



Autumn Leaves
Begin To Fall

THE BEACON

McIntosh Trail Management Services, Inc.
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Time Again For
School Days



* Tribute To Freedom



Culture Change in Long-term Care and the Pioneer Network

What is Culture Change?

"Culture change" is the common name given to the national movement for the transformation of older adult services, based on person-directed values and practices where the voices of elders and those working with them are considered and respected. Core person-directed values are choice, dignity, respect, self-determination and purposeful living.

Culture change transformation supports the creation of both long and short-term living environments as well as community-based settings where both older adults and their caregivers are able to express choice and practice self-determination in meaningful ways at every level of daily life.

Culture change transformation may require changes in organization practices, physical environments, relationships at all levels and workforce models – leading to better outcomes for consumers and direct care workers without inflicting detrimental costs on providers.

Pioneer Network endeavors to provide opportunities for state culture change coalitions to share information and resources with each other and to provide guidance to individuals and organizations interested in establishing a coalition in their state. There are currently over 30 existing state coalitions and several other state coalitions are in the process of being established.

con't. on page 5

* Brain & Spinal Injury Trust Fund Commission

Piecing your life together after an injury is difficult. You may feel like you've traveled to a country where you don't speak the language. Even figuring out which questions to ask can be frustrating. That's why we've created this booklet. The questions and resources listed here are meant to get you started, to ease your confusion. As you go forward, remember you are not alone:

- Traumatic brain injury is the leading cause of death and disability for anyone under age 45 in the U.S.
- In 2005, nearly 50,000 Georgians sustained a traumatic brain or spinal cord injury doing everyday activities like driving, playing sports, and working around the house.

Please visit www.birf.info or [click here](#) to visit us and download our resource guide booklet "GO AHEAD, ASK". (Information from Brain & Spinal Injury Trust Fund Commission)

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Martha Morton's grandson is a 'natural' born winner. Here at 2 years old, he proudly shows off his



first blue ribbon in the lamb show in Franklin.



* NSL - National Senior League - Wii Bowling Leagues for Seniors...

"Senior Wii bowling league takes off" , By RAY WEISS, Staff writer, The Daytona Beach News Journal
May 31, 2010

The last thing Pat Board ever thought she'd do again was bowl. She's spent the last five months rehabbing a broken back at Countryside Lakes. But most Monday afternoons, Board joins eight to 10 other residents in the assisted living facility's dayroom to roll a game or two -- Wii style. "And I have a hook, just like on the lanes," she said with a grin. Still, Board averages a 150 score on the popular computer sports game from a wheelchair -- 20 pins higher using a hand-held Wii activator than with a traditional bowling ball.

Other residents do even better, budding stars at 70, 80 and up.

"One gal here who never had bowled in her life got 288, getting eight strikes in a row," Board recalled.

With skills like that, a Wii bowler might seek bigger challenges, opportunities to compete on a grander scale nationwide, without ever leaving the comfort of their facility.

That's just what Dennis Berkholtz, 65, of Boca Raton had in mind when he founded the National Senior League Wii bowling league last July.

"My parents were in an assisted living facility in Cape Coral. I was amazed that there was not a lot for them to do," said Berkholtz, a 1972 U.S. Olympic team handball player. "In 2008, I played it and thought it would be great for older people. "

This past spring season, 144 Senior League teams from 23 states vied for the national title won by the SAS Strikers of Boca Raton against the Woodchoppers of Lakeland.

The league is open to a wide spectrum of groups for older people that include assisted living facilities, nursing homes and senior centers. Last season, no teams from Volusia or Flagler County played. The next 10-week season begins in September, and teams will be placed in eight-team divisions, with the winners of each moving on to the playoffs.

Statistics are kept online and the cost per team is \$300. The Wii league bowlers range in age from 55 to 100 and set their own schedules.

"They can play anytime," Berkholtz said. "One of the keys I found was to keep it as simple as possible."

Diane Parker of Countryside Lakes oversees most of the social activities for residents, including Wii bowling. The league is something she might consider.

"That's very, very interesting. It's possible. Very possible," she said. "I'm going to have to look at it."

The ambience of the Wii senior bowling league is quite different from the real thing. There's no beer or bratwurst. No sound of cracking pins.

But the competitive spirit doesn't diminish with age.

Norma Fennelly, a resident who bowled once before moving to Countryside Lakes 18 months ago, is ready to go head-to-head against some other older Wii bowlers in America.

"I'm not that good," she said, after scoring a 178. "But I think it'd be fun.

To find out more visit:

<http://www.nslgames.com/>

* Macon MTMS Employee of The Year

by Eva Henderson



Annette Patat Middle GA CCSP Employee of the Year

Annette was born in Columbus, GA and moved to Macon when she was 13. She has lived in the “Bloomfield” area since she was 14 so she considers Macon her home. She also lived for a year in Birmingham, AL when she was 19.

She describes herself as friendly, out-going and fun. Her friends describe her the same. Annette says she also has “a good sense of humor, is loyal and will always be there for you”.

