



# Poet's Seat

## HEALTH CARE CENTER

Quarterly News - Summer 2011

### Administrator's Note:

## The role of MDS at our skilled nursing facility



MDS's—What the heck is an MDS? In a nutshell, a MDS (Minimum Data Set) is an instrument used to capture each resident's functional capabilities and to help identify health problems. Through clinical assessments, our professionals gain a comprehensive "picture" of each resident. From the completed MDS, a care plan is initiated and followed on each resident.

Care plans guide us in addressing resident needs. MDS's are required for all residents, regardless of payment source (i.e., Medicare, Medicaid, etc.). MDS's are completed at the time of admissions, and periodically thereafter, within specific timeframes and guidelines. MDS information is transmitted electronically by the Nursing Facility to an MDS database in the State. MDS information from the State's database is then entered into the national MDS database at the Centers for Medicare and Medicaid Services. Data collected from the MDS assessments is used for the Medicare reimbursement system and, in many states, for the Medicaid reimbursement systems. The MDS is also used by State and Federal Governments to monitor the quality of care in the Nursing Facility.

The MDS Coordinator is our nurse professional who organizes the delivery of care for the Facility's residents. Organizing the delivery of care is intense. Organization includes administering procedures for care planning, completing medical record reviews, interviewing our professional staff and residents, accuracy of data collected, proper coding of each element in the MDS, ensure the completion of the MDS form in a timely manner, and entering collected data into the electronic system that goes to the State and Federal Governments.

Poet's Seat is very fortunate to have Karen Gustin, R.N., as our MDS Coordinator. Through Karen's diligence, dedication, interaction with other professionals, and an excellent working knowledge of the MDS process, the Facility's residents' needs are well-met and she has kept the Facility in full State and Federal regulatory compliance. We thank Karen for the tremendous work done day in and day out...no easy task.

Sincerely,  
*Patrick McManus*  
Administrator

### Poet's Seat Health Care Center adds new procedure to rehab

Poet's Seat Health Care Center has added a new diagnostic procedure to its Speech & Language Pathology program. F.E.E.S. will allow our clinical and rehabilitation staff to better diagnose, plan and treat our residents, ensuring the best possible care.

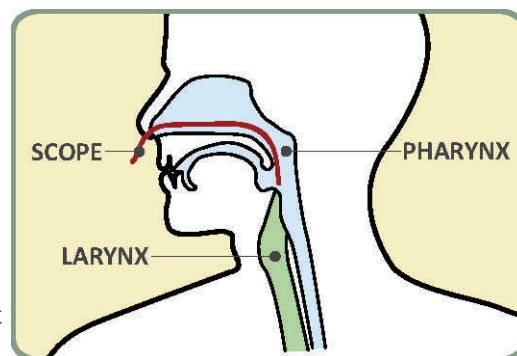
F.E.E.S. stands for Fiberoptic Endoscopic Evaluation of Swallowing. It is a procedure which provides invaluable information to help evaluate and manage patients suffering from dys-

phagia (difficultly swallowing) and/or aspiration (foreign material into the lungs or trachea), most commonly associated

with acute stroke. A fiberoptic cable, approximately the size of a single piece of spaghetti, is passed through the nose and into the pharynx. This allows the clinician to accurately identify swallowing physiology and determine the necessary types of food and consistency that a patient may consume.

The examination takes approximately 10–20 minutes for an accurate assessment. The equipment used in the procedure is portable enough to easily be conducted at one's bedside, in an office or any skilled nursing facility.

The F.E.E.S. procedure has been proven to be extremely safe. Of the 2,189 patients evaluated between 2000 and 2004, only .4% of patients experienced nosebleeds as of result of the procedure, and there was no difference between the average pre- and post-test heart rates. Furthermore, 95.7% of 1818 patients said they would repeat the test if recommended.



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*It's not just about the care...it's about the caring.*

## What's New at Poet's Seat...

### National Nursing Home Week



Resident Martha Sadoski (left) throws a cream pie in the face of Activities staff member Cathy Stevens, as residents and staff look on.

The week of May 8–14 was National Nursing Home Week, which aims to spotlight nursing home residents and staff and encourages all to celebrate those that make a positive difference in their lives every day. To celebrate the special week, Poet's Seat Health Care Center held a number of activities for both residents and staff. The most popular event of the week proved to be the "Resident Pie Throwing Event," which allowed all residents the opportunity to throw a cream pie into the face of any one of a number of staff members—including nurses, therapists and administration. Nearly a dozen residents and staff members participated in the contest. This light-hearted, fun-filled event went on for well over an hour, and a great time was had by all those participating (and watching)!



Poet's Seat Health Care Center Administrator Patrick McManus (left) laughs with resident Bertam Phillips.

### Craft fair supports residents' fund

On May 14, Poet's Seat Health Care Center held its annual craft fair. This year's event saw the most vendors yet, and was held outside on a beautiful Spring day. Attending vendors offered such crafts as carved coins, jewelry, and other hand-crafted items. The Tea Time Totties, Poet's Seat's resident ladies social club, was also on-hand, selling homemade cookies. The event raised over \$170 for the residents' activities fund. Thank you to all of those who participated and helped make this such a successful event.



Jeana Bachinski and Russell Bontempi sing "Could I Have This Dance."

### In search of the next big star

On Thursday afternoon, May 26, Poet's Seat Health Care Center held a Resident & Staff Talent Show. Three residents served as judges while participants strutted their stuff in the dining room, competing for top honors.

Spectators were treated to a variety of entertaining acts, including hula-hoop routine by Admissions Coordinator Heidi Shattuck, a poetry reading by resident Virginia Taylor and a number of song and dance routines by various staff members.

