

Pavilion Press

Partners in Quality

As a member of New York Association of Homes and Services for the Aging (NYAHSAs,) Founders Pavilion has the benefit of being heard at the political level by a powerful and respected association. With continued information and updates, NYAHSAs keeps Founders and their over 5,500 not-for-profit members active in expanding and promoting aging throughout New York State.

Founders, along with several NYAHSAs members, have been involved in audio conferences on budget and legislative issues and briefings, as well as letter writing and phone campaigns to help inform and defeat bills in legislation which would have negative impacts on New York not-for-profit senior organizations.

This is why NYAHSAs is changing their name to LeadingAge. However,

both NYAHSAs and Founders needs your help in the voice for our seniors. We would like to encourage you to become involved in Partners in Quality.

Partners in Quality is a coalition of consumers, family members, staff, and administrators and legislators working together to protect New York's seniors and the disabled from cuts to health care services. If you have a loved one receiving long term care services, we ask that you join the Families and Friends Network. Families and Friends will be asked to participate in easy advocacy opportunities such as sending prewritten e-mails and making scripted phone calls to legislators' offices to make sure New York's elected officials are supporting services to elderly and disabled populations.

Your first hand story can tell the importance from a family/friend

side. You can be the voice for your loved one and for those who need to be heard.

How do I get involved?

To become a Partner in Quality send your name and contact information to Alyssa Lovelace at (518) 867-8383 ext. 155 or alovelace@nyahsa.org.

Please consider becoming an advocate for not only Founders Pavilion but for our seniors in New York.

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Dietitian's Corner:

When your mom told you to eat your peas, she knew what she was talking about. Peas flaunt twice the protein of most vegetables, so they're the ideal substitute for fattier protein fare, providing an excellent strategy for controlling your fat intake and keeping that waistline in check. Green peas, like dried peas, are legumes, except they're eaten before they mature. As with all legumes, they're chock-full of nutrients and low in calories.

Health Benefits

Their fiber, mostly insoluble, aids intestinal

motility and may help lower cholesterol. Of the myriad nutrients peas provide, iron is particularly important since it's hard to find non-animal foods with much of this blood-building nutrient. Snow peas and other edible-podded peas don't contain the same amount of protein or nutrients green peas do. But they are rich in iron and vitamin C, which help maintain your immune system. Peas have lutein, the carotenoid with a proven record of helping to reduce the risk of age-related

macular degeneration and cataracts.

Selection and Storage

Fresh green peas are only available in April and May. Choose firm, plump, bright-green pods. Fresh snow peas, also known as Chinese pea pods, are increasingly available year-round. Look for small, shiny, flat pods; they're the sweetest and tenderest. Avoid cracked, overly large, or limp pods. Sugar snap peas are edible pods like snow peas, but sweet like green peas. Select

plump, bright-green pods. Fresh peas don't keep long. Because their sugar quickly turns to starch, the sooner you eat them the more flavorful they'll be. When you can't get fresh peas, try frozen.

<http://health.howstuffworks.com/wellness/food-nutrition/natural-foods/fall-vegetables1.htm>

Resident Spotlight: Dorothy Ferreira

Resident Birthdays for September.

Second Floor:

Fred Allen
Sandra Covington
William Ellsworth
Margaret King
Gladys Maciel
Bessie Moore
Donald Proctor
Harry Siebert

Third Floor:

Clara Kilburn
Irene Legendre
Donald Reynolds

Dorothy Ferreira, living on third floor, was raised and still today believes in the true importance of family. "Family was a way of life for me," says Dorothy.

Dorothy lost her mother when she was 12 years old. After, she took on the role of caregiver and raised her 5 brothers and 5 sisters. She took care of her father, took over all the household

chores, and later went to work for Corning Incorporated to help with the finances.

Family traditions were and still are important to Dorothy and her family.

When she was younger her father made homemade wine in the cellar. "He would buy grapes and use a homemade masher.

Every holiday we had wine that Dad made."

Another holiday tradition, that even continues today, is at Christmas where someone takes on the role of Santa and they make popcorn balls for the children.

"Children today need a guiding light and to know what it means to be a family."

Staff Birthdays, Anniversaries, and New Hires

Anniversaries:

39 Years

Paul Winfield

26 Years

Bruce Naylor

24 Years

Greg Crawford

18 Years

Christine Griswold

17 Years

Christine Flint

15 Years

Tony Reynolds

9 Years

Charity Knowles

Michael Youmans

7 Years

Heidi Bouton

6 Years

Dawn Nester

15 Years

Tony Reynolds

4 Years

Erica L Lafler

3 Years

Ryan J. Shaw

Elizabeth A. Tong

2 Years

Paula Elliott

Elizabeth M. Hodder

Mark J. Keiderling

Brenda M. Larson

Taryn J. Taft

Jillian M. Zimmerman

1 Year

Jacquelynne A. Doll-Chilbert

Happy Birthday to:

Beth Beecher

Sherry Brown

Joanna Burdick

Alisa J Fedoriw

Christine Flint

Kyia E Hammond

Elaine L. Hendrickson

Kathleen Jallow

Joyce Nehring

Jenny O'Shanick

Christine A. Probst

Kerri L. Swan

Rebecca S. Terrio

Amy L. Wilson

Dorothy J. Winfield



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 September.

Development Corner

Memorial Donations

In Memory of Winifred Thom

Alice O'Brian, representative for Residents of Village Square Apartments

Eugene and Sandra Rynearson

Wednesday, October 5th, representatives from the United Way of the Southern Tier will be in the Lobby to answer questions about the United Way and their services as well as sign ups for payroll deduction donations.

We are also looking to do a couple fund raisers for their 2011-2012 campaign. Please stay tuned for upcoming information.

Founders Pavilion

has formed a team to walk in the upcoming October 1st Alzheimer's Association's Walk at Eldrige Park in Elmira, NY.

If you would like to join us or make a donation you can log on to <http://www.kintera.org/FAF/home/default.asp?ievent=454983>

or you can donate to Gail Murray or Chris Flint

Our team is called Founders Beauty and Beaus. We are currently "Team Rank" 5th place.

In next month's issue, we will have a total of how much we raised and photos from our bake sale and quilt raffle.

*Remember Jean's Day money in September goes toward the Alzheimer's walk.

Founders gets a fresh coat of paint.



Founders Pavilion gets a new look. Over the past few months Founders has been getting a fresh coat of paint and spruced up grounds. We have received many compliments on the new outside color. If you haven't seen us in awhile please stop by and take a look.

On Monday, September 19th, C.N.A. Christa Barra brought in a brother and sister Siberian Husky puppies to visit and they didn't even make it in the door of the lobby before resident, Lillian Stutzman had "adopted" the male puppy. Lillian was thrilled to visit with the puppy and the puppy seemed to be quite comfortable in Lillian's lap and loving arms.



Resident Council Minutes

The following are highlights from the recent Resident Council meeting:

The resident council members voted to postpone the annual bazaar this year due to lack of participation.

They agreed that a bake sale and more holiday baskets for a raffle would be good. They also agreed to have proceeds split between resident

council and the owl fund.

A new addition to the holiday baskets will be two baskets from the residents featuring items donated from area businesses.

It was also voted and approved that Mike Youmans and Brian Dwyer will alternate months in facilitating resident council meetings.

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

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 August -

**Gail Murray
Danielle Share**

Bridge Builder Employee of the Month –

Gail Murray

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.

