



The ONLY registered Eden Alternative Home in the State of Nevada

Mountain Springs

September 2011



2861 Mountain Street, Carson City, NV 89703—775.885.9223

Mountain Springs Welcomes Dr. William Thomas

Dr. Bill Thomas is an international authority on geriatric medicine and eldercare from upstate New York. He is the founder of the Eden Alternative, a philosophy and program that de-institutionalized nursing homes in all 50 states and world-wide over the past 20 years. He is the creator of the Green House, a radically new approach to long term care where nursing homes are torn down and replaced with small, home environments where people can live a full and interactive life.

In 2008, the Wall Street Journal named Thomas among the 12 most influential Americans shaping aging in the 21st Century. U.S. News and World Report described Thomas as a revolutionary, "With his startling common-sense ideas and his ability to persuade others to take a risk, this creative and wildly exuberant 46-year-old-country doctor has become something of a culture changer—reimagining how Americans will approach aging in the 21st century. And with 35 million Americans over 65—a number that will double by 2030—that takes a big imagination indeed."

Thomas attended the State University College at Cortland, where he earned a B.S. in Biology, summa cum laude, in 1982. While in college, he ran successfully for the presidency of the college's Student Association and unsuccessfully

for mayor of the city of Cortland. Thomas graduate from Harvard Medical School (1986), where he was a founding editor of *Murmurs*, a quarterly journal of opinion.

Thomas and his wife developed the Eden Alternative in the early 1990s as a philosophy to deinstitutionalize long term care facilities by alleviating the "three plagues" of boredom, helplessness and loneliness. The Eden Alternative put forward a critique of the status quo in long-term care and offered a creative way to "change the culture" of nursing homes by bringing growth and laughter into the lives of elders. The philosophy called for fundamental changes in the relationship between staff and management and introduced pets, gardens and children to nursing homes. Thomas founded the Eden Alternative non-profit organization in 1994, which has grown to include affiliates in Japan, Australia, Scandinavia, Europe, Canada and the United Kingdom as well as the fifty states. Dr. Thomas continues to serve as its president.

In spreading the Eden Alternative philosophy nationwide, Thomas said he saw that America's nursing home buildings were "aging faster than the people living inside them." This led him to imagine a new approach to long-term that became known as the Green House. Supported by the

Join us for a BBQ lunch with Dr. William Thomas Monday, September 26, 2011 11:30am-1:00pm RSVP: 775.885.9223

Robert Wood Johnson Foundation, Dr. Thomas oversaw the construction of the nation's first Green Houses. In 2005, the Robert Wood Johnson Foundation announced a five-year ten million dollar grant to support the launch of Green House projects in all fifty states. In November, 2008, Senate Finance Committee Chair Max Baucus (D-MT) said the Green House model "has shown promise for both improving the quality of life and care in these settings," and should be piloted.

Thomas received the Heinz Award for the Human Condition in 2006 for his contributions to long term care: "With contagious enthusiasm and an unwavering vision, Dr. William Thomas has helped bring dignity, joy and love into an environment that has been too long lacking in these essential human qualities. As America continues to age, his transformation of our system of long-term care provides a timely prescription for the care of

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Aspen House



Aspen House is home of many talented and dedicated team members, but last quarter Aspen's own Tiffany Bell was the "Ridgeline Rockstar Nominee." This award is used to identify and recognize team members who excel in their jobs and in their commitment to the mission, vision, and values of the organization. Thank you and congratulations Tiffany!

Birthdays wishes in September to Aspen house

elders:

Bobbie I. (81) on September 7th

Tana G. (73) on September 8th

Ray W. (95) on September 14th

The Aspen house team would also like to remind family members to please bring a photo for the family photo wall. A collection of family photos is hung in each house. The photo should be of a time, distant past or recent past, which brings fond memories to

your loved one. Aspen wants to make sure each Elders is represented on the family photo wall.

Summer is drawing to an end and, before we know it, those chilly nights will return. Please make sure your loved one has warm blankets, sweaters, and jackets available for when the weather turns chilly!



