



THE Villager

A NEWSLETTER OF SUNNYSIDE VILLAGE – CHURCH EDITION

Fall 2015

Drivers on a Mission PG. 2



Lillian Champney, a frequent user of Helping Hands, is assisted by volunteer driver Pat Frazier during a recent request for a ride.

HELPING HANDS

Driving the distance for others

Residents who need to get to appointments but no longer drive have a great service provided by other residents at Sunnyside.

Helping Hands gives roundtrips to independent living residents for visits to medical and dental appointments, and meetings with lawyers, and accountants.

"It's neighbors helping neighbors," said Dutch Johnson, the Sunnyside resident who now runs the program. "One big value for residents is that it is free."

It works simply. Providing at least three days' notice, residents call an extension and leave a message with their name, phone extension and address, date and time the ride is needed and the destination. Within 24 hours, a driver is assigned who will confirm the appointment. No tips are allowed, although donations can be made to the Sunnyside Village Residents' Association. Donations are not tax deductible and are used to keep the call software up to date.

The program averages between 20 and 30 trips per month. Right now, there are about 25 drivers and six assigners who handle the recorded call requests. Pat Frazier, volunteer driver, feels that God gave her the gift to assist people, "I was a caregiver to both my parents and my husband for 16 years. I love to help others." Lillian Champney, expressed that Helping Hands is a wonderful idea for Sunnyside to service residents. "I have used the



Lillian Champney with Helping Hands volunteer driver Pat Frazier.

program several times and it's been very convenient."

Helping Hands was started in 1994 by the Residents' Council of Sunnyside Village to use volunteer residents to provide free rides to other residents for essential services.

Beverley Porteous ran the program for many years before passing away recently. Her husband Jim said she took over the computer-based program because she had more computer expertise than most Sunnyside residents 10 years ago. Bev guided the program from DOS-based to a Windows platform.

"She wanted to volunteer to do something and this was right up her bailiwick," Jim said. When Bev became ill, Dutch Johnson volunteered to help keep the program going. Sunnyside honored Bev's dedicated work before her passing.

Volunteer drivers are the heart of the program, and Helping Hands can always use more drivers, Johnson said.

Volunteer drivers commit to a roundtrip appointment, which may total two to three hours, and are expected to drive about once per month. The resident assigner who takes the recordings off the machine will contact the driver at the top of the list. When a driver has taken a neighbor to their appointment, they are placed at the bottom of the list. Volunteer drivers may refuse an assignment if there is a scheduling conflict.

In 2009, the Florida Legislature passed the Florida Volunteer Protection Act to shield volunteers from legal liability. That Act covers volunteer Sunnyside resident drivers in Helping Hands, relieving them of any concern that they may be liable from an accident or unforeseen event.

Blessing others beyond Sunnyside's campus



The Sunnyside Foundation is using a portion of its unique abundance of donated furnishings to help people in our community who are in desperate need of the most basic household items by teaming with several local charities.

"Our outreach is intended to help people in the greatest amount of need," said Michael Smith, Foundation Director. That includes single moms, the homeless and those who are coming out of drug rehabilitation — people who are often in need of the most basic necessities of life.

The Foundation receives many household item donations from residents including items such as living room furniture, dining sets, and TVs. Those basic items that most of us take for granted are often just what a single mom or someone

coming out of a drug rehabilitation unit need to get on their feet and start a new life.

One such charity Sunnyside Foundation is working with is Family Promise, brought to our attention by resident Alan Fyfe. Family Promise helps single mothers with children get reestablished after enduring a traumatic life event.

In addition to Family Promise, the Foundation works with charities such as:

- Attic Thrift Store
- The Salvation Army
- Mothers Helping Mothers
- The Pines of Sarasota
- Angels Attic

The charities typically come to the Foundation's attention through residents who have worked with them, perhaps through their churches. Michael Smith will then

vet the charities closely for a sound reputation. Sunnyside Foundation is careful to choose the charities with the greatest needs that will use the goods most effectively.

