



Joint Commission
on Accreditation of Healthcare Organizations

Major Accomplishment for Good Shepherd

by Ann Nunn, MHA,
Administrator

A year has gone by since I was welcomed into the Good Shepherd Healthcare staff. Over the past year, we have had so many wonderful experiences with the residents, their families and the staff.

We are particularly proud to have achieved the **Gold Seal of Approval™** for health care quality—long term care accreditation from the Joint Commission on Accreditation of Healthcare Organizations.

Obtaining this Joint Commission accreditation is a major milestone in our day-to-day efforts toward achieving excellence.

I welcome all residents, families, staff and friends to share your valuable ideas. Let's work together to keep the GOOD in Good Shepherd.

Ann

Launching our Newsletter

This is the first of what we hope will be a quarterly newsletter. Our intention is to provide information to our residents' families and to our community about the many programs and activities we offer not just to our residents but to the larger community in which we live.

At Good Shepherd we strive toward providing a safe and balanced life for our residents in a homey atmosphere.

We also want to be a valued resource in our community providing information about issues of ageing and elder care.

Our programming now includes support for local residents who struggle to care for disabled elderly relatives.

This newsletter will provide information about new programs, employ-

ment and volunteer opportunities as they become avail-

able. We welcome your input and feedback.

The Staff of Good Shepherd



Summer wanes over the hills of the Monadnock Region

Open House ...Come Visit

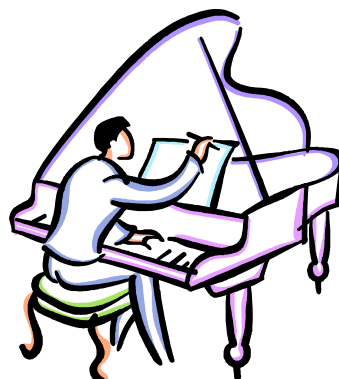
We're busy planning an Open House for September 24th. The theme is **"What's so Good about Good Shepherd?"**

In addition to refreshments and music, we will have booths with staff to answer questions and provide information on all that makes Good Shepherd special. We will have people to talk about all these areas of Good Shepherd life:

- Nursing Services
- Rehab Services

- Volunteer Recruitment
- Dementia Programming
- Alzheimers Information

- Our new Caregivers Network
- Long Term Care Insurance
- Job Opportunities, Nursing Education and Scholarships.





Resident Programming...The 5 Aspects of Life Go On

While the physical needs of our residents are always primary, we work hard to maintain residents' active participation in all aspects of life in which they are able to participate.

Physical Programming includes medical and nursing activities as well as physical therapy and exercise programs that are geared to the resident's abilities.

Educational Programming includes the residents' rights to know what medications they are taking and why as well as information about their conditions..

Spiritual Programming includes the support we offer for the preferred religion of our residents.

While we are a division of Catholic Charities, we provide programming for any religious preference.

Programming for Emotional Well-being

We have trained counselors to support residents in the major transition into our care as well as for other life situations.



Creativity is a life-long process. We help our residents integrate their pasts into their lives with us through arts, crafts and other activities.

As much as possible we want **Life to Go On....**

We always like to hear from families, friends and other interested people in the community.

We have programs for employment and volunteers. Both can be rewarding ways to be involved with people who will appreciate your efforts!

Please feel free to contact us at:
Good Shepherd Healthcare Center
27 Plantation Drive

Community Activities... We are here to serve

The administration of Good Shepherd recognized the need in the community for caregivers to have a place to come for support and information.

Many in our community are the primary caregiver for a relative who is suffering from Alzheimers or other disability.

The "Caregivers Network" has been

planned and publicized in the area. We hope it will be a place where caregivers can come together, receive mutual support, understanding and affirmation as they grapple with difficult and changing roles

in the care of their loved one.

The first meeting of our Caregivers Network met on August 12th. Participants were grateful to have a place to express their feelings centered around the role of caretaker.

Meetings are open to all friends and relatives involved in care giving regardless of the setting.

"Our mission is to support wellbeing for our elderly residents, their families and their communities."

Our Thanks...

We raised \$300 from our car wash held on August 9th. Thanks to our staff and their families for their hard work. The funds will be



used toward the creation of a 3-season porch which we know our residents will enjoy.

Now that summer is almost over, the porch would be a wonderful way for residents to stay in touch with

the beauty and nature around us.

Any donations from the community or from families of residents could be earmarked for this new porch.

Checks can be made out to: Good Shepherd Healthcare with a note **to be applied to the 3-season porch.** Thank you