



The CAREGIVER CONNECTION

Winter 2011

In this Issue

- Welcome1
- Annual Workshop1
- 10 Activities2
- Emergency Plan Prep.....2
- Hands-only CPR.....3
- Why I am Participating.....3
- New Year's Resolution.....3
- Announcements4

Important Information

Emergency - 911

Fire (non-emergency)

(925) 838-6640

Police (non-emergency)

Alamo (925) 646-2441

Danville (925) 820-2144

San Ramon (925) 973-2779

Information & Referrals - 211

County Connection

(925) 938-7433

CCC Ombudsman

(925) 685-2070

Community Care Licensing

(650) 266-8800

Crisis Intervention

(800) 833-2900

Grief Counseling

(800) 837-1818

Suicide Prevention

(800) 273-TALK (8255)

San Ramon Senior Center

(925) 973-3250

Welcome!

This electronic newsletter was established as a vehicle to reach all the licensees of Residential Care Facilities within the San Ramon Valley and is produced quarterly by the RCF Working Group. You will notice that many of the articles, ideas and comments

were written by your counterparts, actual licensees from the facilities. The purpose of this is to address real concerns that are real to YOU; share ideas, successes and failures so we all can learn from one another and to share our resources. We hope this is a beneficial tool for you and your staff.

Debbie Vanek, Code Compliance Officer
San Ramon Valley Fire Protection District

2nd Annual Residential Care Facility Workshop

Wednesday, February 16, 2011 ~ 1:30 - 4:30 p.m.

Alcosta Senior and Community Center, 9300 Alcosta Blvd, in San Ramon

CONNECT·LEARN·SHARE

Featured Topics

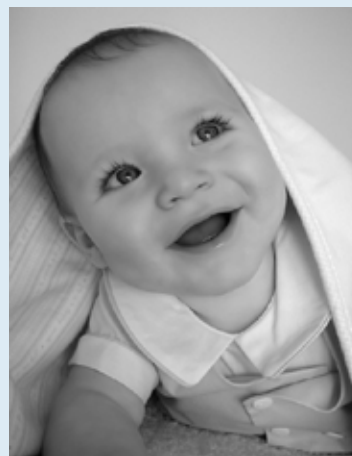
The RCF Working Group...working for you! • Lessons learned from the San Bruno Gas Explosion for RCF's • "Remembering When": A Fire and Falls Prevention Program for Older Adults • Disaster and Emergency Preparedness for RCFE's Emergency Medical Services: Coordination, Teamwork and Cooperation

Please RSVP by February 3, 2011

to caregiverconnection@srvfire.ca.gov or leave a message at (925) 838-5133

Top 10 Activities You Can do at Your RCF

1. **COMMUNITY GARDEN** - Have the Residents start a community garden. Vegetables for Harvesting or Flowers for Flower Arrangements
2. **DANCE** - Play some music and have a dance. Encourage senior citizens with limited mobility to dance in their chairs or keep the beat to the music.
3. **ORGANIZE A YOGA CLASS** - This is especially beneficial to senior citizens. Each person should only do that yoga exercise with which he/she is comfortable. However, this activity needs care and caution.
4. **MENTAL EXERCISES** - Solving puzzles and doing mathematical calculations mentally, without using a paper and pencil could be undertaken. This might delay the onset of serious old age diseases like Alzheimer's or delay the progress of the disease in people already afflicted by Alzheimer's disease.
5. **PLAYING FAVORITES** - We guess each person's favorite choices like favorite sport, favorite food, favorite dress and so on. And of course there should be prizes for the winners.
6. **TRIVIA** - Have a quiz regarding movies, songs, TV shows, actors and other categories that the seniors will be familiar with or are enthusiastic about.



7. **BABY PICTURE GAME** - Have the residents and staff bring a photo of themselves when they were babies or teenagers. The game is to guess whose photo it is.

8. **SCULPTING** - You could use the soft clay products, which are made for children. There should be a prize for quickest sculpture created and best looking sculpture. This activity would also help in strengthening the senior's hands; dexterity and muscle control.