She is married to Thomas Franklin Patat, Sr., whose family calls him “Tom” and long time friends call him “Doodle”. They are celebrating their 10th wedding anniversary on 9/1 via a Hawaiian Cruise! Annette has 5 step children, she “got them all grown up, didn’t have to go through the 2am feedings, potty training and didn’t have to worry when they were out late”. Tommy Jr, Pam, Jerry, Patty and Billy’s (their ages range from 52 to 40 years old). They live in Texas, Colorado and New York so they don’t get to see them much.



Annette also has grandkids! Jessica and Billy are 18 year old twins; and Cody is 14. Jessica lives in Warner Robins so she sees them often. Jessica has a 1 year old son, his name is Chris, Jr. (CJ) but his granddad calls him “Butterbean”. Jessica and Chris were recently married at Annette’s church. Jessica’s Dad couldn’t come from New York, his wife is very sick, so “Tom” walked Jessica down the aisle. Annette laughed and paraphrased “it was more like Jessica walking Tom down the aisle”.

Annette’s favorite scripture is John 14 “Let not your heart be troubled, ye believe in God, believe also in me. In my Father’s house there are many mansions” Her #1 pet peeve is cell phones. “I know they are a part of life, but people talking while driving, shopping and in restaurants annoys me. I’ve even heard them go off at church! Give me a break”!

In her spare time, Annette enjoys spending time with family and friends, reading, doing crossword puzzles and “cruising” . Annette believes “there is nothing better than lying in the sun reading a good book”. She also enjoys watching Wheel of Fortune and Jeopardy. She says she likes to “keep up” with how well she did and especially enjoys it when she gets to Final Jeopardy and the contestants don’t. Annette laughs and says “Tom says all the time I should be on there, but I figure I wouldn’t even remember my name if I did”.

Annette has been with CCSP for seven years since last May. She has been a nurse for 32 years and has worked in various hospitals and nursing homes.

Annette you are a real “trooper”. We admire your passion, commitment and diligence in all that you do. You have truly earned the Middle GA CCSP Employee of the Year Award!

* Health and Fitness

By Shaneji Ward

Zumba is an exercise program that I got into about 2 years ago, and I love it. Zumba is a fitness craze that was started by “Beto” Perez in the mid 90’s in Colombia and is a Latin-inspired dance fitness. The routines involve interval training with fast and slow rhythms and resistance training, combine these with some Latin flavor and you have Zumba.

This craze has grown exponentially over two decades. Beto first brought the fast paced workout to the US in 1999, where he was approached by entrepreneurs to create a company based on the fitness philosophy. During this time, “Zumba” was trademarked. In 2002, the first infomercial featuring the new weight-loss revolution was launched. Millions of people bought the DVD’s and many gyms started to offer Zumba classes. The response was overwhelming, so Zumba Fitness created an instructor training program, in order to train qualified individuals to teach.

As of May 2010, Zumba is being taught in 105 countries, at over 60,000 locations and with 7.5 million participants worldwide. I am proud to admit that I am one of those 7.5 million participants. My Zumba instructor is Teresa Clampitt in Gray, GA. Her classes are always fast paced, energetic, and FUN! Teresa has a flyer posted that announces that you can burn 600-800 calories per one hour session, and I believe it.

I encourage everyone to try a Zumba class. The official Zumba website, www.zumba.com offers a tool where you can find a class within twenty-five miles from your address. Try it, you’ll love it!

* Culture Change con’t.

Culture change transformation supports the creation of both nursing home environments as well as home- and community-based settings, wherever older adults and their caregivers express choice and practice self-determination in meaningful ways at every level of daily life.

In a setting that embraces culture change, the person always comes before the task, and the voices of elders and those working with them are considered and respected. Respect is given to each individual regardless of age, medical condition, or limitations. Culture change—a simple concept valuing choice, dignity, respect, self-determination, and purposeful living—is transforming the way we care for elders across the nation who are in need of long-term care.

Pioneer Network consists of thousands of people working to replace the traditional approach to institutional aging in nursing homes with settings that are real homes. Settings where the aging person's choices and wishes come first, where meaningful relationships with others create genuine interaction not often found in yesterday's institutions. Pioneer Network also supports innovative alternatives that make it possible for people to stay in their own homes.

Pioneer Network was formed in 1997 by a small group of prominent professionals in long-term care to advocate for person-directed care. This group called for a radical change in the culture of aging so that when our grandparents, parents —

and ultimately ourselves — go to a nursing home or other community-based setting it is to thrive, not to decline.

We believe that the quality of life and living for America's elders is rooted in a supportive community and cemented by relationships that respect each of us as individuals regardless of age, medical condition or limitations.

Our aim is nothing less than transforming the culture of aging in America.

