

# CONNECTIONS

A PBH Publication

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## News Flash

### 'Tis the Season for Many Religions Traditions

Religion is an important component of **Cultural Competence**. What faiths are important to the residents at your facility? What important traditions do they observe during this holiday season? How does your facility support their needs? Does the facility support those that are against religious observances? Or are people who identify as Atheists forced to participate in Christmas programs? The chart below reflects a few of the religious holidays that fall during the month of December 2011. Consider ways to become a more culturally competent long-term care community by supporting the traditions of your residents.

<u>Day(s) Observed</u>	<u>Holiday</u>	<u>Religion</u>
12/5	Ashura	Islam
12/8	Bodhi Day	Buddhism
12/21-12/28	Hanukkah	Judaism
12/22	Solstice/Yule	Wicca
12/25	Christmas	Christianity

## Hot Topic

### Cultural Competence in Long-Term Care

In the past, the ethnic make-up of North Carolina was primarily Caucasian-American or African-American. Our population continues to become more culturally diverse and this gives us all an exciting opportunity to learn about both the residents we care for and our colleagues whose culture may be different than our own. This class is an introduction to discussions of culture in the areas of race, sexual identity, ethnicity and religion as they impact the care we provide in long-term care. This training can help staff develop more culturally competent and person centered care skills.

Ready to schedule this class? Email us today: [gast@pbhsolutions.org](mailto:gast@pbhsolutions.org)

#### Hold the Date!

Stay tuned for information on a special training opportunity to be held on January 31, 2012.



### Thought for the Day

The key to community is the acceptance, in fact the celebration of our individual and cultural differences. It is also the key to world peace.

– M. Scott Peck

Call (704) 721-7000 to speak to a GAST representative or visit our website at [www.pbhsolutions.org/gast](http://www.pbhsolutions.org/gast)



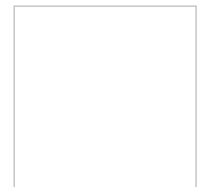
### Who Is GAST?

The PBH Geriatric/Adult Mental Health Specialty Team provides educational and consultative assistance to staff in long-term care facilities. We offer quality educational services with continuing educational credits at no charge. Call (704) 721-7000 to schedule a training for your community. You can view our training catalog at:

**[www.pbhsolutions.org/gast](http://www.pbhsolutions.org/gast)**

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