



Byron Health Center Newsletter

End of 1st Quarter 2014

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Byron Health Center Presents 1st Ever Talent Show

Event Showcased Hidden Gifts of Residents and Staff

Byron Health Center showcased the talents of residents and staff during the 1st ever Byron's Got Talent event on Sunday, March 30th in the Activity Room. Fourteen different acts performed for a crowd of over 100 people. There were also two special performances by residents and the magical styling of host Terry Owens, Fort Wayne's 2013 Magician of the Year. Performances ranged from comedy, singing, dancing and even karaoke. The event featured both group and solo acts by residents and staff. Special friends of Byron Health Center, including congregation members of Keefer Creek Baptist Church and Bob and Ann Willey of Trinity Communications, assisted with the technical production.

Participating acts were assessed on performance, presentation, production and originality by several celebrity judges including WANE TV Chief Meteorologist Nicholas Ferreri and K105 FM Morning Show Host Dan Austin along with two 'super-secret' Byron Health Center staff judges: Director of Nursing Tina Seale and Laurie Miller, housekeeping assistant. Performers competed for special recognition and an individual trophy, in one of four performance categories including Most Entertaining Act, Most Original Act, Best Solo Act and Best

Group Act. All acts received trophies of participation and were considered winners by everyone who attended the event.

"I'm just so proud of everyone that participated in Byron's Got Talent," said Byron Health Center Director of Activities, Elizabeth Tindall-Johnson. "We are so glad to showcase the many wonderful talents of our residents and staff!"

Maryann Smith, a member of Byron Health Center staff for over 23 years, received special recognition as the Most Entertaining Act with her performance of *An Original Song*. The 'Posse,' made up of Byron Health Center staff members Deb Lambert, Matt Faley, Meghan Faherty, Sabrina Teague, Chey Michael, Tom Mathias, Sarah Starcher, Barb Carroll, Violet Ellowsky and John Drebenstedt received special recognition as the Most Original Act for their performance of the *Time Warp*. Ellen Sitanus, a long-time resident of Byron Health Center, received special recognition as the Best Solo Act for her rendition of *America the Beautiful*. A group consisting of both staff and residents of Byron Health Center, Julie Bidwell, Heather Seibt, Janel Welch and Kay Groff, received special recognition as the Best Group Act with their performance of *We Are Family*.



Spring Arrives With Johnny

Residents enjoyed a visit from Fort Wayne TinCaps mascot Johnny TinCap just as spring arrived to northeast Indiana.

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Ladies Tea

Byron Health Center women residents enjoy tea together each month.

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Johnny TinCap Again Visits Byron Health Center

Residents and Staff Know Spring is Around the Corner When Local Mascot Roams the Halls

For the 2nd year in a row, Johnny TinCap visited Byron Health Center to welcome in both springtime and the impending baseball season. Johnny spent time with both residents and staff starting on Thursday, March 20th. Johnny took the time to visit with each resident individually and posed for photographs and even signed autographs as he fired up the baseball fans at Byron Health Center.

Johnny hails from Fort Wayne and joined the TinCaps in April of 2009 to help jumpstart the move to downtown Parkview Field. Since arriving at Parkview Field, Johnny has shown that he has extensive experience entertaining large crowds. Whether it is helping with different on-field promotions or dancing with his friend Breakin' B-Boy McCoy, Johnny loves to put smiles on the faces of everyone who comes through the gates of Parkview Field. In addition to his work during TinCaps games, Johnny takes pride in being the face of the Fort Wayne baseball franchise. In his time with the TinCaps, Johnny has ventured all over Northeast Indiana, Northwest Ohio and Southern Michigan, spreading his excitement for TinCaps baseball. Johnny's interests include but aren't limited to: TinCaps baseball, apples, birthday parties, planting apple trees in the grass at Parkview Field, parades and Arbor Day. Johnny's short list of dislikes include loggers, worms and the off-season.