Awhile back Sunnyside Foundation heard of a family with four children living in a vacant house they had been offered. The Foundation showed up with a trailer filled with enough household items to outfit the entire house. "They were overwhelmed with joy," Michael said. "We have so much."

The Sunnyside Foundation has been assisting others in the Sarasota community in this capacity for 20 years. "The more we gave away, the more we got back," Michael commented. "It's extremely rewarding."

The Foundation also does more than donate furniture. The Foundation's Upper Room offers furniture and household items for sale to generate support for Sunnyside residents in financial need. The Foundation also offers free services on senior advocacy, fraud prevention, estate planning and financial planning for retirement. For the Foundation to provide effective and ongoing support throughout the year, we rely on a variety of sources to support our mission. For more information on how you can make a direct impact for someone in crisis, visit www.sunnysidevillage.org/foundation.htm or call Michael Smith at 941-371-2750.

Alan Fyfe and Michael Smith visit Wendy Fitton, Executive Director of Family Promise.



SUNNYSIDE *Snapshots*



Residents enjoy a stroll at the Riverfront in Bradenton.



Delores Olwell, Patty Haupt and Gracie Lamphere stop for a bite to eat at Pier 22.



Marni Mock and Betty Heller catch up during the shuffleboard and bocce ball tournament.



The second annual Shuffleboard and Bocce Tournament between residents and staff was a hit. Residents took home the bragging rights and the trophy. The tournament was sponsored by Bright Day Home Healthcare.

Keeping cool at a sweet spot

The heat of summer is here and what better ways than to cool down and relax with friends or neighbors while enjoying a frosty treat at the Sunnyside Manor ice cream parlor. The ice cream parlor is open every day from 2:30 p.m. to 3:30 p.m. and is staffed by friendly volunteers who are ready to scoop and serve a delicious hot fudge sundae or banana split. The ice cream parlor is decorated with vintage pictures, Tiffany style lamps and parlor seating to create a sense of nostalgia when ice cream was hand churned and people frequented their local soda fountain. The ice cream parlor is not just for the enjoyment

of the residents living at the Manor; all Sunnyside residents are welcome to visit this 'sweet spot'. Often times

you might find a resident enjoying time with a friend, family members or even grandchildren.

Independent living resident Lou Herschberger enjoys a cup of ice cream with her favorite visitors to Sunnyside, her great-grandchildren, Alexis and Aedan.



THERAPY

Aqua classes make a splash with residents



Sunnyside Therapy Department staff are now teaching Aquacize classes in the pool several times a week, led by Director, Patrick Laskowski, PT. Research shows that exercise in water is very good for increasing strength and endurance while taking the stress off joints. There are many other benefits, too. Classes like Aquacize can improve mood, improve or maintain bone health and provide beneficial cardiovascular benefits. Water also provides a fun atmosphere to socialize with neighbors.

"When I get into the water and exercise, I immediately feel energized and refreshed," said Rosemary Tantalo, Aquacize attendee.

The classes have been so well received that the Therapy Department has added more skill levels and time slots to accommodate residents' needs.

Director of Therapy, Patrick Laskowski, PT, leads weight exercises during an Aquacize session with Dick Eddy and Rosemary Tantalo.

Health and Rehabilitation Center participates in pilot program



Health Center nurse, Georgina Newman, checks resident Melanie Paschal's blood pressure. Georgina then checks the patient profile on the Rothman Index "quilt."

The Sunnyside Health and Rehabilitation Center was chosen as one of the first nursing care facilities in Florida to be part of a pilot program using the Rothman Index to monitor changes in patients' health.

It's a testament to Sunnyside's reputation that it was chosen as an initial test location to implement the Rothman Index — and it was the first to go live with portions of the Index features and make it available to nursing staff. But being chosen also immediately benefits the patients who are being monitored as part of the pilot project.

"This is a real honor to be chosen," said Debbie Harcup, Director of Nursing at the Center. "We're very

open to anything that will help residents. This is a tool to do that."

