



### Behavioral Health Services Goals

- Reduce unnecessary psychotropic medications
- Avoid re-hospitalizations
- Improve use of non-pharmacologic behavioral interventions
- Increase resident and family satisfaction
- Improve five-star ratings
- Adhere to standards of person-centered care

### General Issues

- All referrals for psychiatry or psychology should be noted in the referral books at the nursing stations
- All referrals must be accompanied by a physician's order for evaluation
- All psychiatry and psychology documentation will be disseminated to key staff and placed in the medical record
- Behavioral health clinicians should be made aware of all scheduled Q/A, behavior or GDR meetings
- Prioritize referrals so that the most distressed or behaviorally challenging residents are seen first

### Common Reasons for Referral

- Depression, anxiety, poor adjustment to facility
- Combative, demanding, oppositional, non-compliant
- Behavioral symptoms of dementia (GDR/behavior planning)
- Mood, motivation and compliance issues in rehabilitation
- Capacity evaluations
- Challenging families (family therapy)
- Substance use

### Psychiatry

- The primary task of psychiatry is psychiatric evaluation and psychotropic medication management
- All residents receiving psychotropic medication should be evaluated and followed by the psychiatry provider based on medical necessity
- The psychiatry provider should be given a copy of the monthly psychopharmacology report when services are initiated and on an ongoing basis
- The psychiatric nurse practitioner will round in the facility on a regularly scheduled basis

### Psychology

- The primary tasks of the psychologist are psychotherapy and behavior management with residents who demonstrate unwanted behaviors
- All residents receiving a psychotropic medication who have the cognitive ability to benefit from psychotherapy should be referred for evaluation
- The psychologist will perform a cognitive assessment on all referred patients to determine their ability to benefit from treatment
- The psychologist will be on site 2-3 days per week; weekly treatment is the norm
- Psychologists provide in-service education to facility staff on topics such as non-pharmacologic interventions, working with challenging families, and other important topics affecting clinical quality and patient safety
- Psychologists perform capacity evaluations by facility request

**TEAM**Health.

**Program: Monday, March 14th at 10:00am in Meeting Room**  
***“Unsolved Greif/Loss” how their grief and losses can be talked about with our Psychologist.***

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# Trinity Views

## Stepping into Spring



Looking back almost a year ago, Trinity View was starting to open it's doors again to families and friends. Now its 2022, and we are almost back to normal with the exception of wearing our extra piece of clothing known as the face masks. Trinity View along with other communities surpassed the pandemic and it's many variants, to being a more vibrant and engaging community.

Residents and staff had to adjust to many changes which seemed to happen on a daily basis, but we all rode out the storm. Each month at the community, we seem to be stepping forward again and enjoying the little things that life has to offer. Our community has welcomed new community members, new staff and have opened our doors to new artists and volunteers who are an essential part of our community. In the last several months we have celebrated life and enjoyed the company of each other whether it be sitting together at breakfast or dinner, or just relaxing around the fireplace. As we step into Spring, lets all have fun and enjoy the warm sunshine and the extra daylight we have surrounding us. Value the friendships and fond memories that we have and new ones that we will create. Remember each and everyone of us are an essential part of each other's lives.

***“Despite the forecast, live like it's spring.” — Lilly Pulitzer***





The Trinity View community would like to welcome Pastor Ken Langsdorf to our community. Pastor Ken will be joining us from Grace Lutheran Church where he has been residing since 2006. He and his wife Catherine live in the Hendersonville. Pastor Ken is a graduate of Carthage College in Kenosha Wisconsin. After graduating from Carthage he attended the Lutheran School of Theology at Chicago.

Pastor Ken was called to the Trinity View community and will begin his new adventure starting March 1st. Ken will be leading weekly bible study groups and Chapel services for our independent and assisted living communities, and will continue to work closely with all departments of Trinity View ensuring all your spiritual needs are met with grace and dignity. Please join Pastor Ken and the Trinity View community on Wednesday, March 2nd as we celebrate Ash Wednesday. Pastor Ken will led the service starting at 10:00am in the meeting room. All residents are encouraged to attend. A small meet and greet will follow the service. *Trinity View is overjoyed to have Pastor Ken be apart of our wonderful community!*

## Trinity View Council News



### A note about the EMPLOYEE APPRECIATION FUND

Because Trinity View prohibits tipping or giving gifts to any employees for services rendered this was established by former residents as a way of saying "Thank you". Each resident of Trinity View will be receiving a letter soon giving you more details about this fund.

