

Happy New Year

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Happiness depends upon your outlook on life - Find the good in all situations
Attitude is just as important as ability - Keep your attitude positive
Passion, find yours this year! - Do what you love and you will never work
Positive thoughts make everything easier - Stay focused and stay positive
You are unique, with special gifts, use them - Never forget you have talent

New beginnings with a new year.
Enthusiasm, a true secret of success.
Wishes may they turn into goals.

Years go by too quickly, enjoy them - Wisdom from your elders, listen
Energy, may you have lots of it - Take care of yourself
Appreciation of life, don't take it for granted - Live each day
Relax, take the time to relax in this coming year - Keep a balance in your life



The Lodge Newsletter

January 2019

Senior bullying: How to recognize it, how to handle it

Eleanor Feldman Barbera, Ph.D.

Things were different when I was a kid. People regularly drove while intoxicated. The high school archery team practiced on the football field while the track team ran around the periphery. Children bullied their peers without anyone giving it much notice. These days, drunk driving prohibitions abound, schools are no longer casual about teens with potential weapons, and children start learning about bullies in kindergarten. When it comes to bullying in senior communities, though, we're still behind the times.

What is senior bullying?

According to the American Psychological Association, "Bullying is a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort. Bullying can take the form of physical contact, words or more subtle actions. The bullied individual typically has trouble defending him or herself and does nothing to 'cause' the bullying." Bullying that does not involve physical contact is sometimes referred to as "relational aggression." According to senior bullying expert Dr. Robin Bonifas at Arizona State University, 10% to 20% of elders in senior communities experience bullying. Dr. Margaret Wylde of the ProMatura Group reports that senior bullying occurs in every independent living community studied in her 2014 report. In that study, bullying fell into the category with the largest relationship to whether or not the community feels homelike. Study participants described problems such as "difficulties making friends, being lonely, not fitting in, not having common interests, bullying by cliques, and missing their friends."

Increased media focus

Senior bullying is receiving increased attention in the mainstream media, with articles such as Paula Span's New Old Age column, [Mean Girls in Assisted Living](#) and Jennifer Wiener's [Mean Girls in the Retirement Home](#). ("Mean girls" tend to engage in gossip, excluding others and establishing cliques, while male bullies are more likely to yell and threaten.). Heightened media exposure for the issue increases the likelihood that potential residents and their adult children will be asking about bullying prevention when they're searching for a senior living community.

Steps to reduce bullying - In order to address bullying in long-term care, several steps should be taken:

- **Create policies and procedures:** Schools and workplaces have anti-bullying policies that long-term care organizations can use as models for their own guidelines.
- **Train staff:** Employees need education so that they recognize bullying behaviors and understand the procedure to handle them within your organization.
- **Establish ongoing bullying prevention programs:** Preventing bullying can't be accomplished in a single staff meeting. It requires regular training and ongoing discussion with staff and residents. Some examples of programs to reduce bullying are bullying awareness sessions, civility training and interventions that directly address the person who is bullying.





DATE: December 11, 2018: There were 12 residents and 2 staff members present at the meeting. Jodie asked the residents who would like to conduct the meeting stating that Resident Council is for residents. Residents asked Jodie to conduct the meeting. Staff was given permission to stay during the meeting.

FACILITY: Jodie informed the residents that the cook and hold has gone out in the kitchen. Residents asked how much the cost to replace would be and Jodie said it was going to cost \$4-5,000.

Ken is fixing the water softener and we are hoping that will help the salt levels in our water

The Lodge will be getting a new bus hopefully by the first of the year. It will have automatic tire chains to help get around.

We are in the process of getting new light fixtures in the hallways. They will be LED lights and will save us \$40-\$50 per year per fixture. So the fixtures will pay for themselves in 2 years. Also hopefully the new fixtures will light the hallways better.

The residents stated they liked the new white board in the dining room. They also said they liked the black board in its new location.

