

Speaking of the Association.....

by Lu Pearman, President

Greetings to new members & congratulations to former members, welcome to all the Minnesota Nursing Home Social Workers Association. It is my pleasure to confirm that we now have officially arrived.

Our Constitution has been ratified.

A logo for our Association has been designed & our letterhead is printed. Our officers elected, myself, Kay Schmidt, Joyce Trazcyk & Sister Bernarda. Your president is serving as a member of the Minnesota Department of Public Health Welfare Medical Assistance Advisory Committee.

A brochure of recommended principles & objectives for Social Services in Long Term Care settings is being prepared for circulation to all facilities & interested persons.

Our membership now includes 60 persons from all over the state.

We are indeed an official Association faced with a serious charge. We grew out of recognition of the need for cooperative approach to define, develop & promote the Social Service component of long term care; to define public policy so that our goals of total care & humane life for residents can be achieved. We will work with state agencies & legislators as well as other professional associations to improve long term care in Minnesota. It's our responsibility to define issues & problems from our experience working together for lasting effective change. I solicit your support & request your expertise embarking on this challenging path.

Speaking of the Newsletter.....

by Ed Poush, Newsletter Committee

The newsletter of MNHSW is now a reality. This 1st issue is the corroboration of Sue Jones, Chairperson & 3 workers from the metropolitan area. After much thought, some brainstorming & several cups of coffee, the following came forth as the purpose. The statements are not necessarily in sequence from most to least important, but presented in random; to provide visibility, a means of recording official policy, goals & objectives, sharing these with those around us, sharing our professional expertise, existing programs & information concerning resources. It can carry interviews, announce seminars, lectures, & workshops. We could carry information on new legislation, its impact and be a means of legislators sharing their interests as laws are being drafted. We could have a column where specific questions could be answered, utilizing resources. A book could be reviewed. Finally, it could be a sounding board, giving us a chance to express views. In short, those of us who worked on the initial issue, want this to be what you want it to be. The staff (?) needs to know what you expect. Please direct thoughts to Sue Jones, 823-7550.

List of Appointees for MNHSW....

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|-----------------|----|---|
| Kay Schmidt | to | Hospital Social Service Directors Assn. |
| Robin Schuckman | to | Activity Directors Assn. |
| Sister Bernarda | to | Inter Nursing Home Residents Council |
| Ed Poush | | |
| Becki Miller | to | St. Paul Coordinator |
| Dave Sandell | to | University of Minnesota Coordinator |
| Becki Miller | | |
| Sue Jones | to | Newsletter Coordinator |
| Ed Poush | to | Newsletter Committee |
| Donna Schroder | | |
| Julie Groettum | | |

Book Review "Psychosocial Nursing Care of the Aged", I.M. Burnside
 McGraw-Hill 1973 reviewed by Donna Schroeder

Although this book is a collection of papers by nurses intended primarily for them, its focus on psychosocial needs are equally, if not more relevant to social workers in long term care. I feel these needs are chiefly our responsibility. This isn't to say that the entire health team shouldn't treat the entire person, but that nursing staff is primarily responsible for physical needs, whereas, we are chiefly responsible for emotional needs. These needs are interdependent & equally significant to maximum functioning pertaining to the aged. Although physical needs are real & distressing, they can often represent an expression of emotions & need to be considered.

Our role in LTC, then, may be said to help in prevention of "mental bedsores," a term so aptly used. We must be aware of, & ready to intervene in the prevention of accumulation of feelings as; anxiety, frustration, depression, apathy, and so on, as they may indirectly effect the individuals physical potential. We are familiar, I'm sure, with many residents who feel they don't want to live & get their wish in a relatively short period of time. In a sense, we too are involved in nursing, as one definition states "to take special care of, to foster, to cultivate". We need to take special care of certain individuals by fostering feelings of hope, self-worth & self-esteem. We need to nurture souls. And to do so, successfully, we need to do "soul-searching" with ourselves & staff.

Every article touched on the issue that many professionals do not become involved in Geriatrics because of the connotation of hopelessness. It may well be that hopelessness is a result of not enough professional involvement.

The book gave excellent case studies involving those suffering from severe physical disabilities to those with acute mental problems. It included an excellent article on the sick role & dependency. The approaches were in some cases unique, but in every case some degree of success was attained.

I think it's important to remember that we in LTC are dealing with a broad range of special psychosocial problems due to circumstances. As social workers, as much as nursing, we are responsible for aiding the patient to use whatever means possible in avoiding dependency. To instill in them, whenever possible, a more positive view of self and challenge for illness behavior. How? By not only helping them to realize strengths & abilities, but to mobilize existing resources. We are in a good position to aid the resident to explore & express unresolved conflicts, both past & present. This is possible by getting to know the resident through social histories, access to medical histories, and contacts with family & friends. When a person begins dealing with the past & resolving some of the conflicts, energy is free to work on present problems. "Understanding our aged clients past coping ways can help us to guide them to better ways of coping with the present." And that is our job, isn't it?

Contributors Wanted

We are planning September's issue & would like to highlight education for Social Workers. Please let us know if you have knowledge of any programs. How about a good social work book you have read? Got a short article you would like to publish? Anything else? We are open to ideas.

