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# The Homes News

A quarterly publication of the Fairport Baptist Homes Caring Ministries

## Reverend Garth Brokaw Named “Citizen of the Year”

Reverend Garth Brokaw, president of the Fairport Baptist Homes never thought his name would be added to a list of individuals whom he feels are quite impressive. Yet that’s exactly what happened on Wednesday, March 19 when Brokaw was honored as the 2008 Perinton Citizen of the Year at the Perinton Chamber of Commerce’s annual dinner held at the Green Lantern Inn. Brokaw’s name will now be added to the list of previous winners which dates back to 1972, when the Citizen of the Year Award was first founded.

Included on this list are Fairport-Perinton community residents/workers such as past Foundation Board chair and former mayor Clark King, long-time business owner Al “Hawk” DiRisio, and past village board member and activist Donna Yawman. All of these award recipients have brought their leadership, service, and/or vision to residents and businesses of the Fairport-Perinton community. That is one of the many reasons why Brokaw’s name is being added to the list of recipients for this honor of distinction.

Although Brokaw said he was “stunned” to learn of the award, it was no surprise to the many who know Brokaw that he was named the 2008 Citizen of the Year. Among those paying tribute to Brokaw at the dinner was Reverend Peter Carmen, pastor at Lake Avenue Baptist Church in Rochester. Of Brokaw, Carmen said, “He has an expansive vision for all the elders in our society. He is dedicated to the worth and dignity of all persons.”

Those sentiments were echoed in a nomination letter written and submitted by Sara Hartman, Board President of the Fairport Baptist Homes Caring Ministries. “Reverend Brokaw’s dedication and commitment to the Fairport Baptist Homes are unqualified. He has spent countless, uncompensated hours encouraging staff, advisors, and community to what is best for seniors. His management style is ‘hands on,’ and he is highly approachable by anyone.”

Indeed, it was this commitment that has kept the Fairport Baptist Homes, Perinton’s oldest and largest skilled nursing facility at the top of the trend for senior living options. The nursing home has made many changes under Brokaw’s administration, who became president of the Fairport Baptist Homes in 1990, following the retirement of Reverend Alvin C. Foster.

Approximately seven years after his presidency began, Brokaw’s inspirational and innovated leadership made it possible for the nursing home to undergo a multi-million dollar renovation to leave behind the traditional nursing home hallway environment, and establish a state-of-the art “household” environment for seniors. This venture was no easy feat, but with Brokaw’s vision and commitment, the households are thriving and successful.

Yet Brokaw is very quick to share and re-direct this success. “This goes beyond recognition of me. It gives recognition to everyone who works at the Fairport Baptist Homes.” That said, Brokaw admits he is humbled by the honor, specifically because he feels this award represents a concept of community and a high sense of being community, of which he is proud to be a part.

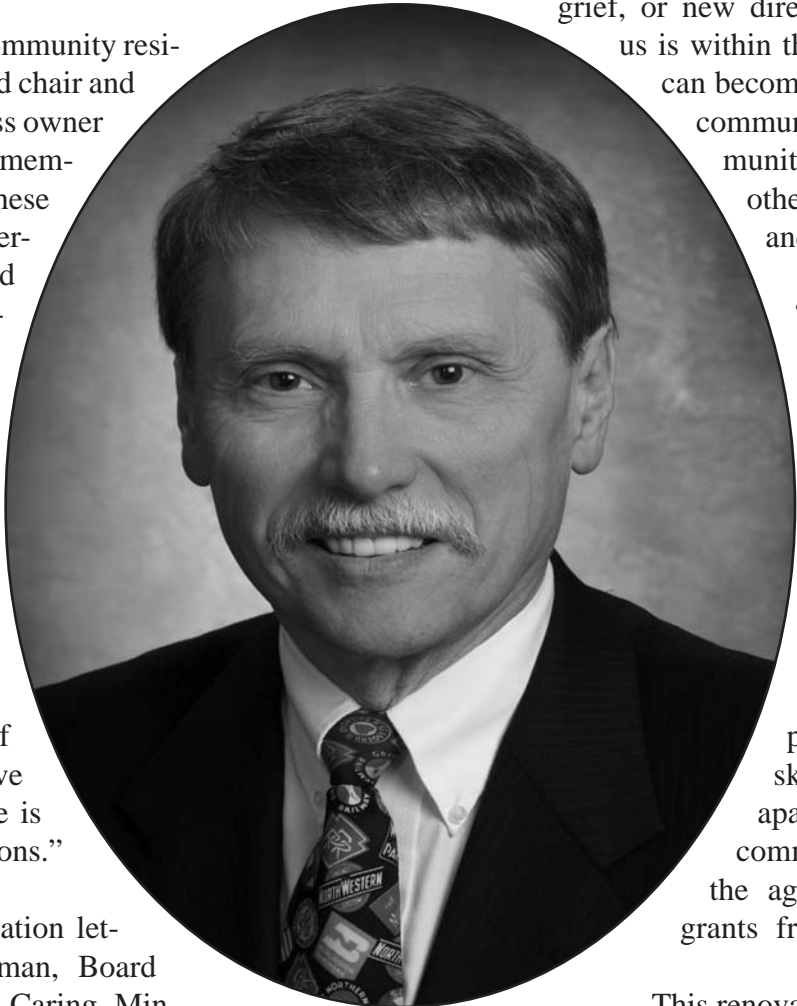
“This community always rises to the need, whether it be celebration, grief, or new direction,” said Brokaw. “New direction for us is within the perimeters of long term care, so that we can become more expert in the delivery of care to this community.” Brokaw feels it is this sense of community and willingness to embrace what each other brings to it that has made this community, and the Fairport Baptist Homes, successful.

