

# Cordell Christian Home's Resident's RDigest

The Cordell Christian Home was recently named as a **Five-Star** facility by the *Oklahoma Healthcare Authority and the Department of Health*, the state agencies overseeing the quality of 24-hour skilled nursing care and services provided in Oklahoma. Only 21 of the 282 rated nursing facilities in the state received this high honor. (You can learn more about this at [oknursinghomes.com](http://oknursinghomes.com).) We give our best each day and are pleased to have been recognized as one of the best.

Despite the continuing commitment to excellence exhibited at CCH, we are aware of the negative attitudes of some when it comes to nursing home living. The fears expressed by some, "People just go there to die." or "I will be ignored," are surely on the minds of others who never verbalize them. These misconceptions are understandable, but far from the truth at CCH. In fact, some say that by moving to CCH they have begun a new and exciting chapter in their lives.

We want each resident to maintain as much independence as possible, but know that nurturing (not ignoring) is the best way to accomplish this goal. The staff is trained to encourage residents to build their physical strength and recover from illnesses if at all possible. We have seen the healing affects of laughter and do our best to make every day as fun as possible. Fulfilling activities and holiday celebrations, such as last week's "National Nursing Home Week," raise spirits and give residents as well as staff something to look forward to each May.

Another group of people with hesitations about nursing homes are potential volunteers. We have asked friends who now volunteer with us, about their initial hesitations. Some said their first thoughts were that, "Nursing Homes are depressing" or "How can I do any good there?" They say these thoughts could not be further from the truth at the Cordell Christian Home. Our volunteers put smiles on the faces of residents every time they visit. They join in on festivities and activities and they go home knowing they truly made a positive difference. Several volunteers at Cordell Christian Home have been volunteering for years and love it so much that they can't stay away. Our volunteers, just like our staff, become addicted to the smiles and laughs of residents!

Cordell Christian Home has always strived to be more of a home than a facility and with the upcoming building project that goal will become even easier to accomplish. We are based around the belief that getting older isn't the end- It just begins a new chapter in life. When you visit CCH you will see that residents' lives are continuing to grow in love and meaning because of the supportive community within their home- other residents, staff, and volunteers.