

GOOD Life News

at Westchester Gardens

SEPTEMBER 2017

www.westchestergardens.com



“Survey Says”

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Like the contestant on the Family Feud, eager to find out the results of their best effort, we recently found out the results of our annual State Survey. While we would love to report that we had no citations of any sort, we realize this is in some ways an unrealistic goal. Rather, we aim to do substantially better than state and national benchmarks with which we compare ourselves. And we accomplished that in a big way!



According to Medicare.gov, the average number of citations for health inspection surveys in the state of Florida is 6.3. Nationally that number increases to 7.3. However, at Westchester Gardens we recently received only two citations for our annual health inspection, which is 68% below the state of Florida average and 72% below the national average.

For our health inspection, the three areas we were cited for included the following:

- Catheter Care
- Infection Control

We have already put a Plan of Correction in place to address each of the identified areas. While we would prefer to not have any deficiencies identified, we are proud that there were so few and that these were considered to be “isolated” occurrences, rather than a pattern or widespread practice. I would also like to point out that the citation for Infection Control is one of the most heavily cited tags in Florida, often one of the top three citations in health inspections across Florida. And all it takes is one instance of one employee not properly washing their hands to generate this citation.

I am so grateful for the fantastic team that we have at Westchester Gardens that made these results possible. I would also like to thank those residents and family members who shared positive feedback with the state surveyors. Finally, I'd like to thank the surveyors themselves, for their diligence and guidance throughout the survey process.

If you would like to read more specifics about our annual health inspection, you are more than welcome to look it up on Medicare.gov, a very user-friendly website. Or you may prefer to read a copy that we keep in our lobby throughout the year.

— Executive Director J. David Fitts

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

**Healthy
Aging Month**

This month's theme is designed to focus national attention on the positive aspects of growing older. Just like Carolyn Worthington, editor-in-chief of Health Aging Magazine, we believe it's never too late to find a new career, sport, passion or hobby. She says, “Use September as the motivation to take stock of where you've been, what you really would like to do if money was no object. And try it! Who says you have to do something related to what you studied in school? Who says, you can't start your own home business later in life, test you're your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!”

Welcome Maggie Fisher

Hello, my name is Maggie Fisher and I am the Administrator in Training (AIT) at Westchester Gardens. I started in the middle of June and so far could not be happier to work here. I was born and raised in Carmel, Ind.



which is a suburb of Indianapolis. Although I am an only child, I come from a large extended family that I have always been very close with. This past May I graduated from Indiana University with a Bachelor Degree in Health Administration and moved to Florida shortly after to begin my career in long-term care. One of the highlights of my college career was the opportunity to live and intern in Washington, D.C. where I worked for an Indiana Congresswoman. In my free time I enjoy crafting, scrapbooking and hiking. I also love to travel and have enjoyed exploring different beaches in the area since moving to Florida. I am also a big fan of movies and music, frequently visiting the movie theater and attending concerts.

Growing up, I always knew I wanted to work in the medical field. Through the many nurses in my family and helping family members with their medical conditions I was exposed to the field and loved healthcare. In particular I spent a lot of time with my grandmother in the last few years of her life as she was in and out of the hospital and rehab facilities. As I continued my studies and learned about the various paths my degree could take me, I found long-term care to be an interesting and meaningful sector. I worked as a caregiver for a home health care company and knew from there that my heart was in senior care. I've always enjoyed working with seniors and am excited to be in a career where I am able to do that every day. I will be at Westchester Gardens for one year to train to be an administrator during which I will spend time in every department to learn everything I can about patient care in a skilled nursing facility. Thus far, my favorite part of being an AIT is getting to know the residents and seeing how all of the disciplines work together to provide the best care possible. Overall, I am so excited for the opportunity to learn in such an amazing facility and cannot wait to see what this year holds at Westchester!

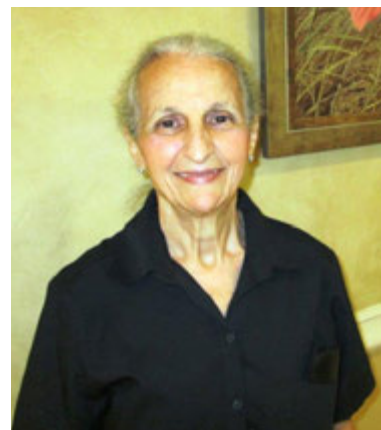
Balloon Fun!

Lots of fun with the Balloon Guy! Hats for all plus a really good magic show!



Employee Spotlight

Lee Oliveira has been chosen for Employee of the Month for September. Lee works in the Dietary Department and handles many tasks in there but she states her favorite is cleaning. She always has a smile on her face for everyone she sees. She has worked at Westchester Gardens for almost six years. Lee was born in South America. She has two children and one grandchild. She enjoys Biblical History and enjoys being involved with her synagogue. Thank you Lee for all of your hard work and dedication.



Welcome New Residents

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



What Is Mindfulness?

