

## Shirkey Nursing and Rehabilitation Center

Shirkey Nursing and Rehabilitation Center is a 187-bed, not-for-profit, skilled nursing home located in Richmond, which is approximately 40 miles northeast of Kansas City. The entire home is Medicare/Medicaid certified with mostly Medicaid residents.



Chris Brown has been the administrator at Shirkey for 11 years and has overseen a lot of changes. They recently added a wing and converted the entire home to private rooms. This includes 18 two-room apartments that were formerly a residential care unit. Each apartment has a full private bathroom. Of course, the apartments are full with a waiting list. Since the new wing and apartments were added, flat-screen televisions have been provided for the older rooms. They also have four Alzheimer's units.

### *Nursing Unit*

Mr. Brown said it made sense to transition to private rooms for many reasons. Most homes have vacant beds anyway, so why not have private rooms, which are more desirable? They are located in a fairly rural area but stay nearly full. They also don't have to deal with all the problems they used to have that go along with sharing rooms, such as resident-to-resident altercations and dignity issues. Visitors are now more comfortable spending time with their loved ones, since they have private space and no longer feel that they are imposing on roommates.

The home is made up of small households with consistent staffing assignments. Each unit has a Nurse Manager who is in charge. Everyone answers call lights and helps serve meals. There are small kitchens and family style dining areas in the households. Residents also help prepare food. They recently purchased antique butter churns that the residents use to make butter each week.

Residents go to bed and wake when they want to. They choose what type of bath they receive and when they receive it. They participate in a lot of activities, including trips to theaters for concerts and plays. Local community groups often come and have barbecues and fish fries. They also have fast food days. They have several residents who enjoy gardening, so they have three raised gardens. They are getting ready to start having wine and cheese parties. A resident, who has now passed away, always wanted to ride a Harley-Davidson motorcycle, so they arranged for a biker to come to the home and take her for a ride.

They have open-dining. They serve three entrees at every meal and salads at both lunch and dinner. For breakfast, they have cooked to order eggs, waffles, bacon, ham, and hot and cold cereals. Residents can eat what they want.



*Home style dining in skilled Alzheimer's Unit*

If a resident has a prescribed diet, they ensure that the resident is provided with informed choices, and the resident eats what he or she wants to.



*Kitchenette in skilled Alzheimer's Unit*

One of Mr. Brown's proudest achievements is the addition of an on-site church with a full-time chaplain.



*Chapel entrance*



*Front of Chapel*

Shirkey Nursing and Rehabilitation Center is never content with where they are on the culture change journey. They are now making plans to build a 30-bed assisted living unit and an indoor heated pool.