

Pavilion Press

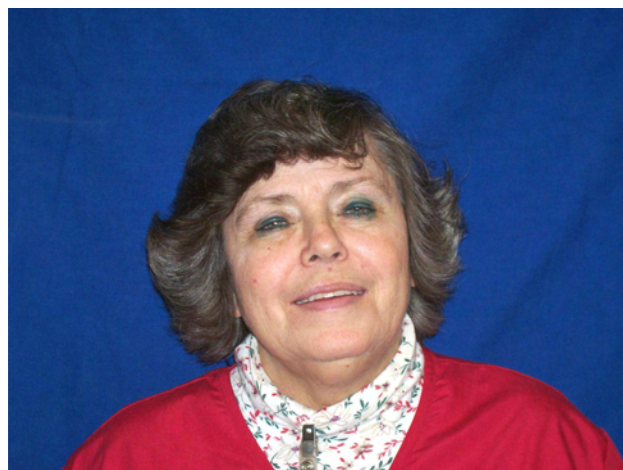
Congratulations Joyce!

On October 28th, Joyce Nehring will retire with 48 years of service. She has been in her current position of third floor unit secretary for over 10 years. She previously worked at Corning Hospital in the pharmacy department.

Joyce is very active in the community as President of the local American Legion and bartender for the Moose Club. An avid bowler, we will know where to find her on Wednesday nights.

"I will really miss everyone, especially Kerri (Swan) and Bonnie (Hamilton.) They are a real asset to Founders and have lifted the spirits up on the third floor," said Joyce.

From Kerri & Bonnie – "I would like to thank Joyce for her dedication and support to our unit for so many years. She has been very encouraging to us as the new managers and we appreciate this. Her pride in the unit has been evident. Joyce's smile, laugh, compassion to our residents and seeing her face every morning will be truly missed. Good Luck Joyce! We hope you enjoy every minute of your retirement. "



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Dietitian's Corner:

People have been talking about green tea benefits for many years now, and with over a decade of research on the health benefits of green tea, it's easy to see why so many people regularly drink it. From it's potential as a cancer cure and fighting off heart disease to lowering cholesterol, burning fat, preventing diabetes and strokes – green tea has a lot of use in a healthy, balanced diet.

Green tea is made using the leaves of the Chinese Camellia sinensis plant that are then applied to heat

quickly after picking, either by steam or by dry cooking in hot pans. These methods minimize oxidation, which is what is thought to give the green tea benefits we have heard so much about.

The good news is that health professionals agree that a daily dose of green tea benefits your health in a number of ways. Whether you choose to drink green tea daily, choose a high-quality health supplement that includes green tea as an active ingredient,

or you do as I do and combine the two together for the best possible results – green tea is amazing for your health.

Green tea has therapeutic properties, contains flavonoids called catechins, and features catechin also called epigallocatechin gallate (EGCG), which is a powerful antioxidant with anti-inflammatory, cholesterol lowering, fat burning, and other beneficial properties. Benefits of green tea have been discovered over 4,000 years ago.

For more information on the history, benefits, and practices of green tea you can visit www.nutritionalsupplementsshq.com

Resident Birthdays and Resident Spotlight

Resident Birthdays for October.

Second Floor:

June Davis
Elizabeth Gaiss
Amelia Gray
Dorothy Moshier
Margaret Payne
Sally Stermer
Elizabeth Van Etten

Third Floor:

Virginia Brockway
Eunice Roe

This month's resident spotlight is on third floor resident, Alberta Shaw. She has been married for 65 years "to the same man," she astutely pointed out to me. She has 2 daughters, 5 grandchildren, and 3 great grandchildren.

Alberta had an amazing career with Sears spanning almost 50 years working in various

departments and manager roles even in their Florida stores, where she had lived on and off.

A natural seamstress, she would make her daughters' beautiful holiday dresses every year as well as make clothes for work sometimes the night before work.

The holidays were extra special as her

daughters recalled being told that Santa Claus brings not only the presents but also the tree and decorations. So, when they woke up Christmas morning they would be surprised to see a fully decorated tree, decorations, and wrapped presents.

When asked how she and her husband did it, she replies. "I don't think we slept."

Staff Birthdays, Anniversaries, and New Hires

**Anniversaries:
48 Years**

Joyce Nehring

30 Years

Colleen Dunn

22 Years

Cecilia Lehman

9 Years

Tonya Love

8 Years

Melanie Haner

6 Years

Dianna Geter

1 Year

Tabitha Brown

Felicia Fultz

Bonnie Hamilton

Donald Markell

Melanie Radford

Ann Scott
Lashana Sutton

Happy Birthday to:

Joanna Colacecchi

Travis Knapp

Erica Lafler

Karen Landis

Brenda Larson

Nichole Lewis

Neil Pietro

Dawn Pringle

Paul Winfield

**Welcome:
LPN**

Fred Kiser

Dietary Director

Carol Storch

Registered Dietician

Erica Wickham

Dietary Staff

Miguel Jones

Melissa Thomas

Ashley Wilson

PT

Ellen Maloy



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 October.

