

The Bridge of Time LLC

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Lilly Adrian: The Bridge of Time, LLC,

Memory Care Programming Consultant and Trainer, developing, creating, and implementing training systems for proper protocol for those with memory impairment living in residential communities.

With over 25 years' experience in senior care, specific to Memory Care, she has been teaching the Certified Dementia Practitioners Course, (CDP) for over 7 year and the Certified Assisted Living Managers Course (CALM) for 3 years.

Memory Care Program Developer, Trainer and Consultant, CDP, ADC, CADDCT, CALM, BS, Soc/Psyc

**Advanced Grief Facilitator
Author of: "Stories from the Heart: The Walk of a Widow"**

And, "Best Practices for Memory Care"

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TO LOVE AND TO CHERISH

Love, Honor and Cherish...til death do you part!

Those words describe our determination to continue the walk with the ones we love, even after a dementia diagnosis.

*Let us first examine the true meaning of **Cherish:***

To treat with tenderness and affection; to give warmth, ease or comfort to.

Now **Honor:**

A testimony of esteem; any expression of respect or of high estimation by words or actions

And last but not least, **Love:**

Love is self-sacrificing, generous, unending, not a temporary feeling or attraction.

We must **CHERISH**, giving warmth, ease and comfort to the one who has dementia.

We must make sure all of our words and actions show the highest

level of **HONOR**, respect and dignity.

We must give unconditional **LOVE**, not by our feelings that moment

but for unending feelings from the moment we took those vows.

OH GOODNESS....what a tough job ahead of us as we journey through this disease called dementia.

We must learn how to **HONOR** that person needs in a way that he would

now, in this journey of dementia, still feel your love.

Remind yourself daily

that YOU are loved and Cherished....and that he wants this same love

and feeling of being cherished.

As humans we all have daily needs that must be fulfilled by human touch.

That does not change because one has a form of dementia. Walk into their world as you love them.

They may not know who you

are today...but they will remember you are the beautiful woman who they

desired to be their bride. Validate them where they are.

Move at their pace

and within their world for those moments.

Learn what their love languages are:

Physical, Emotional and Spiritual.

Their most fulfilling moments are those

DOTTY’S THOUGHTS:

A gentle reminder that if your facility has a webpage or the parent company of the facility has a webpage, it must include information about the Ombudsman Program. An alert went out November 10, 2021. The alert is copied below and references Provider Letter 2021-22. There is specific language that must be included in the posting. The effective date to post information about the Ombudsman Program is **January 1, 2022.**

Home News HHSC Publishes Guidance for ALF and NF Providers Related to Posting of Ombudsman Information (PL ...**HHSC Publishes Guidance for ALF and NF Providers**

Related to Posting of Ombudsman Information (PL 2021-22) November 10, 2021

HHSC Long-term Care Regulation has published [Provider Letter 20201-22](#), Posting of Ombudsman Information (PDF), for assisted living facilities and nursing facilities. The letter informs providers how to comply with House Bill 3961 (87th Texas Legislature, Regular Session, 2021). Under the bill, an ALF or NF must post information about the State Long-term Care Ombudsman Program on the facility’s internet website.

While on the subject about websites and postings.... TAC §553.272, Advertisements, Solicitations, and Promotional Material reads: A facility must use its state-issued facility identification number in all advertisements, solicitations, and promotional materials, including yellow pages, brochures, and business cards.

While adding information about the Ombudsman Program, make sure the Facility ID # is included on the website. Since most everyone is using the World Wide Web to do research, this is the best place to use the Facility ID #. Make sure to use the Facility ID #. This number stays the same. The license number changes each time you get a license.

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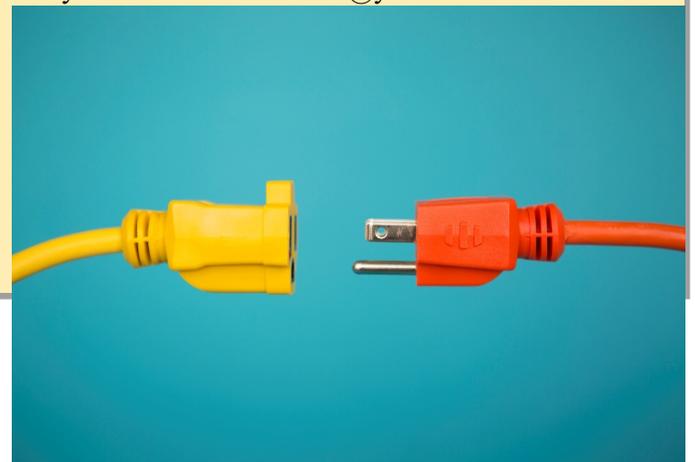


- Dotty Acosta, Assisted living facility consultant.
- Retired from the Health and Human Services Commission in 2018. I worked for the State of Texas 26 years with the Regulatory Services Division.
- I processed applications, worked in the Enforcement Unit, did public speaking wrote rules, policies, procedures, reviewed legislation, managed licensing and Credentialing Unit.
- Now I assist new applicants and license holders navigate the licensing process, the Licensing Standards for Assisted Living Facilities and other policies, rules and laws.