Interview with Ms. Etta Saloshin.....

by Susan Jones

Ms. Etta Saloshin is a warm & witty woman who enjoys talking about Social Work, a profession she has been dedicated to for many years & which she continues to be involved with since her retirement from the University of Minnesota. Many members have known her through the University, or the excellent presentation she gave during the Project Provide Workshop sponsored by Sister Kenny Institute in January 1975.

Ms. Saloshin was born in Austria & received her undergraduate training there. She emigrated to the U.S. in 1938, as a refugee from Hitler's dictatorship. After her arrival, she worked for various agencies with a special emphasis on group work. She received her Masters in Social Work from Wayne State University under Fritz Redell in 1949. After receiving her Masters, Ms. Saloshin came to the University as field instructor for the graduate program. She supervised students in group work, community agencies & settlement houses. Ms. Saloshin received her Ph.D. at the University with a major in Social Work & a Minor in Sociology.

Her involvement & concern for older Americans has been evident early in her career. While supervising students involved in settlement houses, she advised them in organizing & establishing Golden Age Clubs. During the 1950's, she helped demonstrate & organize the need for Senior Citizen Centers. She has been a member of the Health & Welfare Council, recommending a special division for Senior Citizens. She has served on the Governor's Council on Ageing as a consultant to staff. Previously, she has been a member of the Governor's Commission on Ageing. At the University level, she has been active in teaching courses pertaining to ageing & has been consultant to various community agencies, and has advised staff training.

When speaking of the field of ageing, Ms. Saloshin emphasized the importance of education for professions such as law and medicine. Working with older people has many dimensions, because of the many settings. She advocates improvement of services. Lastly, Ms. Saloshin stressed the awareness that older people have common human needs, applicable to any age.

Ms. Saloshin continues to be involved in Social work & the field of ageing. She is impressed & supportive of the goals & standards of our Association & would enjoy occasionally attending our meetings. We would like to extend an invitation for her to join us. The interviewer would like to once again thank Ms. Saloshin for coffee, cookies, and hospitality in the interview.

Opinions Please.....

A.I. Goldfarb in his article, "Some Issues in Careing for the Aged" found in Canada's Mental Health, Issue 21, 1973, pages 6-9, wrote this "although inadequate services for the aged exist, professionals disregard this factor in dealing with problems experienced by families of aged people. Too often family disruption is treated, whereas, a better approach would be to deal directly with the circumstances that are causing the elderly person to become a burden on the younger family members." The social worker concentrates on the guilt or anger of relatives, rather than finding a suitable placement. The higher death rate of older people who are institutionalized, than those who are not, may be due in part to the methods used to manage the transition from one type of living situation to another. Furthermore, mortality rates in institutions can be a function of quality of care. Timely help for the problems that the individual experiences before reaching old age might hold back the deterioration for much longer periods. Those who find a good institutional situation before this deterioration has progressed too far are more likely to make a successful adjustment. What do you think?

Interview with Lu Pearman, President of MNHSWABy Julie Groettum

Lu Pearman, President of our Association, is an active advocate of social services in health care facilities. She has had many and varied experiences in the health area. Recently, she has served as Director of the Hennepin County Health Coalition, which has been in existence for two years. The main purpose of the coalition is to find out what people in the community want and need in terms of health care. The coalition is composed of a board and the board members represent different health areas in the community. The coalition is ideal in theory, but has had to deal with many practical problems. She finds the position a great challenge, and a fascinating learning experience.

Lu's experience began when she was employed by the Oak Terrace Nursing Home. She worked in the Social Service Department for four years. She then decided to return to school and received her M.S.W. from the University of Minnesota: Duluth. She thoroughly enjoyed the program with its emphasis on social development, planning, and policy making, and economics of social work. She highly recommends this program for all B.A. graduates. Her internship was spent at the Minnesota Health Department. Lu found this an exciting place to work.

Besides being involved in a busy professional life, she is also wife, mother of three children, and homemaker. Her husband is from England and they lived in a small cottage in Cornwall for five years, before coming to Minneapolis. She enjoyed those relaxing years, but realizes now she is definitely a career woman. Her children help out with chores at home as this is the only way possible the family schedule can work. As Lu stated, one has to simply rearrange their schedule to compensate for their lost activity.

Lu feels the goal of our Association is to make it more and more visible. We must help people to understand the role of MNHSWA. We have already made ourselves visible to Public Welfare, Department of Health, and the legislature, but we have a long road ahead of us.

Whose Concerns? by Ed Poush

"Concerns" has grown out of an expressed desire on the part of many of you for a newsletter. We are now off to a start, but how far we travel, and the life span of this newsletter is actually up to you. "Concerns" will exist only if you wish for it to. Someone had to make the initial effort of organizing this first issue and delivering it into your hands. However, if the same four people prepare each and every issue, then in essence, it is not a newsletter of the Minnesota Nursing Home Social Workers Association, but the newsletter of the four individuals who are working on it. If you want a second issue, or any further issues, then there will have to be some response on your part. Hopefully, there will be others of you who will be able to "find" the time to work on the newsletter. But even more important and necessary, the individuals who are working on this paper need INPUT from you. They need your ideas, your information, your expertise, your knowledge of community resources, but most of all, they need your spirit of cooperation and participation. Many of you have indicated you are very much in favor of having a newsletter. Are you willing to support the newsletter? No one is going to cajole or coerce you into contributing. You are able to make up your own mind. To be sure, the paper will have its faults, but then you can help to improve it, and for the newsletter to be what you want it to be. Enough said, it's up to you!