

# BNRC Happenings

Bedford Nursing & Rehab \* 480 Donald Street, Bedford, NH \* 603-627-4147 \*

## Happy Birthday to our BNRC residents born in November!

**Eleanor R.** ----- **November 11**  
**Dennis B.** ----- **November 14**  
**Helene C.** ----- **November 14**  
**Bob W.** ----- **November 15**  
**Gloria C.** ----- **November 24**  
**Phyllis C.** ----- **November 29**

Blow out the candles,  
 wish away,  
 you are the  
 superstar of the day.  
**HAPPY BIRTHDAY!**



As of right now, we have no active Covid-19 infections in the building. We continue to screen our employees and residents daily, wear masks, and perform hand hygiene frequently

to prevent the spread of infection. We continue to test employees according to surveillance requirements from the state and now have the ability to perform rapid Covid testing in the facility for symptomatic residents and staff members. We do expect to receive Covid-19 vaccinations for residents and staff sometime in November. More information and consent forms will be sent out at a later date. We have started flu vaccinations for both residents and staff. If you have any questions, please do not hesitate to contact me.



Kayla Haskell, RN, BSN



## BNRC ROSE GARDEN WALKING PATH

No infectious disease in a century has taken a swift and merciless toll on the United States as covid-19. With no vaccine and no cure, the pandemic has killed people in every state. The necessary isolation it imposes has robbed the bereaved of proper goodbyes and the comfort of mourning rituals

Due to the magnitude of devastation the virus has had on our seniors as well as to our community we have designed and built a Rose Memorial Garden Walking Path

This Memorial honors the 20 residents that we lost during the pandemic here at Bedford Nursing and Rehab.

On July 16<sup>th</sup> we broke ground; because of the may generous donations from employee's, family members, friends of BNRC and CEO John Turcotte matching every donation dollar for dollar we were able to complete this project by August 26<sup>th</sup>. A Memorial Service for our residents that succumbed to covid-19 that took place in the Memorial Garden on August 27<sup>th</sup>.

Along with the monetary donations, 57 roses were donated, 2 Rose Trees, 7 benches were hand crafted by Evann Viles that were placed around the walk way and Jen Dawson made it possible for resident name plaques to be attached to the benches.

You cannot imagine how much strength your support has given us during the difficult time. Thank you for your thoughtfulness and your words of encouragement during this Covid-19 crisis.

A special thank-you to those that donated to help make the BNRC Memorial Rose Garden a reality, without all of you this would not have been possible.

**BNRC is proud to announce an exciting program  
MUSIC AND MEMORY**

Because of the importance of our new Music and Memory I am running an article from last year, along with a short survey. If you would kindly fill it out on your convenience and send it to Kelly. If you have any questions, please do not hesitate to contact one of us.

MUSIC & MEMORY® is a non-profit organization that brings personalized music into the lives of the elderly through digital music technology, vastly improving quality of life. Dan Cohen (founder) had the idea for Music & Memory in 2006 when he realized if he ended up in a nursing home someday, he'd want to take along his favorite '60s music. With iPods gaining popularity, he thought about bringing new or gently used iPods to nursing homes and introducing personalized playlists. None of the 16,000 nursing homes across the U.S. were using iPods at the time. A social worker and experienced community organizer with a background in high tech, Dan launched a pilot program at a Long Island nursing home. The program was a hit with residents, staff and families, and became the prototype for a bigger effort. With funding from the Shelley & Donald Rubin Foundation in 2008, Dan brought 200 iPods to residents of four more New York long-term care facilities and tested the program on a larger scale. Successful outcomes spurred the creation of Music & Memory.

