

GOOD Life News

at Westchester Gardens

JANUARY 2018

www.westchestergardens.com



Life Enrichment

The Life Enrichment Department would like to wish everyone a very Happy New Year! The holiday season was certainly a busy one and we hope you enjoyed all of the special events. We thank our Resident Council for helping to plan events for you. As always, we appreciate our volunteers, Girl Scouts, Main Street Early Learning Center, members of the community and our church groups who help us to provide programs for you that are meaningful. We look forward to 2018!



Food and Beverage/ Dining Services

Cozy Comforts

The weather outside looks frightful, but you're inside safe and warm, wrapped in a snuggly blanket, enjoying a steaming mug of cocoa and a good book. This experience is a classic example of hygge, the Danish way of living that focuses on coziness and contentment.

Central to Denmark's culture since at least the 1800s, hygge — pronounced "hoo-gah" — has become a popular décor and lifestyle trend. Fuzzy socks, thick blankets, warm drinks and crackling fireplaces are just some examples of the concept. But hygge is more than just familiar, comforting objects; it's also about appreciating the simple things in life and connecting with loved ones.

The heart of hygge is creating a warm atmosphere, both literally and figuratively. Surrounding yourself with friends and family, playing a board game and listening to each other's laughter, is just as important as wearing a treasured sweater and curling up in your favorite chair. Another essential element is the food — typically hot beverages, homemade desserts and comforting dishes such as chicken pot pie.



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

**Platinum
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Standard #18**

"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

Welcome 2018!

I'm ready to start a new year! Today marks one year since my wife Keron was diagnosed with colon cancer. She had been experiencing some minor gastrointestinal problems for a few months but had discussed these with her physician who attributed them to a couple possible minor causes. To be safe, her doctor sent her for a "routine colonoscopy" (a phrase I now consider an oxymoron). Keron was well below the normal age (50) that people begin having colonoscopies, so we didn't have too much concern.

When Dr. Degala came into the recovery room, he immediately stated that it was cancer. The way I recall it, Keron said something to him like, "It's cancer, isn't it?" before he could even say it. She apparently saw it in his face. We were both stunned over the news. It sunk in with Keron quicker than it did with me. Having lost her father due to colon cancer only three months prior, the weight of the news was overwhelming. While a diagnosis of cancer is not usually given at the time of the colonoscopy, between the size and appearance of the tumor, it was so obvious that it was cancer that Dr. Degala spoke in unequivocal terms about it.

That night was so difficult. We didn't even know if her tumor was operable. Her dad's had not been. We also didn't know if it had spread elsewhere. We had to tell our five children what was going on and agreed that we would be honest about it, and while not wanting to scare them, we would let them know what we knew ... and didn't know. It was so hard. The most difficult part was that everything we were describing with her condition was so similar to what we had just sat down and talked with the kids about a few months prior with Papa. They knew what the outcome of his situation had been, despite fervent prayer.

We were all devastated. The "what ifs" abounded. We knew the only thing we could do was to trust God. Easier said than done, of course. Again, especially knowing that we had tried to trust God with her dad's situation. We knew that God is good. All the time. But that, of course, also means when things don't go the way we want. The best we could hope for was to have surgery as quickly as possible by a competent physician, begin the process of recovery, and then explore what other treatment plan would be in store.

My colleagues at work were so helpful during that time and enabled me to be with my wife both before and after her surgery. Our church family and many others stepped in such a big way at that time as well. We were overwhelmed to learn that they took care of all our Christmas shopping and refused to accept payment for the gifts they had purchased. Keron and I had not been able to give Christmas much thought. The Lord provided so faithfully during this challenging time in our lives. We later found out that the large tumor was a mere week or two away from rupturing the colon wall which would have caused it to significantly spread.

In a way I had never experienced before, moments mattered. The moments of encouragement through visits, calls, texts, cards, Facebook posts, and on and on. We soaked in every word and were so grateful for the tangible, physical help along with all the emotional support.

I hope to be that word of encouragement and to make moments matter for others the way they did for me this time last year! I encourage you to do the same. May 2018 be the year in which we make moments matter by making a difference with others. And get your colonoscopy! That's really a moment that may matter!

