



# KALFA eBlast News

April 28, 2017

## Contact Us

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## **FOOD PRESENTATION WORKSHOP FILLING UP, MAY16, 2017 10:00 – 2:00.**

**The food presentation workshop is filling up. We already have 20 people registered. The registration brochure is on our web site under “Education”. The Falls Prevention Workshop was a huge success. We had 39 registered for this workshop and the presenter, Martie Moore, RN, Chief Nursing Officer for Medline Industries was magnificent. Thanks to Medline Industries for their sponsorship. Also, thanks to Caretenders for sponsoring the luncheon. Attached to this eBlast is what the Food Presentation Workshop is all about. Bill Lutz, the owner and founder of Optimum Solutions and Strategies will be our speaker. Register NOW!!!**

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## **GOOD NEWS FROM DAIL IF YOU USE KARES, THE KENTUCKY NATIONAL BACKGROUND CHECK PROGRAM:**

**If you use KARES and have all of your employees fingerprinted to take advantage of the \$20 fee prior to May 20, 2017, the rap back feature will be in effect for five years. You will not be required to have a criminal background check every two years or the abuse registries checked annually. We verified this information with DAIL this week. If you are not in the KARES program, you will have to have a criminal background check every two years and the three abuse registries checked annually for all employees.**

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## **THE BENEFITS OF HUMOR AS WE AGE:**

**For many people getting older isn't funny, but keeping your sense of humor as we age has proven**

Keeping your sense of humor as we age has proven to help us cope with the changes, challenges and unexpected obstacles of aging. A dose of humor promotes good health, and has a beneficial effect on some of the most common health challenges of aging. These benefits fall in four important areas, including:

1. **Humor reduces stress:** it is believed that laughter works by relieving stress, which is implicated in so many negative impacts on our health. Laughing can help relax muscles, lowers blood pressure and increase the oxygen level in your blood. When you laugh, you are stimulating the immune system, counteracting the negative effects of stress.
2. **Humor makes you feel good:** Having a sense of humor can have a positive impact on the perception of pain. It benefits the immune system, and has proven to benefit heart health. Laughter helps keep our blood vessels healthy, reduces the serum cortisol levels in the blood, increases the T-lymphocytes (T-cells) in the body, and improves cholesterol levels.
3. **Humor has clinical benefits:** Studies over the last five years have produced findings that suggest humor can have clinical benefits and positive rehabilitative implications. Older adults may have age-associated memory deficiencies, that when humor is applied to various therapies, the results have shown improved learning ability, short-term memory, and delayed recall which in turn has improved their quality of life.
4. **Humor is good for the brain:** Humor is a great way to give our brains a good workout. A good laugh can be a highly developed mental exercise that trains us to approach aging and the ideas of aging in different inventive ways.

**SAVE THE DATE:**

2017 KALFA Conference & Exhibition

“Aged to Perfection”

June 7 & 8, 2017

Brown Hotel, Louisville, KY

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**Have a great weekend!!!  
Bob White,  
Executive Director, KALFA**

From: Optimum Solutions & Strategies, LLC <opt@optimumsolutionsinc.com>  
Sent: Thursday, April 27, 2017 6:03 AM  
To: kafa@kentuckyassistedliving.org  
Subject: Making Memories One Meal at a Time



ACHIEVING PERSON DIRECTED CARE THROUGH OUR FOOD SERVICE MODEL



### We Deliver Customer Satisfaction!

"...so appropriate! The message needs to continue until all assisted living and LTC have changed their dining experience!"  
American College of Health Care Administrators

[Visit Our Website](#)

#### Is this how mealtime should look?

Could this possibly be anyone's idea of what an enjoyable mealtime experience looks like? Absolutely not! Meals with no choice of items, prepared hours ahead waiting on a steam table! That's not how we look at food or expect a sit down dinner to be. Let us show you how to turn things around.



#### Or should it be more like this?

Give your residents what they want and deserve. We'll guide you step-by-step on how to assess your current food service operation, how to improve it, and how to maintain it. After all, every meal should be an enjoyable social experience that lifts the spirits of your residents...making memories one meal at a time.



We educate the right people on the right methods to get the right results.



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