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April 2, 2018

The graphic for 'Clint Maun's Motivational Minute' has a blue gradient background. On the right side, there is a close-up image of a silver stopwatch with a black face and white markings. The text 'Clint Maun's' is in a blue, sans-serif font, and 'MOTIVATIONAL MINUTE' is in a large, bold, white, sans-serif font with a blue outline. Below the graphic, a white box contains the text: 'Here is a motivational minute from Clint that stands the test of time.'

### **Self-Confidence: Do You Believe in Yourself?**

Forty top sports historians were asked who was the greatest athlete in the history of American sports. The almost unanimous choice was Babe Ruth. His greatest attribute according to the historians was his tremendous self-confidence. This is typified by his famous home run in a World Series. In the pivotal game of the series, the Yankees were trailing going into the 9th inning. The "Babe" stepped up with two outs and the bases loaded. A home run would win the game. The crowd was cheering wildly. The umpire called out Strike 1 and then Strike 2. The crowd went silent. The "Babe" then backed away from the plate, tightened his belt, adjusted his bat and then looked at his bat. Slowly he stepped up to the plate lifted his left arm and pointed to the left field wall. The pitcher grinned; the crowd gasped, and then came the pitch. Ruth hit the ball and it went right over the wall where the "Babe" had pointed. He was later asked in the locker room what would have happened if he had missed the ball. The hero said, "Well-uh... it never crossed my mind."

That's what self-confidence is all about—believing you can do what you set out to accomplish. A strong, positive, self-image says I am somebody! I matter in the world! I am capable! And I have value as a person! I can win at the game of life!



**The Leading Edge**

## Creating a Culture of Wellness: How to Incorporate Wellness into Your Facility

As we age, we increasingly face issues that impact our overall well-being, including depression, reduced mobility, lack of independence, safety concerns, and age-specific health issues. That being said, senior living communities, long-term care and skilled nursing facilities alike could all benefit from wellness programming that focuses on all areas of well-being. Indeed, wellness is an essential component to helping patients and residents live happy, healthy, and fulfilling lives.

By definition, wellness is the state of being in good health, especially as an actively pursued goal. When it comes to wellness programming and enabling adults to achieve this state of total health, it's essential to focus on the six pillars of wellness:

**emotional wellness, intellectual wellness, physical wellness, social wellness, spiritual wellness, and vocational wellness.**

When facilities focus on these six dimensions, they enable their patients and residents to enhance their lives on multiple levels (physical, spiritual, social, vocational, intellectual and emotional). Further, this holistic approach can help residents find and maintain better life balance. Each dimension is extremely important, and plays a key role in one's overall wellbeing. Here's a closer look at these dimensions and some ways you can get started or enhance your programming.

- **Emotional wellness:** Emotional wellness refers to one's ability to manage behaviors and feelings. It also encompasses one's capacity to handle stress and everyday challenges, while giving and receiving love. Emotional wellness programming could include stress management programs that give residents a place to meditate or read and relax.
- **Intellectual wellness:** Intellectual wellness refers to one's ability to develop and express ideas, and the ability to expand on existing knowledge and intellectual skills. Programs that allow residents to explore their intellectual side include book clubs, and photography and painting classes. Even having crossword puzzles and games like chess and checkers around is helpful to spur intellectual wellness.
- **Physical wellness** encompasses healthy lifestyle choices such as a nutritious diet and exercise. Physical wellness is a critical component as it enables individuals to carry out activities that can boost strength, flexibility, and balance. Physical wellness programs could include therapist or trainer-led mobility classes (tailored to ability). It's important to note that with physical wellness programs goal setting is essential. This will help ensure patients and residents are moving toward a realistic goal that's suited to their current physical abilities. Perhaps the initial goal is to walk for ten minutes a day, with the longer-term goal of being able to jog for five minutes a day. Those who wish to work on fitness, mobility or flexibility should establish reasonable goals and follow a personalized workout plan designed by their physical therapist.
- **Social wellness** targets the quality of one's relationships with other people. Social wellness represents a key pillar in healthy aging, and is critical in long

term and senior settings. Several studies have revealed that maintaining healthy social networks can help prevent or slow age-related conditions like dementia and various other chronic diseases that may affect seniors' overall state of health and well-being. Dancing, pottery, painting, card games and aquatics programs are just a few examples of programs that can help residents expand their social network. Most of these programs also enable residents to find new talents, develop new skills, and adopt a healthier, more active lifestyle.

- **Spiritual wellness** allows people to find purpose and meaning in their existence, and feel connected to something (or someone) bigger than themselves. You can foster spiritual wellness by offering *sanctuaries* for residents to reflect, pray and/or meditate. You can also provide opportunities for residents to help or volunteer in the community. It can be as simple as handing out flyers at a community event or even just attending such events to show support. Anything that helps foster meaning and a feeling of contribution can bolster spiritual wellness.
- **Vocational or occupational wellness** enables one to discover a new calling in life or enhance what they are already doing. In long term or senior living communities, focusing on vocational wellness can help residents experience a feeling of usefulness to others, while also improving their self-esteem and self-image. Occupational wellness doesn't have to include traditional jobs, but rather a focus on skills and opportunities seniors can pursue. Maybe it's building a website, or making arts and crafts to sell at a fair. Vocational wellness programs can include *career days* for residents. Motivational speakers or consultants could also help guide residents on opportunities and ways they can still carry out this aspect of their life.