Also, as a reminder, the Trinity View resident council meets once a month, usually the 2nd Monday. The meeting is held at 1:30pm in the library, which is located on the 3rd floor. Quarterly association meetings are held throughout the year. In addition to the resident council and the association meeting, residents can join other community members and staff on the 1st Monday of each month for a town hall meeting. All departments will be represented and will be able to answer any questions or concerns.

*-continued from page 6*



**Helen Brown** has a long history in Asheville and Buncombe County, and she has decided to remain and stay with us in Trinity View Apartment #218. Helen grew up in Swannanoa, a tight knit community dominated by the Beacon Manufacturing Company, the largest blanket manufacturer in the country. She was raised in Beacon Village, company-provided housing. In the era of large factories employing thousands of people in Western North Carolina, baseball was a popular sport and every factory had a team. There were loads of high quality players, some even hired in the workforce for the very purpose of playing ball. Helen became a great fan of the Beacon Blanketeers, the plant team. She spent a lot of her time in the grandstand and around the concessions, and on weekends she enjoyed the entertainment provided by the community. In 1951 she graduated from Black Mountain High School, now consolidated with Charles D. Owen High School, named after the man who brought Beacon to Swannanoa. Not far from there she met her husband at a square dance at the clubhouse at Lake Tomahawk. Then she had a career with Asheville Anesthesiology that lasted 40 years. She is affiliated with the Beverly Hills Baptist Church. Give Helen a big welcome. She can surely expand your knowledge of a significant and interesting time in North Carolina history, mostly gone, that of the textile mills and company housing. *Welcome to the community!*



We have a new Texan in Trinity View and her Daddy was a real railroad man. **Ann Walton** says she has a good sense of humor. She lived in Palestine, somewhere between Dallas and Houston (Texas is a big State) and later in Lake Jackson, south of Houston, closer to the Gulf of Mexico. She and her sister were far apart in age; "Annie" started school the year her sister graduated high school. She enjoys making pies and baking, skills passed down from her mother. Ann was a mother and a housewife, while her husband Forest owned an auto body shop. She has been a widow about three years now. Affiliated with the Church of Christ in Lake Jackson, she enjoys art, painting and puzzles. Welcome Annie to Apartment #116. *Welcome to the community!*



If you enjoy reading or watching movies, please check out the wide variety of books, magazines, videos, etc in the View library located on the 3rd floor. Please remember to sign out your selections and return them to the basket located outside the entrance to the library.



# New Community Members

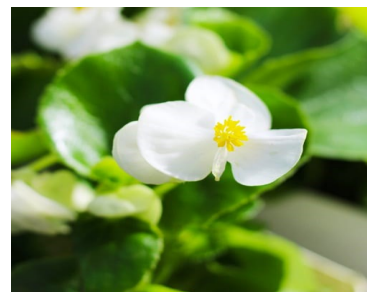
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**Lynn Causey** was born in Asheville, NC and was raised by her grandmother in Woodfin. She has lived in Sylva, Marion, Hendersonville, and Greensboro. Lynn graduated from Western Carolina University with her teaching degree certified in K-12 and Special Education. She has worked in the Jackson County, McDowell County, Henderson County, and Greensboro Public School Systems. Lynn has volunteered with Boy Scouts of America, Advent Health, and at school with ball games, running the ticket sales, gate, and concession stands. She has received several special recognitions including Teacher of the Year, Scout Master of the year, and yearbook dedications. Lynn is affiliated with Grace Mills River Church. She enjoys watching Carolina Basketball.



**Phil Kromer** was born in St. Petersburg, FL and grew up on the Florida Gulf Coast as an only child. He had plenty of family around, spending time with grandparents, aunts, uncles, and cousins. Phil has also lived in Georgetown, Ukiah, and Glendora, CA as well as New Bern, NC. Phil went to college at the University of Florida, where he obtained his Bachelor of Science in Forestry degree. He went on to have a career in Forestry and worked for the U.S. Forest Service. He is also a U.S. Navy veteran. Phil has also volunteered with the Hurricane Damage Mission Trips with Red Cross and Manna Food Bank. He is affiliated with United Methodist Church and that is where he and his wife, Kathryn Morgan, met. Phil enjoys choral and classical instrumental music, sailing and boating, and Non-Fiction reading.



