



Walker Methodist
3737 Bryant Avenue South
Minneapolis, MN 55409

*In our next issue:
Get a Sneak Peek at the Dental
Clinic at Walker Methodist
Health Center!*

Words of Wellness

*A newsletter for professional
partners of Walker Methodist
Health Center*

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Care and Services at Walker Methodist Health Center

Walker Methodist Health Center, a health care community in Minneapolis, is home to seniors celebrating life and friendship.

Services available at Walker Methodist Health Center include:

- Long-term skilled nursing care
- Transitional Care Unit—short-term care
- Alzheimer's Village—memory care
- Spiritual Care
- Rehabilitation Therapies—respiratory, physical, occupational, and speech
- Senior Club—adult day program
- Chemical Health Program

Walker Methodist Health Center, which began serving seniors in 1945, is located on the Walker Campus in the Harriet Farmstead neighborhood of the southwest lakes area of Minneapolis. The Walker Campus provides a continuum of care to assist each resident in achieving and maintaining the highest possible level of good health, self-care, and independence. For more information about Walker Methodist Health Center or to add a colleague, friend, or neighbor to the mailing list, call (612) 827-8604.

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Words of Wellness

A newsletter for professional partners of Walker
METHODIST HEALTH
CENTER, INC.

"It's really a win-win-win situation."

Walker Methodist Health Center and the University of Minnesota: Partners in Care

Professional partnerships are more important than ever in today's medical environment. Walker Methodist Health Center and a University of Minnesota Interdisciplinary Care Team (ICT) formed a unique transitional care partnership to enhance patient care, monitor and improve outcomes, and increase physician communication.



*University of Minnesota professionals
care for Walker Methodist TCU patients*

Dr. Teresa McCarthy, Certified Geriatrician; Karin Schurrer-Erickson, Geriatric Nurse Practitioner; and Tom Lackner, Geriatric Pharm D, work together, with University of Minnesota students, and with Walker Methodist's interdisciplinary Transitional Care Unit team to enhance the quality of medical care available to patients on the unit. Data from the University of Minnesota indicate the program has reduced patient length of stay.

"It's really a win-win-win situation. Walker is now able to adopt a higher level of complexity of care, University students have the opportunity to get out into the community and learn from each other, and patients benefit from the increased staff knowledge that comes from our interdisciplinary approach," says Dr. McCarthy.

Welcome to
Words of Wellness!

*This newsletter brings you useful,
educational information as well as
the latest news from Walker Methodist
Health Center.*

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A member of the Walker Methodist family of local, non-profit senior services celebrating 60 years.
www.walkermethodist.org



How Care Teams Can Work Together to Meet Patient Needs

In today's fast-paced and technologically-advanced world, it is increasingly important that care teams work together so patients experience the most seamless transitions possible. Following is a list of tips from *Annals of Long-Term Care*, Volume 12, Number 9, that both sending and receiving care teams can implement to enhance patient experiences:

- Shift perspectives from "patient discharge" to "patient transfer with continuous management"
- Begin planning for the transfer upon or before a patient's admission
- Elicit and incorporate patient and care giver preferences into the care plan, where appropriate
- Identify a patient's system of social support and baseline level of function
- Communicate and collaborate with practitioners across settings to ensure the formulation and execution of a common care plan
- Communicate to collaborators in their preferred mode of communication

"Transfers of care between health care settings require a team effort," says Karin Schurrer-Erickson, Geriatric Nurse Practitioner. "Older adults in particular can be frustrated by changes in caregivers. At Walker's TCU, we work with other service providers to ensure the smoothest transitions."

Former Walker Methodist Transitional Care Unit Patient Enjoys Life at Walker Place



Lorayne Cummings, former TCU patient, with her husband, Paul

Lorayne Cummings was an independent, healthy woman enjoying life at Walker Place. In late spring, 2005, however, she suffered several health complications and spent one month in the hospital. Before she could return to the comfort of her Walker Place apartment, she was admitted to Walker's Transitional Care Unit (TCU) on June 20th, 2005. She immediately began her pathway home and was delighted with her care.

Although Lorayne had reservations about entering the TCU, she had a positive experience. "I was well taken care of, and the staff was very caring. Incidentally, the doctor and nurse practitioner are excellent. I would recommend them to anyone," says Lorayne. During her stay, Lorayne worked with a variety of professionals who helped her reach independence. In particular, she benefited from speech therapy. She had difficulty swallowing upon her admittance to the TCU. "The therapists were very interested in and attentive to my eating difficulties," compliments Lorayne.

An important factor in Lorayne's satisfaction with Walker's TCU was its proximity to her husband, Paul, and Walker Place home. Paul could walk next-door to see her every day without setting foot outside. "It was so nice. I didn't have to worry about him out driving at night. We couldn't have a more convenient location."

After just two and a half weeks in the TCU, Lorayne returned home on July 7th, 2005. She received home health services for three weeks and no longer requires assistance. "I am living independently," says Lorayne.

Culture Change is Happening at Walker Methodist Health Center

Imagine a community where seniors thrive and are empowered to make decisions about their daily lives. Picture a setting where elders are highly involved in the development of their community and enjoy daily pleasures to which they are accustomed. Envision a place where small groups of residents and staff form a family and are committed to enriching each other's lives. This is the vision guiding Walker Methodist Health Center's new endeavor, "Culture Change."

Continuing its tradition of healthcare innovation, Walker Methodist Health Center is embarking on an exciting journey, Culture Change, toward resident-centered care. Walker is leading a nursing home movement with the goals of improving residents' qualities of life and creating home, as opposed to home-like, environments.

"It's an exciting time to be at Walker," says Mary Luczak, co-leader of Person First training. "We are changing from an institutional model to a social, resident-centered model. We are learning to think differently and remember that our work environment is home to our residents." A pilot project is in process on 6 Gamble at the health center. A team of Culture Change leaders is working with staff and residents to improve residents' dining and bathing experiences.

Change is ongoing at Walker Methodist Health Center. As staff and residents build home and family together, more ideas occur. Please contact John Huhn, Administrator, at (612) 827-8382 for more information. "It will be wonderful," comments Losenie Dunor, nursing assistant and active Culture Change leader. "I feel great about the process!"

Siiri Hiltunen and Bill Akuma enjoy fine dining at a Walker Methodist Health Center Culture Change Open House.



Implications of Working with Vulnerable Adults

You're Invited

February 9, 2006
8:00 - 9:30 a.m.

Walker Methodist
Health Center Chapel
3737 Bryant Ave. S.

Please join us for this free program presented by:
Cynthia Carlson, MSSW, LICSW;
& **Judith Tande, MSW, LISW,**
from Hennepin County Adult Protection Services

Objectives: Identify which individuals are vulnerable adults; Understand the difference between a categorical and a functional vulnerable adult; Identify abuse, neglect, and financial exploitation as defined by MN Statute 626.5572; Understand who is a mandated reporter; Know how to report vulnerable adult maltreatment; Identify the three Lead Agencies, designated by state law; & Understand how protective services are provided. Application has been submitted to the Minnesota Board of Social Work.

Please call
(612) 827-8351
for more information or to RSVP.

"I was well taken care of, and the staff was very caring."

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We are learning to think differently. . ."*