



# Down Home Living

A Publication of Locust Grove Village

Fall 2016

## BBET Program To Bring Crucial Changes To Alzheimer's Care

Locust Grove Village is implementing a new program of service for the residents, designed to reduce mental stress in residents with Alzheimer's and dementia.

Created by Dr. Govind Bharwani Co-Director of Ergonomics and Alzheimer's care at Wright State University, Behavior Based Ergonomics Therapy (BBET) is an award-winning individual and customized program consisting of four therapies--- music therapy, video therapy, stimulating therapy and memory prop/remiscing therapy. These comforting and stimulating interventions are available through a specialized resource center provided by the program. Each resource center item is carefully coded and a BBET action plan is created for each resident. This resource center provides caregivers and family members with the tools required to meet the needs of each resident according



**Staff BBET coordinators in training with Dr. Bharwani.**

to their individual style, personality, and behavior profile, as well as cognitive skill level.

"With an action plan for each resident describing what music, videos, games and other therapies they like best, the staff

can easily respond at the first signs of stress or agitation in a resident and start the program," Rathke says. "Dr. Bharwani says after such a therapy session, the resident is typically calmed for up to four hours."

Unlike scheduled group activities, the BBET is available to caregivers 24 hours a day and can be used by family members when they visit.

Locust Grove Village has begun the implementation with on-site training by Dr. Bharwani and project director, Meena  
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### Find Out More About BBET - Our Future!

Locust Grove Village is hosting a community and family education event to take place Wednesday, Nov. 9, 2016 at 7 pm in the Locust Grove Village dining room.

The public is invited to learn about the program and also gain caregiving tips for working with people stricken with Alzheimer's and dementia. Refreshments will be served.

## Giving Tuesday

From communities, families and businesses, to non-profits and charitable foundations, people around the world are preparing for Giving Tuesday, which is November 29th, 2016.

Giving Tuesday was launched to inspire giving of all kinds during the holiday season and has evolved into a global giving movement to celebrate philanthropy and generosity. Golden Belt Community Foundation joined the movement two years ago and Locust Grove Village was involved from its local inception.

The Board of Directors established the Locust Grove Village Endowment Fund in 2013 with the Community Foundation. This will be the third time that the Village has participated in this unique giving opportunity. Previously, over \$16,500 was given by generous donors.

There are some changes this year that will make giving easier for donors. Gifts received by the Foundation anytime Nov. 1-30 may qualify for matching funds. In addition, this year you may give ONLINE at [www.goldenbeltcf.org](http://www.goldenbeltcf.org). Just select Locust Grove Village as the fund to receive your gift.

Village supporters will be able to have their donation go even farther. The

**Black Friday. Cyber Monday.**

**#GIVINGTUESDAY™**

**November 29, 2016**

Golden Belt Community Foundation will match individual gifts with a total matching pool of at least \$40,000.

Why is the Endowment Fund important to Locust Grove Village? An endowed fund is an enduring, self-sustaining source of funding to support the mission and vision of LGV in perpetuity. Endowment

assets are invested for the long-term and earnings are distributed in accordance with the endowment investment policy set forth by GBCF. Earnings in excess of the annual payout are retained as a hedge against inflation and to allow for growth over time. As the endowment grows, so does the impact of every gift.

## BBET Program A New Focus

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Bharwani. All staff members will eventually be trained and certified in the BBET program. Final training will take place the week of November 30, 2016.

The Locust Grove Village BBET coordinators are Barb Rockers, social services, Sandy Nelson, life enhancement/activities, Maddison Waggoner and Rosa Kershner, both caregivers. They will receive extensive training and be responsible for implementation and staff oversight.

Alzheimer's disease affects five million Americans. In Kansas alone, 51,000 have the disease. In the U.S., every 66 seconds someone develops the disease. Alzheimer's disease is the sixth leading cause of death – more than breast and prostate cancers combined. There will be more persons who need care and purposeful opportunities for living.

"The Board of Directors adopted dementia care and services as a focus of development for Locust Grove Village," Rathke explains. "This program can assist us in the integrated nursing home setting to better serve residents afflicted with this disease; support our staff with necessary tools; and provide more meaningful time with family on their visits."

## Family Still The Focus For This Mother

Doing what's best for the children is usually the focus of a doting mother. For Tillie Miller, doing what was best for her children included many years following her Navy and Army military husband, Deke, into far reaching nations and numerous states. That was no easy task, before technology and transportation as we know it today. Tillie would gather up all the necessary paperwork, passports, attend to vaccination records along with personal and household possessions – often in a matter of days or weeks. Leaving family behind in La Crosse was so hard but the importance of raising her children with their service father close at hand outweighed the hardships this mother endured. Two of her four children were born overseas. Living in many different countries and travelling while there gave the Miller children many life lessons that will not be forgotten. Tillie expressed, “I wouldn't trade those journeys for anything.”

After retirement from military life in 1967 the family lived in Chula Vista, CA. By 1971, the family settled in their hometown of La Crosse to enjoy the benefits of small town living. Tillie enjoyed many years of service at the local bank where she could engage with persons on a daily basis.

Following Deke's death, Tillie hated being alone, especially cooking for just one person. Though the move to Locust Grove Village Assisted Living didn't occur for a number of years, having three meals a day prepared and served in a family dining setting ultimately helped lead her to living at Locust Grove. But, of course, as she explained, her decision was what was best for the children. Tillie says that moving to LGV assisted living was what was best for her children -- so they wouldn't have so many worries about her. “Worries that when they heard the sirens it could be an ambulance coming for me,” she expressed.

Daughter Kathy Georg and son Mike Miller, both of La Crosse, agree, “This community is so fortunate to have a local care facility, with multiple levels of assistance. It's convenient to stop in and say "Hi" when I have a few minutes. We are very thankful Mom is in an apartment which



offers an extremely caring staff, companionship, safety, and a bit of ‘assistance.’”

Since moving to the assisted living, Tillie has kept busy reading, doing puzzles, writing letters. “I look at the daily sheet and pick out the activities I want to go to,” she said. “I like to be courteous and attend what is provided.” She is often seen walking the halls and visiting with old friends living at the Village. Visiting and sharing life with other people is not hard for Tillie. She loves to visit and reminisce about the travels of her family. Always a doting mother, the move to Locust Grove Village assisted living is one decision the Miller children agree is best for the whole family.



**Locust Grove Village hosted a political forum for the residents recently.**





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## Charitable Estate Gift Benefits LGV

Locust Grove Village was the recent beneficiary of a generous charitable estate gift. Former Bazine resident, Gerry Yeager, passed away last March in Napa, CA, at the age of 79. He included a gift in his estate plan through an IRA account, to benefit Locust Grove Village.

According to Gerry's nephew, Myron Filbert, Gerry's mother Lydia Yeager lived at Locust Grove Village in the last days of her life.

"How thoughtful of Mr. Yeager to remember us in this way," says Charlotte Rathke,

administrator. "His gift will have a very positive impact on our residents."

Gerry and his wife, Mary, began their careers in Western Kansas before moving to Denver and then on to San Francisco. Gerry worked in real estate before he and Mary retired to Napa.

In 2012, Locust Grove Village established the Legacy Society to recognize and honor donors who are including charitable gifts in their estate plans to benefit the Village. Anyone interested in receiving informa-



tion about the Legacy Society may contact Charlotte at 785-222-2574 or [crathke@locustgrovevillage.com](mailto:crathke@locustgrovevillage.com).