**Kathryn Morgan** was born in Marion, NC and has lived in Marion and Asheville her entire life. She grew up living with her younger brother of five years and her parents who had a good Christian background. Kathryn graduated from Marion High School and continued her education at Mars Hill College. She has worked at First Baptist Church in Marion (21 years) as a Pastors' secretary and Daycare Director as well as in a private office as a Receptionist for the Billy Graham Evangelistic Association (26 years). Kathryn was raised Baptist but now belongs to the United Methodist Church. She has volunteered by leading Bible studies, singing in the church choir, and at the Hospital Auxiliary. Kathryn used to be a golfer and now enjoys music, reading, and her two children, four grandchildren, and 4 great-grandchildren.

*-continued on*

# March 2022 Calendar

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# Calendar Key

Meeting Room (MR) Lobby (L) Recreation Room (RR) Assisted Living (AL) Chapel (C) Dining Room (DR) Game Room (GR) Asterisk (\*) Need to Sign up in Activity Book

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Trinity View</b> <b>Activity Calendar</b> <b>March 2022</b>		<b>1</b> <i><b>Mardi Gras</b></i> 8:00-3:00 Dr. Appointments* 8:00-9:00 TV Breakfast (DR) 11:30-12:00 Time with Brittany (AL) 1:00-1:45 Exercise Class with Susie (RR) 2:00-3:00 Wowzitude presents: <i>Live Tour of Salzburg, Austria</i> (MR & AL) 3:00-4:00 Mardi Gras Social (Lobby) 6:30-7:15 <i>Red Hot Sugar Babies</i> (MR)	<b>2</b> <i><b>Ash Wednesday</b></i> 8:00-9:00 TV Breakfast (DR) 11:00 –11:30 Ash Wednesday Service (MR) 11:30-12:00 Meet and Greet with Pastor (MR) 10:30 Bridge Game (Library) 10:45-11:15 Dance Chair Class (RR) 11:30-11:45 Exercise with Brittany (AL) 3:30-4:30 Bingo (MR) 4:30-5:00 Wednesday Wine Down (L)	<b>3</b> 8:00-9:00 TV Breakfast (DR) <u>9:30-10:45 Shopping at Ingles*</u> 11:00-11:30 Time with Brittany (AL) 1:00-1:45 Exercise Class with Susie (RR) 1:30-2:30 Voter Information with Betty and Sandra (MR) 1:30-2:00 Puzzles (AL) 6:30-8:00 Coloring w/ Twist (Library)	<b>4</b> 8:00-9:00 TV Breakfast (DR) 9:00-10:00 Board of Elections (MR) 10:30-11:30 Spring Craft in Assisted Living 10:30-11:15 Balance and Exercise with Laurie (RR) 2:00-3:00 <i>My Name is Pauli Murray</i> (Activists Documentary) (MR) 3:30-4:00 AL Bingo (AL) 4::30-5:00 Happy Thirty (Lobby)	<b>5</b> <i>Zoom and Facetime with Family and Friends*</i> 2:00-3:00 Weekend Bingo with Mary (MR)