Remember, facilities that offer wellness programs enable patients and residents to improve their quality of life, reduce their dependency on others, and ultimately thrive in their communities. If you're not focusing on the six key components of wellness, it's something to seriously consider.

*"When everything seems to be going against you,  
remember that the airplane takes off against the wind, not with it."  
—Henry Ford*



## Communication Corner

### Common Long-Term Care Misconceptions: Discerning Fact from Fiction

When it comes to long-term care, there are a lot of myths and misconceptions. Being aware of such myths and knowing fact from fiction can help ensure you're addressing patient/resident questions and needs, and perhaps more importantly, potential customer needs. To be sure, when you can speak to the questions and misconceptions that surround long-term care you're equipped with the knowledge to educate and ease

patient/resident needs on a variety of topics.

Here are a few of the most common myths and misconceptions and the reality behind them:

- **Myth:** Long-term care is usually covered by insurance and/or Medicare, so it's an expense one doesn't have to plan for.

**Reality:** Most people incorrectly believe that they have coverage for long-term care expenses. The truth, however, is that long term care is not covered by most kinds of insurance, including HMOs and traditional health and long term disability insurance. Many people also incorrectly assume that Medicare will pay for long-term care services. However, Medicare does not generally cover long-term care. Medicare pays for skilled care in a nursing home for short periods, (only up to 100 days) after one is recuperating from a hospital stay for a related condition. In some cases, Medicaid will cover long-term care for people with very low assets and limited income—unfortunately this doesn't cover the vast majority of individuals who need coverage.

Plain and simple, long-term care is something aging adults need to plan and save for. For example, according to Genworth's Cost of Care Survey, the average assisted living facility costs \$43,539 per year and the average nursing home costs \$82,125 per year (for a semi-private room). Moreover, it's estimated that about half of those who require long-term care need it for more than one year.

- **Myth:** Long-term care is only for the elderly.

**Reality:** The need for long-term care *can arise at any time in a person's life*. Although the majority of people who require long-term care are elderly, younger people can require it anytime due to severe unexpected illnesses, diseases, injuries or accidents.

- **Myth:** I probably won't need long-term care; my family will care for me.

**Reality:** According to the U.S. Department of Health and Human Services, about 70% of people turning 65 this year will require long-term care in the future. Cancer, Alzheimer's disease, stroke, and arthritis are all major reasons why people require long-term care. While families do and will continue to provide care, it is not possible to know whether a family will be available and have the skillset to care for an ailing loved one when the time comes. It's possible that the type of care someone may need will require professional help or a stay in a nursing home or assisted living facility.

- **Myth:** There's nothing I can do to plan for long-term care.

**Reality:** In addition to making healthy lifestyle choices that will enable you to stay healthier longer, there are steps you can take to plan and pay for the expenses associated with long-term care. First, you can buy a long-term care insurance policy. The cost of these plans depends on your age, health, and your coverage choices. It's important to note that long-term care insurance

premiums are more affordable the younger you are at purchase. Additionally, if you're under age 65, you may be able to pay your premiums with pre-tax money if you own a health savings account.

There may also be options that allow you to protect your home and assets in the event that you can't pay for long-term care out-of-pocket. Although state laws differ, there are options that enable one to establish trusts and asset transfers so that things like your home can't be taken away from you to pay for care. However, options available in one state may not work in another, so it's important to contact an attorney to discuss your options.

*"Too many of us are not living our dreams  
because we are living our fears."  
—Les Brown*



## News You Can Use

### Funding Opportunity for SNFs & Other Providers

The Centers for Medicare & Medicaid Services (CMS) is asking skilled nursing facilities and other providers to help develop better quality measures. In fact, the agency has set aside \$30 million for this program (coined the Merit-based Incentive Payment System) specifically.

According to their recent announcement, CMS officials said they want to work hand-in-hand with SNFs, along with doctors, hospitals and patients to flesh out the new measures. The measures would encompass several areas such as orthopedic surgery, pathology, radiology, mental health and substance use disorders, oncology, palliative care, and emergency medicine.

By engaging physicians and providers, the program aims to create a degree of legitimacy that according to program organizers, "cannot be achieved when developed and pushed down directly by the government." The organizers also noted that physician practices could contribute significantly to this effort by testing measures in real world practice settings to ensure clinical relevance and to minimize administrative burdens.

SNFs and other stakeholders have until May 2, 2018 to apply for grant funding. Awarding of the funds will start on August 3, 2018. [Learn additional details.](#)

*"You can't use up creativity.  
The more you use, the more you have."  
—Maya Angelou*



## Just For Fun

### Notes from the Doctor

*Here's a collection of doctor's notes that is sure to make you giggle!*

- Patient has left her white blood cells at another hospital.
- Patient has chest pain if she lies on her left side for over a year.
- Discharge status: Alive, but without my permission.
- Skin: somewhat pale, but present.
- Patient has two teenage children, but no other abnormalities.
- The patient was in his usual state of good health until his airplane ran out of fuel and crashed.
- The patient refused autopsy.
- The patient has no previous history of suicides.
- She is numb from her toes down.
- She stated that she had been constipated for most of her life until she got a divorce.
- Patient was found in bed with her power mower.



## Quick Links

[MaunLemke.com](http://MaunLemke.com)  
[ClintMaun.com](http://ClintMaun.com)

[ClintCast.com](http://ClintCast.com)  
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Maun-Lemke Speaking and Consulting, LLC  
8031 W. Center Rd.  
Suite #222  
Omaha, NE 68124

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