The proposed additions were asked about and discussed. Jodie discussed that we are hoping to be getting a grant for the addition and with that we will expand, add a sprinkler system, level the floors, etc.

SAFETY: No safety issues were brought to the meeting by the residents. Jodie reminded residents to let us know if they need assistance outside as it gets icy.



Where were you born?
Max, ND

What big events do you remember most from when you were growing up?
I remember Pearl Harbor happened when I first got married. I also remember when we first got electricity and running water.

What is different about growing up today from when you were growing up?
Kids when I was growing up found their own entertainment and we got together and all made mud pies. Kids today seem to use electronics for entertainment a lot.

How did you meet your spouse?
I met him at a dance at the grainery. I went with my brother and this guy wanted to take me home so he had to ask my brother if he could drive me home.

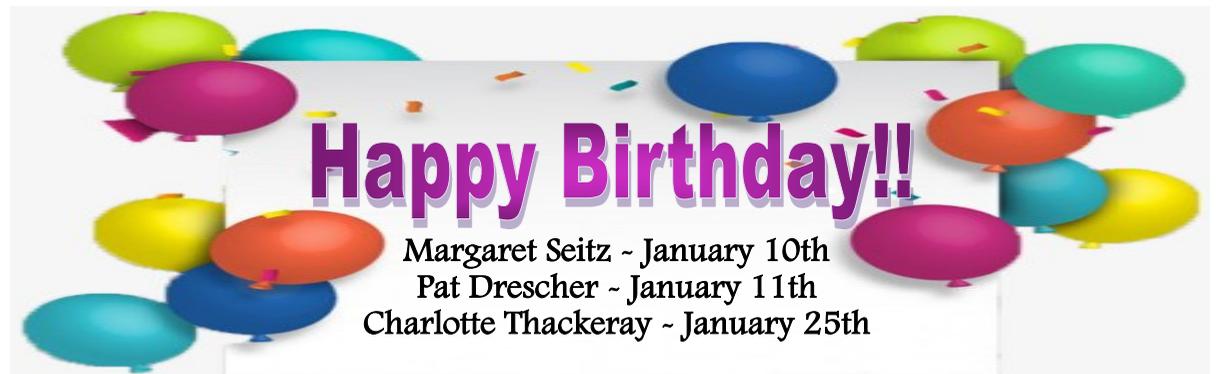
What was your first job?
After I got married I worked at a grocery store in the locker cutting up meat. I also worked at a café that fed the men that worked at the missile factory.

If you won \$1 million dollars tomorrow what would you do with the money?
I would help all my kids and grandkids. Then I would help those that needed help like the homeless. I don't need to buy things for myself.

If you could go back to any age, which age would it be and why?
I would like to go back to when my husband was alive so he could go on all the Senior trips with me. Or go back to when all my kids were together

Do you have a favorite holiday?
It used to be Christmas Eve but as I have gotten older holidays just aren't as exciting.