Johnny's visit to Byron Health Center usually signifies more than just the return of TinCaps' baseball to Parkview Field. His visit is also the preamble to springtime and warmer weather as reflected in the week's mild forecast. Byron Health Center residents will again attend TinCaps regular-season games in the 2014 season as part of the TinCaps' Community, Activity, Recreation and Education (C.A.R.E.) Program. The C.A.R.E. program provides an opportunity to attend a TinCaps baseball game to those in the Fort Wayne Community that otherwise would not be able to do so by issuing free tickets. Presently, the C.A.R.E. program is the only way to obtain a free ticket to a TinCaps game.

"We are so grateful for the TinCaps and the C.A.R.E. program. Our residents just can't wait to get back to Parkview Field," said

Byron Health Center Director of Activities Elizabeth Tindall. "And Johnny's springtime visit lets our residents know that the baseball season will soon be here!"

EMPLOYEES LEARN VALUABLE SKILLS IN THE LEARNING CENTER



Byron Health Center Director of Culinary and Nutritional Services Lawrence E Davis competed in a Cook-off Competition.



Byron Health Center Chef Competes at Cook-off Competition

Takes Second Place in the *Chopped*-inspired Contest

Byron Health Center Director of Culinary and Nutritional Services Lawrence E Davis competed in a Cook-off Competition at The Art Institute of Indianapolis over the past weekend. On Saturday, March 8th, Davis, along with other contestants, were judged on Knife Skills, Kitchen Work and the Finished Products during a Cook-off Competition which was held in Indianapolis. The menu prepared included Shrimp Cocktail, Sautéed Breast of Chicken with

"Creative Garnish," Fresh Broccoli Sauté and Rice Pilaf. Davis will prepare this special menu for today's lunch for the residents and staff of Byron Health Center to enjoy in Shirley's Café.

Davis originally attended a mandatory Pre-competition Coaching Session at The Art Institute of Indianapolis on March 1st. This assisted him in preparing for the Cook-off Competition held over the past weekend. During this preliminary (cont'd on page 3)

(cont'd from page 2) informational seminar, Davis had the opportunity to see professional culinary educators perform the required skills and prepare the same menu that he needed to prepare for the Cook-off Competition.

This was not the first time for Davis to participate in a Cook-off-type Competition. He had previously attended a Premier Culinary Clinic at Hillshire Brands Innovation Center in Downers Grove, IL, at the end of June, 2013, where he learned tasty tips of the trade from executive chefs who stirred up his creativity and enhanced his culinary prowess over the course of the two-day, enormously informative clinic. At that time, he spent day-one of the Premier Culinary Clinic

learning new cooking techniques and sharpening his knife skills. During a workshop set up similar to the Food Network's *Chopped* program, Davis prepared "the perfect pork chop" and was commended on his excellent knife work.

Unfortunately, Davis did not win the Cook-off Competition this time, but did well enough to place 2nd overall. The winner in the Culinary Scholarship category: Elizabeth Deroe of Fort Wayne, a senior Culinary Arts student at Ivy Tech, was announced at an awards ceremony following the Cook-off Competition. Deroe was awarded a \$1,500 scholarship to The Art Institute of Indianapolis and will now become a

semifinalist for the *Chopped* Scholarship Competition. The top four finalists will go to New York City for a high-stakes *Chopped*-inspired competition at *Food Network* Kitchens. The final winner of this *Chopped*-inspired competition will be awarded a \$40,000 tuition scholarship to The Art Institute where they entered the competition. Byron Health Center would like to congratulate Davis on his extraordinary performance during the Cook-off Competition and, although he did not win this particular event, we would like to remind Davis that he, and his culinary creations, are always a 'winner' in our Shirley's Café.

Byron Health Center continues to excel in resident-centered care as shown by both achieving Providigm's Quality Assurance and Performance Improvement (QAPI) Accreditation and winning the Embracing Quality Award.

centers, located across 48 states, and Ontario, Canada, received Providigm's QAPI Accreditation for 2014. Byron Health Center joins 81 other QAPI Accredited organizations in the state of Indiana. The accredited centers implemented QAPI systems which met quantitative standards that have been demonstrated to be associated with significant performance improvement. Through the use of abaqis®, the leading Quality Management System for post-acute healthcare providers, the centers conduct QAPI on a continuous and comprehensive basis.

