

Expected Project Outcomes:

- By March 29, 2019, 75% of direct and ancillary long-term care staff will be trained as *Certified Eden Associates*.
- By the end the grant period, participants will have been provided at least two opportunities to share and process concerns that may arise in the implementation of the training.
- By the end of the grant period, project participants will be paired with a mentor or another Eden Associate for on-going dialogue.
- By the end of the grant period, an Eden Engagement group focusing on organizational challenges in implementing a comprehensive person-centered care will be established.
- By the end of the grant period, participants will experience a positive overall shift toward person-directed perceptions of, and approaches to care.
- By the end of the grant period, participants will show a positive shift toward increased daily application of person-directed approaches to care.

December 4-6, 2018: Hold *Certified Eden Associate Training*

- Administer pre- and post- knowledge tests for data analysis.
- Pair participants for support and accountability.
- Have pairs establish a monthly meeting and log each meeting with Lisa Norris

January 23-25, 2018: Hold *Certified Eden Associate Training*.

- Administer pre- and post- knowledge tests for data analysis.
- Pair participants for support and accountability.
- Have pairs establish a monthly meeting and log each meeting with Lisa Norris

By January 31, 2018: Uplands' Eden Educator will establish and log monthly stand-up meetings to provide opportunities for participants to share and process concerns, and paired associates will log in first monthly chat.

February 20-22, 2019: Hold *Certified Eden Associate Training*.

- Administer pre- and post- knowledge tests for data analysis.
- Pair participants for support and accountability.
- Have pairs establish a monthly meeting and log each meeting with Lisa Norris

By February 28, 2019: Uplands' Eden Educator will facilitate and log monthly stand-up meeting, and paired associates will log in monthly chat.



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Spotlight on Principle #3:

“Loving companionship is the antidote to loneliness. Elders deserve easy access to human and animal companionship.”

Volunteers at the Uplands Homes and Neighborhoods are providing loving human companionship. Some visit a long-time friend whom they have known at Uplands for years. Others find a new friend to visit, one-on-one, particularly needed for recent arrivals at one of Uplands Homes or Neighborhoods. Still other volunteers develop a relationship with one or more participants at an activity. Volunteer Beverly Funk, who is a one-on-one visitor, reports the joy of moving from being an unrecognized stranger to becoming a good friend. Thanks to all who have been a loving companion to an elder. Want more info? contact Tawnja Davis or Barbara Smith.

Bridge & Game Playing

One of the elders at Munson Home, Cliff, loves to play bridge. Thanks to Jim Mason, coordinator, and Donna Dalenberg, Pat Harley, Bob Winkler, and Jean Nelson who also love to play bridge, there are now bridge games at 1:00 PM on Tuesday and Thursday each week.

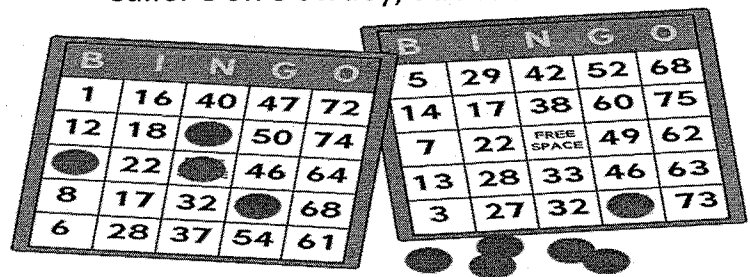
Pat Harley is interested in starting a bridge game at the Wellness Center. If you would like to play in this game, please contact Pat.

Do you have a favorite game that is not bridge? Contact Tawnja Davis for suggestions for time, place, and players.

Winter Eden Bingo

Volunteers make Eden Bingo a popular activity which our elders enjoy very much.

- ☐ Tuesdays at 10:00 AM at Munson 2:
 Caller Jack Stebbins, Sub Don Dowdey
- ☐ Tuesdays at 1:30 at Dougherty 3:
 Caller Larry Burch, Sub Sharon Wyatt
- ☐ Fridays at 2:00 PM at Munson 2:
 Caller Don Dowdey, Sub Jack Stebbins



Eden Bingo helps build relationships with players while assisting with the games. Thanks to Ellie Cunningham, Pat Harley, Beth Knight, Al Perin, Sharon Wyatt, Margaret Mason, Jinny & Howard Longee and Duncan Everett for their frequent presence! This winter Elaine Ahrendt is managing the prize cabinet and the scheduler is Martha Rabert.