Epilogue: The rest of our story, so far, is going well. Keron completed chemo recently and her scans have come back with nothing but good news!



J. David Fitts, Executive Director

Nursing/Health Care

Fun Challenges for the Year Ahead

Is there a novel you've wanted to read or a hobby you'd like to learn? The new year is the perfect time to set some goals you'll enjoy aiming for. Here are some ideas:



Reading resolution — Select a number of books or pages you want to read this year, and track your progress. Alternatively, you could challenge yourself to read 10 books set in 10 different countries or try genres outside of your usual picks.

Daily doodles — Find a list of drawing prompts online or create your own, then capture your creativity in a sketchbook. Experiment with using different media, such as colored pencils or chalk pastels.

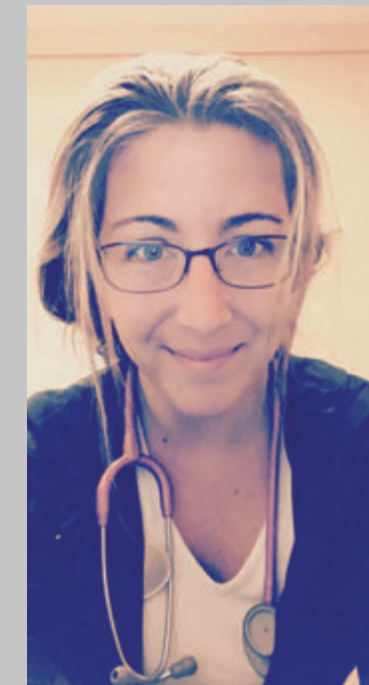
Meaningful mail — Set a schedule for sending handwritten notes a few times each month. Whether a friend, grandchild or another person in your life — think about your hairdresser, barber or librarian — the recipient is sure to smile when reading your words.

Eating adventures — Pick five new restaurants to try this year and invite friends and relatives to join in. You may discover a new favorite!

Expanded interests — There's always a new hobby to master, from watercolor painting and origami to learning how to play poker or chess. Or take part in a new type of fun exercise, such as line dancing or laughter yoga.

Employee Spotlight

Catie Discolo has been chosen as January Employee Of The Month for all of her hard work and dedication. Catie has been in the Tampa Bay area for 25 years. She has two amazing kids and a fur baby. She is working towards her career goal as a nurse practitioner. She loves to spend time with family. She likes to watch the Tampa Bay Lightning. Working at Westchester the past two years is like family. She enjoys working hand-in-hand with everyone. Thank you again, Catie.



Resident Birthdays

Cortland S., 3rd
Beverly B., 5th
Joseph M., 5th
Florine Z., 12th
Henry B., 17th
Robert M., 17th
Lillian P., 18th
Jens R., 18th
Stanley C., 19th
Muriel K., 21st
Adele B., 27th

Employee Birthdays

Pamela Keller, 5th
Briana Smith, 7th
Marie Makinlay Rubins, 7th
Ana Gambacurta, 7th
Yusleivy Bianco, 10th
Ashley Newton, 10th
Donya Breece, 14th
Geraldine Knighton, 16th
James Skelly, 19th
Debra Grayson, 20th
Stephanie Catsikopoulos, 21st
Rhiannon Potter, 30th
Maria Marquez, 30th

Happy New Year!

What is your New Year's Resolution?





WESTCHESTER GARDENS

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Maggie Fisher

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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 Coordinator

Tiffany Chiaramonte,
LPN

Resident Services Coordinator

Angela Friedly, RN

Receptionist

Margie Lozada

MDS Coordinator

Susan Kleiss, RN

Quality Coordinator

Rhiannon Potter, RN

Welcome, New Residents

Westchester Gardens wishes to welcome you. Although there is no place like home we hope your stay with us is quite pleasant.



Resident Council

Please consider joining Resident Council. Your voice can make a difference!

Quote of the Month

"The caterpillar does all of the work but the butterfly gets all the publicity."

— George Carlin