“We’ve been around for a long time,” Brokaw says. “There’s a history of story with regards to what we’re all about, and we try to preserve the past while moving on with the future.” Brokaw cites partnerships and relationships with the Fairport-Perinton community that have also helped to make this move into the future a possibility.

The next move for the Fairport Baptist Homes will be another multi-million dollar project which will convert 54 of the Homes’ skilled nursing beds to 33 Assisted Living apartment units. Again, along with Brokaw’s command of the future outlook and trends in the aging population, the Homes has received grants from New York State for this renovation.

This renovation is yet another change and challenge towards meeting the needs of the elderly. Brokaw continues to see that these needs are met by serving both the needs of the residential population as well as the needs of the nonresidential population of the Fairport Baptist Homes and the community at large.

The decades of duty that Brokaw has dedicated to our seniors is best summed up in Hartman’s nomination letter. “As a result of his many contributions over nearly three decades, the community is truly a better place to live for seniors and their families.” ~THN



Reverend Garth Brokaw



At left: Reverend Garth Brokaw accepts his award at the annual Perinton Chamber of Commerce Citizen of the Year Award dinner on March 19, 2008.

**We are committed to delivering the highest quality of care. Your generosity will help us to meet the current and future needs of our elders, and will enable us to continue our tradition of excellence. Below are a list of items “Wish List” items for the Fairport Baptist Homes:**

New DVD players	Feather Dusters	New large print novels
New radios	Books on CD	New large print playing cards
A Wii	Red poker chips	Beach balls

**To donate any of the above items, please bring them to the Fairport Baptist Homes, or contact Hilda Thompson, 388-2323. Thank you!**



# The Homes News

## A Different Type of Vision

Lillian Beeman describes herself as “just an ordinary person.” Perhaps that is why she said she was surprised to learn that she had been elected the new 2008 Resident Council President for the Fairport Baptist Homes. Resident Council is comprised of interested Residents who attend monthly meetings at which they can communicate any concerns they may have. Residents voted by secret ballot at the Homes on Monday, April 21 for their choice of three candidates to preside over these meetings. When all the votes were counted, Beeman, who has been a resident of the Homes for the past 11 months, was surprised to learn she had won. “I guess I had a lot of good friends turning in votes for me,” she said.

Running for the position was not Beeman’s idea. She credits that to Pat Pilgrim, Therapeutic Recreational Specialist for giving her the push. “I’m not one to toot my own horn too loudly. But then I thought about it, and said ‘why not?’”

That is exactly why Pilgrim suggested the idea to Beeman. “I wanted to get as many residents involved in this election as possible,” said Pilgrim, “and Lillian is an excellent choice. Lillian is a very well-rounded person. She understands the present, she understands the future, and she understands the past. She see everything from all angles. She’s extraordinary.”