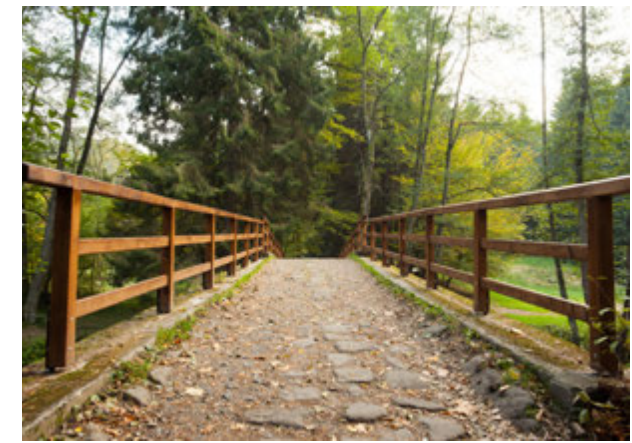
The word "mindfulness" is a frequent topic these days, whether on talk shows, in magazine articles and even for adult coloring books. While it may seem like a vague term, mindfulness is a fairly simple concept with many benefits.

Essentially, mindfulness means being aware of your thoughts, feelings, physical sensations and environment in the moment, rather than thinking about the past or worrying about the future.

Practicing mindfulness is credited with helping to reduce stress and anxiety, cultivate compassion and build relationships.

Studies reveal physical benefits, too, such as a stronger immune system, improved memory and sharper cognitive skills. As a therapeutic technique, mindfulness has been used to promote healing for hospital patients and veterans with post-traumatic stress disorder as well as a helpful tool in schools.

Observation is the key to mindfulness. Notice the sights, sounds and smells around you, and pay attention to sensations like the warmth of the sunshine on your face or the flavor of your morning coffee. By adding "mindfulness moments" to your daily routine, you may soon feel a deeper connection to both yourself and the world.



Food and Beverage/ Dining Services

Coffee Around the World

Do you like your coffee black or with cream and sugar? Perhaps you enjoy cappuccinos, mochas or lattes. Pour a cup of joe and learn how people in other countries drink coffee.



Finland and Sweden: Cubed cheese — made from cow, goat or reindeer milk — is placed in a cup of coffee or dipped into the java and eaten.

Ethiopia: The coffee plant originated in this country, where its beans are roasted and brewed in a ceremony that can last hours. The drink is served with salt, butter or sugar.

Malaysia: Those who can't decide between coffee and black tea can choose yuanyang, which is a mixture of both beverages and milk.

Mexico: Cinnamon sticks and unrefined cane sugar add comforting warmth to this coffee, which is served in a clay mug to bring out the flavors.

Morocco: Warm spices, such as cinnamon, cardamom, nutmeg and black pepper, are blended with dark coffee to create an aromatic beverage.

Turkey: After it's simmered in a copper or brass pot, coffee here is served strong and unfiltered, so a cup will include settled grounds.

Italy: Espresso is the signature caffeinated drink for Italians, who sip shots of the concentrated coffee while standing at cafes.

France: A favorite among the French, café au lait is brewed coffee with steamed milk. It is served in a wide cup for dunking croissants.

Australia: The velvety drink known as a flat white originated Down Under. Similar to a latte, it is made with a shot of espresso and steamed milk.

Resident Birthdays

Elizabeth K., 6th
Marietta R., 7th
Elizabeth G., 8th
Geraldine P., 11th
Barbara G., 22nd
Richard S., 26th
Eva Mae P., 27th
Bernadette I., 27th

Employee Birthdays

Barrett Meyer, 3rd
Gerald St. Clair, 3rd
Danna Talbert, 5th
Sarah Cutting, 9th
Shiela Hudson, 11th
Kris Hinkle, 12th
Jennifer Murphy, 12th
Suzanne Brice, 15th
Armanda Vega, 16th
Mary Jordan Victor, 20th
Jodi Brinklow, 20th
Michelle Robertson, 23rd
Gessy Moliere, 24th
Deanna B., 28th



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Staff

Executive Director

J. David Fitts

Assistant Executive Director

Tiffany Birrell

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 Coordinator

Tiffany Chiamonte,
 LPN

Resident Services Coordinator

Angela Friedly, RN

Receptionist

Margie Lozada

MDS Coordinator

Susan Kleiss, RN

Quality Coordinator

Rhiannon Potter, RN

Life Enrichment

A great big thanks to Main Street Early Learning Center for visiting us throughout the summer! We were able to provide some fun activities for both children and residents. Amos the Miniature Horse did an anti-bullying program and we had "The Balloon Guy" in who also does balloon magic as well as make very artistic hats. Welcome back to our Daisy Troops this month. We look forward to our inter-generational opportunities. We are looking forward to the various fall events coming. Hopefully some cooler weather as well.



Nursing/Health Care

"Nurses dispense comfort, compassion and caring without even a prescription."
 — Terri Guillemets