One year ago, Brewster Place joined with area hospitals, universities and local health care providers to form the Capital Care Transitions Coalition (www.capitalcaretransitions.org), a partnership devoted to improving the transition from hospital to home and reducing unnecessary hospital readmissions. CCTC is a community-based care transitions program created by the Affordable Care Act. Launched in August 2013, the two-year program is the first of its kind in Kansas.

The process starts when qualifying patients are identified by St. Francis Health Center and Stormont-Vail. Brewster Place then provides 30 days of at-home care, working directly with patients to identify the self-management skills needed to stay healthy. “We don’t try to come in and change things,” says Eileen McGivern, director of the project and Brewster’s home services program.

“We meet the patient right where they are. Whatever systems they have in place, we just build on whatever they’re doing and whatever is working for them,” she says. “We really want to improve the health care system,” says Brewster President and CEO David Beck. “If it works for the individual and the system, it’s a win for everyone.”

According to McGivern, the transitions program works on an empowerment model that helps older adults identify and then reach their goals. Brewster Place has trained eight transition coaches with diverse backgrounds to use open-ended questions and other strategies to help patients uncover for themselves the best ways to carry out their care.

This model is an example of Brewster’s dedication to person-directed care. “Person-centered care is something we’ve been working on for many years,” Beck says. “It’s all about what they want, their individual preferences, not our preconceived notions.”

Brewster Place leaders view the Capital Care Transitions Coalition as an opportunity to reach more of the community with the organization’s Brewster at Home program, the membership program for older adults who want to remain in their own homes and communities. Brewster at Home offers a package of services customized to each individual’s need. Services are available through a vast network of providers and technology-based health monitoring systems. Technological tools like medication reminders and automatic personal emergency-response systems connect family members and ease isolation. Benefits also include wellness activities, transportation and social opportunities.

Brewster Place was selected to lead the Capital Care Transitions Coalition by the Kansas Foundation for Medical Care (KFMC), which facilitated the formation of the coalition and assisted with program development. The CCTC includes St. Francis Health Center, Stormont-Vail HealthCare, Washburn University School of Nursing, JAAA, Northeast Kansas AAA, Shawnee County Health Department, Topeka Visiting Nurses Association, and Holton Community Hospital.

**Local coalition of healthcare providers aims to reduce hospital readmissions**

**Assisted Living: More Questions and Answers**

**How can caregivers deal with the guilt of moving a parent to assisted living?**

Guilt is a feeling that many caregivers experience when they move an elderly parent into an assisted living facility. Don’t let guilt get the best of you! Always keep in mind that the move is the best option for your parent. You can still be a caregiver even when your parent moves. For example, you can make sure their apartment has personal touches. You can be a liaison between the assisted living staff and your parent. You still make sure that your parent’s needs are being met. Remember that you are doing your best to make sure that your parent is receiving the best care possible.

**What can mom or dad bring with them to assisted living?**

Your parent can bring any of their personal items that can fit in the apartment. Your parents can bring furniture, too.

**Can a senior be denied by an assisted living community?**

It is possible. Once the facility assesses your parent’s health, they will decide if he or she is a good candidate. If your parent needs more care than assisted living provides, they will most likely refer him or her to a skilled nursing, also known as a nursing home. Also, you or your parent need to be able to pay for the cost of assisted living. If you or your parent cannot afford the costs, then the older can be denied.

Many assisted living communities have waiting lists, so, although your parent may not have been denied, it may be awhile before they can actually move into the community.

**How do I know they’re getting good care at assisted living?**

Find a good assisted living community and make yourself a regular presence in the facility and develop relationships with the staff, if possible. Ask questions. Monitor your elderly loved one’s behavior, what they say, and any bruises or cuts on his or her body. By asking questions and maintaining communication with staff, it is easier to keep tabs on the care your parent is receiving. If you suspect elder abuse or neglect, talk to a supervisor or contact an ombudsman.

**What happens when mom’s Alzheimer’s worsens? Will she have to move?**

Usually people who are in the early stages of Alzheimer’s and dementia can stay in assisted living. Again, Alzheimer’s and dementia care is handled on a case-by-case basis. Many assisted living facilities offer a secure unit for residents with limited memories. If you do not want your parent in a memory unit, you can always hire a private duty nurse. Private duty nurses allow seniors with dementia or Alzheimer’s to stay in their current apartment, rather than in a secure unit. Check with your parent’s facility to learn its policy. Finally, when seniors can no longer function without 24 hour assistance, the move to a nursing home may be required.

