



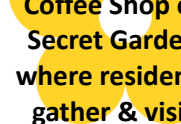






















# ACTIVITIES CALENDAR July 15– July 21

Monday, 15	TUESDAY, 16	WEDNESDAY, 17	THURSDAY, 18	FRIDAY, 19	SATURDAY, 20	SUNDAY, 21
<b>7:30 Breakfast</b>	<b>7:30 Breakfast</b>	<b>7:30 Breakfast</b>	<b>7:30 Breakfast</b>	<b>7:30 Breakfast</b>	<b>7:30 Breakfast</b>	<b>7:30 Breakfast</b>
Hydration Station open <b>9:00-4:30</b>	Hydration Station open <b>9:00-4:30</b>	Hydration Station opens <b>9:00-4:30</b>	Hydration Station opens <b>9:00-4:30</b>	Hydration Station opens <b>9:00-4:30</b>	<b>Drink Water!</b>	<b>Count your Blessings!</b>
<b>9:00</b> <b>"National Horse Day"</b>  Bring your beverage to the Coffee Shop for Chat & video	<b>9:00</b> Bring your beverage to the Coffee Shop or Secret Garden where residents gather & visit 	<b>9:00</b> <b>"National Tattoo Day"</b> Bring your beverage to coffee shop & get your temporary Tattoo! <i>It's your day to feel rebel cool!</i>	<b>9:00- "Women's Suffrage Movement" historical video</b>  <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>Coffee Shop</b>  <b>Hair Salon</b>  <b>8:30-11:00</b>  <b>Auri Dog visits</b> </div>	<b>9:00</b> Bring your beverage to coffee shop & watch a short video on <b>Honey Bees?</b> 	<b>9:00</b> Bring your beverage to the Coffee Shop or Secret Garden where residents gather & visit 	<b>9:00</b> Worship <i>Chapel</i> 
<b>10:00</b> <b>Zumba w/ Kathi</b> <i>Exercise Room</i>  <b>10:15 TLC with Kay</b> (room to room)	<b>10:00</b> Zumba w/ Kathi <i>Exercise Room</i>  <b>10:15 Mentors Visit MC</b>	<b>10:00-11:30</b> Durango Library Visits Come pick out books, magazines, audio, puzzles, & more <i>Sunshine Room</i> 	<b>10:00</b> Zumba w/ Kathi <i>Exercise Room</i>  <b>Trishaw Bike Rides</b> 10:00 Mark S & Diane D 10:30 Carolyn & hubby	<b>10:00</b> Chair Yoga w/ Jim <i>Exercise Room</i> 	Visit Activities Center 	Enjoy the patios 
<b>11:30 Lunch</b>	<b>11:30 Lunch</b>	<b>11:30 Lunch</b>	<b>11:30 Lunch</b>	<b>11:30 Lunch</b>	<b>11:30 Lunch</b>	<b>11:30 Lunch</b>
<b>12:30</b> <b>AL Ice Cream Social</b> <i>Dining Room</i>  <b>1:15 MC Ice Cream Social</b> MC Dining Room	<b>1:00</b> New Artist comes to Sunshine from Nashville: David Smith Guitar & Singing <i>Sunshine Room</i> 	<b>12:30</b> Bible Study <i>Chapel</i> <b>1:00</b> <i>Banjo Sing-a-long w/ Denise &amp; friends</i> <i>Sunshine Room</i> 	<b>12:30</b> Animal Kingdom Trivia Come learn & play! <i>Coffee Shop</i> 	<b>12:30</b> Mocha the Therapy Dog & Guitar <i>Sunshine Room</i>  <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>2:00</b>  <b>Bus to City Market</b> </div>	<b>"You are never too old to set a new goal or dream a new dream."</b> 	<b>12:15</b> Documentaries & Discussions w/ Joan <i>Coffee Shop</i> 
<b>2:30-3:45</b> <b>BINGO</b> <i>Dining Room</i> 	<b>2:00-</b> Winston the Therapy dog visits <i>Sunshine Room</i> <b>2:45</b> Cognitive Games w/ Michelle	<b>3:00</b> Relaxing Chair Yoga w/ Jim <i>Exercise Room</i> 	<b>2:30 Corn Hole</b> <b>throw bean bags into the hole – or not</b> <i>Exercise Room</i> Note: Cornhole will be played in Exercise Room from now on 	<b>2:30</b> Banjo/Sing-a-long w/ Duane <b>3:15</b> Happy Hour <i>Sunshine Room</i> 		Rest...
<b>4:30 Dinner</b>	<b>MEAL OF THE MONTH</b>	<b>4:30 Dinner</b>	<b>4:30 Dinner</b>	<b>4:30 Dinner</b>	<b>4:30 Dinner</b>	<b>4:30 Dinner</b>



## Residents Council Meeting

July 9, 2024

**Attendance:** Beverly Beyer, Diane Darrah, Gary Edmonds, Judy Edmonds, Ron Ewing, Hugh Felt, Connie Matthews, Samiha Mishalani, Murray Nabors, Carolyn Mason, Marguerite Smart, Shirley Smith, Marge Warner, Anne Webb

