

June 2011  
Volume 1, Issue 6

# Pavilion Press

## Founders Pavilion in the Colonial Days Parade



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## Dietitian's Corner: Benefits of Lycopene – commonly found in Tomatoes

Most often paired with images of plump, vine-ripened tomatoes, lycopene is a nutrient that holds promise as a wonderful antioxidant. Lycopene belongs to the carotenoid family, which includes beta-carotene, lutein and zeaxanthin. Like its kin, lycopene intake seems to greatly benefit the body.

A red pigment, lycopene is commonly found in fruits and vegetables of that hue. It may be the most abundant nutrient of the carotenoid family related to prostate health. For prevention, a higher intake of lycopene shows greater benefit. Further studies have demonstrated higher fruit and vegetable intake, which in turn increases

lycopene intake, helps lower prostate cancer risk.

As a treatment for prostate cancer, supplemental lycopene didn't show major benefit. However, another study has shown patients taking 15 mg of supplemental lycopene, three weeks before surgery to remove the prostate, had improvements in cancerous lesions and decreases in the PSA score (a blood test used to monitor prostate cancer.)

Research of various vitamins, including A and E, beta-carotene, lutein and lycopene, showed that higher levels of these nutrients

in the body, lycopene and beta-carotene in particular, significantly protected against breast cancer. In mice, lycopene has shown protection against the development of breast tumors. Animal research is also showing benefit to lung cancer.

Lycopene also shows benefit for the blood vessels around the heart, demonstrating protection to the blood vessels in the neck, better than vitamins A, E or CoQ10. This isn't much of a surprise since lycopene is regarded as a powerful antioxidant. Higher levels of lycopene have also shown protection

against heart attack. Tomato paste, a tremendous source of this nutrient, has demonstrated some protection against the development of cardiovascular disease. For protection from heart disease in women, lycopene shows greater protection than the other carotenoid nutrients.

For more information log on to [health.discovery.com](http://health.discovery.com)

<http://health.howstuffworks.com/wellness/food-nutrition/vitamin-supplements/lycopene.htm>

## Resident Spotlight: Lulu Wilson

On June 27<sup>th</sup>, Lulu and her husband Leonard "Dick" celebrated their 63<sup>rd</sup> wedding anniversary.

They met after high school through their mutual group of friends and were married several years later at the Methodist Church in Caton, NY.

They have one son, who moved back to the area from

attending school in Idaho for finance. He is ahead of the financial division at Tioga Downs Casino and Racino.

Lulu said the success to their marriage is, "you have to learn to give and take."

Lulu was the fourth oldest child in a family of 10 to include 2 sets of twin boys. Her Dad was a supervisor for

all of the Town of Caton Mechanics.

The family owned one of the largest farms in Caton, NY and the farm still currently operated and owned by the family.

Lulu is usually seen working out with Randy during tae-bo and enjoys Bingo afterwards even though she says "I usually don't win, but

it is still exciting and I enjoy the activity.

The next time you are in the Dining Room and you see Lulu and her husband on the Lounge side please congratulate them on 63 years of happily married after.

## Staff Birthdays, Anniversaries, and New Hires

### Anniversaries:

#### 25 Years

Sherry B. Brown

#### 16 Years

Erica L. Darmstadt

#### 13 Years

Ronda L. Culbertson

Elaine L. Hendrickson

#### 11 Years

Jane E. Dillon

#### 8 Years

Dorothy J. Winfield

#### 5 Years

Kristen M. Emerson

#### 4 Years

Chelsa M. Cussins

#### 3 Years

Maryann J. Aston

Sara N. Constable

Miranda L. Post

Valerie M. Williams

#### 1 Year

Mark A. Ellison

### Happy Birthday to:

Amber N. Card

Randy Dann

Jacquelynne A. Doll-Chilbert

Melissa J. Giddens

Christine M. Griswold

Evella D. Harrell

Crystal J. Hoffman

Linda Parzych

Heather Ruggles

Brittany R. Stone

### Welcome:

#### Activities Assistant

Lauren Wellman

#### C.N.A.

Darin Bonner

Tonya Harrison

Andre Landron

Kristi Strohl

#### Social Work

Jennifer Yannette



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 June.

## Development Corner

GST Boces SkillsUSA club from the Coppers Education Center recently presented Founders Pavilion with various potted flowers. Each year the group holds a Flower and Plant Sale as a fundraiser (their largest fundraiser,) which helps support their activities and competition trips. As part of their community service project, the group donates a portion of their flowers and plants to various health care facilities.

Founders Pavilion's resident Marion Godwin's sister Bonnie came in over the weekend of June 4<sup>th</sup>-5<sup>th</sup> and planted the flowers for Founders and has donated her time to come in weekly and keep them watered.

Thank you to both GST Boces and Bonnie for their donation of flowers and time with planting and upkeep.

## Congratulations

Karen Landis, our Director of Environmental Services, on her graduation from the Steuben Leadership Program this past May.

The Leadership Program is sponsored by the Corning Area Chamber of Commerce and Corning Community College.

## United Way Day of Caring



On Friday, representatives from the Eaton Corporation spent the day staining picnic tables and benches as well as playing Blackjack with residents and assisting with Happy Hour.



**Founders Pavilion's Activities Director, Mike Youmans (left) presents Executive Director of the Corning Meals on Wheels a check for \$125.00, the money raised was from a contest in which staff and residents raised during a King & Queen contest.**

## Resident Council Minutes

The following are highlights from the recent Resident Council meeting:

The residents choose Declemente's 2, located at the Elmira-Corning Regional Airport as the upcoming outing.

The upcoming Resident Shopping Service Company that will be here in August was tentatively discussed with future

information to be made available.

The residents also expressed interest in an outing to the Clemens Center to see a show. The resident council has decided to postpone this outing to the fall. The Activities Director will bring this issue back up and look into what shows would be scheduled and other important information.

As a reminder, Resident Council is open to all Founders Pavilion residents and meetings are usually held on the second Tuesday of the month in the Lounge.

The current President is second floor resident Sally Stermer.

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

## **Founders Pavilion Pavilion Press**

205 E. First Street  
Corning, NY 14830

PHONE:  
(607) 654-2400

FAX:  
(607) 654-2403

E-MAIL:  
info@founderspavilion.org

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.

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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 June -**

Heidi Bouton  
Heather Ruggles  
Rose Lehman  
Mark Keiderling  
Ruth Sutton  
Marlida Buckley  
Alisa Federow

#### **Bridge Builder Employee of the Month -**

Mark Keiderling

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### **Upcoming event:**

**Resident Shopping Service coming to Founders Pavilion on Tuesday, August 16, 2011 time and more details to come soon. For preliminary information contact Mike Youmans, Activities Director.**

