

Enriching One Another

What we do in Life Care is all about people, and in reality it boils down to relationships. These include:

- The dynamics of a family, the connections between its members, particularly relating to the care that we can provide to a frail and infirm loved one.
- Associates to residents, and, yes, residents to associates, building a personal foundation upon which professional services may be delivered most effectively.
- Residents to residents, as bonds are formed in social settings, fulfilling an indwelling need to belong and to matter to others.
- Associates to associates, generating respect and appreciation for one another in a shared mission.
- Associates to community, interconnecting to strengthen the continuum of care that is needed.
- Staff to regulatory agencies, creating a partnership beneficial to all.

Because these behaviors are important, the theme for National Nursing Home Week, which began Sunday and continues through May 15, is aptly chosen. It is *Enriching Every Day*. And it is the interaction with one another that gives significance to the time we share on this planet. As noted by the American Health Care Association:

"This year's theme cannot be expressed by words alone; it takes being there – seeing and hearing life around you – appreciate how 'enriching' occurs in a long-term care setting. The wellspring of an ability to enrich people's lives stems from seeing residents of any age or disability as individuals and valuable members of the nursing home community. This is an intimate community, where acts of caring, kindness and respect are the norm. Once the positive bond that naturally develops between residents and their caregivers is established, residents experience not only better physical care and healing, but also enrichment of the mind, heart and spirit. These meaningful, enduring relationships are beneficial to everyone – to the resident and to the caregivers who often consider each other 'family,' and behave accordingly.



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"Acts of enrichment often transcend the boundaries of the nursing home. Community involvement enriches both the nursing home and the greater community. Activities such as volunteering and visitation by people in the community foster greater understanding of the nursing home milieu."

While we are expected to "shine" every day, take advantage of the spotlight turned on your center this week by using the suggestions and materials provided by Life Care's public relations department to make this a special celebration of the people we serve and with whom we work.

Happy Nursing Home Week!

– Beecher Hunter