Bristlecone House

The big news in Bristlecone house is the upcoming Baby Shower for Bristlecone House Director, Annette Donnelly. Annette and her husband, Sean, are expecting a baby boy in October! We will be celebrating with a potluck lunch, party games, and lots of fun. Join us, September 12, 2011 at 11:30am to welcome baby Donnelly into the Mountain Springs Family.

"A new baby is like the beginning of all things, hope, a dream of possibilities."

We have other new additions to the Mountain Springs Family, compliments of Bristlecone House: squash and tomatoes! The Elders and team members in Bristlecone House are very proud of their garden contribution. Every day the question is asked, "are they ready to pick yet?" They have also been busy debating the best way to cook squash.



Clara enjoys a "manicure" from team member, Kody.

Cedar House

Cedar House will be celebrating three birthday's in September.

Mary G. (91) on September 1st

Alice P. (91) on September 22nd

Dee W. (75) on September 30th

We sure hope you will join us for cake, ice cream, presents and lunch on these dates!

September is Na-

tional Cholesterol Month, so Cedar House is encouraging everyone to eat right. Eating lots of fresh fruits and vegetables will help to improve your overall health and your Cholesterol level too! Also, don't forget to exercise regularly. You can join us Monday through Friday for Exercise with Espe at 2:30pm.

Cedar house is

collecting indoor plants and would love your donations of some easy to care for indoor plants. Before the cool weather, Cedar would like to have the indoor "atrium" area completed and the additions of lots of plants, a water feature, and some bench seating will make a lovely indoor garden to enjoy all year long.



Regular exercise and a healthy diet will improve your overall health!

Recipe of the Month - Portobello Burgers

- | | |
|----------------------------|-------------------------------------|
| 4 portobello mushroom caps | 1/4 cup balsamic vinegar |
| 2 tablespoons olive oil | 1 teaspoon dried basil |
| 1 teaspoon dried oregano | 1 tablespoon minced garlic |
| salt and pepper to taste | 4 (1 ounce) slices provolone cheese |

- Place the mushroom caps, smooth side up, in a shallow dish. In a small bowl, whisk together vinegar, oil, basil, oregano, garlic, salt, and pepper. Pour over the mushrooms. Let stand at room temperature for 15 minutes or so, turning twice.
- Preheat grill for medium-high heat.
- Brush grate with oil. Place mushrooms on the grill, reserving marinade for basting. Grill for 5 to 8 minutes on each side, or until tender. Brush with marinade frequently. Top with cheese during the last 2 minutes of grilling.



Delicious Portobello Mushroom Burgers will make a great addition to your Labor Day!

Volunteers Wanted



We are looking for volunteers who would like to spend some time in our community. Whether you have an idea for a volunteer project of your own, or you need help getting started;

we would love to have you.

Volunteers in our community are leading worship services, playing games, creating new projects, leading arts and crafts, and some are simply visiting with our Elders. If you think you might be interested, please contact the office for volunteer opportunities. We will match you with the house and the activity that best

suits your interests. Call today: 775.885.9223



“Those who can, do. Those who can do more, volunteer”
~Author Unknown

Why We Have Pets

While the primary benefits to animals are obvious - to place them in loving homes and keep them from being destroyed - the benefits to elderly persons are ten-fold (versus non-pet owners).

- Pets lower blood pressure and pulse rate
- 21% fewer visits to the doctor
- Less depression
- Easier to make friends

(enhanced social opportunities)

- Seniors become more active
- Pets offer affection and unconditional love
- Pets ease loss of a loved one
- Pets fight loneliness
- Seniors take better care of themselves
- Sense of security

In 1980, a clinical research project at Brooklyn College, New York, studied heart-

disease patients after their discharge from the hospital. Dr. Erika Friedmann, Ph.D., professor of health and nutrition sciences at the College, tracked each survivor, studying their medical histories, lifestyles, families, relationships - every documentable detail. Co-researcher Dr. Aaron Katcher, M.D., reported: "The presence of a pet was the strongest social predictor of survival...not just for lonely or depressed people, but everyone - independent of marital status and access to social support from human beings."



September
Flower: Aster
Birthstone: Sapphire
Meaning: Clear Thinking

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Fun from the Carnival

The Mountain Springs Family had an amazing time at this years carnival. Food . . . Fun . . . Prizes . . . And LOTS of laughs were had by all. We are planning to make this an annual event!