<b>6</b> Daily Devotions 1:15-1:45 Bible Study with Denise (MR) 2:00-2:30 Tech Class (Library) 3:00-5:00 Tech Sessions with Christopher Otten*	<b>7</b> 8:00-9:00 TV Breakfast (DR) 10:00-10:45 Town Hall Meeting with Department Heads (MR) 11:00-11:15 Exercise with Brittany (AL) 1:00-1:45 Balance with Laurie (RR) <u>1:30-3:30 Errands and Target*</u> 2:00-3:00 Reminiscing (AL) 4:30-5:00 Mixed Drink Monday (L)	<b>8</b> <u>8:00-3:00 Dr. Appointments*</u> 8:00-9:00 TV Breakfast (DR) 11:30-12:00 Time with Brittany (AL) 2:00-3:00 Wowzitude presents: <i>Live Tour of Seville, Spain</i> (MR & AL) 3:00-4:00 Trinity View Book Club (Library)	<b>9</b> 8:00-9:00 TV Breakfast (DR) <u>9:30-10:45 Shopping at Ingles*</u> 10:30 Bridge Game (Library) 10:45-11:15 Dance Chair Class (RR) 11:00-11:15 Exercise with Brittany (AL) 2:30-3:30 Irish Music (AL) 3:30-4:30 Bingo (MR) 4:30-5:00 Wednesday Wine Down (L)	<b>10</b> 8:00-9:00 TV Breakfast (DR) <u>10:00-12:00 Shopping at St. James Thursday Thrift Store*</u> 11:00-11:30 Time with Brittany (AL) 11:00-11:30 Chapel Services (MR) 2:00-3:30 Art Presentation with Ari-Ludwig Beethoven ( <i>Composer &amp; Pianist</i> ) (MR) 3:00-3:30 Chapel in Assisted Living 6:30-8:00 Coloring w/ Twist (Library)	<b>11</b> 8:00-9:00 TV Breakfast (DR) 10:00-11:00 Let's Scrabble (AL) 10:30-11:15 Balance and Exercise with Laurie (RR) <u>1:00-3:30 Bonworth's &amp; TJMaxx at Blue Ridge Mall*</u> 3:30-4:00 AL Bingo (AL) 4::30-5:00 Happy Thirty (Lobby)	<b>12</b> <i>Zoom and Facetime with Family and Friends*</i> <u>12:15 departure for Veritas Academy production of <i>The Wizard of Oz</i>*</u> 2:00-3:00 Weekend Bingo with Mary (MR) 6:30-8:00 Movie in Assisted Living-
<b>13</b> <i><b>Daylights Savings Time (Set Clocks Ahead)</b></i> Daily Devotions 1:15-1:45 Bible Study with Denise (MR) 2:00-2:30 Tech Class (Library) 3:00-5:00 Tech Sessions with Christopher Otten*	<b>14</b> <u>8:00-1:00 Dr. Appointments*</u> 8:00-9:00 TV Breakfast (DR) 10:00-11:00 Mental Health Talk (MR) 11:00-11:15 Exercise with Brittany (AL) 1:00-1:45 Balance with Laurie (RR) 1:30-2:30 Resident Council (Library) 3:30-4:30 Social with Dave Currier (MR)	<b>15</b> <u>8:00-3:00 Dr. Appointments*</u> 8:00-9:00 TV Breakfast (DR) 11:30-12:00 Time with Brittany (AL) 1:00-1:45 Exercise Class with Susie (RR) 2:00-3:00 Wowzitude presents: <i>Live Tour of Dublin, Ireland</i> (MR & AL)	<b>16</b> 8:00-9:00 TV Breakfast (DR) <u>9:30-10:45 Shopping at Ingles</u> 10:30 Bridge Game (Library) 10:45-11:15 Dance Chair Class (RR) 11:00-11:15 Exercise with Brittany (AL) 2:00-3:00 Virtual Tour of the Heritage Museum at Mars Hill College (MR) 3:30-4:30 Bingo (MR) 4:30-5:00 Wednesday Wine Down (L)	<b>17</b> <i><b>St. Patricks' Day</b></i> 8:00-9:00 TV Breakfast (DR) 11:00-11:30 Time with Brittany (AL) 11:00-11:30 Chapel Services (MR) 1:00-1:45 Exercise Class with Susie (RR) 2:00-3:00 Shamrock Floats (Lobby) 3:00-4:30 Lets Repurpose Craft (MR)* 3:00-3:30 Chapel in Assisted Living 6:30-8:00 Coloring w/ Twist (Library) 7:00-8:00 Pyramid Brass Concert (MR)	<b>18</b> 8:00-9:00 TV Breakfast (DR) 10:30-11:00 Pet Visitation with Ms. Jollie (Lobby) 10:30-11:15 Balance and Exercise with Laurie (RR) <u>1:30-3:30 Vintage Market Days at WNC Ag Center*</u> 2:30-3:30 Music with Nancy McGimsey (MR) 4::30-5:00 Happy Thirty (Lobby)	<b>19</b> <i>Zoom and Facetime with Family and Friends*</i> 2:00-3:00 Weekend Bingo with Mary (MR) 6:30-8:00 Saturday Night Movie: "CODA" (MR)
