

Summer Newsletter

The Breezy Pines



A Note From The Administrator

Special points of interest:

- Family Fun Day
September 8, 2019
- Activity Highlights
- Our Web Site!
- Fun Facts about Seniors
- Satisfaction Survey

The final days of summer are quickly passing by as we begin to slowly creep into the fall season. It's interesting how we, as inhabitants of Western New York, measure our time not only in minutes, hours, days and years but also by seasons. Though many would disagree, I love that we get to experience the four seasons in truly unique ways. Summer with its heat and sunshine, fall with its cool air and blowing leaves, winters of cold, falling snow and wet, rainy springs filled with growth and blooms. Each season bringing fresh sights, sounds and smells to engage our senses. We try to ensure that our residents get to enjoy these same experiences

with our outdoor spaces, events, seasonal activity programming and community trips.

I would like to take this opportunity to encourage everyone to visit our Pinescare.com website to see what is going on at the facility. We currently post the activity calendar, meals menus and current event notices. We will also soon be highlighting, through words and pictures, fun programs and activities that are happening in our home with the intention of keeping our website visitors updated and excited about life at The Pines of Machias.

Lastly, we are beginning a "Kindness Campaign" to

encourage all of our residents, staff and visitors to make time for acts of kindness in their daily lives. Watch for posters and events focused on this theme.

Thank you for being part of extended "Pines" family and for helping us to continue our mission and goal of providing not just the very best care, but enriching the lives of all of our residents.

Tammy Schmidt
Administrator



NURSING NEWS

Falling down. Unfortunately, this is a reality for many residents in every nursing home. Knowing this, our Machias team wanted to address this in a creative, "think outside the box" kind of way. Numerous studies have shown that placing alarms on residents does not prevent falls and can actually create additional medical and psychological concerns, especially in residents with Dementia. So, early June 2019, we developed a "Walk with Us" program, designed primarily for our Evergreen Dementia Unit residents. The concept was to gather a group of residents and walk to music on the unit. Day one of this program, we gathered residents to walk (or assisted in wheelchairs), played some upbeat music of their time and traversed the unit. Unfortunately, day one proved to be a little unorganized and not what I had envisioned. So we decided to take the "Walk with Us" program off the unit and walk the circle around the central area of the building. WOW! We had residents, families and staff walking and dancing and having a great time. As time progressed, residents would actually ask if we were going walking and a few residents from other units joined in as well. When the weather is nice we walk outside. Although we are just in the infancy of this program, we have already noted a significant decline in the number of falls on the Evergreen Unit. Through this team effort (Activities, CNA's, Unit Clerks, Nurses, Medical Records, MDS, Diet Tech, Administration), dedicating 15 to 20 minutes a day to walk and dance has made a tremendous impact on the well-being of our residents. AMAZING!



Family Fun Day!

Join us Sunday
September 8th for
our annual Family
Fun Day!

There is plenty of fun to be had by all. Bring your kids and/or grand children to see the animals at our petting zoos, watch a clown make balloon animals, get their faces painted, pop corn and cotton candy.

The adults can enjoy the antique cars, a wood carving demonstration, the model train display, hot dogs and this year (weather permitting) a group of motorcyclists.

There are games to be played and prizes to be won. Cupcakes from

Events by Jess and/or ice cream for dessert, music by the Pioneer Community Band and local favorites, Home-made Jam and many more activities to enjoy and memories to make.

So, mark your calendars and join us from **1:30—4:00 pm.**
On Sunday, September 8.
(National Grandparents Day!)

September Activities



9/3—Scenic Ride w/ Ice cream stop.

9/5—trip to Buffalo Zoo

9/8—Family Fun Day!

9/11—2:00 concert with Roger Hill

9/12—order out from

John & Mary's

9/13—Apple Pie Social

9/24—Shop @ Walmart w/ lunch at Subway

9/26—Breakfast @ The Station

9/30—Petting Zoo

Check out the remainder of the calendar on our web page at pinescare.com

Resident Birthdays

FISHER, ETTA
BREITWIESER, SHIRLEY
GOULD, RALPH
ULMER, ROWENA
ARBOGAST, BETTY
TEKAVEC, JAMES
FRIGO, BESSIE
DOMES, MICHAEL
McAULEY, JAMES
GROSSMAN, BARBARA
PLEACE, ROBERT
SCHLAGENHAUF, CLAUDIA
CHRISS, DOLORES

Aug. 02
Aug 03
Aug 05
Aug 08
Aug 10
Aug 12
Aug 16
Aug 22
Aug 25
Aug 30
Aug 30
Aug 30
Aug 31

GILBERT, LARRY
BAKER, SHIRLEY
WOLFER, ALICE
SCHAUS, LOIS
HOLMES, FLORENCE
KOCIECKI, STELLA
AUGIE, VIRGINIA
SMITH, CATHERINE
DARBEE, GLORIA
HAMMOND, GERALDINE