Extraordinary indeed. The 88 year-old Beeman has had Macular Degenerative Disease for the past 20 years, and is now legally blind. She gets around fine with the aid of a walker, and uses a magnifying glass to help her read. However, Beeman admits that a couple of years ago, her disease progressed to a point where she says she wasn’t too self-sufficient any more. “I knew I needed a little bit of help,” she said.

Beeman then entered an assisted living facility that she claims wasn’t a good fit for her. “I started going downhill.” After a few falls out of bed, Beeman became unresponsive and entered the Fairport Baptist Homes on



Lillian Beeman

hospice for five weeks. She claims there was some divine intervention — as well as wonderful care — to have saved her from that “slippery slope.” She is not one to complain, and says, “I’m here as one of God’s human beings, and whatever God gives me is what I will work with.”

For now, it’s her newly appointed position as Resident Council President. As such, Beeman said her first order of business was to ask to see the bylaws. However, after reading them twice with the help of her magnifying glass, she claims she couldn’t find anything that needed to be changed. “I’m basically very happy with the way things are done here,” Beeman said. But she knew she would be.

That’s because Beeman has been following the Fairport Baptist Homes ever since she attended a Baptist Church in Brockport as young woman in her twenties. “I kept a close watch on what they (FBH) did, what changes they made,” she said. Beeman was impressed with all of it. So much so, that she told her two daughters when it came time for her to go into a nursing home, the Fairport Baptist Homes is where she would be. “And here I am,” she smiles.

Beeman loves the philosophy of the Homes: the idea of promoting a “homelike” environment and individualized care. “I can pretty much do what I want, when I want,” she says. That includes listening to approximately two books-on-tape mysteries a week, attending exercise groups, Bible Study and an occasional game of bowling. “I can’t see the pins,” she laughs, “but it’s a friendly game.” Another of Beeman’s favorite activities is merely going outside to get some fresh air, which she loves. Beeman said, “I only missed eight days this past winter. I try to go out every day for a half an hour or so.”

Beeman sits on a bench near the front entrance to the Fairport Baptist Homes. According to Beeman, the pastime of enjoying fresh air and Rochester’s sometimes limited sun has caught on. More and more residents are joining her outside. “I guess they figured if I could do it, they could do it,” she said. Beeman says she has met a lot of residents this way, and that it is a great way to get know a lot of people. However, Beeman also feels there is a bit of a down side to Residents congregating in this area. “We really don’t have enough room to all be out there at once, Beeman says. In lieu of this, she plans to look into the possibility of having this area enlarged for Residents.

It’s all part of her new role as Resident Council President, a role she takes very seriously. Although running for the position was not her initial intention, she is happy to be representing her fellow Residents. Says Beeman, “I find the people who live here genuine, and the people who work her exceptionally chosen. I’m happy to do what I can for either.”~THN

## FBH Calendar at a Glance

### JUNE

**1st - 11th:** The Art Exhibit. Sponsored by The New York Association of Homes and Services for the Aging and Fairport Baptist Homes, the exhibit will feature over 70 pieces of art created by residents of nursing homes across New York State.

**14th:** Father’s Day Celebration, McKnight Room at 1 p.m.

**18th:** Tribute to Dean Martin, Finger Lakes Gaming & Race Track, sponsored by Women’s Service Board. Call Joyce Holden at 223-3070 for more information.

**25th:** Senior Ball 7 p.m. - 8 p.m. in the McKnight Room.

**27th:** Strawberry Social sponsored by Women’s Service Board

### JULY

**16th:** Whole House picnic, Fairport Baptist Homes front lawn

**25th:** Incredible Edibles Tour around Chatuaqua Lake. Sponsored by the Women’s Service Board. Contact Marie Sandman at 425-7528 for further info.

### AUGUST

Dutch treat outings (Times and dates to be announced)

## FBH Recognition

During the past months, the Fairport Baptist Homes recognized many of its valued volunteers with luncheons, certificates of appreciations, and celebration for their dedication, efforts, and hard work in continuing the mission, vision and values of the Fairport Baptist Homes through their volunteer efforts. Such recognition was as follows:

April 4th — Women’s Service Board Luncheon  
 April 25th — Community Volunteers and BOCES  
 April 30th — Community churches/Sunday worship servers  
 June 13th — SOFI program and volunteer drivers