In the end, two winners were awarded first place. Poet's Seat's Director of Social Services Jeana Bachinski and resident Russell Bontempi sang a duet, "Could I Have This Dance," which stole the show.

Thank you to everyone that participated and helped make this fun event a big hit.

### Upcoming Special Event

#### Accepting donations for annual Tag Sale



On Saturday, July 16, Poet's Seat Health Care Center will be holding its annual outdoor Tag Sale at our facility at 359 High Street in Greenfield from 8am–2pm. Past sales have included a variety of items from furniture, to knick-knacks, and even kitchen appliances.

All sale items are donated by residents and their families, staff members and the community. All money raised will go towards the residents' activities fund. If you would like to donate an item, please contact the activities director, Zenaida Diaz, at 774-6318.

## Meet Our Staff

### Karen Gustin MDS Coordinator



For the past five years, Karen Gustin has served as the MDS Coordinator at Poet's Seat Health Care Center. While many people may not be aware of this "behind the scenes" position, Karen's work plays an integral role in the facility's operation.

MDS stands for Minimum Data Sets. With the admittance of each new resident, an assessment is conducted, comprised of four evaluation components: social services, activities, dietary and therapy. It is Karen's responsibility to coordinate all of these disciplinary evaluations with the appropriate staff, and determine the needs of each individual resident.

Once the assessment is complete, a series of forms must be completed and submitted to the Federal government. This will determine the payment rate that the facility will receive from the government for each resident's assessment. The time frames on submitting these assessments vary depending on health condition and insurance types; but all must be turned-around in a very short amount of time.

In addition, Karen also completes the clinical portion of these forms. This allows her the opportunity to go through the assessment in fine detail and really get to know each of the residents and their special, individual needs.

Karen has been with Poet's Seat Health Care Center for 11 years. She began as a nurse on the floor—working directly with residents—for about four years. At that point, she began splitting her time between nursing and working as the assistant to the former MDS Coordinator, until assuming her current position.

The aspect of her job that she enjoys most is really getting to know each of the residents, and getting to work very closely with all of the team members here at Poet's Seat Health Care Center.



(From left) Florence Burt, Alta Berry, Jane L. Monohon and Gwendolyn Bartlett hold up their chocolate tea cup lollipops at the first meeting of the Tea Time Totties.

## Ladies form Tea Time Totties

This Spring, the activities team decided that it was high time for the residents of Poet's Seat Health Care Center to have their own ladies social club. After much deliberation, the plan was generated, a name was selected, and the Tea Time Totties were formed.

They meet once a month, and (by their own choice) have no official agenda—they're simply interested in spending time together and having fun. Conversations at the meeting do not revolve around nursing home life. Instead, the ladies share funny stories from their past, tell jokes, and talk about current events, their families and even old boyfriends. They also decided that their meeting attire will consist of a purple & green feather to be worn in their hair, along with purple gloves. At each meeting, a "Tottie of Ta-Day" is selected by drawing a name out of a purple and gold crown, who then will be awarded special treats at the meeting and be allowed to wear the crown for the remainder of the day.

The Tea Time Totties have several projects planned for the coming months. They are currently looking to collect recipes from residents and family members to create a cookbook to sell at fund raising events. They also hope to create a calendar for the new year, featuring photos of club members donned in various seasonal attire. Finally, on July 16, the ladies will be helping with Poet's Seat's annual tag sale.

The group is open to all residents of Poet's Seat Health Care Center, both short- and long-term. There are currently 11 ladies in the group, with no one person "in charge." They decided that they wanted to have everyone "be equal." They feel this helps keep the mood fun and relaxed. "You don't have to read the Bible backwards," says Tea Time Totties member Virginia Taylor. "It's all about having fun!"

## *In The Community*

As a free public service to the community, Poet's Seat Health Care Center offers three different presentations focusing on health care:

- **Breathe Easy Screening** (focusing on pulmonary health)
- **Balance Screening** (focusing on good balance and fall prevention)
- **'Just In Case'** (information regarding preparing for a possible stay in a skilled-nursing or long-term facility)

This summer, we have several presentations and screenings planned throughout the Pioneer Valley. To find out more information about our upcoming events, you can contact Poet's Seat Health Care Center at (413) 774-6318, or by e-mail at [inquiries@pshcc.com](mailto:inquiries@pshcc.com).

June 16: **Balance Screening** at Amherst Senior Center/Council on Aging (70 Boltwood Walk, Amherst)

June 29: **'Just In Case'** at Easthampton Council on Aging and Senior Center (19 Union St., Easthampton)

July 7: **Breathe Easy** at Amherst Senior Center/Council on Aging

July 8: Belchertown Health & Safety Fair (Belchertown High School Gym, 142 Springfield Rd., Belchertown)

July 21: **'Just In Case'** at Amherst Senior Center/Council on Aging

Aug. 11: **Breathe Easy** at Holyoke Council on Aging (310 Appleton Street, Holyoke)

### **F.E.E.S. cont.**

Accurate assessment is essential in determining the best procedure for feeding strategy and dysphagia treatment. F.E.E.S. has proven to be so successful in this, that it is currently used as a benchmark from which to test other methods of swallowing evaluation. We are very excited to now offer this safe and accurate procedure at Poet's Seat Health Care Center.

*For more information, visit:*

- [www.swallowingdiagnostics.net](http://www.swallowingdiagnostics.net)
- [www.stroke.ahajournals.org](http://www.stroke.ahajournals.org)

*Poet's Seat Health Care Center is managed by Somerset Health Care Management Group.*

359 High Street  
Greenfield, MA 01301  
Phone: 413-774-6318  
Fax: 413-773-0060

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*It's not just about the care...it's about the caring.*