

# Pavilion Press

## National Nursing Home Week

Next month is National Nursing Home Week. This yearly tradition is celebrated the second week in May (May 8-14, 2011.)

The American Health Care Association (AHCA) is not-for-profit federation of affiliated state health organizations, together representing more than 10,000 not-for-profit and for-profit assisted living, nursing facility, developmentally disabled, and sub-acute care providers that care for more than 1.5 million elderly and disabled individuals nationally.

The AHCA established National Nursing Home Week in 1967. This week long observance recognizes nursing homes.

National Nursing Home Week spotlights nursing home residents and

staff and encourages all to celebrate those that make a positive difference in their lives every day.

This year's National Nursing Home Week theme is all about living life to its fullest potential. We are familiar with the necessities of health care i.e. medical treatments, nursing care, therapies and nutrition. What distinguishes long term and post-acute care from other health care settings is their focus on caring for the whole person.

The theme "Fulfilling the Promise" means holistic care. This is when staff gives comfort on difficult days, smile when sadness intrudes, hug when spirits sag, friendship to lighten a day, confidence when in doubt and companionship to counter fear and loneliness.

We at Founders Pavilion will be planning activities during the week that celebrate our residents and staff. Festivities will kick-off with a Mother's Day Tea on May 8<sup>th</sup> and finish with a visit and the reading of a Resolution from Assemblyman Palmesano.

We also encourage you to honor a loved one that has passed by making a memorial donation in their name, for information on how to make a memorial donation please contact Charlette J. Smith at 607-654-2412 or email at [csmith@founderspavilion.org](mailto:csmith@founderspavilion.org)



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## Dietitian's Corner: April is Stress Awareness Month

For the 19th consecutive year, April 2011 has been designated Stress Awareness Month. During this thirty day period, health care professionals and health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.

Sponsored by The Health Resource Network (HRN), a non-profit health education organization, Stress Awareness Month is a national, cooperative effort to inform people about the dangers of

stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society.

"Even though we've learned a lot about stress in the past twenty years," says Dr. Morton C. Orman, M.D., Founder and Director of HRN, "we've got a long way to go.

The Health Resource Network is a non-profit health education organization established in 1982. It consists of health

professionals, health promotion experts, and educators committed to developing more effective programs for improving health and preventing disease.

### Stress Facts

75% of the general population experiences at least "some stress" every two weeks (National Health Interview Survey).

Half of those experience moderate or high levels of stress during the same two-week

period.

Stress contributes to heart disease, high blood pressure, strokes, and other illnesses in many individuals.

Stress also affects the immune system, which protects us from many serious diseases.

The U.S. Public Health Service has made reducing stress since the year 2000 one of its major health promotion goals.

Resource:<http://www.stresscure.com/hrn/>

## Resident Spotlight: Jeannette Raatz

This month's resident spotlight features our second floor resident Jeannette "Jeannie" Raatz. Jeannie came to Founders almost eight years ago. "It will be eight years in October."

Jeannie shared some of her experiences here at Founders Pavilion.

"When I first came here I hated it. But,

through the years I've come to accept this as my home." "And the nurses and employees here treat me with respect and I have come to think of them as my extend family." "One complaint I have is that I do not go out as much."

A special memory Jeannie shared was with her former roommate Eleanor

Benza. "She was like a second mother to me." "We had many funny conversations and Eleanor was not afraid to speak her mind."

"I will always remember her singing "Ding-a-ling-a-ling-a-ding, and a 1 and a 2 and 3, 4, 5." "I think everyone will remember Eleanor for that."

Jeannie's favorite

things to do at Founders is playing cards, and going to as many outings as she can include Tioga Downs, restaurants, and shopping trips.

## Staff Birthdays, Anniversaries, and New Hires

### Anniversaries:

#### 26 Years

Toi Nehring

#### 23 Years

Randy Dann

#### 20 Years

Karen M. Landis

#### 17 Years

Cindy L. Backer

#### 3 Years

Tammy Bardo

Jade M. Beecher

Paula A. Dunn

Charlette J. Smith

#### 1 Year

Amber J. Balcer

Kristen J. Crowe

Catherine Taft

### Happy Birthday to:

MaryAnn J. Aston

Jade M. Beecher

Kelli M. Castellano

Carina L. Cramer

Ronda L. Culbertson

Erin E. Grier

Philip L. Hurd

Tim May

Tosha M. Merrill

Brittanie M. Peterson

Ginny Pollard

Miranda L. Post

Tony Reynolds

Shannon Robertson

Donna H. Saunders

Dawn P. Sharpe

Samantha L. Smalt

Carol A. Thomas

Nina Wood

Jillian M. Zimmerman

### Welcome:

#### Housekeeping

Melissa Giddens

#### Dietary

Raychel Stocum



Founders Pavilion would like to say a special thank you to our staff for their years of service, welcome our new team members, and wish a Happy Birthday to those who will celebrate in April.

## Development Corner

Corning Incorporated Foundation has awarded a \$62,000 grant to Founders Pavilion that will be used to upgrade equipment and institute "Smart Charting" affiliated with the American HealthTech Database throughout its facility. "Smart Charting" is a digital documentation of resident health and medical records.

