

**Crestwood Nursing Center  
501 S. Palm Avenue  
Palatka, FL 32177**

December 14, 2005

Ms. Barbara Dombrowski  
2727 Mahan Drive, MS #51  
Tallahassee, FL 32308

Dear Ms. Dombrowski,

Enclosed you will find our third and final report that is due by January 1, 2006.

Our staff and residents continue working hard on this project. As of December 14, 2005 our "Lighter Living" group has lost a total of 226.5 pounds. We are very proud of this accomplishment. Our gym is open and in full use.

Our residents and staff would like to "THANK" AHCA and the Quality of Long Term Care Improvement Trust Fund for the opportunity this grant has provided. We are grateful for the equipment it has allowed us to purchase for our facility; and for the physical and psychosocial enhancements it has provided for our residents and staff.

Again, thank you so very much for all of your assistance and patience. We are grateful.

Sincerely,  
Lynette Stuck  
Crestwood Nursing Center

Enclosures

**Crestwood “Lighter Living” Program  
Final Report #3 Due by January 1, 2006 for  
Quality of Long Term Care Improvement Trust Fund  
AHCA Funding Agreement No. AFA10**

**Crestwood Nursing Center  
501 S. Palm Avenue, Palatka, FL 32177  
Lynette Stuck, Contract Manager**

**Crestwood “Lighter Living” Program**

Our gym was “officially” opened on September 20<sup>th</sup> with a lovely ceremony. The mayor gave the opening speech and presented the residents in the program with certificates. The newspaper also published the event. It was a proud day for our staff.

We held two different contests to name the gym, however, we were unable to find a name that seemed quite right so we called it the Crestwood Gym. Unfortunately, our director of nurses died unexpectedly in early November and the staff and residents have decided to rename the gym in her honor as she was a big supporter of the program. It is now the “Sally Jo Harper Gym.”

Of the original nine residents in the program, only six remain active in our facility. Our total weight loss thus far is 226.5 pounds. One resident progressed so well with the program that her family decided they could take her home and manage her better since she had lost weight and was planning to continue with the program at home. One resident was transferred to a sister facility; and another resident died.

- The Activity Department and restorative staff continue with the group exercise program on two mornings a week. They also continue with individual activity daily.
- We continue to meet with the CNA staff at monthly inservice programs to answer their questions and encourage their continued participation.
- The Activity Department is continuing to encourage the use of “lighter” snacks at food socials.
- The Dietary Department with the help of our dietitian continues to order less concentrated sweet products for the residents who do not need the calories.

We continue weighing our participants every two weeks. Below is a chart showing our progress.

**Our participants have lost a total of 226.5 pounds as of  
December 14, 2005 on our program.**

<b>Resident Number</b>	<b>Ideal WT</b>	<b>Baseline BMI</b>	<b>Baseline WT</b>	<b>April BMI</b>	<b>April WT</b>	<b>May BMI</b>	<b>May WT</b>	<b>June BMI</b>	<b>June WT</b>
1271	140.0	30.4	194.1	29.6	194.1	29.3	192.6	29.0	190.6
1171	105.0	30.8	161.4	30.4	160.7	29.6	156.3	28.8	152.3
1131	178.0	32.7	234.8	31.9	234.1	30.4	223.4	29.0	213.3
1167	160.0	37.7	248.1	36.7	248.1	35.3	238.4	35.5	239.6
1285	125.0	41.0	246.1	41.3	247.5	40.4	242.5	39.6	237.6
1022	97.5	34.6	173.5	35.4	177.8	33.7	169.2	32.4	163.0
1309	130.0	36.5	225.9	33.8	209.2	27.3	185.6	29.7	183.6
1081	160.0	35.2	236.2	35.0	236.2	34.7	234.7	33.2	224.1
1255	120.0	31.4	183.5	31.6	183.5	30.6	178.0	31.3	181.9
1168	124.0	34.0	191.8	Refused					
1234	110.0	34.6	188.7	Refused					