The Rothman Index was developed by Sarasota resident Steven Rothman and his brother, Michael, by pulling together thousands of anonymous medical records from Sarasota Memorial Hospital. It mixes quantitative and qualitative information to evaluate the health of a patient and, importantly, determine in live time if their health is progressing or declining. It may become critical to saving residents and improving their daily lives.

The index was created for hospitals, where it is in more widespread use. But it is only now beginning to be adapted to

senior-care facilities by Alive Sciences.

Here's how it works.

Nurses enter patient vitals — such as temperature, heart rate, blood pressure, respiration, and so on — and answer 50 questions regarding general well-being each

"The goal is to prevent re-hospitalization," Harcup said, by monitoring subtle changes in residents' health to identify and address those changes before they become critical."

day to generate a score between 0-100. That information runs through a complicated algorithm at the heart

of the Rothman Index. Each patient is represented on a large monitor at the nurses' station with a color-coded chart box with blue as "steady", yellow meaning "watch" and red meaning a "response is required." Put them all together on the large monitor and it forms what Alive Sciences calls the "quilt."

Eleven residents in the Sunnyside Health and Rehabilitation Center are part of the initial pilot program, but that is expected to expand in the future.

Harcup has seen it work already. "We saw a change in the 'quilt for one of our residents,'" she said, and the staff responded with added therapy to treat the change. The patient improved and the chart returned to a normal color as their health returned. "This is a constant, up-to-date analysis," she said.

Seeing subtle changes that become obvious through the algorithm that results in the "quilts" means Sunnyside health professionals can respond proactively before a

condition worsens.

"The goal is to prevent re-hospitalization," Harcup said, by monitoring subtle changes in residents' health to identify and address those changes before they become critical. Once the Index is fully interfaced with Sunnyside's electronic medical records systems, it will require no extra work from nursing staff — which means that the health care improvements will not come at any cost to time that nurses can spend with residents.

Chaplain honored as caregiver of the year

Congratulations to Sunnyside's Chaplain, Jarvis Hochstedler!

Many of us know how much time, support and care he provides to hundreds of residents of Sunnyside Village, their families and Sunnyside staff. His humble and selfless compassion to help seniors has been recognized from the state organization, LeadingAge Florida.

LeadingAge Florida recognized him as its Caregiver/Employee of the Year during its annual state convention in July. The recognition is given to individuals who demonstrate extraordinary dedication, customer service, outstanding performance and commitment to enhance quality of life for residents in a LeadingAge member community.

Diane Marcello, Administrator of Sunnyside Health and Rehabilitation and the outgoing Chair of LeadingAge Florida submitted Jarvis' name as a



Resident Lorraine Rusek enjoys a chat with Chaplain Jarvis Hochstedler.

potential candidate for the award.

"Chaplain Hochstedler works many hours beyond a normal work week, but never complains; has a

smile for everyone, and his door is always open to residents and staff. Caring for others is in every fiber of his being," said Diane Marcello.



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Sunnyside Village

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Sunnyside is affiliated with Mennonite Health Alliance, Southeast Mennonite Conference, LeadingAge and LeadingAge Florida.

The mission of Sunnyside Village is to enrich the lives of residents, staff and the community by providing homes and facilities, services and programs in a Christian environment.

Upcoming Events at Sunnyside Village



OCTOBER 8

The award winning *Music in the Village* concert season starts off a high note! The first concert of 2015/2016 is Thursday, October 8 with Carlann Evans and Friends, performing violin, cello and piano. The concert begins at 6:30 p.m. and tickets are \$15.00 per person. For more details about *Music in the Village* or to purchase tickets contact Ann Chisholm, Activities Director, at 941-371-2750 ext. 606.



Holiday Bazaar

**SATURDAY, NOVEMBER 7
10 AM TO 3 PM**

Hard to believe but we are not too far away from the holiday season.

Sunnyside can make your shopping experience a lot easier. You're invited to our annual Holiday Bazaar where you can find gifts for friends and families, holiday décor, jewelry, artisan crafts and more for sale. Admission is free.