The "Smart Charting" module added to Founders Pavilion's

already in place software will help improve overall quality of care and free up caregivers so they can more effectively touch the resident's lives. Documentation will be completed at the point of care through a single consolidated record allowing for consistency and accuracy of care.

Gail Murray, Founders Pavilion's Administrator, states, "In the age of

*increasingly technological advances, this grant allows Founders to not just be on the cutting edge of this technology but enables us to provide accurate comprehensive services, which enhance resident care, decreases the workload for our staff and continues our commitment to quality improvement into the future."*

Founders Pavilion is continuously researching and implementing ways to improve programs and services. Founders Pavilion's Director of Development, Charlette J. Smith states, "By embracing and adding the latest in electronic records and software it will free the hands of our caregivers so they can more effectively touch the lives of those entrusted to our care."

## Happy Hour at Founders Pavilion



Each month, Founders Activities Staff has "Happy Hour" for our residents and their family and friends. Trivia questions and current events are among the conversations along with sharing stories and getting to know new friends. Drinks, alcoholic and non, along with various appetizers make for a nice break in the afternoon, especially after Randy's Tae-Bo workout.

## Spring Cleaning at Founders Pavilion

Dear Families and Friends:

As spring has arrived, we will be doing some seasonal organization in the resident's rooms. We would appreciate your help with the removal of winter clothing, bedding, decorations and plants (poinsettias, lilies). Families will be notified for assistance if needed with specific items.

The Housekeeping Department will gladly help in these areas. Feel free to contact Karen Landis at 607-654-2414 if you have any questions or concerns.

Our Activities Department will also be having a Spring Cleaning Activity on Tuesday, April 26<sup>th</sup> at 2:00 p.m. for both second and third floors, family and friends are encouraged to join residents and staff. For more information on the Spring Cleaning Activity, please contact Mike Youmans at 607-654-2436.

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**\*Correction:** Founders Pavilion would like to issue a correction from the last Pavilion Press. The donation for four laptop computers to be used for Skype was made by Kirk Gregg of Corning Incorporated. The initial article said from Corning Incorporated and did not mention Mr. Gregg's name. We offer sincere apologies and want to again thank Mr. Gregg for his generous donation.

Please remember if you have a loved one at Founders Pavilion and would like to have him/her connect with a family member and/or friend through Skype, please contact Mike Youmans, Activities Director at 607-654-2436.

**National Volunteer Week is April 10-16, 2011.**

**Founders Pavilion would like to say a special THANK YOU to all our volunteers that have give their time to assisting our residents.**

- Margaret Arnold**
- Ernest Graham**
- Diane Gridley**
- Kathie Gronski**
- Edward Gustina**
- Christina Holland**
- Harriett Picarazzi**
- Stephanie Rodgers**
- Tina Stetter**
- Margaret Townsend**

## Resident Council Minutes

The following are highlights from the recent Resident Council meeting:

The Council will review a list of area human service organizations and decide in a future Council meeting if they would like to make a one-time annual donation to a charity of their choice.

The Council expressed appreciation to Housekeeping for the

curtains on both the second and third floor Day Rooms.

Menus for the upcoming Good Friday and Easter holidays were discussed as was the Spring menu cycle with possible suggestions being taken into consideration by the Dietary staff.

It was suggested activities that have already been picked

from the extra activity hat be removed, and then start over once all activities have been picked.

A recent Family and Friends Council meeting was held on March 31<sup>st</sup>, which provided an opportunity to ask questions and gain additional information about programs and services at Founders Pavilion. We will keep you posted on upcoming

Family and Friends Council meetings.

For more information on our Resident/Family Council meetings, please contact Brian Dwyer, Social Worker at 607-654-2409.



## Founders Pavilion Pavilion Press

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Our Family Taking Care of  
Your Family.

### Mission Statement

Our Mission at Founders Pavilion is to dedicate our resources to meeting the physical and emotional needs of our residents, with the unshakable belief that they are the primary reason for our facility's existence.

We're on the Web!

See us at:

[www.founderspavilion.org](http://www.founderspavilion.org)

## News Items

### Founders Pavilion's Bridge Builders

#### Bridge Builders for the Month of March -

Paula Dunn  
Beth Guilfoyle  
Third Floor Day CNAs  
Third Floor Day Nurses  
Toi Nehring

#### Bridge Builder Employee of the Month -

Paula Dunn

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The Steuben Rural Health Network will be offering the Stanford University Chronic Disease Self-Management Peer Leader Training (Locally known as Living Healthy Steuben/Chemung) on April 14th, 15th, 21st, and 22nd from 9am to 3pm at the Institute for Human Services, Inc., 6666 County Road 11, Bath, NY 14810. Participants must attend all four days to be certified as a Peer Leader.

In exchange for this free training, we ask that newly trained peer leaders commit to teaching two 6-week workshops each year. It is necessary that each workshop have two peer leaders teaching the workshop class. Peer leaders should be comfortable with teaching and public speaking. No health care experience is necessary.

If you are interested in helping others in your community to live a more productive life, and to be able to continue doing the things they love, please consider becoming a peer leader. For more information on how to become a Living Healthy Steuben/Chemung Peer Leader, please call the Steuben Rural Health Network at 607-776-9467 ext. 226.



**Congratulations to our Administrator  
Gail Murray on receiving her Blue Belt in  
Karate!**