<b>Resident Number</b>	<b>Ideal WT</b>	<b>Baseline BMI</b>	<b>Baseline WT</b>	<b>July BMI</b>	<b>July WT</b>	<b>Aug BMI</b>	<b>Aug WT</b>	<b>SEPT BMI</b>	<b>SEPT WT</b>
1271	140.0	30.4	194.1	29.3	192.0	28.9	189.6	27.7	181.9
1171	105.0	30.8	161.4	27.9	146.9	28.0	147.8	28.7	151.7
1131	178.0	32.7	234.8	29.3	215.3	28.7	220.2	29.7	218.6
1167	160.0	37.7	248.1	34.2	231.4	33.5	226.4	33.4	225.6
1285	125.0	41.0	246.1	39.2	235.3	38.5	230.8	39.2	235.0
1022	97.5	34.6	173.5	30.8	155.0	30.0	150.5	29.4	147.5
1309	130.0	36.5	225.9	30.7	189.8	27.3	168.6	26.8	166.9
1081	160.0	35.2	236.2	33.5	225.5	34.2	231.4	23.2	234.8
1255	120.0	31.4	183.5	31.5	183.4	30.1	175.2	29.2	169.8
1168	124.0	34.0	191.8	Refused					
1234	110.0	34.6	188.7	Refused					

<b>Resident Number</b>	<b>Ideal WT</b>	<b>Baseline BMI</b>	<b>Baseline WT</b>	<b>Oct BMI</b>	<b>Oct WT</b>	<b>Nov BMI</b>	<b>Nov WT</b>	<b>Dec BMI</b>	<b>Dec WT</b>
1271	140.0	30.4	194.1	28.8	184.9	28.8	184.9	28.8	184.9
1171	105.0	30.8	161.4	27.8	146.8	27.3	144.3	26.4	139.4
1131	178.0	32.7	234.8	29.7	218.6	26	191.2	25.1	185.0
1167	160.0	37.7	248.1	34.4	232.4	34.2	230.8	33.9	229.4
1285	125.0	41.0	246.1	39.6	237.6	38.1	233.2	38.6	231.4
1022	97.5	34.6	173.5	31.1	156.2	30.2	151.6	29.4	147.8
1309	130.0	36.5	225.9	25.2	151.5	25.6	158.2	25.6	158.2
1081	160.0	35.2	236.2	41.5	241.2	40.1	233.4	40.5	235.4
1255	120.0	31.4	183.5	28.5	165.6	28.5	165.6	28.5	165.6
1168	124.0	34.0	191.8	Refused					
1234	110.0	34.6	188.7	Refused					

Since beginning the program we have had no staff injuries in the facility that were a result of transferring or assisting in patient care of an overweight resident. Residents who received the wheelchairs and use the shower chairs are grateful and feel safer with the new more sturdy equipment; staff also feel a greater sense of safety with the wider bases of the new equipment.

We have learned that:

- Residents enjoy the added attention they have received in the program.
- Residents appear to have been more successful as a group than they had been individually in the past.
- Residents have demonstrated a higher self esteem; boasting about their accomplishment.
- Physically residents are healthier and their families and physicians are happier about the weight loss.
- Staff benefits when residents benefit.
- Equipment designed especially for larger resident's makes them feel safer and makes handling the resident easier/safer for the staff.
- Larger equipment is not always functional in older buildings and may not work in every case.
- The residents are very proud of the "gym" and feel that they are responsible for its existence.
- The effort was worth the outcome.

## Future Plans:

We plan to continue the program in a somewhat different format starting in January.

1. The program will be administered by the Restorative Nursing Team.
2. The residents presently in the program will be given the choice of continuing in the program or continuing on their own. (So far they have all expressed a desire to continue in the program)
3. The Resident-at-Risk committee that meets weekly will review the monthly weights and make suggestions based on resident BMIs as to new residents who should be offered the opportunity to join the “Lighter Living” group.
4. The Resident-at-Risk committee will monitor the group’s progress and make suggestions as needed.
5. The Activities and Dietary departments will continue their present level of participation.
6. All residents will be encouraged to use the gym and participate in any of the activities they choose.
7. The gym will remain open for use by all residents.

Our residents and staff would like to “THANK” AHCA and the Quality of Long Term Care Improvement Trust Fund for the opportunity this grant has provided. We are grateful for the equipment it has allowed us to purchase for our facility; and for the physical and psychosocial enhancements it has provided for our residents and staff.