

GOOD Life News

at Westchester Gardens

JULY 2018

www.westchestergardens.com



Bed Rails

Here at Westchester Gardens, the safety and well-being of our residents is our primary concern. Healthcare is an ever-changing environment in which we have to adapt practices to best serve our residents. A recent change that has occurred across the country is the move away from bed rail use. Bed rails are metal or plastic bars attached to the side of the bed, commonly used by individuals to help pull



themselves up, turn in bed or get out of bed. Some believe that the presence of bed rails will prevent a fall by preventing an individual from getting out of bed or wandering.

However, the reality of bed rails is that they can be extremely harmful. Between 1985 and 2013, the FDA received 901 reports of bed rail incidents; this included 531 deaths, 151 nonfatal injuries and 220 cases of staff intervention to prevent injury. These incidents were due to residents becoming caught, trapped, entangled or strangled in between the bed and the rail. Due to the innate danger, the Centers for Medicare and Medicaid Services (CMS) and the State have enacted new regulations to limit bed rail use in facilities.

To safeguard our residents, we plan on doing away with bed rails and pursuing other alternatives to promote bed safety and mobility. We will be assessing our residents to determine their needs and implement interventions such as lowering the bed close to the floor, placing mats next to the bed, frequent monitoring and use of mobility aids.

We will be having a resident and family meeting to provide education on this important topic as well as answer any questions or concerns regarding this matter. Please do not hesitate to reach out throughout this transition. We committed to safeguarding our residents and will adapt with the industry as needed to do so.

— J. David Fitts, Executive Director

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

**Platinum Service®
Standard #2**

"I build lifetime relationships with our residents by creating memorable experiences."

"The customer always comes first" is an old saying that still rings true today. When surveyed, customers said they didn't feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.

Employee Spotlight

Rhonda Allen has been chosen as Employee of the Month for July. Rhonda was born in Tampa, Fla. She has a daughter and a son whom she loves very much and she has a niece whom she adores as well.



Her hobbies include traveling, music, dancing and her family. Rhonda has worked as a C.N.A. at Westchester Gardens for 11 years. She is always happy to go the extra mile for both her peers and her residents.

Food and Beverage/ Dining Services

A Crispy Classic

Crunchy, spicy or finger-lickin' good ... no matter how you describe your favorite fried chicken, it's become classic fare for summer picnics and family dinners.



The earliest recipe for fried chicken was published by a British woman, Hannah Glasse, in her 1747 cookbook "The Art of Cookery Made Plain and Easy," which was very popular throughout the Colonies. It instructed cooks to fry battered chicken pieces in hog's lard. In 1824, American Mary Randolph published "The Virginia Housewife" and included a similar recipe. While enjoyed across the nation, fried chicken became strongly associated with Southern cooking.

Through the early 20th century, the meal was mostly reserved for special occasions, since its preparation was time-consuming, and chickens were valued for laying eggs. After World War II, improved poultry farming and cooking methods made fried chicken a staple both at home and in restaurants.

Nursing/Health Care

Cheers for Cherries

One of the tasty stars of summer, cherries shine as a fresh snack, the filling for festive pies and cobblers, and the finishing touch atop ice cream treats.

Cherries are believed to have originated thousands of years ago in the area around the Black Sea near Turkey. European settlers brought the fruit to America in the 1600s. Pioneers and fur traders later introduced cherries to the Pacific Northwest, a prime growing region for the fruit today.

Cherries range in color from various shades of red to yellow to purplish-black. Because they have a hard pit, cherries are classified as stone fruits and are related to peaches and plums. There are two main types of cherries: sweet, which are usually eaten fresh, and tart, used in baked goods, juices and jams.

A 1-cup serving has 90 calories and is a good source of vitamin C and potassium. Cherries are rich in several antioxidants that can ward off heart disease and lower cholesterol. Melatonin in the fruit helps promote a healthy sleep cycle, while its anti-inflammatory properties can ease achy joints and sore muscles.



Welcome New Residents

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



Landmarks Across America

The United States is home to dozens of must-see landmarks that are widely recognized symbols of the country. Have you visited any on this list?

Statue of Liberty — A gift from France in 1886, Lady Liberty stands proudly in New York Harbor with her torch symbolizing enlightenment and freedom.

White House — A highlight of historic sites in Washington, D.C., the home and office of the U.S. president is the only private residence of a head of state that is open to the public free of charge.

Gateway Arch — This 630-foot-tall monument to America's pioneering spirit and expansion of the West offers spectacular views of St. Louis and the Mississippi River.

Mount Rushmore — The giant faces of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln are carved into a granite cliff in South Dakota.

Grand Canyon — This geological wonder in Arizona was formed millions of years ago, when the Colorado River eroded a 277-mile ravine through layers of rock, creating breathtaking vistas.

Golden Gate Bridge — Instantly recognized by its "international orange" paint color and art deco design, this San Francisco landmark was voted one of the seven engineering wonders of the modern world.



Quote of the Month

"America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand."

— President Harry S. Truman



Look! Seven New Admissions!

Mom and babies are heading right up to the front entrance, much to the delight of everyone sitting on the porch.



Resident Birthdays

William J., 4th
Anna M., 4th
Bertha D., 5th
John K. S., 7th
Thomas H., 11th
Bertha P., 11th
Mary Ann M., 12th
Frank H., 13th
Harvey K., 15th
Myra M., 18th
Mary B., 23rd

Employee Birthdays

K'Bria Lindsey, 1st
Ericka Blesener, 3rd
Ira Padgett, 4th
Grace Dahlberg, 6th
Jean Garrett, 7th
Damarys Moreno, 7th
Monica Stolon, 9th
Heather Wagner, 12th
Audane Louis, 12th
Miriam Bonifacio, 12th
Dee Montanez, 15th
Jennifer Schooley, 16th
Alexis Ramsey, 18th
Tecla Fuller, 19th
Branislava Lukic, 20th
Candace Broadhurst, 24th
Marvin Tee, 28th
Yulissa A. Rodriguez, 28th
Frislaine Saintfleur, 29th
Cynthia Huck, 29th



WESTCHESTER GARDENS

Health & Rehabilitation

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SNF #1596096

MANAGED BY
 The Goodman Group

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Housekeeping

Director

Tammy Pennington

Maintenance

Director

Dennis Stephens

Rehab Director

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Director

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Tiffany
Chiaromonte, LPN
Angela Friedly, RN

Receptionist

Margie Lozada

MDS Coordinator

Susan Kleiss, RN

Quality Coordinator

Rhiannon
Potter, RN

Life Enrichment

July is proving to be a busy month!

There will be Patriotic Parties along with music and some great American



favorite foods. We will look forward to "The Balloon Guy" for a magician act and balloon art. Amos the Miniature Horse will be visiting room-to-room. We will have a music impersonation act for you, which we know you will enjoy very much. Main Street Early Learning Center will be here twice this month. The outing this month will be to Joey's Pizza. Keep an eye on your calendars for dates and times of these fun events.