January 6-19, 2019

Uplands Village, Pleasant Hill TN

Eden Plan: Working daily with elders to overcome 3 plagues of aging: Loneliness, Helplessness, Boredom

VOLUNTEER NEWS at UPLANDS HOMES & NEIGHBORHOODS

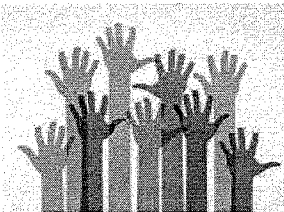
May Cravath Wharton Association 2019-2020 Volunteer Program

Barbara Smith, Team Leader
Dougherty 3 & Lake 4 Neighborhoods,
Fletcher House. 1-248-228-4797
barbaradsmith@ameritech.net

Mary Ruth, Team Leader
Braun 1 & Munson 2 Homes,
Wellness Center; 931-787-7914
whartonhomesvolunteers@gmail.com

Tawnja Davis, Uplands Staff for
Activities at Neighborhoods &
Liason for Homes. 277-1133
tdavis@uplandsvillage.com

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2019 Active Credentialed Volunteers

Mary Nell Adams, Vivian Adzaku
Elaine Ahrendt, Doreen Banks
Becky Buckley, Larry Burch
Rachel Charbonnet-Baker, Franklin Cobos
Annie Crabtree, Ellie Cunningham
Donna Dalenberg, Don Dowdey
Al Dwenger, Jackie Dwenger
Barbara Everett, Duncan Everett
Beverly Funk, Leslie Gulick
Pat Harley, Jane Heald
Don Inglis, Grace Inglis
Ron Johnson, Rebecca Kilmer
Jeanne Kingsbury, Beth Knight
Rita Kummer, Martha Lammers
Howard Longee, Jinny Longee
Marilyn Maples, Elaine Martin, Jim Mason
Margaret Mason, Ted McKnight
Tom Mitchell, Don Nelson
Jean Nelson, Phil Nevius
Vickie Nevius, Ruth Peeples
Sue Peeples, Al Perin
Martha Rabert, Will Rabert
Barbara Reynolds, Bill Ruth, Mary Ruth
Dicksie Schmitt, Earl Schmitt
Goldie Schneider, Carol Schulz
Barbara Smith, Gretchen Smith
Milt Smith, Jack Stebbins
Hugh Thomforde, Margaret Weirich
Sharon Weible, Bob Winkler, Sharon Wyatt

Eden Associate Training

On the 24-26th of January, I was given the opportunity to attend the Certified Eden Associate Training Workshop here at Uplands. The program was attended by staff, two Credentialed Volunteers, and one family member of a Wharton Homes resident.



For three days we worked in groups, played games, did some role-playing, and discussed the Eden Alternative Ten Principles. We focused on the three plagues of loneliness, helplessness and boredom that account for the bulk of suffering among the elders, and ultimately developed an understanding of each participant group's needs and concerns.

I learned what a dedicated group of CNA's, Nurses, Culinary Workers, and Administrative Workers we have here at Uplands. These young people truly care about our Elders and work diligently to provide quality care, even during this time of tight staffing schedules. They deserve all of our support!

The Eden Alternative truly separates Uplands Village from other Continuing Care Retirement Communities and, I think, provides a more caring environment for our residents. It is the plan for all Uplands staff to be trained in this program, and if in the future you are asked to be a resident participant, I highly recommend the experience.

Respectfully submitted, Jim Mason

February Tour and Lunch!

When: Thursday, Feb 28, 11 a.m.

Where: start at Lake 4 Neighborhood, 880 W Main

Why: find out about Wharton facilities & programs

What: tour followed by dutch treat lunch at May's Café

Who: facilitated by Team Leader Barbara Smith

How: let Barbara know your plans to attend

February 17-March 2, 2019

Uplands Village, Pleasant Hill TN

Eden Plan: Working daily with elders to overcome 3 plagues of aging: Loneliness, Helplessness, Boredom

VOLUNTEER NEWS at UPLANDS HOMES & NEIGHBORHOODS



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Principle #4: "An Elder-centered community creates opportunities to give as well as to receive care."

This is the anti-dote to helplessness. We all like to give care in different ways. Some of us share a smile, tell a joke, sing a song, set up an activity, move chairs, clean up a mess, etc. What are your favorite ways to give care? Now think about how you as a volunteer can support an elder in setting up an opportunity enabling the elder to give care and you then provide thanks. Or maybe you just notice that an elder has contributed in his/her own way. Let the elder know that you noticed and are grateful. So if you are calling bingo, maybe one of the elders can put the balls into the basket. Or if you have been helping with crafts, maybe one of the elders can put away some materials. Think up your own ideas!

Thanks for being an Eden Alternative volunteer.

Scripture and Song

Thursdays at Munson Home, 1:30-2:00 p.m., worship is led by Carol Schulz accompanied by Becky Buckley. Phil Nevius or Al Dwenger offer communion occasionally.



