

Brookestone Meadows

M O M E N T S

Volume 3 | Number 3 | June, 2010

Administrator's Message

Recently I attended the VHS 2010 Spring Conference. The highlight of the conference for me was the "World Class" presentation by Glenn Van Ekeren,



Hugh Davis

President of VHS. Glenn challenged us to help our facilities become "World Class." I had to first wrap my mind around the phrase and its possible implication. When I think about world class, things like fancy restaurants, fine wine and the Ritz Carlton come to mind. If I had to boil it down into one phrase I would say, "World Class organizations are the absolute best."

What does this mean for Brookestone Meadows? I believe it is the continuation of a journey for excellence that we are already on. First, I must work on being a world class administrator. I am going to set several goals for myself over the next year to help me move toward being world class. Second, we must continually dedicate ourselves to building an excellent team and becoming a place that attracts the best, where the best people want to work. Third, we must embrace our satisfaction scores, which have been very favorable, and strive to find creative ways to improve on them, building Wow moments as we go.

World Class is a challenge given to us by VHS. Are we up to it? I have no doubt that we are. Simply said, we must focus on hiring and retaining the right people, set goals based on our Mission, Vision and Values and strive for creative ways to achieve them. If we do that, we will be well on our way toward "World Class."

Gardening Tips from Occupational Therapist, Jayme

Gardening is an enjoyable and fulfilling experience for persons of all ages. As America's number one outdoor leisure activity, gardening can be difficult if health conditions limit physical performance or safety. According to the American Occupational Therapy Association, there are techniques to decrease the aches, pains, and safety concerns that come with gardening.

Protect your joints – Select tools with larger handles to protect your hands and fingers from excessive pressure. Tools like shears or clippers with a spring-action self-opening feature are helpful if you have a weak or painful grasp.

Conserve your energy – Try to sit while working instead of standing or learning over. This will decrease stress on your back, knees, and hips. Use a kneeler seat to help you rise from kneeling to standing or try a stool to sit on to eliminate the need to kneel. Take frequent rest breaks and stop working before you are overtired.

Limit lifting – Instead of moving heavy bags of material, divide it into smaller amounts and use a cart or wagon to move it. When lifting, use the correct technique by keeping your back straight and using your larger leg muscles. Ask for help or hire the more difficult tasks.

Keep it simple – Start with a small garden that you can easily manage without exertion. Locate it near your house and water supply. Better yet, try starting with pots placed on higher surfaces, such as a table, for utmost ease and enjoyment.

Stir it up – Mix up the tasks to avoid overstressing one part of your body. Change your position frequently to prevent stiffness.

Other things to consider while gardening include:

Type of surface to reach the garden area – If you use an assistive device with mobility such as a walker or cane, consider the distance and flooring surface you will have to cross to get to your garden. Will you be able to safely walk across the grass with this device?

In case of emergency – If you will be working away from the house or even on a

patio, consider a means of communication to have with you at all times. Will your cordless phone work outside? If you have a cell phone, keep it attached to you securely while bending or in case of a fall.

Gardening can be used as a therapeutic tool to meet patients' goals while receiving rehabilitation services and

upon returning home. Gardening has been shown to improve motor skills, strength, activity tolerance, as well as social interaction and reducing stress levels. Furthermore, by combining gardening as therapy with nutritional education, participants can begin engaging in healthier behavior, becoming more active and improving their diets. Ask your occupational therapist how you can resume gardening or begin a new project of your own.

Resources

American Occupational Therapy Association (2010). Healthy Gardening Tips. www.Aota.org/Consumers/Tips/Health-and-Wellness/Gardening.