In addition, on May 9th, the Homes held a Staff Appreciation Day for all staff, providing bagels and beverages in the morning, and a chocolate fountain in the afternoon. That same day, senior staff members were honored at a luncheon at the Green Lantern Inn in Fairport. Special recognition awards were presented to the following individuals for their outstanding contributions and accomplishments:

**President’s Award** to Ellen Bevan, Director of Advancement, for her work behind the scenes to develop the mission and vision of FBH;  
**Dr. Marcena Ricker Award** to Karin Sinopoli, PT/OT Therapy Aide for the employee who promotes a thriving residential community;  
**Most Valuable Contributor** to Jane DeRycke, Bldgs & Grounds Director who goes the extra mile; and **Employee of the Year** to Ricky Durand, HRAC, whose efforts go beyond the call of duty.

FBH Congratulates all these deserving individuals who help to promote the mission, vision and values of FBH!

## Rightsizing To Fit All

This spring, Fairport Baptist Homes will permanently decertify 54 of its existing skilled nursing home beds in order to redesign our current North Wing residential households into 33 affordable assisted living apartments (bedroom, bathroom, living room, and kitchen). With capital grants from New York State totaling more than \$6.2 million, covering 70% of the associated costs, the North Wing will be licensed as both an Adult Home as well as an Assisted Living Program (designated for SSI-eligible individuals). The grants are the result of a needed decrease by New York State in statewide number of skilled nursing beds. FBH's rightsizing creates an accessible level of assisted living care for people of moderate means, and does it in such a way that it promotes the financial stability of the programs at both the lower and the higher levels of care.

Construction of the new assisted living apartments is expected to begin in July 2008 and be completed and ready for occupancy within two years of the start of construction. This will be the first assisted living complex in Monroe County to incorporate FBH's unique "household model" of care. The new assisted living units will be available to individuals of moderate income—currently a grossly-underserved group in Monroe County.

Many of these individuals who cannot afford private assisted living but who can no longer safely live alone have no alternative but to seek help in a residential health care facility, an inappropriate and high-cost setting.

FBH's plan to decertify 54 beds (27.55% of total skilled nursing facility capacity) will reduce costs approximately \$4.6 million, combined with a staff salary reduction cost of 15%. Use of agency personnel will decrease proportionately. It is also estimated that approximately \$161,000 will be repaid to the nursing facility in higher reimbursement from the remaining Medicaid residents.

Fairport Baptist Homes currently cares for long term high acuity nursing home residents; short term rehabilitation residents; various degrees of senior housing residents; both child and adult day care consumers; and relatively

low acuity long term care residents. Generally speaking, the consumer is treated at the most appropriate level of care. However, long term relatively low acuity residents require significant time and staff energy; these residents are often engaged in more community activities than are acute long term residents. Permanent conversion to a lower level of care will allow for properly trained staff to better care for both the more acute long term residents and the lower acuity residents, enhancing overall program efficiency.

While aging of the population is increasing slowly, affecting demand only gradually, a combination of surplus nursing home beds together with a need for non-institutional services creates an opportunity to shift resources from facilities to alternatives, including adult day health care and Medicaid-supported Assisted Living Program (ALP) beds. A surplus of beds threatens quality of care, promotes inefficiencies, increases costs, duplicates services, hinders collaboration, and contributes to the fragile finances of health care providers.

The development of FBH's new adult home with an Assisted Living Program will enhance the quality and stability of health care delivery in our community by providing appropriate levels of care at reduced levels of expenditure. ~THN

## SOFI Transportation Needs Volunteers

Among the many programs that Senior Options For Independence (SOFI) offers is a transportation program which provides Fairport-Perinton seniors rides to doctors' appointments outside of the are. Robin Casella, Transportation Coordinator, says she is in need of more drivers to fulfill current transportation needs and requests.

Casella says that all volunteer drivers are put through a thorough training, after which they can sign up for times to drive.

"We are very flexible with a volunteer driver's time and availability," says Casella. "Even if someone can only drive once a month, that's an enormous help to our seniors."

Anyone who is interested in becoming a volunteer driver may contact Robin Casella at 322-2370.

## A Facelift for Fairport Apartments

The Fairport Apartments, a HUD 236 subsidized elder housing project managed by the Fairport Baptist Homes, may be receiving a facelift in the future. Plans are underway for the 52 efficiency and 52 one-bedroom apartments to undergo necessary renovations to fulfill the future needs of affordable senior housing.