9. **PICTURE PUZZLE** - Take different photographs. Tear each of them into pieces. Organize the senior citizens into teams and hand over the torn pieces of a single photograph to each team. The team that first puts together the photograph wins the prize.

10. **AUCTION** - Pick up some inexpensive items from your local grocery store. Good choices would be toiletries, kitchen items, personal care products and home decorations. These items should be gift wrapped as mystery prizes. You will also require some fake money, which is equally distributed among each participant. The auctioneer will pick up a single prize at a time and the bidding then begins.

Kristine Reyes, Our Ladys Care Home

Considerations for Building Your Facility's Emergency Plan

Emergencies or disaster can strike at anytime. But emergencies or disaster are not just limited to earthquakes. The following items were taken from the Emergency Plan for Golden Hills Home in San Ramon. The complete plan will be available at the 2nd Annual Residential Care Facility Workshop on Feb. 16, 2011. Until then, this will help you as you build or re-visit your own plan.

Consider these areas when you plan:



✓ **Emergency Supplies** - Enough for 5-7 days per person. Include food, water, shelter and tools. Also, attend a Personal Emergency Preparedness class.

✓ **Fire Safety Plan** - All smoke detectors are in good working conditions and batteries are replaced twice a year. The fire alarm boxes and fire extinguisher

are well marked and easily accessible.

✓ **Power Outages Plan** - Electric generators are provided if the power outages occur for more than 1 hour or any emergencies that the power outages will be indefinitely unknown.

- ✓ **Means of Exiting** - Every employee of the facility who assist residents should be familiar with their ambulatory status and disability condition.
- ✓ **Transportation Arrangements** - If a resident family member cannot provide transportation to the temporary relocation site, the licensee shall arrange the transportation.
- ✓ **Relocation Sites** - Pre-Identify relocation sites which are equipped to provide safe and temporary accommodations for residents.
- ✓ **Earthquake Safety Plan**
- ✓ **Notification of Resident Hospice**
- ✓ **Relocation List Contact Numbers for Local Agencies**
- ✓ **Identify Personal Needs of Residents and Staff**
- ✓ **Shut off Controls for Gas and Electric**
- ✓ **Fire Safety Tips - Posted and Practiced**

Hands-Only CPR Simplifies Saving Lives For Bystanders

American Heart Association
puts life-saving skills in your hands

Hands-Only CPR is a potentially lifesaving option to be used by people not trained in conventional CPR or those who are unsure of their ability to give the combination of chest compressions and mouth-to-mouth breathing it requires.

Bystanders who witness the sudden collapse of an adult should immediately call 9-1-1 and start Hands-Only CPR. This involves providing high-



quality chest compressions by pushing hard and fast in the middle of the victim's chest, without stopping until emergency medical services (EMS) responders arrive.

Without immediate, effective CPR from a bystander, a person's chance of surviving sudden cardiac arrest decreases 7 percent to 10 percent per minute. Unfortunately, on average, less than one-third of out-of-hospital cardiac arrest victims receive bystander CPR, which can double or triple a person's chance of surviving cardiac arrest.

By using Hands-Only CPR, bystanders can still act to improve the odds of survival, whether they are trained in conventional CPR or not.

Hands-Only CPR is easier to remember and results in delivery of a greater number of chest compressions, with fewer interruptions, until more advanced care arrives on the scene.

Hands-Only CPR should not be used for infants or children, for adults whose cardiac arrest is from respiratory causes (like drug overdose or near-drowning), or for an unwitnessed cardiac arrest. In those cases, the victim would benefit most from the combination of chest compressions and breaths in conventional CPR.

The public is still encouraged to obtain conventional CPR training, where they will learn the skills needed to perform Hands-Only CPR, as well as the additional skills needed to care for a wide range of cardiovascular- and respiratory-related medical emergencies, especially for infants and children.

American Heart Association

Why I Participate in the RCF Working Group?