This article is an excerpt from the Pioneer Network website:

<http://www.pioneernetwork.net>



* What's Shakin' In Macon

by Eva Henderson



Congrats' to our **Employees of the Month:**

Darienne and Luciana - July

Rosa and B'Neikia - August

Annette and Ingrid - September

Happy Birthday (and some belated) to:

Darienne - June 28th

Taasha - July 24th

Elizabeth "Liz" - July 20th

Viva - July 23rd

Let's All **Welcome** our newest staff members:

Marjorie Harris, RN & Lavella Head, LPN - both started work on July 1st and they are awesome!

Who's Doin' What:

Rosa just returned from a fabulous vacation in Northern California!

Luciana "Lucie" went to Cincinnati Ohio recently and performed two songs with the Gospel Music Workshop of America. Her next performance will be in December. For more details, ask "**Lucie**".

Ginger is quite busy ministering and hosting a health initiative starting August 28th (3xwk) and a "Murder She Wrote" Women's Gathering/Deliverance Conference for Women featuring door prizes, skits, fashion show, interpretive dancing, preachers from all around & "Sip and Chat" a special feature for all ladies involved in ministries to discuss pros and cons of women in ministry. This event is free and open to the public & will be held at International City First Born Church in Warner Robins on Oct 1st and 2nd, starting at 5pm. For more info, please contact **Ginger**.

On a sad note: Let's keep **Rose** and **Shaneji's** family in our prayers. **Rose** lost her mother-in-law and **Shaneji** lost her "Grandma Laura" recently. **Shaneji** says her "Grandma Laura" was truly loved and will be greatly missed. On a happy note: **Shaneji** says her twins have started school!



Taasha is engaged!

Check out the ring! !

Expected Nuptials 2011!

Adrienne's youngest is in kindergarten! He also taught himself to swim! She is also excited about her baby brother who is off to college and her baby sister is doing a voice over for a cartoon!

I've been enjoying my Summer but I am sooo looking forward to the Fall. It's my favorite time of year. Love the Summer Clearance Sales, Fall Colors, Weather, Holidays & Festivals. Hope you all will get out and enjoy the great outdoors before the weather turns too cold.

Recommended Reading:

Any publications by Michele Andrea Bowen, who is an award-winning author of life in the South. Both

Chantelle and **Doris** agree, Michele's books are some of the funniest books you will ever read. For more info, check out her website: www.micheleandreaowen.com

"Upcoming Events in Middle GA"

GA National Fair will be held from Oct 7th through Oct 17th in Perry GA.

* 9 Secret Household Cleaners You Already Own

Eliminate Odors

Try coffee grounds to keep your refrigerator smelling nice and fresh, just as you do with an open box of baking soda. Place them, new or used, in a bowl and remember to replace them every month or two.



Chill Out

Use ice to cleanse the blades in your garbage disposal and break up the grease that collects on the rotors. Every few weeks, toss in a handful of cubes, turn on the disposal and run cold water. Add some orange, lemon or lime peels to ward off odors.



Soften up Grease

Get baked-on foods off pots and pans with a dryer sheet. Just place one in a pot, fill with water and let sit overnight, then sponge off the next morning. The antistatic agent weakens the bond between the stuck-on food and the surface of the pan, while the fabric softener works its loosening magic.



Zap Bacteria

To keep bacteria from taking up permanent residence in your kitchen sponges, rinse them with water at the end of each day, squeeze, then put in the microwave for three minutes. Let cool before touching. Do the same with your cutting boards, if they are microwaveable.



Use Lemons to Clean your Microwave

Harness the power of citrus to clean your microwave: Cut a lemon in half, squeeze juice into a small bowl of water, add both lemon halves and place in the microwave for five minutes. The fresh scent eliminates cooking odors, and condensation from the steam loosens random splatters that have hardened. Wipe with a damp cloth.



Use a Substitute Floor Cleaner

Try Listerine mouthwash if you're out of floor cleaner. Add a capful to a gallon of water and mop vinyl or tile—but not wood—floors with the mixture. The same product that kills bad-breath germs also zaps the gunk beneath your feet.



Scrubbing Bubbles

Freshen the toilet bowl with effervescent tablets (denture or antacid) in between scouring. Drop two in the water, let soak for at least 20 minutes, then brush and flush. A can of cola dumped in for one hour also does the trick. The phosphoric acid in the beverage removes rust rings and other mineral deposits.



Raid the Fridge to Polish Brass

Shine brass using a dab of Worcestershire sauce or ketchup. Squeeze the condiment onto a cloth, rub the item, then rinse with water and dry with a towel.



Scour Scuffs with a Tennis Ball

Use a new [tennis ball](#) to wipe scuff marks off tile, vinyl, woodwork—even painted walls. It won't harm the surface.



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* A Word From Our Staff



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"Who I Am Makes A Difference"

Links:

- [Southern Crescent Area Agency on Aging](#)
- [Northeast Georgia Area Agency on Aging](#)
- [The MTHCED Fund](#)
- [Georgia Council of Community Ombudsmen](#)
- [Office of the State Long-Term Care Ombudsman for Georgia](#)

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Lighting Pathways To Independence.

We're On The Web

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