The Perinton Churches Housing, Inc., a partnership of 13 Perinton-Fairport churches and the Fairport Baptist Homes, established the apartments 36 years ago to provide quality housing for low and middle-income seniors. However, the units have seen some wear and tear, and have become somewhat outdated, according to a task force formed a year ago of members from both Boards of the Perinton Churches Housing, Inc. and the Fairport Baptist Homes.

Although the apartments have never advertised, they have always operated at full occupancy. In fact, there is usually a waiting list. Located near the corner of Nine Mile Point Road and Whitney Road, they are also within walking distance to the ever-popular village of Fairport. Given those facts, some people may ask, 'Why fix what's not broken?'

"The problem is they are broken," says Garth Brokaw, president of the Fairport Baptist Homes. Brokaw refers to the unique concrete construction

of the Fairport Apartments, whose flat roofing has often caused water infiltration. In addition, the two-story apartments have no elevators, and are not handicap-accessible.

"The apartments may suit the needs of the current population, but we need to look at the needs of the future population, too," Brokaw said.

These concerns prompted the task force to secure the services of Rochester Cornerstone, an affordable housing consulting firm, and the architectural firm of Harrington and Sandberg to work on options to update the 104 units to make them suitable for seniors in time to come. ~TNH

At left: The Fairport Apartments as they are today.



## Happy Anniversary!

Celebrating 10 years as of May 18th is Seasons Day Care, a non-profit childcare organization owned and operated by the Fairport Baptist Homes

Celebrating a 10 year anniversary is Rose Hollow, a 12 unit, affordable senior housing complex managed by the Fairport Baptist Homes.

Celebrating 12 years in 2008 is LifeTimes Adult Day Health Care, a program for seniors sponsored by Fairport Baptist Homes.

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## Blessing of the Hands

On Wednesday, May 7, blessings were bestowed upon the staff of the Fairport Baptist Homes. As part of the Nurses' Appreciation Week (May 6-12), Reverend Ken Watkins, and Chaplain Diane Knittle of the Fairport Baptist Homes blessed the hands of caregivers of Residents.

Reverend Watkins and Chaplain Knittle had been contemplating doing a "Blessing of the Hands" ceremony for a while. "We've been thinking about this for two years, and deciding how to best implement it," said Chaplain Knittle.

After reading about it from various sources, Reverend Watkins and Chaplain Knittle began to plan a ceremony for Fairport Baptist Homes to bless all those who work here. Both Reverend Watkins and Chaplain Knittle felt that this ceremony helped to mirror the philosophy of the Fairport Baptist Homes; that all work is spiritual even in the physical things we do.

"I've always felt that all of the work we do here (at the Fairport Baptist Homes) is spiritual - regardless of the employee's work role," said Reverend Watkins. "Our purpose of this ceremony is to affirm that and bless all those who work here."

Reverend Watkins and Chaplain Knittle began the Blessing of the Hands ceremony in the Fairport Baptist Homes' chapel at 9:45 a.m. for staff members who wanted to receive the blessing. Reverend Watkins worded the liturgy so that it reflected all denominations, regardless of where individuals were in their faith journeys. Together participants read *The Caregiver's Prayer* by Sister Jane McConnell which asked for "strength and compassion ...to serve the needs of our sisters and brothers who are sick and vulnerable." During the morning ceremony, Reverend Watkins said, "Our hands represent

the work that we do, and here at the Fairport Baptist Homes that work is very spiritual. We are doing God's work, no matter what our particular job here is."

Chaplain Knittle feels the power of using hands in her work as well. "When I pray with people, I often lay my hands on them. I firmly believe there's a comfort and grace that goes with that."

Many staff felt that grace as Watkins and Knittle began wheeling a cart carrying the blessed water and adorned with spring flowers from Resident household to household to bless the hands of any caregivers who wanted to receive the blessing.

Feedback from the optional blessing was extremely positive. Those who took part were very moved by the offering.

"This was very spiritual, and it made me feel appreciated. It was really nice," said Julie Wirthman, HRAC, of the Blessings of the Hands ceremony. "It also reminded that there are people (residents) here who really need me."~THN



*Above: Reverend Ken Watkins and Chaplain Diane Knittle visit each household to bless the hands of caregivers during Nurses' Appreciation Week.*