

SUMMER 2024

PINES OF  
MACHIAS  
NEWSLETTER

# The Breezy Pines

## Inside this issue:

Nursing News 2

Family Forum 2

New Staff 3

Employee  
Recognition 3

Resident  
Birthdays 4

Activities 5

Recipe 5

## News from the Administrator

It's finally outdoor season in Western New York and we couldn't be happier! Have you ever noticed or thought about how our overall mood changes as the days get longer and the weather gets nicer? Scientifically, exposure to sunlight is known to increase the brain's release of a hormone called serotonin. Serotonin is associated with boosting mood and helping a person feel calm and focused. Mother Nature also showcases her beauty with blooming flowers, trees, and new baby animals.

The lesson in all of this? Get outside!! When you come visit the facility and the weather is nice, we encourage you to enjoy our enclosed outdoor patios or our numerous seating areas outside. Our tents and awnings provide for shaded visits. We have a grill available for families who would like to have a little barbeque with their loved ones. Our chickens love visitors too! Love to garden? Feel free to help care for ours. We try to keep tools and watering cans handy for easy access. Lastly, just be sure to soak up the sunshine this summer, it will do you good!

*Tammy Schmidt  
Administrator*



## LIVING WITH DEMENTIA

### ALZHEIMER'S DISEASE SYMPTOMS:

◇ NEW INFO IS  
LOST

◇ RECENT  
MEMORY  
WORSE

◇ PROBLEMS  
FINDING  
WORDS

◇ MIS-SPEAKS

◇ MORE  
IMPULSIVE OR  
INDECISIVE

◇ GETS LOST

◇ NOTICE  
CHANGES  
OVER 6  
MONTHS-1  
YEAR

*The Breezy Pines*

# Nursing News

Over the next month you will likely be noticing new signs on some of our residents rooms that say "Enhanced Barrier precautions" and you may notice staff wearing gowns and gloves more often. We are implementing these enhanced barrier precautions based upon a requirement from the CDC to protect our residents and staff from germs that can cause serious infections and are hard to treat. These germs are called "multidrug resistant organisms or MDROs."

Studies have shown that more than 50% of nursing home residents have these germs on or in their bodies especially where the skin is broken such as, wounds, or insertion sites of medical devices such as, catheters, and feeding tubes. Most of the time, people do not know they are carrying these germs but under certain conditions they can enter the body and cause serious infections.

Fortunately there are several things we can do to help keep these germs from spreading, such as hand washing. You will also see staff wearing gowns and gloves when providing care and transferring some residents. Just because you see staff wearing gowns and gloves it doesn't mean that a resident is carrying one of these germs. Staff sometimes wear gowns and gloves to protect residents who might be more vulnerable to developing a serious infection if exposed to one of these germs. We also wear them if a care activity is expected to be more involved such as changing a dressing on a wound. The CDC has outlined specific criteria for residents who will be placed on these precautions.

We encourage visitors to wash their hands and use hand sanitizer available in the building while visiting. We are always happy to answer any questions you might have about actions we are taking to protect our resident and staff. We appreciate the support.



*Dawn Sprague  
Director of Nursing*

Summer 2024

## A big welcome to our new staff!

### MARCH

Lynn Wooley-LPN

### May

Rebekah Nolt-CNA  
Mackenzie Winnie-CNA  
Lorin Volk-CNA  
Bill Bailey-Building/Grounds

### APRIL

Jessica Reynolds-RN-Juniper Head Nurse  
Danielle Wiepert-RN-Supervisor  
Kaitlyn Shultz-CNA  
Melissa Segool-CNA  
Melanie Whitton-LPN  
Kennady Stafford-Food Service

## QUARTERLY RECOGNITION 2ND QUARTER



### 35 YEARS

Renee Kamrowski

### 10 YEARS

Brittany Hanner

### 5 YEARS

Paula Lawrence



## Family Forum

The Pines of Machias will be holding a Family Forum on **July 16th at 5:00 pm in the Chapel** (pending involvement). Guest speaker Bruno Bruni, the Long Term Care Ombudsman, will be present to discuss his role and how he can support families. Please call Jessica (ext. 4603) or Cameron (ext. 4613) if planning to attend.

## *Clothing reminder:*

Our laundry is sent to Olean to be washed in industrial sized washer and dryers. When bringing in new clothes for your loved one, please remember;

\* To give the clothing to staff to be labeled.

