

February 2010

Hitz Home Awarded \$200,000 Grant from IDPH

Hitz Home has officially been awarded a \$200,000 grant from the Illinois Department of Public Health to help develop skilled nursing home apartments.

Administrator Susan Tudor announced this award to the public after having received confirmation from the State in November. Hitz Home is one of 22 nursing homes statewide selected to receive funding, and one of only 2 homes to receive the \$200,000 grant. The grant will be funded over a 2 year time period. Marcia Haslett, Executive Director for Hitz Home, and Erica Gilbert, Director of Marketing and Public Relations, worked diligently on this grant proposal. "This is a tremendous opportunity that moves us closer toward changing the culture of Long-Term Care, and we are thankful to IDPH for seeing that Hitz Home's grant vision was innovative," stated Erica Gilbert.

The Illinois Department of Public Health awards grants to facilities "that show innovations and measurable improvement in resident care, quality of life, use of technology, or customer satisfaction in a long term care setting."

The money will be used to convert 11 of the 25 current assisted living apartments to skilled nursing home studio apartments providing normalcy to the life of a resident and his or her family. This remodeling effort will provide more space for the resident along with a sense of ownership in an apartment the resident can call "home." Medicare and Medicaid certification will be sought for the remodeled apartment area. Michael Sapp, AIA of Environ Architects out of Maryville, IL, will be the architect for the two year remodeling project.

Hitz Home is an active participant in the Culture Change movement and a member of the Southwestern Illinois Pioneer Coalition and the Illinois Pioneer Coalition. The goal of the Culture Change movement is that residents are heard and staff support residents' wishes and needs in a manner that is directed by the residents no matter how frail or confused they may be in a new home environment.

Currently, work on the project is in its initial phases. Michael Sapp, the architect for the two year remodeling project, has finished the plans and is in the process of sending them to the Illinois Department of Public Health for approval. Once we obtain approval, work on the project will begin. Hitz Home has also put together a committee of staff and residents who will oversee the project. In addition to the \$200,000 grant from IDPH, the Deaconess Foundation has awarded Hitz Home a \$5,000 grant and the Hitz Home Auxiliary has awarded Hitz Home a \$1,000 gift. Both the money from Deaconess and the Auxiliary will go to benefit the project.

For further information please contact Marcia Haslett, Executive Director of Hitz Home at (618) 488-2355. Hitz Home is willing to share, train, and present innovations we have achieved in an effort to duplicate Culture Change practices in nursing homes in our area. Some day Culture Change practices will be the norm in all nursing homes as the consumer will demand it.

Foods to Help you Battle the Flu

According to WebMD, the following foods are great to eat if you end up sick with the flu:

- First, eat popsicles and lots of them. They help you stay hydrated and can help soothe a sore throat.
- Eat a turkey sandwich so that your body has the energy to fight off illness.
- Drink vegetable juice because it will help load your body up on immune boosting antioxidants.
- Eat some chicken noodle soup because it's nourishing, hydrating and may have anti-inflammatory effects.
- Garlic is antimicrobial and immune stimulating.
- Ginger helps soothe stomachaches, nausea and diarrhea.
- Hot green and black tea offer disease fighting antioxidants and inhaling the steam can help relieve congestion. Adding honey to your tea can help to soothe a sore throat.
- Follow the BRAT Diet. That is bananas, rice, applesauce and toast. Dr's have used this diet for years when stomach related illnesses are involved.
- Finally as you start to recover, consider drinking meal replacement drink to help your body replenish any nutrients it has lost during the course of your illness.