

# Power of giving

Donors *make the difference*

Fall 2021

## Kitchen upgrades key to meals during pandemic

Donor support for extensive kitchen and dining upgrades allowed Providence Benedictine Nursing Center to offer its residents a full menu of nutritious and made-to-order meal options – even when the COVID-19 pandemic was at its worst.

“Having a selection of good food and the opportunity to choose your own meals are important to our residents – especially in full lock-down when they were isolated from each other and their families,” said Cheryl Havens, the center’s dietitian. “Meals were really one of the very few things they could look forward to during the day.”

A new design, new equipment and countertops, and vastly expanded storage are not only saving time and steps, they are allowing the full kitchen staff to offer an extensive menu while maintaining safe social distance.

“Maintaining six feet of distance from one another would have been very difficult in the old kitchen,” said Havens. “Without the new equipment, we probably would have had to cut back on the number of menu options.”

For Havens and the kitchen staff, cooking is much more than meeting residents’ basic biological needs. “Our job is to understand and honor who our residents are as people and, within our ability, to care for them the way they want to be cared for,” she said. “That is how Benedictine cares, across the board.”

Havens is deeply grateful to the donors who supported the kitchen’s transformation. “Our staff say a whole-hearted thank you to the donors. We would not be able to meet our residents’ needs the way we do without their generosity.” ■



Blake Johns, cook’s helper, appreciates all the new kitchen equipment donors helped purchase. “The kitchen now has a better flow that makes everything run more smoothly and efficiently,” he said.



Betzy Loza, CNA, helps Sharon use a tablet to visit with her son.

## Tablets connect residents with care and loved ones

In March 2020, COVID-19 created chaos. Only essential caregivers could enter Providence Benedictine Nursing Center and Orchard House Assisted Living. Residents were suddenly isolated from their families and were asked to minimize contact with one another as well.

This change was devastating to the well-being of our residents. In addition to the sudden separation from families and friends, many medical appointments were cancelled.

Thanks to your generosity, the Providence Benedictine team purchased electronic tablets to connect patients and residents with their families

and friends. One long-term resident whose husband visited regularly before the pandemic was able to connect with him weekly and with her sister who lives in Germany. A long-term resident with cognitive impairment overcame her isolation and re-engaged through virtual visits with a brother in California. A mother was able to talk with her out-of-state daughter, who took her on a virtual tour of her garden.

The tablets also allowed virtual medical appointments that otherwise would have been cancelled, enabling primary care physicians to visit patients without entering the building.

“The tablets helped make an incredibly difficult year more bearable,” said Emily Dazey, Providence Benedictine Nursing Center director. ■

## Residents benefit from health-boosting exercise equipment

Long-term residents of Providence Benedictine have more opportunities to boost their cardiovascular health, cognition and overall quality of life thanks to new exercise equipment purchased by donors to the Providence Benedictine foundation.



Donor support purchased portable stepper machines that can be used in patients' rooms along with upper body cycles and a recumbent leg cycle that can be used while sitting in a wheelchair. This equipment will be installed in common areas, which research shows encourages participation in exercise.

Lack of activity leads to a range of chronic medical conditions, while research shows that exercise can reduce pain, delay disability, and improve mobility, function and mood. ■

Inspiring Generosity ♥

### Our Mission

As expressions of God's healing love, witnessed through the ministry of Jesus, we are steadfast in serving all, especially those who are poor and vulnerable.

### Values

Compassion, Dignity, Justice, Excellence, Integrity

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