**Staff:** Michelle Player (taking minutes)

**I. New Resident(s):** Ruth, Room 44

**II. New Staff:** Hunter Purdum, Part Time Maintenance (to assist Nick)

**III. Meal of the Month:**

- A. *Entrée:* The group agreed that they would like to have a loaded baked potato. Ingredients include: butter, sour cream, green onions, cheese, bacon bits, & pulled pork. They would also like a green salad w/ veggies OR asparagus (five spears) for the side dish.
- B. *Dessert:* The group agreed on Chocolate Cream Pie. Sliced, not scooped.

**IV. Kitchen/Food**

- A. The residents feel that kitchen staff is doing a great job accommodating their requests.
- B. The residents had a few suggestions for the breakfast menu:
  - 1. It would be nice to have, on occasion, a fruit smoothie with a muffin or pastry.
  - 2. It would be nice to have, on occasion, a fruit bowl that consisted of berries. A "generous serving" of the fruit was requested. They mentioned that melons are usually the only fruit served.
  - 3. It would be nice to have, on occasion, a breakfast casserole.
- C. Residents like scrambled eggs and still want them but would like to have more breakfast variety. One resident added that soft boiled eggs would be a nice option.
- D. One resident mentioned that the people who eat at her table will often bring their own toppings (cheese, honey, jelly). The other residents thought that was a good idea.
- E. One resident requested more choices. He doesn't always like what is being offered. He suggested tuna salad & turkey salad sandwiches as well as fish options.
- F. One resident requested that bacon not be cooked so well done.

**V. Administration**

- A. Residents talked about Rita frequently being out of the office. Residents wonder if a physical absence of leadership is the reason that many concerns are not being addressed. One resident said that she feels there is little or no communication regarding the issues put forth by the council.

- B. Residents talked about Kim being out of her office for the month of July. It was mentioned that having NO administration on property (both Rita & Kim) for long lengths of time seems problematic for the facility.
- C. Residents talked about Michelle needing more help. Several residents mentioned that Michelle seems overworked. A resident asked Michelle (taking minutes) what the qualifications are for an assistant, which were stated. *NOTE: for the record, Michelle did not engage in or encourage this conversation, other than stating the desired qualifications of an assistant as asked.* Residents are frustrated that we have yet to get a “Qualified” assistant to help with activities. One resident asked if the job had been posted/advertised.
- D. Residents discussed their disappointment when they are not told about a resident moving out or passing away. They discussed the HIPAA act and wondered how that pertained to move-outs and people dying. They expressed that residents are “family” and that they respect privacy of medical conditions but want to know why they cannot be told of the aforementioned circumstances. They’ve asked for administration to clarify the reasoning for this.
- E. Residents discussed the rent increase. Several residents expressed frustration with the increase considering that they are “not getting adequate services”. Some of the services mentioned were regular housekeeping/laundry, transportation, consistent care (see Caregivers).
- F. Residents have requested a copy of the Cornerstone Budget (expenditures versus profit).

#### **VI. Housekeeping/Laundry**

- A. Some residents stated that they were happy with housekeeping and laundry services.
- B. Some residents stated that they do NOT receive regular services. One particular resident read from the ‘Services Provided’ form given to all residents upon moving in which states that housekeeping and laundry will be done once a week. She stated that she has only received these services one time since moving in around 2 months ago. Some residents added that they are paying for services that they are not getting.

#### **VII. Activities**

- A. Residents discussed that a qualified Activities Assistant would benefit the Director and residents (see V C).
- B. Residents were appreciative of the activities and events that have taken place. The James Ranch luncheon as well as the Independence Day Celebration were noted as particularly “wonderful”.
- C. Two residents spoke highly of the Mentor Program. They enjoyed the recent sing-a-long in the Secret Garden.
- D. It was stated by a resident that it was a shame that Cornerstone Management does not get to see all that we are doing at Sunshine.
- E. A couple of residents would like to go to the Casino for a field trip. The lack of transportation was discussed.

#### **VIII. Maintenance**

- A. Residents expressed gratitude for additional help in maintenance.

- B. Windows are in need of cleaning. Some residents say that they can barely see out of their windows.

**IX. Caregivers**

- A. Residents expressed concern that Caregivers are still avoiding residents. It was stated that Caregivers come in & out of rooms so quickly and without much conversation, that the resident doesn't get time to ask for help. Residents discussed dining room service and claim that Caregivers avoid eye contact so that they can hurry away.
- B. Residents agreed that the Caregivers work hard and don't complain.

**IIX. Additional Comments**

- A. Residents talked about a particular resident's behavior. Although the spitting and coughing has gotten better, it is still an issue. Also, residents expressed concern about this same residents' mental cognition. Residents are saddened by her state of frustration and anxiety as she attempts to attend every activity.