Sep 05
Sep 13
Sep 14
Sep 16
Sep 19
Sep 20
Sep 20
Sep 22
Sep 29
Sep 30

TOWNSEND, ELEANOR
THOMAS, MARY
BYROADS, DOUGLAS
SCHUNK, SHIRLEY
LUND, WALTER
PETRIE, DANIEL
GRUVER, KATHLEEN
BRUBAKER, JAMES
HOLMES, BEVERLY

Oct 10
Oct 12
Oct 13
Oct 16
Oct 18
Oct 19
Oct 25
Oct 26
Oct 31



Food Council Updates:

Residents continue to meet monthly for Food council with Food service staff and Diet technician. Attendance has been between 10-13 residents / month.

Highlights from meetings:

The residents have chosen the holiday menus (July 4th and Labor day , discussed concerns about specific food items and reviewed/updated the fall/ winter menu. They have requested

that we discuss and consider updating the HS snack cycle at the next food council.

Upcoming News:

The residents have been patiently awaiting the arrival of the Soda machine. We will be having a Pepsi product machine installed in the main kitchen. Pitchers of soda (regular and diet) will be brought up daily for lunch and dinner meals. This will be offered as another option on beverage carts.

In addition, Juice dispenser machines will installed on each unit in the kitchenettes. These machines will replace the boxed juices that are currently being offered.

Anticipated date of installation for soda and juice is August 20th

The next Food council meet will be at Tuesday Aug 27th at 10:30am

Volunteers Wanted

Are you 18 years old or older? Have extra time on your hands you don't know what to do with? Are you bored? How about becoming a volunteer?

We are looking for people who like to play cards,

read out loud, write letters, walk and talk (a great way for both you and a resident to get some exercise), assisting a hair dresser, or just being with people. We have many ways your time will be well spent.

If you are interested, please contact our activity department at 353-8516 ext. 4612.

Time is
non-
refundable.
Use it with
intention.

Welcome New Employees!

June:

Paula Lawrence—Licensed Practical Nurse

Quinton Fuller—Certified Nurses Aide

July:

Justice Woodward—Food Service Helper

Alisha Kelly—Food Service Helper

Kaitlyn Connell—Food Service Helper

Jack Bushnell—Food Service Helper

Sirhaira Bove—Licensed Practical Nurse

Sherry Ann Hoyler—Certified Nurses Assistant

Annette Lawrence—Licensed Practical Nurse

Brian Jenkins—Cleaner

Jon Hanner—Summer Worker

August:

Hailey Rodgers—Certified Nurses Aide

Keziah Mast—Certified Nurses Aide

Hailee Johnson—Certified Nurses Aide



Employee Recognition 2019

Third Quarter Years of Service

5 Years:

Rene Fuller
Kym Lewis

10 Years:

Ron Chittister
Jamie Cox
Katie Preston
Amana Ruhland

20 Years:

Betty Gangler
Nicole Kessler

25 Years:

Laurie Lockwood
Pam Peterson

Fourth Quarter Years of Service

5 Years:

Janaya Maid
Louise Smith

30 Years:

Renee Kamrowski



EMPLOYEE OF THE MONTH

April—Levon Hulton-Licensed Practical Nurse

May—Laurie Lockwood-Cook

June—Joanne Wixson-Certified Nurse Assistant

July—Mary Neamon-Certified Nurse Assistant

August—Shannon Schumaker-Keyboardsist/Receptionist

Fun Facts About Senior Citizens

I'm not crazy.

i prefer

the

term

mentally

Hilarious.



There are 8,000 baby boomers in the United States turning 65 every day.

There are already 55,000 Americans over age 100, and by 2050 the number of centenarians will reach 600,000—roughly the population of the entire state of Vermont!

Women are a majority of seniors, accounting for 57 percent of the U.S. population today and a projected 55 percent of Americans over age 65 by 2050.

There are 72 men for every 100 women in the age group 'above 65 years' and there are 45 men per 100 women in the age group 'above 85 years.'

Currently people over 65 years number 483 million in the world and by 2030 the number will reach 974 million. By the year 2025 approximately 18 percent of the world population will be seniors.

As per the Guinness Book of World Records - Jeanne Louise Calment was the oldest human who lived for 122 years and 164 days. She was born in France on February 21, 1875, and died at a nursing home in Arles, southern France, on August 4, 1997.

Keeping physically active can slow the ageing process. Exercise is the mantra to keep young and feel good. A study published in 1995 that tracked 9,777 men between 20 and 82 years found that physically unfit men who became fit had death rates 44 percent lower than those who remained unfit.

People over 75 years old visit the doctor 3 times more often than people 22 to 44 years old.

