

GOOD Life News

at Westchester Gardens

NOVEMBER 2017

www.westchestergardens.com

New Generator Requirements

You may have read about a recent emergency rule that Governor Scott issued requiring nursing homes to have generator(s) that can sustain temperatures of 80 degrees or less for a period of no less than four days in the event of a power outage. That requirement officially goes into effect on November 15, 2017. In light of the tragic situation in Hollywood, Fla., the governor's requirement has public support and most likely will be followed by legislation in the upcoming legislative session in early 2018.



I had the opportunity to participate in calls that Governor Scott and other state leaders with the Agency for Health Care Administration and other key state agencies conducted in the days leading up to Hurricane Irma, and even afterward. I was impressed with their resolve to ensure the safety of all nursing home and assisted living residents. Their desire to harden these facilities against disasters such as hurricanes or extended power outages is admirable, and will prove beneficial in years to come.

As mentioned in the newsletter last month, we have a fully operational generator that was utilized during Hurricane Irma. Additionally, we have portable generators to supplement where additional power is needed, and plan to use spot coolers and portable air-conditioning units to make sure we meet the new requirements. We also plan to purchase an additional fuel tank so that we have ample diesel so the generator can operate effectively beyond the minimum four-day requirement. Finally, we hired an electrical engineer to evaluate our current generator capabilities to determine if we need to pursue a different generator. In addition, we have been holding weekly meetings even after Irma, to implement changes that we feel will make us even more storm ready in the future.

In terms of legislation, it is my hope that while there is the political will to enact laws and new requirements, there will also be the motivation to provide the necessary funding to offset these new costs, which may be in the hundreds of thousands of dollars when all costs are considered, including the costs of engineering, electrician and costs associated with getting plans approved. While some larger facilities may be able to absorb these costs, I expect to see facility closures for those unable to make it work. For those who would like to help, I would encourage you to ask your state legislator to 1) support the governor's requirement for these generators, but also 2) to provide additional Medicaid funding to simply offset facility's costs.

— J. David Fitts, Executive Director



**Our Talk.
Our Walk.
Every Day!**

**FIT Functional
Fitness®**

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.

Food and Beverage/ Dining Services

A Sweet Side Dish

Whether they are baked or roasted, topped with marshmallows or served in a pie, sweet potatoes are a staple at many Thanksgiving dinners. But the orange root vegetable is a nutritious, choice year-round.

Historians estimate that sweet potatoes were first cultivated in Central and South America about 5,000 years ago. Despite their name, sweet potatoes are not closely related to white potatoes and belong to the morning glory family of plants. They are often called yams, especially in the South, but true yams are an entirely different plant that is native to Africa and Asia.

When it comes to nutrition, one serving of sweet potatoes contains more than 100 percent of the recommended daily amount of vitamin A, plus plenty of vitamin C, potassium and antioxidants. Though they have a rich flavor, sweet potatoes have fewer calories than white potatoes and cause a smaller spike in blood sugar, making them a good choice for diabetics.

China grows the most sweet potatoes in the world, while North Carolina leads the harvest in the U.S.



Holiday Quote

“When I started counting my blessings, my whole life turned around.”

— Willie Nelson

Tell Your Story

Everyone has a story — many stories, in fact! All the pieces of your life weave a unique and interesting narrative, so why not preserve your stories for future generations?

Collecting a few tales can be easy and fun, and your loved ones will cherish the precious memories. Here are a few ideas to get you started:

Put pen to paper: Write down some memorable moments, achievements, family traditions or life lessons you have learned. Share a favorite tale or two from each decade, or tell where you were during major world and national events.

Create a scrapbook: Round up photos and mementos and place them in an album or scrapbook. Include notes identifying special memories associated with each item.

Record your stories: What was your life like growing up? Who was your role model? What was your first job? Share these stories and more while someone records you.

Veterans History Project: Veterans can share personal accounts of their military service in an oral history program through the Library of Congress. Details can be found at www.LOC.gov/vets.