Contributing musicians include Munson resident Dorothy, Sharon (daughter of Munson resident Linda), Beverly Funk, and Dicksie Schmitt. When Becky travels, a weekly piano player would be most welcome. Interested? Contact Mary Ruth.

Welcome Desk at Fletcher

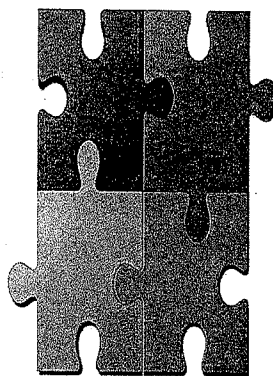
Thanks to a team of helpers including Pat Harley, Barbara Smith, Jinny Longee, Lisa Resnick, Bob Winkler, Margaret Mason, and Deborah Holbrook (with back up from Margie Spencer and Elaine Ahrendt) the Welcome Desk has greeters from 11:45 am to 12:45 pm Mon-Sat.

This service is offered during the noon time meal for resident welcome desk helpers like Laurel Yuhas.



The greeters are enjoying visits with Fletcher residents. There is no telephone duty and if you want to participate, contact Barbara Smith.

Jigsaw Puzzle Exchange

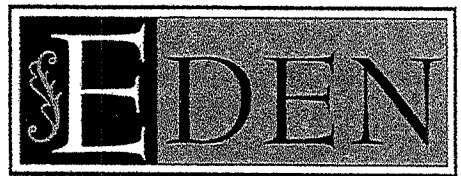


Residents at Neighborhoods Lake & Dougherty enjoy puzzles with 100 to 300 pieces. Braun & Munson Homes' residents like puzzles under 100 pieces. Many puzzles on hand are 500-1,000 pieces so how about an exchange? Bring new or used puzzles to 880 W Main St. Lake Neighborhood and make an exchange! Ask for Tawnja.

February 3-16, 2019

Uplands Village, Pleasant Hill TN

SIGN-IN SHEET



ALTERNATIVE®

Training Type: Certified Eden Associate Training
 City: Pleasant Hill
 State: Tennessee
 Date: 12/4/2018

Administrators seeking continuing education credits MUST provide your NAB ID below. For information on the NAB CE Registry please visit: www.nabweb.org/ceregistry

FIRST NAME	LAST NAME	ADMINISTRATOR NAB ID (See above)	SIGN-IN (Full Name)	TIME IN (*Required for NAB CEUs)	SIGN-OUT (Full Name)	TIME OUT (*Required for NAB CEUs)
Alisha	Ashburn		Alisha Ashburn	8:00	Alisha Ashburn	4:00
Deb	Biggs		Debra Biggs	8:00	Debra Biggs	4:00pm
Paula	Blalock		Paula Blalock	8:00	Paula Blalock	4PM
Louise	Buckner	Return Associate on vacation		8:00 Day off		
George	Chitiyo		George Chitiyo	8:00	George Chitiyo	4:00
Sheri	Collins		Sheri Collins	8:00	Sheri Collins	4:00
Esther	Cooper		Esther Cooper	8:00	Esther Cooper	4:00
Margaret	Davis		Margaret Davis	8:00	Margaret Davis	4:00
Dylan	Dunn		Dylan Dunn	4:00	Dylan	4:00
John	Flynn		John Flynn	8:00	John Flynn	
Tylana	Gay		Tylana Gay	8:00	Tylana Gay	4:00
Melissa	Hall		Melissa Hall	8:00 am	Melissa Hall	4:00
George	Hartz					
John	Johnson		John Johnson	8:00	John Johnson	4:00
Peggy	Kemmer		Peggy Kemmer	8:00 AM	Peggy Kemmer	4:00 PM
Pam	Kenner		Pam Kenner	8 AM	Pam Kenner	4:00
Joseph	Key		Joseph Key	8:00	Joseph Key	4:00
Ashley	Knott		Ashley Knott	8:00	Ashley Knott	4:00
Bridgett	Lawson		Bridgett Lawson	8:00	Bridgett Lawson	4:00
Herschel	Murner		Herschel Murner	8:00	Herschel Murner	4:00
Jacob	Parker		Jacob Parker	8:00	Jacob Parker	4:00
Alicia	Price		Alicia Price	8:00	Alicia Price	4:00
Bonnie	Scott		Bonnie Scott	8:00	Bonnie Scott	4:00
Meagan	Sheffield		Meagan Sheffield	8:00	Meagan Sheffield	4:00
Barbara	Smith		Barbara Smith	8:00	Barbara Smith	4:00
Marguerite	Snow					