Source: AgingCare.com
LIFEFEST – July 3 (Every first Thursday), 10am-12:30pm, Covenant Baptist Church, 5440 SW 37th St. Seniors ministering to seniors – celebrating with fellowship, fun, food, learning & entertainment. Potluck luncheon at noon. If transportation is needed, call 354-4994 or 478-1729. Featured: Independence Day testimonies.

EARLY RISERS BREAKFAST & EXERCISE - July 8, 8am, Legend at Capital Ridge, 1931 Arvonia Pl. Join Heather Brewer from Rebound Physical Therapy for a discussion about exercise and healthy meal choices to keep you energized. RSVP to 272-9400.

HARVESTERS’ PROGRAM FOR SENIOR CITIZENS - every second Saturday, takes place at Christian Lord Ministries, 2421 SE California. Call 266-4879.

VIP LUNCHEON FOR SENIORS – Every Fri., Noon, North Topeka Baptist Church, 123 NW Gordon. FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach. For Info: 286-1370.

A GOOD YARN CLUB – 2nd & 4th Sat., 9-11am, Wanamaker Rd Baptist Church, 2700 SW Wanamaker. Doing Good for Others: Knitting & Crocheting for Local Charities, free yarn, needles, hooks & patterns. All are welcome. For info: Debby, 215-4889 or dhdenniskson@cnc.net

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP – 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. Join for support, information, etc. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763

Tips for getting the best night’s sleep

by Eileen McGivern

Sleep provides health benefits on many different levels. These benefits include energy balance, increased intellectual function and alertness, elevated mood and many cellular and molecular benefits. Sleep affects almost every tissue in our bodies including growth and stress hormones, immune system, appetite, and cardiovascular systems.

Research shows that lack of sleep increases the risk for obesity, heart disease and infections. During sleep, heart rate, breathing and blood pressure rise and fall. This process has been shown to be important to overall cardiovascular health. The body releases special hormones during sleep that repair cells and control the body’s use of energy. The release of these hormones is also related to weight control. Research has shown that lack of sleep can produce a metabolic-type condition that alters the ability to synthesize glucose. Hormones that regulate our mood are also recalibrated during sleep.

A good night’s sleep consists of four to five sleep cycles. Each cycle includes periods of deep sleep and rapid eye movement (REM). REM is when we dream. These cycles of REM and deep sleep are critical to health. Disruptions to these sleep cycles can have serious ramifications. Sleep needs vary from person to person. On average, adults need seven to eight hours of sleep per night, babies need almost 16 hours, young children 10 hours and teenagers require at least nine hours. Studies show that seniors don’t require more or less sleep than middle-aged adults.

As people age, they may not get enough sleep because of illness, medications or sleep disorders. Two common disorders are insomnia and sleep apnea. While sleep apnea is a more common sleep disorder, alterations in heart rhythm such as bradycardia can often exhibit as a sleep disorder. All people experience some degree of insomnia — the inability to fall asleep and stay asleep — during their lifetime. If insomnia is an ongoing issue, speak to your doctor. Often sleep studies are performed by sleep specialists to determine what quality of sleep you are experiencing and what can be done to remedy poor sleep.

Lack of quality sleep can inhibit cognition and alertness. Memory is also diminished by chronic sleep deficiencies. During sleep your brain is busy processing information from the day and forming memories. Our brains process three different types of memories: episodic (based on past events in your life), procedural (how to do something) and fact based (what are the state capitals?). Without adequate sleep, your brain has a harder time absorbing and recalling new information. Studies involving memory tests show that after a single night of sleep, even a nap, people perform better. Good, restful sleep sharpens the mind, speeds up our physical reflexes, motor skills, judgment and mood! Try to practice quality sleep practices such as:

- Retiring and rising at the same time each night and day
- Sleeping in a cool, quiet environment
- Limiting the use of electronics before bed
- Avoiding caffeine and most certainly! (nicotine before sleep)
- Try a warm bath, herbal tea and reading before you plan to sleep.
- Another great word of advice is not to make important, life changing decisions in the evening. Things of that nature can wait until the morning after a full night of sleep.

Sheltered Living opens new day service facility

Sheltered Living has opened a new facility at 3401 SW Harrison to combine its offices and day service programs into one location.

“I don’t think we realized how difficult it was to have operations spread out over several locations,” said Shannon Warta, special events and marketing manager.

The new location is more accessible for people with disabilities, and has showers, a laundry, a storm shelter and a larger kitchen for cooking classes. There are also rooms for arts and crafts and a computer lab.

They are now able to provide services for up to 40 people, Warta said.

The day programs offer social and educational components for adults with intellectual disabilities who aren’t able to work, and includes volunteer opportunities for participants. Sheltered Living also runs five group homes for people who can live more independently.

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