

GOOD Life News

at Westchester Gardens

AUGUST 2017

www.westchestergardens.com



“Hi-Ho Silver!”

I'm proud to announce that on July 6, Westchester Gardens received national recognition from the American Health Care Association for being awarded the Silver Quality Award. The AHCA/NCAL National



Quality Awards Program is a progressive program that is based on the Baldrige Criteria for Performance Excellence.

We are so proud of this recognition. The key to our success is our committed team. Their hard work and dedication to improving the lives of the residents we care for every day is why we are in this position. They embrace Platinum Service® on a daily basis and find new and creative ways to make it a reality here at Westchester Gardens.

According to Mark Parkinson, AHCA/NCAL President and CEO, “Silver award recipients are champions of performance excellence and quality health care outcomes. I commend their dedication to delivering solutions for quality care to the populations we serve.”

As of 2016, Silver Awards were only granted to 33.9% of skilled nursing facilities that applied. According to AHCA/NCAL, “Silver recipients must have previously been awarded the Bronze award, and must outline their systematic approaches and demonstrate sustainable organizational and process results linked to their key customer requirements, success factors and challenges.”

AHCA/NCAL has established a significant correlation between Silver Award recipients and key Quality Measures such as reduced hospital readmissions, reduced falls and pressure ulcers, and increased success with safe discharges back to the community.

Westchester Gardens will be recognized at the annual Florida Health Care Association Conference on Aug. 2 in Orlando and presented with this award. Next step: GOLD!

John David Fitts, Executive Director

Our Talk. Our Walk. Every Day! 29 Years Recognizing Senior Citizens Day

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

Life Enrichment

We would like to thank Main Street Early Learning Center for providing our residents with some great Inter-Generational experiences throughout the summer! We also wish to thank the Daisy Troop for the awesome pictures they made for our residents and the wonderful Lemonade Party! Being able to have our youth be a part of our programming is a truly awesome situation for both. We look forward to having the children back during holidays and other parts of the year. Both residents and children loved the Petting Zoo!

We wish to thank Chaplain John for providing our residents and families with many spiritual contributions during the time he was working with us. We wish him the very best.

As always, we always want to acknowledge our volunteers who donate their time to Westchester as well as provide much help to Life Enrichment and bring smiles to the faces of our residents.



Happy Anniversary!

This month, Margie is celebrating her 20 years as a Goodman Group employee. Today she was presented with 20 roses at Westchester's Platinum Service® meeting and taken to Positano's for lunch with Joan Hubbard (HR) and David Fitts (Executive Director). Margie is both the face and the voice of Westchester Gardens as she does a stellar job as the front desk receptionist, welcoming all who call or come to Westchester Gardens. She has worked in Housekeeping, Laundry, Life Enrichment and for the past nine years, in Administration. She has an amazing personality and warms the hearts of everyone she greets. Congratulations, Margie!



Food and Beverage/ Dining Services

Tomato Talk

Nothing says summer quite like the taste of a fresh tomato. Easy to grow and full of vitamins and other nutrients, tomatoes are popular picks at farmers' markets, in home gardens, and as an ingredient in a variety of dishes.



The hundreds of tomato varieties are categorized according to their use:

Globe tomatoes — These are typically what people picture when they hear the word "tomato." Large, round and red, globe tomatoes are ideal for sandwiches, which is why they're often called slicing tomatoes. They're also commonly known as beefsteak tomatoes because of their meaty texture.

Salad tomatoes — This is the name for any medium-sized tomato, about 2 to 3 inches in diameter, with a juicy, intense flavor. There are more cultivated varieties of salad tomatoes than any other type of tomato.

Cherry and grape tomatoes — These tiny tomatoes are shaped like the fruits they're named after. They're very sweet and juicy, so they make a perfect snack or salad topping.

Roma tomatoes — These are the tomatoes you want if you're making a sauce or stew. Also called plum, paste or Italian tomatoes, Romas feature a thick skin and less moisture, so they have a long shelf life. Sweet and firm, they're easily recognized by their egg shape.

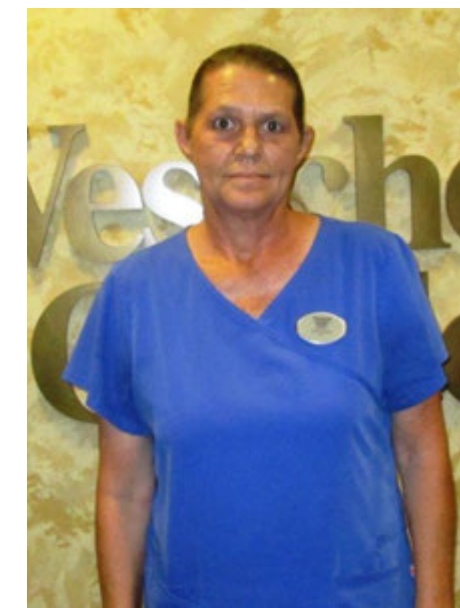
Welcome New Residents

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



Employee Spotlight

Janey Richey has been chosen by her peers as August Employee of the Month. Janey works in the Central Supply Department but also assists other departments here. She is always willing to help whoever needs her. Janey was born in Ohio and came to Florida 30 years ago. She is married, and has two daughters and four grandchildren. Janey's hobbies include fishing, camping, antiques and going to garage sales. She loves to collect cardinals. Thank you for all of your hard work and dedication.



Nursing/Health Care

Helping a Loved One With Cancer

It can be difficult to know what to do for a family member or friend who is battling cancer. Often, small gifts and kind gestures can brighten their day, as well as provide practical support. Here are some ideas:

Books, magazines and more — Reading material, puzzle books, audiobooks, CDs and DVDs can keep your loved one occupied during long treatments and recuperation.

Lotion — Chemotherapy can cause dry skin and brittle nails, so treat your friend to a bottle of unscented, moisturizing lotion or hand cream.

Blankets and socks — Cancer treatments may make a person feel colder than usual. A cozy blanket or pair of socks can help them feel warm and loved.

Faux flowers — Many well-wishers want to send flowers to those who are ill, but fresh bouquets and live plants can be an infection risk for patients with weakened immune systems. A silk bouquet or faux flowers crafted from fabric or buttons can also bring a smile, and they will last longer.

Your friendship — From cards and phone calls to visits and hugs, friendship is the best thing you can offer to a person living with cancer.



Fun With Main Street Early Learning Center!

These children will tell you the best thing about their time spent in camp is visiting Westchester Gardens! We are one of their favorite field trips! The Inter-Generational Programs are always a positive situation for both children and residents! See those smiles?





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Spectacular Succulents

Tall and spiky, plump and fuzzy, tiny and delicate — with something for everyone and easy to tend, succulents may be the perfect houseplants.

From the Latin word *sucus*, meaning “juice” or “sap,” a succulent is loosely defined as any plant that stores water in its leaves or stems. Cactuses likely come to mind, but they are just one type of succulent; not all succulents are considered cactuses.

Succulents are popular choices for gardeners of all types. They’re extremely low maintenance, and some experts say they “thrive on neglect.” The plants require very little water and are generally pest-resistant. They come in a wide variety of interesting shapes, sizes and textures, and in practically every color of the rainbow.

Many succulents can be grown indoors or outdoors and typically require at least six hours of full sun daily. Popular varieties include hen-and-chicks, aloe vera, jade plants, snake plants and sedum, also known as stonecrop.