Byron Health Center has also been named a winner of the prestigious Embracing Quality Award. This year, 305 skilled nursing centers were recognized as top-performing organizations and were named recipients of Providigm's 2nd annual Embracing Quality Award. Winners were awarded for outstanding performance in one or more of three categories: (1) attaining a deficiency-free annual survey in 2013, (2) having a low risk-adjusted rate of less than 5% of re-admission to hospitals or (3) having exceptional customer satisfaction ratings by (cont'd on page 4)



The Providigm QAPI Accreditation Program is based on four standards for excellence in continuously improving quality of care and life for nursing home residents. The four standards are evaluated quarterly for a period comprising the preceding twelve months (four quarters) and include the following four factors: (1) Comprehensive – there are a sufficient number of assessments completed by the facility staff and entered into the abaqis® web based program. The assessments consist of the admission record review, census record review, family interview, resident

interview, resident observation and staff interview; (2) Continuous – the quality activities are not done just during the survey window. Quality activities are performed on an ongoing basis of two alternating quarters; (3) Coverage – there are a sufficient number of unique residents assessed through an admission record review and/or a census assessment. The same resident assessments cannot be used repeatedly and (4) Corrective – areas that have been identified as needing improvement are going through an improvement process. These are known as Stage 2 activities. In total, 1,193 nursing

Byron Health Center Wins Embracing Quality Award

Deficiency-free Annual Survey in 2013 and Full Providigm QAPI Accreditation Lead to Substantial Accolade



(cont'd from page 3) achieving a high abaqis® endorsement score. To be eligible to win an Embracing Quality Award, centers needed to first achieve QAPI Accreditation.

Peter Kramer, President and COO at Providigm, announced the winners of Providigm's 2nd annual Embracing Quality Awards and stated, "These facilities will undoubtedly serve as role models for their peers in long term health care." The award winning nursing homes were announced at a gala hosted by Providigm and Medline Industries during the American Health Care Association and the National Center for Assisted Living's (AHCA/NCAL) Quality Symposium held in New Orleans in February. More than 500 healthcare professionals convened at the 6th annual Quality Symposium: *Quality Is Our Business Solution!*

The meeting's theme, and the programming designed around it, focused on the role quality plays in a healthy bottom line; no matter the size of the organization. The symposium's goal is to inspire the continuing efforts at quality improvement in skilled nursing and assisted living communities across the nation.



Providigm creates quality improvement solutions for health care. Through Providigm's web-based systems and comprehensive training, providers are able to improve the quality of care and life of their residents. Providigm's patented abaqis® Quality Management System is the nation's leading assessment and reporting system based on CMS's Quality Indicator Survey. With its recent expansion in QAPI, Hospital Readmissions and Customer Satisfaction, abaqis® goes far beyond survey readiness. Providigm's accomplished Research Group provides the scientific foundation and cutting-edge methodology behind its quality systems. For more information about Providigm QAPI Accreditation and the Embracing Quality Awards, please visit www.providigm.com/recognition.

Women Enjoy Ladies Tea Each Month

Gathering Encourages Camaraderie Along With a Spot of Tea

The women at Byron Health Center gather once a month just to enjoy tea and each other's company. Sometimes, community groups, such as Keefer Creek Baptist Church, help host the monthly Ladies Tea event. Usually, light snacks like cake or other baked goods accompany the 'cupper' along with casual conversation which sometimes grows into a discussion on some current topics. "It's a time for the ladies to enjoy each other's company and delight in some conversation," said Elizabeth Tindall, Byron Health Center Director of Activities, "It's really just another opportunity for the ladies here at Byron Health Center to spend some quality time together sans the fellows. The Ladies Tea is a monthly event shared by the women from all of our neighborhoods, including the memory-care areas, where fun and friendship around a cup of tea helps to create a stronger bond among those that call Byron Health Center their home."