Life Enrichment

We are looking forward to the holidays and just want to remind you that we will have Main Street Early Learning children in to visit towards the end of the month!

We have a new program for our family members who have loved ones here with Alzheimer’s or other forms of dementia. It is called Color Your Mind. Maria Shriver has come up with a very nice adult coloring book that has all sorts of vibrant pictures as well as discussion topics throughout the book. If you are interested in participating in this program, please see the Life Enrichment Department.

Keep an eye on your calendars for any upcoming events!



Nursing/Health Care

The Fight Against Alzheimer’s

National Alzheimer’s Disease Awareness Month takes place every November, but scientists and medical teams are working year-round to make strides in the diagnosis and treatment of this complex condition that affects millions of people worldwide.

Researchers are constantly learning more about Alzheimer’s. Advances in brain imaging are helping provide a clearer understanding of how the brain is affected by the disease. Studies are exploring links to other health conditions, including heart disease, diabetes, stroke, high blood pressure and high cholesterol. This research may make earlier diagnosis of Alzheimer’s possible, leading to better treatments and possible prevention.

Currently, there are medications that can temporarily slow the progression of symptoms and provide a better quality of life for patients. The Alzheimer’s Association says several drugs that potentially could stop the disease from advancing are in the development and testing stages.

Non-medical therapies have been shown to help both patients and caregivers living with Alzheimer’s. Music therapy often involves playing upbeat tunes during everyday activities, calming music near bedtime or to ease confusion, and familiar music from the patient’s past to provide comfort and prompt memories. Art therapy can give patients a way to express themselves when communication is difficult.

Storytelling is another therapeutic technique and includes programs such as TimeSlips, which uses photographs to inspire those with Alzheimer’s to create and share stories. Scrapbooks, photo albums and memory boxes are other tools that can encourage patients to reminisce and talk about their lives.



Resident Birthdays

Jane W., 3rd
Joyce C., 5th

Santa S., 7th
Teresa C., 8th

Jean D., 18th
John M., 18th

Employee Birthdays

Marissa Stevens, 4th
Maria Keindl, 7th
Judith Montano-Brito, 9th
Georgette Brianvil, 10th
Lori Harrison, 11th

Arecia Davis, 11th
Gisela Sutil-Cervino, 14th
Judith Coeur-Aimable, 14th
Leo Wagner, 19th
Rachel Sheppard, 20th

Selma Vukovic, 22nd
Cara Ojiem, 22nd
Miralys Armas, 24th
Mary Krueger, 26th
Dawn Vanderbilt, 28th

Employee Spotlight

Debra Grayson has been chosen as Employee of the Month for November. Debra has been working in the Housekeeping and Laundry Department for a little over two years. Debra was born in Northern Virginia and has lived in Florida for 13 years. She enjoys working with all of the staff and residents here at Westchester. Debra is mom to three beautiful children and is grandmother (GiGi) to one awesome grandson. She will say her children and grandson are her greatest accomplishment in life. Her hobby is going to the beach and riding the waves. Thank you Debra for all of your hard work and dedication!





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J. David Fitts

Assistant Executive Director

Maggie Fisher

Director of Nursing

Heather Wagner, RN

Life Enrichment Director

Ann Padovani, ADC

Director of Admissions

Maryanne Zingalie

Dietary Director

Bob Harris

Housekeeping Director

Tammy Pennington

Maintenance Director

Dennis Stephens

Rehab Director

Frances Skinner, BScPT

Social Service Director

Denise Baultrip-Cuyjet

Resident Services Coordinators

Tiffany Chiaramonte, LPN

Angela Friedly, RN

Receptionist

Margie Lozada

MDS Coordinator

Susan Kleiss, RN

Quality Coordinator

Rhiannon Potter, RN

Welcome New Residents

Welcome to Westchester Gardens! Although there is no place like home, we hope your stay is quite pleasant.



Inspirational Quote

“To succeed in life, you need three things: a wishbone, a backbone and a funny bone.”

— Reba McEntire