<https://www.homeseniors.org/senior-moments-from-home/fun-facts-about-seniors>

Generosity Shines Bright

Thank you to the following for your gifts of love to our residents:

Franklinville 5th & 6th grade classes for the lap blankets.

Hope Lutheran Church for the men's handkerchiefs and women's lotions.

Charlotte Wright for the books.

Joyce Burgess for the puzzles.

If you would like to make a donation to our residents, you may bring items to the reception desk.

Items can be new or used (in excellent shape); toiletries must be new; gift type items like jewelry, purses, wallets, hair accessories; store bought or homemade; items to keep them warm in the winter months such as shawls or lap blankets.

Please call the activity department before bringing in books and puzzles to see if there is a current need.

We do not accept clothing.

From The Kitchen

Zucchini Patties

2 c grated zucchini

2 eggs, beaten

¼ c chopped onion

½ c flour

½ c grated parmesan cheese

½ c shredded mozzarella

2 Tbsp vegetable oil

Salt and pepper to taste

Directions

In a medium bowl combine: zucchini, eggs, onion, flour, cheeses and salt and pepper.

Stir well until mixed.

Heat oil in a skillet on medium heat. Form patties with mixture and drop them in hot skillet. Cook a few minutes on each side until golden brown.

I KNOW THE VOICES IN MY HEAD AREN'T REAL BUT SOMETIMES THEIR IDEAS ARE JUST ABSOLUTELY AWESOME!



Resident Mail



Our residents LOVE to get mail! To make sure their mail is delivered to them in a timely manner please use the following formats:

For Letters/Cards, etc.-

Resident's full name
PO Box 310
Machias, NY 14101

Mail will still be delivered if you use the street address but it may take longer.

For Packages not going through the Post Office-

Resident's full name
9822 Rt. 16
Machias, NY 14101



*Homemade Jam
2:30-4:00*

Car Show

*Community Band
1:30-2:30*

Casper the Clown

STARS

*Events By Jess
Cupcakes*

*Junk Drawer
Raffle*

Wood Carving

FUN! FUN! FUN!

*Hot Dogs by
Boy Scouts*

Farm Stand

Family Fun Day '19

September 8th 1:30-4:00 pm

50/50

*Petting Zoo &
Exotic Birds*

Motorcycles

*Model Train
Display*

Dog Show

*Popcorn &
Cotton Candy*

Face Painting

Drinks

Ice Cream

Games

*Museum is
OPEN!*

THE PINES HEALTHCARE AND REHABILITATION CENTER
SATISFACTION SURVEY FOR RESIDENTS, FAMILY AND FRIENDS

The Pines Healthcare and Rehabilitation Center asks the residents and the families of our residents to evaluate the quality of care provided at The Pines so that we may compliment the staff for their efforts to provide quality care and service. We also want to show our diligence to address issues that are of concern. Please take a few minutes to complete this form and **return it to Tammy Schmidt, Administrator; Joy Lavelle, Admissions Coordinator; Lisa Smith, Social Worker; or the Switchboard.**

PLEASE COMMENT:

The overall quality of nurse's aide care (bathing, grooming, manner of care, compassion, communication).

The overall quality of nursing care (medication dispensing, care planning, status monitoring, communication, compassion).

The overall quality of the doctor's care (timely visits, communication with patient/family, acute care availability, compassion).

The social work services provided to your loved one (adjustment to The Pines, counseling for psycho-social needs, discharge planning, compassion, communication).

The activities provided to your loved one (variety, age-appropriate, stimulation, communication, compassion).

The quality of Food and Nutrition Services to your loved one (friendliness, item variety/temperature).

The services of the Finance Office (efficient, friendly, communication).

The Therapy provided to your loved one (efficient, compassion, communication)


The Maintenance, Housekeeping and Laundry services (efficient, friendly).

The overall atmosphere at The Pines (cleanliness, friendliness, attractive décor)

General comments:

Name: _____

Date: _____



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The Pines Healthcare & Rehabilitation Center
PO Box 310
9822 Rt 16
Machias, NY 14101

Phone: 716-353-8516
Fax: 716-353-4316



**We're on the Web at
Pinescare.com**

Want to know how you can have access to the facilities' monthly calendar and or menu? Go to pinescare.com and at the top of the home page click on Calendar. When you find what you are looking for there, check out the rest of the site, you never know what you may find.

Friends Of The Cattaraugus County Nursing Homes, Inc.

Thank you for your generous gifts in memory or honor of your loved ones and to the music programs:

Paul & Kate Rose
Donation in honor of Paul's father, Paul C. Rose, a resident on the Cedar Unit.

Franklinville Aristocrats
Donation to the Friends of Music Program

We are continuing to seek donations for Friends of Music to support our live entertainment programs

If you would like to make a donation to either our Memorial/Honor program or the Friends of Music program, please make your check payable to Friends of the Cattaraugus County Nursing Homes, Inc.