The next step is for Byron Health Center to form a Red Hat Society for the ladies to become members of. This nationally recognized organization is a global society of



women that connects, supports and encourages women in their pursuit of fun, friendship, freedom, fulfillment and fitness.

The Fun is to celebrate life at every age. The Friendship solidifies and expands the bonds of sisterhood. The Freedom discovers and explores new interests. The Fulfillment is to realize each person's own personal potential.

The Fitness we embraces healthy, life-lengthening lifestyles.

The Red Hat Society has become the international society dedicated to reshaping the way women are viewed in today's culture. The goals and pursuits of the Red Hat Society clearly match Byron Health Center's own goals and Resident Credos which call for Quality of Life for our residents is our goal every minute of every day; Providing purpose and value to our residents by celebrating individuality through freedom of choice to allow them to dream and achieve; Respect through compassion, empathy, kindness and humor and Dignity by honoring our resident's heritage, self-worth and family involvement.

The women of Byron Health Center are sure to enjoy Ladies Tea each month for some time to come, especially as they strive to form their own sisterhood of the Red Hat Society.

IMPROVEMNETS TO THE CAMPUS

"Residents continue to enjoy several new amenities on campus including a Memory Tree mural which was planned and painted by our good friends, the Art students and staff at Carroll High School."

JOHN DREBENSTEDT, MBA
Director of Marketing & Public Relations

MARDI GRAS PARTY & PARADE



New Orleans-style Fun

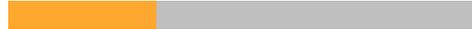
Byron Health Center hosted a New Orleans-style Mardi Gras party and parade on Fat Tuesday, March 4th. Jay & Patrice entertained the revel-rousers with cool New Orleans jazz and several favorite party songs. French Quarter Beignets were enjoyed by the party-goers along with beads, masks and even a king cake. Jay & Patrice then led a parade around the Byron Health Center Campus for all to join in and enjoy. Lots of fun was had by all.



Everyone's Irish on Saint Patrick's Day
Residents enjoyed all things Irish during a Saint Patrick's Day party on March 17th.

FAST FACTS

One uniqueness of Byron Health Center is perhaps best found in the profile of its residents. The residents of Byron Health Center are much younger.



26.6%

26.6% of Byron Health Center residents are under the age of 54.



5.9%

While the overall national average is 5.9%.



WITH THE FORT WAYNE DERBY GIRLS



Go Derby Girls

Byron Health Center Life Enrichment Assistant Nicole Wallin helps get the residents ready to cheer for the Fort Wayne Derby Girls at a home on March 29th.



Here's Mean Jean

Mean Jean poses for photos and visits with Byron Health Center residents during the bout.



Real Sport. Real Women. Real Tough

ACTIVITIES IMPORTANT TO RESIDENTS

"Activities keep residents engaged and active. We try to plan off-campus activities as often as possible. The Fort Wayne community sports partners have been very gracious and often donate tickets for our use."

ELIZABETH TINDALL
Director of Activities



Byron Health Center Residents Enjoy Valentine's Day Celebration and Dance

February 14th was a special day at Byron Health Center. Valentine's Day was celebrated with a special party and dance in the Activity Room. Heart-themed decorations and snacks were enjoyed as nearly 70 residents gathered to dance and appreciate the music of Jeff Ude. Residents and staff took turns on the dance floor and enjoyed the company of their 'sweethearts' throughout the evening event.

"We strive to create life enriching activities that still are quite special, yet not necessarily unique," explains Byron Health Center Director of Activities, Elizabeth Tindall-Johnson. "Just like anyone else would enjoy a dance with their sweetheart on Valentine's Day, so do our residents. We want to create an accessible environment which allows all to enjoy not only the very special, but also the everyday joys that a fulfilling life brings.

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