The New Hampshire Health Care Association, in partnership with the Bureau of Health Facilities and the QIO, has been awarded a grant to launch a Music & Memory initiative that will enable all 74 nursing homes throughout the state to become Music & Memory Certified Care Facilities. One of the goals of this initiative is to provide evidence-based resources to New Hampshire providers caring for those with dementia. Music & Memory is an innovative approach to dementia care that is easy to implement and can offer real benefits for your facility, staff, and, most importantly, residents. BNRC is proud to announce that BNRC was one of the first homes in the state to pilot this program. As we all know from hearing that song associated with a first love or leaving home for good, music is profoundly linked to personal memories.

**The Benefits of Personalized Music are:**

- A way to give pleasure to persons with advanced dementia
- Offers an enjoyable, fulfilling activity for persons in dialysis, on vent or bed-bound
- Increases cooperation and attention, reduces resistance to care—a real boost for staff morale
- Reduces agitation and sundowning
- Enhances engagement and socialization, fostering a calmer social environment

- Provides a valuable tool for the effort to reduce reliance on anti-psychotic medications

**We have created Successful Program by:**

- Establishing an iTunes library
- Sharing songs legally
- Setting up personalized playlists (Family and friends are encouraged to share their loved one favorite music by making a play list and submitting it to the life enhancement team.)
- Acquiring and managing equipment, including security and hygiene
- Gaining staff buy-in
- Engaging families
- Building community advocacy and support

**We will be Ensuring the Quality of our program by:**

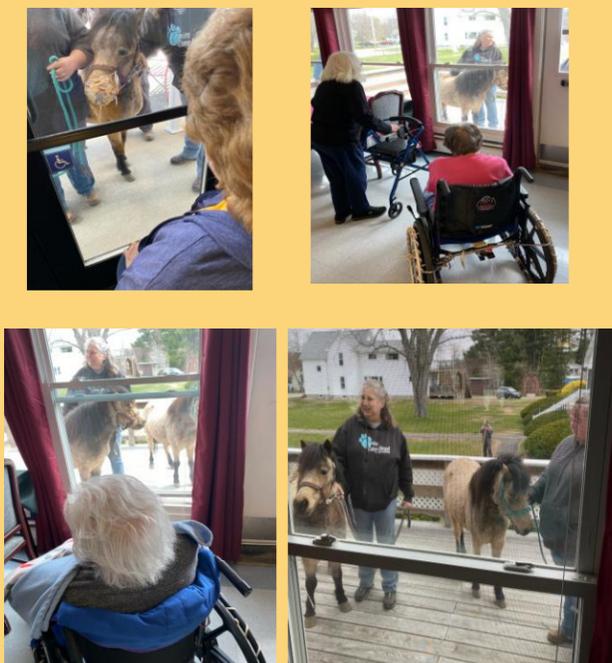
- Julie Normand following the process with our Quality Assurance program
- Effective assessment tools

Best practices for measuring outcomes to improve program success. The hours you invest in creating a Music & Memory personalized music program are paid back as residents feel happier, more social, less anxious—just more able to enjoy life—and staff regain valuable time for person-centered care

The number one reason we are so excited to be part of this program is because:

IT IS THE RIGHT THING TO DO!

**VISITS FROM TWIN BRIDGE FARM**



**BNRC FAMILY DRIVE BY PARADE**

On Thursday May 14<sup>th</sup> at 1:45 pm, BNRC family members met at Market Basket for a drive by parade to support the residents and employees during the covid-19 pandemic.

BNRC families lined up behind the Bedford Police with 96.5 the mill radio ending the procession. Horns honked, people cheered, and family's and staff cried as residents saw their families for the first time in a month.

The BNRC families are the best anyone could ask for; their support during the covid-19 crisis has brought much needed strength and encouragement to the staff and residents dealing with limitations of the new normal. We cannot thank them enough and we do realize how tough it has been on them also.



**I Scream you, you scream, we all scream for Ice Cream**

BNRC could not go out for ice cream so we brought the ice cream truck to BNRC



**Keeping Spirits Up Twin Day**

We found our twin and dressed to impress! A day filled with smiles and laughter.