\* Avoid bringing delicate or thin clothing.

\* If and when an item goes missing please be sure to notify the nurse or Jessica (RCL ext. 4603) right away.  
Thank you!



## *The Breezy Pines*

### **Resident Birthdays**

#### JUNE

Colette Jankowski	03
Joanne Hedges	08
Susan Bortle	09
Elaine Colwill	16
Howard Freeman	16
Patricia Burdick	21
Ruth Hesterly	25

#### JULY

Loretta Ciszak	01
Claire Seelig	03
Jon Hering	05
Debra Morgan	11
Donald French	12
Phyllis Preston	17
Martin Barrett	18
Nancy Baker	20

#### AUGUST

Phyllis Burch	08
Thomas Bischoff	08
Shirley Saulter	15
Jane Theodore	22
Sally Kruppner	26
Glenn Cooper	27
Barbara Grossman	30
Dolores Chriss	31



### **Resident Mail**

When mailing letters, cards or small packages through the post office please address your items as follows:

Resident's Full Name  
P.O. Box 310  
Machias, NY 14101

When mailing packages, send to:

Resident's Full Name  
9822 RT 16  
Machias, NY 14101



Summer 2024

# ACTIVITY HIGHLIGHTS

SUMMER IS ON THE WAY! WE HAVE MANY FUN AND EXCITING ACTIVITIES PLANNED TO KEEP US BUSY AND ENJOY THE SUMMER SEASON! WE ARE IN THE PLANNING STAGES SO CHECK OUT THE ACTIVITY CALENDAR FOR MORE DETAILED INFORMATION!

6/3 SHOPPING AT THE BIG LOTS PLAZA  
 6/6 SCENIC RIDE  
 6/7 KARAOKE WITH SCOTTY  
 6/13 PICNIC @ ARCADE PARK  
 6/20 WELCOME SUMMERTIME PARTY  
 WITH RUSTIC RAMBLERS  
 6/28 MUSIC WITH THE DUNNEMANS  
 7/30 CATTARAUGUS COUNTY FAIR  
 8/16 MUSIC WITH THE FIDDLE KIDS  
 8/31 MUSIC WITH JILL TILLFORD



WE ARE ALSO PLANNING TO GO TO THE ZOO, AND OF COURSE, WE WILL BE HAVING OUR ANNUAL HOT DOG ROAST! WE STARTED HAVING BINGO TWICE A WEEK (TUESDAYS AND SATURDAYS), ALWAYS LOOKING FOR HELPERS, SO COME JOIN THE FUN! THE GIRL SCOUTS WILL BE HELPING US OUT ONCE A MONTH, ANY OTHER GROUP INTERESTED, LET US KNOW!

## Recipe from the Kitchen: Cranberry Chicken Salad

Serves: 4

### Ingredients:

- ◇ 2 cooked chicken breast halves, chopped
- ◇ 1/2 cup mayo
- ◇ 2 green onions
- ◇ 1/2 cup sweetened dried cranberries
- ◇ 1/4 green apple
- ◇ 1/4 cup chopped pecans
- ◇ 1 tbsp. lime juice
- ◇ 1/4 tsp. dried dill weed
- ◇ 1 pinch salt and pepper

### Directions:

- ◇ Mix together chicken and mayo in a bowl, stir to coat well. Stir in the rest of the ingredients.
- ◇ Serve immediately or refrigerate.



The Pines Healthcare & Rehabilitation Center  
 9822 Rt. 16  
 Machias, NY 14101  
 716-353-8516  
 Fax: 716-353-4316

Tammy-Administrator ext.4629  
 Dawn-Director of Nursing ext. 4605  
 Teresa-Assistant DON ext. 4643  
 Robby-Rehab Director ext. 4637  
 Cameron-Social Worker ext. 4613  
 Jessica-Resident Care Liaison ext. 4603  
 Kim-Activities Director ext. 4612  
 Gretchen Eddy-Admissions Coordinator  
 (716)801-0884

### UNIT EXTENSIONS

Cypress Ward clerk ext. 4654  
 Cedar Ward clerk ext. 4667  
 Juniper Ward clerk ext. 4657  
 Evergreen Ward clerk ext. 4664

For your coloring enjoyment