<b>20</b> <i><b>Spring Begins</b></i> Daily Devotions 1:15-1:45 Bible Study with Denise (MR) <u>2:00 departure for Carolina Cinema (Movie TBA)*</u> 2:00-2:30 Tech Class (Library) 3:00-5:00 Tech Sessions with Christopher Otten*	<b>21</b> 8:00-9:00 TV Breakfast (DR) 10:00-11:00 Crafts in Assisted Living (AL) 11:00-11:15 Exercise with Brittany (AL) 1:00-1:45 Balance with Laurie (RR) <u>1:30-3:30 Errands and Wal-Mart*</u> 4:30-5:00 Mixed Drink Monday (L)	<b>22</b> <u>8:00-3:00 Dr. Appointments*</u> 8:00-9:00 TV Breakfast (DR) 11:30-12:00 Time with Brittany (AL) 1:00-1:45 Exercise Class with Susie (RR) 2:00-3:00 Wowzitude presents: <i>Live Tour of Denver, Colorado</i> (MR & AL)	<b>23</b> 8:00-9:00 TV Breakfast (DR) <u>9:30-10:45 Shopping at Ingles*</u> 10:30 Bridge Game (Library) 10:45-11:15 Dance Chair Class (RR) 11:00-11:15 Exercise with Brittany (AL) 2:00-3:15 LVST Big Program ( <i>Parkinson's Program</i> ) Vitality (Genesis) (MR)* <u>2:00-3:00 Afternoon Ride (AL)*</u> 3:30-4:30 Bingo (MR) 4:30-5:00 Wednesday Wine Down (L)	<b>24</b> 8:00-9:00 TV Breakfast (DR) 10:00-11:00 Ball Toss (AL) 11:00-11:30 Time with Brittany (AL) 11:00-11:30 Chapel Services (MR) <u>1:00-2:30 Shopping at Dollar Tree*</u> 3:00-4:00 Spring Craft (MR)* 3:00-3:30 Chapel in Assisted Living 6:30-8:00 Coloring w/ Twist (Library)	<b>25</b> 8:00-9:00 TV Breakfast (DR) 10:30-11:15 Balance and Exercise with Laurie (RR) <u>11:00-1:00 Lunch at Blue Agave Mexican Restaurant*</u> 1:30-3:30 Spring Art Market (MR)* 3:30-4:00 AL Bingo (AL) 4::30-5:00 Happy Thirty (Lobby)	<b>26</b> <i>Zoom and Facetime with Family and Friends*</i> 2:00-3:00 Weekend Bingo with Mary (MR) 3:00-4:00 Art Class with Cindy (MR)*
<b>27</b> Daily Devotions 1:15-1:45 Bible Study with Denise (MR) 2:00-2:30 Tech Class (Library) 3:00-5:00 Tech Sessions with Christopher Otten*	<b>28</b> 8:00-9:00 TV Breakfast (DR) 10:00-11:00 Remember When (AL) 11::00-11:15 Exercise with Brittany (AL) 1:00-1:45 Balance with Laurie (RR) <u>1:30-3:30 Errands and Target*</u> 3:30-4:00 Music with Ethan (AL) 4:30-5:00 Mixed Drink Monday (L)	<b>29</b> <u>8:00-3:00 Dr. Appointments*</u> 8:00-9:00 TV Breakfast (DR) 11:30-12:00 Time with Brittany (AL) 1:00-1:45 Exercise Class with Susie (RR) 2:00-3:00 Wowzitude presents: <i>Live Tour of TBA</i> (MR & AL)	<b>30</b> 8:00-9:00 TV Breakfast (DR) <u>9:30-10:45 Shopping at Ingles*</u> 10:30 Bridge Game (Library) 10:45-11:15 Dance Chair Class (RR) 11:00-11:15 Exercise with Brittany (AL) 4:30-5:00 Wednesday Wine Down (L) <u>6:30 departure for West End production of "Anything Goes"*</u>	<b>31</b> 8:00-9:00 TV Breakfast (DR) 11:00-11:30 Time with Brittany (AL) 11:00-11:30 Chapel Services (MR) 1:00-1:45 Exercise Class with Susie (RR) <u>1:30-3:30 Henderson County Heritage Museum*</u> 3:00-3:30 Chapel in Assisted Living 6:30-8:00 Coloring w/ Twist (Library)	