Development Corner

We are getting ready for the upcoming holiday season. You should have or will be receiving a letter in the mail about our annual Thanksgiving Dinner. If you have not received your letter, please contact Jane Dillon at 607-654-2405 for information and to reserve your seat.

Founders Pavilion's Rehab Department is planning a community event in December for Fall Risk Assessment.

Hosted here at Founders Pavilion there will be substations with hands-on activities and information available.

The date and time is yet to be determined and as soon as information is available we will include it in next month's Pavilion Press.

For the month of October, Founders Pavilion will collect Jean's Day money for our local affiliate of the Susan G. Komen Breast Cancer Foundation.

Also we encourage staff and visitors to wear pink on Fridays during the month.

We will also take regular donations as well.

If you would like to make a donation or to pay for your Jeans on Fridays please see Jane Dillon or Charlette Smith.



We raised \$1,231.50 for...

Alzheimers

**Congratulations to Josh Stuart in Dietary....
Winner of the Quilt**

Bake Sales & Loose Change \$281.50

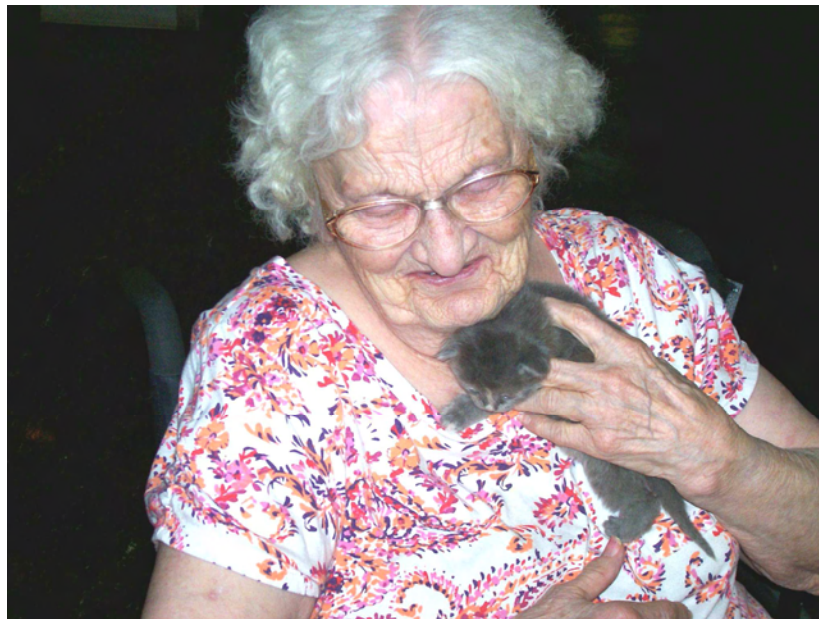
Jean Day \$114.

Quilt Raffle \$125.

**Mike Youmans, Activities Director Mohawk Hair Cut
\$206.**

**Donations and Pledges for our Alzheimer's Walk Team
\$505**

**Thanks to everyone for their support and participation in
helping us raise this money for such a worthy cause.**



Resident, Isabell Cole made a new friend recently when our Admissions Coordinator brought in two sister kittens just three weeks old. Isabell was ready to adopt, even named the little kitten before she knew that the kitten had already been adopted.

Resident Council Minutes

The following are highlights from the recent Resident Council meeting:

The Council pointed out how they truly enjoy His Tabernacle Church. They feel their music and messages are uplifting.

Upcoming outings include a shopping trip to the Salvation Army Store on Pulteney Street and an evening restaurant visit to

Texas Road House in the Consumer Square area.

The Council is awaiting the upcoming fall menu cycle and do wish the portions can be bit bigger.

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 or you can email him at bdwyer@founderspavilion.org or Mike Youmans, Activities Director at 607-654-2436 or via email at myoumans@founderspavilion.org

***Note** – The Annual Bazaar has been cancelled for this year; however, the Holiday Baskets will return and be on display in the Lobby in the upcoming month.

This year's proceeds from the raffles sales for the Holiday Baskets will go to the Owl Fund and Activities Department.

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.

We're on the Web!

See us at:
www.founderspavilion.org

News Items

Founders Pavilion's Bridge Builders

Bridge Builders for the Month of September -

**Lorrie Biller
Jacqueline Doll
Christine Flint
Barb Hodel
Mark Keiderling
Andre Landron**

Bridge Builder Employee of the Month –

Christine Flint

Remember to check out our calendar online at www.founderspavilion.org and click the Calendar tab.

Also, look for our updated web site coming soon.