Another plug for the HHSC Electronic Notifications.... Keep up to date with information sent out by HHSC. Subscribe to electronic notifications. To get to the subscription page go to the HHSC website. At the top of the page, at the right-hand side there is a “SUBSCRIBE” tab. Click this button to begin your subscription. My suggestion is to subscribe to assisted living facilities ALERTS and PROVIDER LETTERS. Feel free to subscribe to any topic that interests you. There is an opportunity to update your subscription if you feel you are getting to many emails or the subject wasn’t what you thought it would be, or to expand your notifications. Subscription is free. The link below is another way to begin your subscription:

https://service.govdelivery.com/service/multi_subscribe.html?code=TXHHSC

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- Fred Worley retired as the manager of the Architectural Unit in the Regulatory Services Division of the Texas Department of Aging and Disability Services after twenty-seven years on August 31, 2017.
- He wrote and interpreted state long term care licensing standards and federal and state adopted codes.
- He graduated from the University Of Texas School Of Architecture in 1971 and has practiced as a registered architect since 1974. He lives in central Austin.



FRED'S FAVORITE SURVEY:

I was going to an initial licensing survey of an existing veteran's group home in a very small town off Highway 6. I found it and parked my car in the drive. As I was walking towards the farm house with a concrete block addition, I noticed a monkey in the yard. That was the first time I saw a monkey at an assisted living facility. The second time was when I went inside and saw one in the living room, but it had on diapers which would please the health inspectors following me. While I was talking to the operator, over her shoulder through a window, I saw something get up and move about the yard. I asked her what it was and she said it was her tiger. I asked her if it wasn't a problem for the veterans, and she said oh no, they never went out there, because they were scared to death of him. I went out there, and he was double fenced, meaning you couldn't get up against the fence that held the tiger. She said she bought and sold and shipped snow leopards at great profit. In fact, she said she was trading the tiger for a mated pair of lions with each person paying shipping for their animals so she was going to make a killing. I continued the survey. I told her there needed to be a fire wall between the farmhouse and the addition. She said she knew that because that other side had burned to the ground a few years ago. She told me she'd be honest with me and said you couldn't make any money at all shipping baboons. She said you have to sedate them enough to get them on the plane, but too much and they'd go into a simian coma and much and they'd go into a simian coma and too little and they'd tear up the plane. I continued the survey. I asked her how many veterans she had at the house presently. She said she was one short full capacity because he wandered into the countryside too much so she had sent him into the VA hospital to check his medication levels. She called them to find out how he was, and to make sure they weren't going to place him somewhere else. They said no, he was still there and they had stabilized his medications at therapeutic levels.

**THE BRIDGE OF TIME, LLC,
IS OFFERING A THREE-PART SERIES,
(2) HR. SESSIONS, FOR ANY COMMUNITY
OR GROUP WANTING TO PROVIDE
EDUCATION AND SUPPORT TO THEIR
FAMILY CAREGIVERS and or STAFF:**

**“SPRING INTO THE AWARENESS OF
DEMENTIA”**

**Week One: Dementia 101 – How to
Recognize the Disease, Stages and
Statistics**

**Week Two: Communication and
Validation: Embracing them where
they ARE!!**

**Meeting them at that SWEET SPOT in
their lives!**

**Week Three: How to BREAK AWAY from
being a FAMILY CAREGIVER and
become a
FAMILY MEMBER again:
The Transition from Guilt to Joy**

**Contact Lilly today to schedule this series for
your Memory Care Support Group or staff.**

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He said he saw tigers and monkeys at his assisted living. She had to assure them he wasn't hallucinating.

True story.



March - April 2022 CALENDAR OF EVENTS:

March Classes:

March 21st CDP - (Certified Dementia Practitioners Course)

March 28 - 30 - CALM - (Certified Assisted Living Managers Course)

April Classes:

April 25 - 27 CALM(Certified Assisted Living Managers Class)

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FOR MORE INFORMATION CONTACT LILLY.

