

## *New Hampshire Veterans Home (NHVH) celebrates National Nursing Home Week May 10-16, 2009*



TILTON, NH - Although the New Hampshire Veterans Home (NHVH) celebrates its role as a long-term care facility all year round, the official recognition of **National Nursing Home Week** at NHVH began on Mother's Day, May 10, and continues through May 16, 2009. National Nursing Home Week was established by the American Health Care Association in 1967. The theme of National Nursing Home Week, "Nurturing a Love that Lasts," is meant to encourage everyone to think of generations of parents and grandparents as nurturers of future generations: to carry on life and family traditions. A supportive and caring environment, such as a nursing home, enables residents and families to continue growing, learning, and teaching through various ways. Nursing home staff, residents, and volunteers nurture a caring environment that values communication, relationships and partnership.

Recognized in 2007 by the NH Department of Health & Human Services as one of the first Quality of Life Award Winners in New Hampshire, the New Hampshire Veterans Home champions the transformation of nursing homes into vibrant centers of care and companionship.



**Anne Howe, RN, Director of Resident Care Services**, says, "National Nursing Home Week gives us a chance to continue sharing our conviction that of all the things we accomplish in a long term care facility, the most important is the quality of life we create. People who come to a nursing home often give up a great deal—and this

may be their last home. We have an opportunity to make it one of their best Homes—a place with compassion, wonderful care, dignity, a wealth of activities, laughter, and friendship."

Although different departments at the Veterans Home recognize individual staff members like nurses or nursing assistants on specific days, the entire Veterans Home celebrates National Nursing Home Week in order to honor all employees at the same time. Howe says, "We believe that the whole is much greater than the sum of our parts. Here at the Veterans Home every employee—no matter what their job—can be the most important employee at the Veterans Home. If a housekeeper, a kitchen worker, a nurse or nursing assistant, an administrator, a recreation therapist, a physical therapist, or a social worker can make a difference in a resident's life each day, we have every reason to celebrate."



**Barry Conway, NHVH Commandant**, agrees. He says, "Everything we've accomplished in the last 119 years is important, but it's just the beginning. What really matters is what happens now. When people join the New Hampshire Veterans Home community, we become a large part of their world. It is both an honor and a huge responsibility. We are worldmakers."

NHVH will celebrate National Nursing Home Week with scores of ongoing resident-centered activities including Tai Chi, the Reminisce Group, the Writing Group, the Walking Group, the Art Studio, the Spring Fling Dance, NHVH Jug Band, shopping trips, fitness groups, animal assisted therapy, Bingo (this week sponsored by the Rochester Elks #1393), movies, a meeting of the Korean/Vietnam Era Veterans, "It's Never 2 Late" computer activities, and religious services.





The Veterans Home participates in many Intergenerational Programs with students from Tilton School, Winnisquam Regional Middle School, Winnisquam Regional High School, Paul Smith School, and other schools.



The NHVH Employee Benefit Committee will celebrate Nursing Home week with Dunkin' Donuts Coffee, Donuts, and Bagels with Patriotic Theme "Dress Down" Day on Monday, May 11; Pizza Day with favorite Sports Team Theme "Dress Down" Day on Wednesday, May 13; and Dairy Queen Day with Tropical/Beach Theme "Dress Down" Day on Friday, May 15. The Employee Benefit Committee will also host raffle

drawings, featuring a variety of gift certificates, to be given away during the week.



The New Hampshire Veterans Home was established in Tilton in 1890 as the Soldier's Home for Civil War Veterans. One of just four New Hampshire nursing homes to win the 2007 Quality of Life

Award from the NH Department of Health & Human Services, the modern facility is home to 200 men and women who have served their country and fellow New Hampshire citizens. The mission of NHVH is to provide high quality, professional long-term care services to the Granite State's elderly and disabled veterans.

NHVH is the only long-term care facility in the Granite State that is dedicated exclusively to veterans.

#####

