

# Garden Park

NURSING & REHABILITATION CENTER, LLC

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## PILOTING NEW TECHNOLOGY Eversound

*"Hearing loss is the result of a life well lived. Far from a rarity, one-third of adults 61-70 years of age and 80% of those 85 and over will suffer hearing loss in their lifetimes" according to Dr. Gretchen Dixon.*

Garden Park's Life Enrichment Team was selected to pilot the Eversound program in January 2023. The premise is simple: residents who would benefit from sound amplification in group and one-on-one settings are given headphones which connect wirelessly to the speaker's transmitters. The set of ergonomically designed headphones made of anti-microbial plastic are fully wireless and charge in the storage case. The transmitter can directly broadcast to as all residents who are wearing headphones. Headphones have been utilized in Bible Study, Book Club, Resident Council, parties and therapy. The transmitter and headphones can be up to an impressive 300 feet apart.

When Eversound reached out to Jennifer Peters to gauge interest in the program, she immediately shared the information with Lindsay Prohaska and Corey Porter as it aligns with the mission of Improving Quality of Life. Garden Park signed up for the pilot, but had to wait to learn if Louisiana would meet the threshold for participating facilities. Several zoom training courses and an on-site training with Eversound were necessary. Corey Porter was tasked with recording statistics related to the pilot program. Both she

and Lindsay received the Champion! Award by Eversound for their diligent work and passion for the program.

It is difficult to overstate the importance of hearing. Truly, it's impossible to understand the impact of our auditory functions. The

effect of improved hearing can radically change one's quality of life. The first resident to try Eversound at Garden Park, Ms. Colleen Nichols, could finally hear in group activities but was also able to hear friends' voices for the first time. When the headphones were slipped on her, her eyes got wide and welled up with tears. She was amazed

to be able to hear as well as see the person speaking to her. Being able to hear someone and see them face to face brings a social intimacy which is lost when hearing is impaired. It is a respect issue: people who struggle to understand what others are communicating can feel isolated and those trying to communicate with someone with hearing difficulties finds their message falling flat. Corey Porter said, *"Eversound has helped our residents communicate better with one another and further cements the community connections in long-term care"*

Lindsay Prohaska added, *"Eversound has proven to be more beneficial than we could have imagined, we did not realize what an asset it would be to our therapy department."* The connection between hearing loss and successful outcomes in rehabilitation are often overlooked. Eversound provides clear, amplified sound directly to the patient which helps patient better understand and participate in therapy while also reducing the cognitive load by lessening the effort required to process sounds. Rehab Coordinator and Speech Therapist, Kelly Kirby-King said, *"When the patients are able to better hear us, they can better understand why we are working on certain treatment tasks, and how best to participate. This leads to increased engagement in therapy and more successful outcomes."*





# National Wear Red Day for Women



## CALLING ALL VOLUNTEERS It's Good For Your Health

From Golden Retrievers to Loyola College Prep students to Senior Singing Choirs, Garden Park is deeply enriched by the presence of her volunteers. It is easy to understand how volunteers improve the quality of life for our residents, but studies have proven that the lives of the volunteers are also improved. A study at the Mayo Clinic found that volunteers receive health benefits from their acts of service. It improves their physical and mental health, provides a sense of purpose, and teaches valuable skills. Researchers at the London School of Economics examined the relationship between volunteering and measures of happiness. They found that the more people volunteered the happier they were. Volunteering builds empathy, strengthens social bonds and makes you smile. Garden Park is always looking for people with a heart to volunteer. Now we have scientific proof that you can help our residents and improve your life too! If you are interested in making an immeasurable difference, go to our website [www.gardenparknursingandrehab.com](http://www.gardenparknursingandrehab.com) tap the top right Menu bar and click on Volunteer.





# IMPROVING QUALITY OF LIFE

## Activity Professionals Week

“Innovate, Inspire, Involve” was this year’s theme for National Activity Professionals Week. Activity Professionals are a part of vitally important profession that helps people live a full life of meaningful activities.

According to the National Association of Activity Professionals,

*“Now as never before, attention is being directed concerning care of our elder and disabled citizens and*

*greater attention also is directed to those who provide hands-on care. National Activity Professional Week provides a timely opportunity to foster and showcase the wonderful things that Activity Professionals create.”*



With the theme “Level Up Wellness”, our amazing Life Enrichment Team celebrated each day with different video game themes that included snacks, activities and costumes. Monday’s theme:

“Pac on the Wellness” was a Pac Man-inspired day. On Tuesday, staff donned mustaches and passed out snack cakes as Super Mario starred in “Wellness is Super”. The wellness on wheels cart was decorated with primary colors and filled to the brim with coloring sheets, colored pencils and word searches.

“Just Dance” was Wednesday’s theme as the cart was decorated with neon colors and staff performed their finest dance moves. It was a totally awesome day! Thursday’s theme of “Crush it with Wellness” came from Candy Crush, so candy and games were enjoyed by all. “Wellness Rocks” Friday was hard core and included Rock-n-Roll Trivia. Mini doughnuts that looked like records were passed out by Rocker-looking staff. *“The week could not have been more fun and festive”*, said resident Keith Newman.



## Centuries of Enduring Beauty



HAZEL WILLIAMS 100



ELSBETH MILLER 100

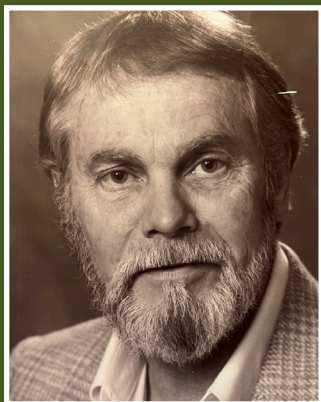


EDITH MURRY 102



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## WHO KNEW? CARSON SIBLEY EDITION



If you have seen any of the Hollywood movies: Year One with Jack Black, Premonition with Sandra Bullock, Stephen King's The Mist or Blonde Ambition with Jessica Simpson then you have seen our resident Carson Sibley. A few decades ago Carson began working behind the scenes at Shreveport Little Theater. From SLT to West Bank Theatre to Gas Light Theater, Sibley made the leap to Unsolved Mysteries TV show with Robert Slack. What a fun surprise to learn that Mr. Sibley has lived such an interesting life!



## UPCOMING EVENTS

### MARCH

#### March 15

St. Patrick's Day Celebration

#### March 22

Easter Party with the Bell Ringers

#### March 29

Good Friday Service

### APRIL

#### April 1

April Fools' Day

#### April 22

Memorial Service

#### April 28

Hymn Sing

#### Sundays

Hymn Sing at 2:00

#### Mondays

Bible Study at 10:30 and Manicures at 2:30

#### Wednesdays

Bingo at 10:30 and LCP at 3:00

#### Fridays

Coffee and Conversation at 10:30