***Texas Policy for Residents with Alzheimer's Disease or a Related Disorder:
553.43(a)(1) -(2); (b)(1) - (4)
Effective May 1, 2019***

(a)A facility must adopt, implement, and enforce a policy that:

(1) requires a facility employee Who provides direct care to a resident with Alzheimer's disease or a related disorder to successfully complete training in the provision of care to residents with Alzheimer's, diseases; and related disorders; and

(2) ensures the care and services provided by a facility employee to a resident with Alzheimer's disease or a related disorder meet the specific identified needs of the resident relating to the diagnosis of Alzheimer's disease or a related disorder.

(b)The training required for facility employees under subsection(a)(1) of this section must include information about:

- (1) Symptoms of dementia;
- (2) Stages of Alz disease;
- (3) Person-centered behavioral intervention; and
- (4) Communication with a resident with Alz. Disease or a related disorder.



Are you a good listener?

On a scale of 25-100 (100 = highest), how do you rate yourself as a listener? _____
 Let's find out how accurate your perception is. Rate yourself in the following situations and total your score.

4 = Usually, 3 = Frequently, 2 = Sometimes, 1 = Seldom
 _____ I try to listen carefully even when I'm not interested in the topic.

_____ I'm open to viewpoints that are different from my own.

_____ I make eye contact with the speaker when I'm listening.

_____ I try to avoid being defensive when a speaker is venting negative emotions.

_____ I try to recognize the emotion under the speaker's words.

_____ I anticipate how the other person will react when I speak.

_____ I take notes when it's necessary to remember what I've heard.

_____ I listen without judgment or criticism.

_____ I stay focused even when I hear things I don't agree with or don't want to hear.

_____ I don't allow distractions when I'm intent on listening.

_____ I don't avoid difficult situations.

_____ I can ignore a speaker's mannerisms and appearance.

_____ I avoid leaping to conclusions when listening.

_____ I learn something, however small, from every person I meet.

_____ I try not to form my next response while listening.

_____ I listen for main ideas, not just details.

_____ I know my own hot buttons.

_____ I think about what I'm trying to communicate when I speak.

_____ I try to communicate at the best possible time for success.

_____ I don't assume a certain level of understanding in my listeners when speaking.

_____ I usually get my message across when I communicate.

_____ I consider which form of communication is best: email, phone, in-person, etc.

_____ I tend to listen for more than just what I want to hear.

_____ I can resist daydreaming when I'm not interested in a speaker.

_____ I can easily paraphrase in my own words what I've just heard.

_____ Total

Scoring

75-100 = You're an excellent listener and communicator. Keep it up.

50-74 = You're trying to be a good listener, but it's time to brush up.

25-49 = Listening isn't one of your strong points. Start paying attention.



Vegetarian Chili With Winter Vegetables

I have made several versions of vegetarian chili; in some the beans take center stage, others are just as focused on vegetables.

This thick, satisfying chili is equally focused on both.

I particularly like the way the sweet flavor and comforting, creamy texture of the winter squash plays against the spicy flavors in the chili.

INGREDIENTS:

- 1 recipe [simmered pintos](#) or 3 (14-ounce) cans
- 2 tablespoons grapeseed, sunflower or canola oil
- 1 onion, finely chopped 1 large or 2 medium carrots, cut in small dice
- 1 red pepper, diced (optional)
- 2 large garlic minced
- 2 tablespoons mild ground chili (or use hot, or use more)
- 1 tablespoon lightly toasted cumin seeds, ground
- 28-28 ounce can chopped tomatoes
- 1 teaspoon dried oregano, preferably Mexican oregano
- 2 tablespoons tomato paste dissolved in 1 cup water
- 2 cups diced winter squash (about 3/4 pound)
- Salt to taste
- 1/2 cup chopped cilantro
- Grated cheddar or Monterey Jack, or crumbled queso fresco for garnish

PREPARATION:

1. Heat the beans on top of the stove in a large soup pot or Dutch oven.
 2. Heat the oil over medium heat in a heavy nonstick skillet and add the onion, carrot and pepper
 3. Cook, stirring often, until the vegetables are tender and beginning to color, about 8 minutes.
 - Stir in 4. Add the garlic, stir together until fragrant, 30 seconds to a minute, and add the ground chili and cumin.
 5. Cook, stirring, for 2 to 3 minutes, until the mixture begins to stick to the pan. Add the tomatoes and oregano, and salt to taste.
- Bring to Shortly before serving stir in the cilantro and simmer for 5 minutes. Spoon into bowls. If you wish, top with grated cheddar, Monterey jack, or crumbled queso fresco.

There are many activities out there that are RICH and ENRICHING for our men.

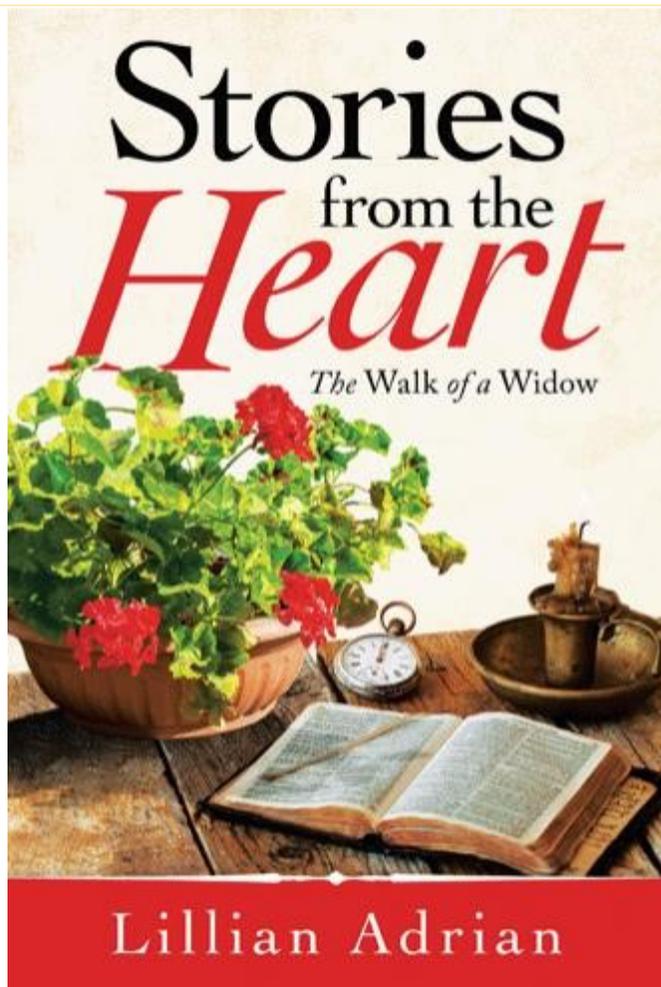
Let's put them into action:

How about a CHILE COOK OFF...Nothing better than a great crock pot of Chile cooking all day.

JUST A FEW MORE IDEAS:

- Let's have a CAR SHOW or an afternoon where someone comes to the campus with their antique car and enjoys an afternoon coffee break with the men
- Make sure to have MONDAY night football on plus other sports that are of particular interest to male residents. Try after-dinner pretzel and beer/soda party
- How about Monday Night Men's Movie Night? Put on a good western or war movie or documentary. Serve buttered popcorn and lemonade
- Gentlemen's Round Table discussion. Invite someone to come weekly and volunteer to speak on a different topic each week. Let the men choose the topic. Perhaps it would be a men's Bible Study Group. Always have Coffee and Muffins...FOOD SPEAKS TO THEIR HEART!!
- Poker Night! – is another good event that a volunteer could Breakfast at Denny's once a month. Have a son or nephew join you on this event to be a sponsor
- Gardening isn't just for the ladies. Many men LOVE to grow tomatoes or cucumbers and even flowers
- How about a MEN'S CHOIR?
- How about a domino, scrabble or checkers club?

Let's get our men ENGAGED!!!



“Stories From The Hear; The Walk of a Widow”.

This book has been a work in progress for me for almost 15 years. But it is FINISHED....and God’s plan for it is to be SHARED with those who too have experienced a true broken heart...a TRUE PHYSICAL CONDITION brought on by grief; that painful emotion we experience due to the loss of one we have loved. The deeper we LOVE the deeper the PAIN! Sharing our stories is vital to the healing process of grief caused from the loss of those we love. Recognizing the PAIN from GRIEF and the true depth of it, helps one grasp the HARD journey before them. When it comes to a spouse, the pain will often seem intensified, because of the guilt, anger, anxiety, loneliness, and sense of despair. Also, because we cannot FIX IT.

Much of the grieving process, and the way we walk through it, can depend on our **support system, our spiritual beliefs, our families, and our friends**. You will find throughout this book that all the above are mentioned in my journey and that without each piece of this puzzle, I could not have made it.

Had it not been for **HIS AMAZING GRACE** I would not be able to share with you today, the “Stories of My Heart.”

I learned quickly to cling to His word. Reading Psalms 32:7 daily brought me such peace. **“You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.”**

There are many losses for one who has dementia and of course certainly much grief for their family who watches this slow process of death that has walked through or is walking through this painful journey called GRIEF.

GRIEF IS GRIEF IS GRIEF....regardless of the package it comes in. This book, MY STORY, covers grief in many packages.

Recognizing that grief plays a big part in the lives of those who are caregivers and the GUILT that often follows us as we grieve, must be addressed in order to care better....for ourselves and for those who we care for.

I would love the opportunity to come and share my story with your grief support group or perhaps your caregiver support group.

Lilly Adrian

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