymore. We all work together."

Sure, The Nicol Home has an activity calendar and they involve residents in planning these events. However, a major change for them has been the addition of frequent spontaneous, spur of the moment, events and activities. On a hot summer afternoon, Carter Olson mentioned how fun it would be to go swimming. Residents overheard and soon they were going to Walmart to get swim gear for residents. By that afternoon residents were swimming at the local pool. One resident even jumped off the high dive!

On another occasion, racing enthusiast, Bob Wheeler, brought a flier about an upcoming race to a team member. He wanted to go. They took that request seriously and worked to make



High Dive

Bob Wheeler Enjoying the Race



it happen. He was all smiles at the racetrack cheering on the racers.

Fostering meaningful life is an all-day everyday occurrence. The Nicol Home has created a culture where life continues to happen and all staff are empowered to support residents in living it. Some other great examples include spontaneously making warm cookies and milk then serving them to residents before bed,

shucking corn for dinner, planning a formal tea party and so much more.

Carter Olson, administrator, says, "Being smaller with less resources doesn't mean you can't. Get creative and keep people engaged." What to make it happen in your home? The Nicol Home is happy to share their story and ideas with you.



Corn Shucking



A Young Bob Wheeler, His Brother Dean,
and Their Racecar



The Gang's All Here

Tell Us About Your Successes

We want to hear about your person-centered care successes and best practices. The best of the best will appear in the next newsletter. Here is how to enter:

- Write a brief description of the success or best practice. No more than 300 words.
- Include 2-3 pictures.
- Send it to ksucoa@gmail.com with the subject line: Newsletter Feature.