Whatever our motives are in participating in the RCF working group, whether it is obligation, personal or professional, other intensions, or just pure love for our industry, we are all working towards a common goal – and that is, to do a great job in serving our clients in the RCF communities well.

Amidst the hectic lives and schedules that all RCF operators and care providers deal with, (between caring for our personal lives and the lives of the people we care for) participating in a group in conglomeration with the SRV Fire District is key in keeping us aware of all the precautionary measures that we need to have knowledge of. With the application of this life saving knowledge, we will be better prepared and equipped with the know how's in handling emergency situations that will keep our residents safe.

With the support of the SRV Fire District, we are able to get help and assistance in improving the safety and disaster management that we can apply in our daily operation. It is only through trainings, seminars and interacting/sharing with each other that we can keep abreast with issues that directly affect us and the lives of the fragile population that we care for. We hope that through our joint efforts, we can positively influence the entire RCF community and become better and safer care providers for people whose lives depend on us. And hopefully, **TOGETHER WE CAN MAKE A DIFFERENCE!**

Anabelle Galera, Better Living Homes

New Year's Resolutions for 2011



In a care home or board and care facility there always seems to be something that we haven't had the time to get to during our work-filled days. Most of us probably start off with a "To Do List" every morning and feel lucky if we even get through half of that list by the end of the day! Here are some key items that we all need to make a priority for 2011.

- **Fire Extinguisher Training** – all of us are required to have up-to-date fire extinguishers in our facilities but do we all know how to use them? Does our staff know how to use them?
- **Fire Drill Training** – Do we or our staff know exactly what to do in case of a true emergency or fire in the facility? Will our staff panic? Do they know how to get each and every resident out to safety?
- **CPR certification** – This is not mandated by Licensing but it would be a good certification to have in addition to First Aid.
- **Get more involved with local events, networks, committees, etc.** – It is good to get out there and get involved in the community. Learn more about our industry and what others are doing out there, who are in the same business and are successful. Keep up to date on existing and/or new issues, "hot" topics, etc as they pertain to care homes, safety, and the senior community. Go join a local committee, like SRFD's RCF Working Group for example.

Jason Sicat, La Pera Mission Home



Quick Tip... **POLST**

For many years, a “Do Not Resuscitate” or DNR order was the only way that patients could communicate wishes concerning end-of-life care. In 2009, a new program was launched in California to enhance patient choices, the Physician’s Order for Life-Sustaining Treatment (POLST) program. [Read More...](#)

Joseph Barger, MD
CCC EMS Medical Director

Residential Care Facility Working Group

- Sylvia Sicat, Beatitudes Mission Home
- Jason Sicat, La Pera Mission Home
- Amy Libao, Tri-Valley Personal Home Care Service
- Gina Licup, Trinity & Valle Verde Care Homes
- Gerlita Del Castillo, Golden Hills Home Care
- Kristine Reyes, Our Ladys Care Home
- Anabelle Galera, Better Living Care Homes
- Donna Maxwell, San Ramon Valley Fire (Volunteer)
- Debbie Vanek, San Ramon Valley Fire
- Joyce Castro, San Ramon Valley Fire

Contact us...

caregiverconnection@srvfire.ca.gov
or (925) 838-6600



Announcements

Upcoming Events

San Ramon Senior Center
Presentation on Shingles
3/16 at 10:30 am
Cruising Into Spring
Fashion Show and Tea
4/16 at 2:00 pm
San Ramon Valley Fire District
Personal Emergency Preparedness
2/9 at 6:00 pm

Top 5 ways to reduce the risk of falling

1. Exercise regularly.
2. Ask your doctor or pharmacist to review your medication.
3. See an eye doctor at least once a year.
4. Improve the lighting in your home.
5. Reduce hazards in your home that can lead to falls.

Take CERT

(Community Emergency Response Team) training
www.firedepartment.org/community

Take Your Time

Being rushed or distracted increases your chance of falling. Get out of Chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk.

Be Kitchen Wise

When cooking, wear tight-fitting or rolled up sleeves. Never leave a stove or oven unattended. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication.