

# the wesleys

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Spring 2012

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## Putting Community in Home Health

It's no secret that Wesley Homes Home Health provides a variety of health services in the privacy and comfort of your home, whether you are a Wesley Homes resident or a resident of King, Pierce or Snohomish counties.

There are other ways that Home Health serves your community. For instance, we provide free blood pressure checks every month at the Des Moines Senior Center. Home Health staff and Wesley Homes Des Moines residents collected 60 pairs of shoes for the Puyallup/Sumner Chamber of Commerce Soles for Souls, a program that recycles and provides footwear to domestic and foreign people in need. [\(continued inside\)](#)

**Wesley Homes is a faith-based organization providing retirement communities and a network of services for older adults. With love and joy, we are called to meet the physical, social and spiritual needs of those we serve. We affirm the worth of all those we serve and those who provide service.**



## Putting Community in Home Health (CONTINUED)

"We've been steadily expanding Home Health into communities in ways most people don't think about," said Melinda Moore, Director of Clinical Services for Home Health. "There are the traditional services, like skilled nursing, therapy and companionship services. There are also the non-traditional supportive services for our clients, like post-dental surgery support, nutritional counseling and assistance with transitions between healthcare providers."



"And then there are the services that benefit the community as a whole. It's very important to us that we live the mission of Wesley Homes by meeting the needs of those we serve, and giving back to the people in the community at large is a major part of that. So you'll see us at health fairs, farmers markets, community centers, churches and more," said Melinda.

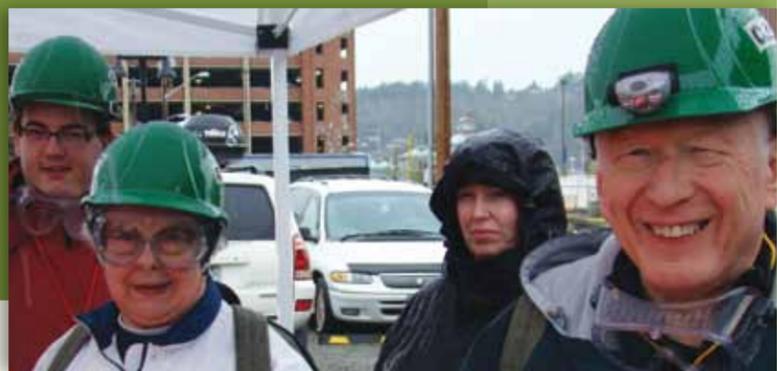
You'll also see Home Health on our own campuses providing health education during many of our free Wesley Homes Des Moines and Wesley Homes Lea Hill seminars.

**With 150 staff members delivering over 10,000 hours of service every month by caregivers, nurses and therapists, Wesley Homes Home Health is in your community. ■**

For more information about Wesley Homes Home Health or to receive an in-home evaluation, call 206.870.1127 or toll free 866.850.5774.

"We found out how to do a triage of an area, how to get people rescued and report it to the fire department and the aid car if they can make it here."

Herman Wright



## Residents Graduate from Disaster Preparedness Course

Seventeen residents of Wesley Homes Lea Hill graduated March 29 from a Community Emergency Response Team (CERT) program.

The CERT program involves over 24 hours of hands-on and classroom instruction educating people about disaster preparedness for hazards that may impact their area. The training includes basic disaster response skills, such as fire safety, light search and rescue, team organization and disaster medical operations.

CERT graduates are equipped to assist others following an event when professional responders are not immediately available to help.

The notable attendance is thanks to Wesley Homes Lea Hill Campus Administrator Scott Hulet, who started a grass-roots disaster preparedness program over a year ago and organized able-bodied residents into a volunteer crew.



"Should a wide-spread disaster occur at 2 a.m., many of the Wesley Homes staff would be home sleeping," said Scott. "We realized that residents needed to be trained to be first responders until staff or professional help could arrive."

"Our program involves having a resident counterpart to each staff member with emergency response responsibilities and assigning a resident to co-chair with staff responsible for each of the identified areas of the response plan," explained Scott.

Herman Wright, a Wesley Homes resident, said he volunteered because he remembers a substantial earthquake in this area in the 1960s. "It was an experience you never forget," said Herman.

Both Herman and fellow resident Shirley Devries were impressed with the CERT instructors. "All of the instructors are really experienced. One of the instructors, a local fire-fighter, had been a rescuer doing house-to-house searches during Katrina. It was really interesting to hear," said Shirley.

"One of the exercises involved the instructors putting tags on stuffed animals for us to practice how to respond to whatever stage a victim was in," said Wright. "It said on the tags whether they're breathing, if they have a pulse, if they're bleeding, if they are conscious or knocked out, able to walk out, able to talk to us and recognize what's happened."

"We know what the professional aid teams are looking for," said Devries. "We want to be accountable for all the people: able to report how many people are in the building, have serious injuries, are dead or just have minor injuries."

"Even if there never is a disaster-level emergency, we can use the training on a day-to-day basis to help others," said Wright. "Let's say a person passes out or has some sort of health challenge. We know what to do; that's the important thing." ■

"We've been having meetings quite regularly since last fall. Scott was able to get an outline of a plan developed for a community, and he worked with us to make modifications to meet our needs."

Shirley Devries



To learn more about moving to a Wesley Homes community, please contact:

**Wesley Homes Des Moines**  
Joanie Vivaz 206.870.1101  
or toll free 866.937.5390

**Wesley Homes Lea Hill**  
Karen Satterberg 253.876.6000  
or visit [www.wesleyhomes.org](http://www.wesleyhomes.org)



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or visit us online at:  
[wesleyhomes.org](http://wesleyhomes.org)

## Wesley Wellness Day

Put the fun back in health!

Join us at the Wesley Homes health fair. As your resource for services and information on issues regarding aging, we believe it's important to present you with options to enrich your retirement. **Enjoy!**

- 92-year-old comedian Georgie Bright Kunkle
- Delicious and healthy chef recipes and tastings
- Free hearing checks
- Energizing fair speakers
- Holistic and massage health
- Caregiver support
- Brain games **and more!**

**Date: Wednesday**  
**May 16, 2012**

**Time: 9:00 a.m. – 12:30 p.m.**

**Location: Wesley Homes Des Moines**  
**The Terrace Auditorium**  
**816 S. 216th St.**  
**Des Moines 98198**