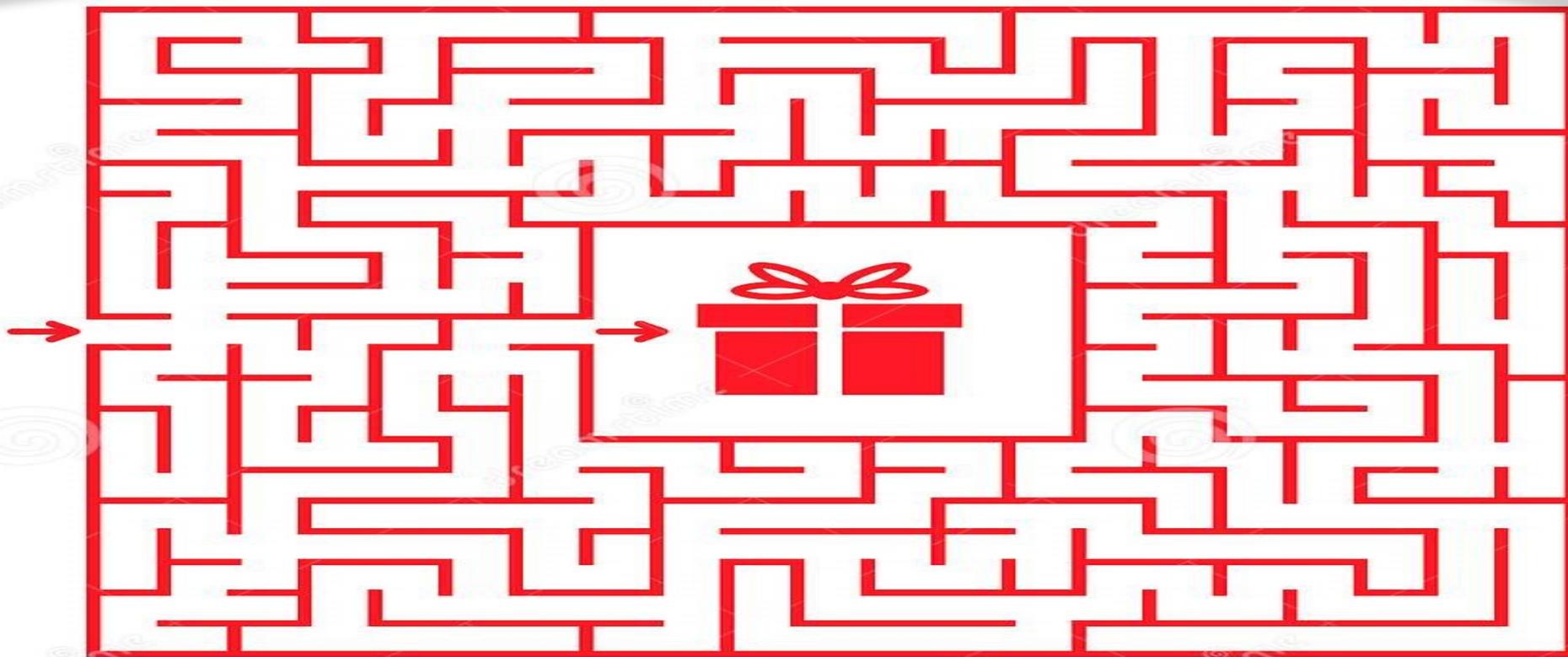
What advice did your parents/grandparents give you that you remember most?
Don't talk back to anyone. Be nice.





2019

Happy New Year!



HAPPY NEW YEAR!

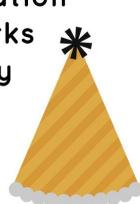


Countdown
 Confetti
 Midnight
 Balloons

Celebration
 Fireworks
 January
 Happy

New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers



Resident Meeting, Cont.

STAFF: Linette briefed the residents regarding what was discussed at the last dietary committee meeting:

It was recommended to keep the Christmas Party simple this year with not too many sweets.

Christmas Eve – There will be a social hour where you can come and socialize and there will be casual dining. **Christmas Day** – There will quite a feast! Roasted Turkey, Ham, Stuffing, Mashed Potatoes, Cranberries. **New Year's Eve** – 1130am – There will a surf & turf - Finger Steaks & Shrimp. **New Year's Day** – Prime Rib

Jodie reminded residents to please give 24 hours' notice, if possible, when scheduling transportation.

RESIDENT REQUESTS: No resident requests were brought up

DOOR PRIZE: Ruth Miller won the door prize for being the resident in attendance at the meeting. Jodie asked if the residents wanted to continue doing the door prize and the residents said no so this will be the last door prize given out.



January Resident Right

You Have The Right To . . . Complain

- Present grievances to staff or any other person, without fear of reprisal and with prompt efforts by the facility to resolve those grievances
- To complain to the ombudsman program
- To file a complaint with the state survey and certification agency

