

Nursing Home Ombudsman Agency of the Bluegrass  
**Friendly Visitor Volunteer Newsletter**

October 2014

Fall has come and the holidays will be upon us before we know it. During the cool weather and holiday months, nursing home residents need visitors more than ever. Please invite your friends, family, co-workers, and acquaintances to become friendly visitors. Our next volunteer orientation is October 15th; 1-3pm at the Lexington Senior Citizens Center (1530 Nicholasille Rd. in Lexington). Thank you for all you do for your friend!



### The Friendly Visitor's "Tip Jar"

**TIP of the Month:** Wear your badge each and every time you visit your friend!

Bluegrass Ombudsman, Susan McCray, shares that "It's really important for the Friendly Visitor to sign in and wear their badge. That way they have legitimate identification with the Nursing Home Ombudsman Agency and we can attest that they have been trained with the NHOA Friendly Visitor Program."



**Tip from the Field:** Knock before you enter! It's a common courtesy and reminds all in the facility to respect the residents' privacy.

### What's Cookin'?

Pumpkin Pie is a favorite dessert for the fall holiday season. It can be enjoyed during Halloween, Thanksgiving, and Christmas! If your friend enjoys pie and their diet allows for it, try this simple recipe.

*Pumpkin Pie* (recipe makes 1 9-inch pie )

**Ingredients:**

- 2 eggs
- 1 (16 ounce) can pumpkin puree
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon pumpkin pie spice
- 1 (9 inch) unbaked pie crust

**Directions:**

1. Preheat oven to 425 degrees F (220 degrees C).
2. Combine eggs, pumpkin puree, sweetened condensed milk, and pumpkin pie spice in a large bowl and mix until combined.
3. Fit pie crust into a 9-inch pie dish; pour pumpkin mixture into the crust.
4. Place pie on a baking sheet and bake in the preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C) and bake until filling is set, 35 to 40 minutes.



# Nursing Home Ombudsman Agency of the Bluegrass Friendly Visitor Volunteer Newsletter

October 2014

## Changes in Program and Leadership at NHOA



Sherry Culp, Kentucky  
LTC Ombudsman

NHOA has contracted with The Kentucky Department for Aging and Independent Living (DAIL) to operate the State Long-Term Care (LTC) Ombudsman Program. Sherry Culp was named State Long-Term Care Ombudsman.

NHOA has provided LTC Ombudsman services in Central Kentucky since 1981. NHOA's local Bluegrass District LTC Ombudsman program is an award winning program providing comprehensive advocacy services to people who live in licensed long term care facilities. NHOA continues to operate the local ombudsman program as it has for 33 years. The new State LTC Ombudsman Program at NHOA will be lead by Sherry Culp with the assistance of Regional Ombudsmen. NHOA's Board of Directors will govern both programs.

Sherry Culp, became a Certified LTC Ombudsman at NHOA in 1996. She first served as a volunteer and later Director of Programs and Services. In March 2009, she was named the Bluegrass District LTC Ombudsman and Executive

Director of NHOA where she directed services in a 17 county area serving nearly 5,000 LTC residents and managed a corps of 35 certified long term care ombudsmen. Culp has provided training to ombudsmen and advocates across the country on topics ranging from Residents' Rights to LTCO Program Management.

"In all things that we do as representatives of the Nursing Home Ombudsman Agency we wish to convey how we make life better for the residents. In all conversations and communications we strive to talk about the residents' problems from the angle of what we did as volunteers and ombudsmen to make life better!", shared Sherry Culp, KY LTC Ombudsman.

Crystal Bader was named Bluegrass District Ombudsman and Executive Director of NHOA. She has been an advocate for over 20 years for people of all ages experiencing disability and struggling to navigate community and state-level support services. Since August of 2014, Crystal has been an integral part of the oversight of NHOA and provided technical assistance to facility ombudsmen. A certified ombudsman, she provides community education and consults with residents, families, and facilities on long-term care issues.

## Community Education Opportunity!

Who: Teepa Snow  
What: Professional Caregiving in a Clinical Setting for Those with Dementia  
When: Tuesday, November 18, 2014  
Where: UK Chandler Hospital, Pavilion A  
How: Register at [www.ukyedu/hr/work-life](http://www.ukyedu/hr/work-life)  
Early registration is August 18-October 21, cost is \$25  
Late registration is October 22-November 5, cost is \$40



About Teepa Snow: As one of America's leading educators on dementia, Teepa Snow has developed dementia care philosophy reflective of her education, work experience, medical research and first hand caregiving experience. She provides dementia education and training sessions to caregivers, organizations, and providers throughout the country.

