

# Action Pact

<http://www.culturechangenow.com>

April, 2011

Elder-Directed Community  
the Fast Eddie Way

Fast Eddie 007 thought surely  
there must be others who like  
cribbage...

Page 1

Conversations with Carmen  
May 20, 2011 *Nurse  
Competencies in LTC  
Culture Change*

Joanne Rader and Polly Youngren  
will explain each competency as  
well as their history, use, and  
future.

Page 2

## Elder-Directed Community the Fast Eddie Way

<http://www.ehomesmn.org/>

Fast Eddie 007, as you might imagine from his name, is a man who likes to take matters into his own hands. He's a man who likes – loves - to play cribbage. He's a man who lives in Cooke House at Episcopal Church Home in St Paul, MN who thought surely there must be others in his community who like cribbage as well.

Fast Eddie, (you don't have to say the "007" but he prefers "Fast Eddie" to his full name, Ed Boehm) enlisted the help of ECH's

Communications Director Paul Hagen to make posters – see *inset* - to try to get a club started. Eddie rode around in his wheel chair to the other households, common areas and adjacent assisted and independent living communities to put up the posters. According to Household Coordinator Deb Downs, Eddie had



Fast Eddie says,  
**"Let's play  
Cribbage!"**

**Want to play? Want to learn?  
Let's meet & make it happen!**

**Wednesday, March 16 • 1:30  
Cooke House Activity Area**



### Training Calendar

**NEW!**

#### Creating the Climate for Vibrant Living

Come spend the day in a workshop with Carmen Bowman and LaVrene Norton, authors of the new book 'Vibrant Living.' Focus on creating a pleasant daily life for the residents who live where you work.

**May 18, 2011 Shreveport, LA**  
Village Health Care at The Glen

#### Food for Thought

Improve choice, accessibility and pleasure in dining. Linda Bump, MPH, RD, LNHA, author of "The Deep Seated Issue" of Choice is the workshop presenter. Bring a team and leave with an action plan and determination!

**May 5, 2011 – Rock Valley, IA**  
Whispering Heights

*For more information about these  
workshops or to register go to:*

<http://www.culturechangenow.com> or  
call our office: 414-258-3649.