Nursing Home Ombudsman Agency of the Bluegrass  
**Friendly Visitor Volunteer Newsletter**

October 2014

---

**Fun Fact and Conversation Starters**

*International Day for the Elderly*

*When: Always on October 1st*

International Day for the Elderly is dedicated to honor, respect and care for the world's elderly. Remember, someday you hope to be included among this group!

In 1990, the United Nations General Assembly designated October 1st as the International Day for the Elderly, also known as the "International Day for Older Persons". The holiday is the result of the UN World Assembly on Aging which was formed in 1982 to explore and tend to the needs of the elderly in the world.



Did you Know? According to the United Nations, "one of every 10 persons is now 60 years or older. By the year 2050, one of five will be 60 years or older; by 2150, it will be one of three persons".



*World Smile Day*

*Date When Celebrated: The first Friday in October*

World Smile Day celebrates the ever popular yellow smiley. It also offers us an opportunity to do an act of kindness. According to the World Smile Day website, a proclamation of this day was made by the U.S. Congress. Now that should put a smiley on your face.

The smiley face became so popular, that the U.S. Post Office issued a stamp with the smiley face. The intent of World Smile Day is to do an act of kindness, or help one person to smile. Why not do both!?! The yellow smiley stands brightly smiling upon this day, offering it's stamp of approval.

*Sweetest Day*

*Date When Celebrated: Third Saturday in October*

Now here is a day dedicated just for your sweetie. It exists as an opportunity for you to recognize that sweet and special someone. It doesn't matter who that person is, or what their relation to you. They just have to be "sweet" in order to get a little recognition.

Herbert Birch Kingston, a Cleveland, Ohio philanthropist and candy company employee started Sweetest Day. He wanted to bring happiness to orphans, shut-ins and under-privileged. His intent was to show these people that they were not forgotten. In 1922, he started this holiday by giving candy and small gifts.

The popularity of this holiday quickly spread. Today, it is celebrated with loved ones and friends.



## Fun Fact and Conversation Starters continued...



### *Make a Difference Day*

*When: The fourth Saturday in October*

Initiated in 1990, this is a national day is devoted to helping others by doing volunteer work in the community. The activity can be almost anything. On this day, millions of Americans participate in community improvement projects. It takes the form of cleanup, fixup, painting, and repair in poorer neighborhoods, parks and municipal facilities. It doesn't matter what project you take on. It doesn't matter whether you help a non-profit organization, the community, your town, nursing home, a church, a food kitchen, or any other group in need. What matters is that you participate.

Make a commitment to help others for just one day. Make a difference on Make a Difference Day!

Did You Know? Each year on Make a Difference Day, ex-President Jimmie Carter gets out his hammer and saw, and helps to build or rebuild housing in underprivileged areas. There is not better example of people helping others than this!

### *Halloween*

*When: October 31st*

It's absolutely Halloween. And, Halloween is absolutely the best holiday of the year. It is the favorite for many of us, as there is no stress, no overload, and no "Holiday Depression". It's just absolutely fun.

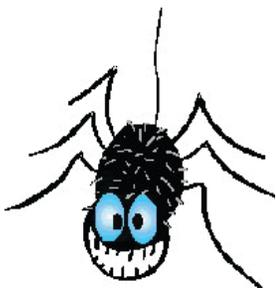
Bats, the Bizarre, Dracula, Ghosts, Witches, Graveyards, Ghouls, Haunted Houses, Halloween Movies, Paranormal, Halloween Parties, Pumpkins, Skeletons, Scarecrows, Vampires..... You name it, all are a part of the celebration of All Hallows Eve.

Quote for the Day: "Home is where the haunt is!"

Did you know? Kids beware! About 9 t of 10 parents admit to sneaking a treat from their kids treat bag.

*Little Miss Muffet*

Little Miss Muffet  
Sat on a tuffet,  
Eating her curds and whey;  
Along came a spider,  
Who sat down beside her  
And frightened  
Miss Muffet away.



Spiders and spider webs, they are more than a little bit creepy. The ability to "creep you out" make spider webs perfect for Halloween decorating. When a person comes in contact with a spider web, their blood pressure rises and we often get a little frightened. Look out Miss Muffet! A spider just might drop down beside you!

For the Record: Scientifically called "Dragline silk", spider silk is a natural polypeptide, polymeric protein.

---

The Nursing Home Ombudsman Agency is a nonprofit agency whose mission is to improve the quality of care of residents in long-term care facilities. Our services are free. Donate at [www.ombuddy.org](http://www.ombuddy.org) or call 859 277-9215

NHOA is a proud partner of the United Way

