

# Good Life

## NEWS

at Westchester Gardens Health & Rehabilitation

APRIL 2021

### ONE STEP BEYOND!

When people choose to come to Westchester Gardens, more often than not it is for the Rehab Services we provide. It is not uncommon for former residents to return to us with a specific request. They want to be seen by Andrew. Or Janet. Or Danielle. Or Lisa. Or really any of our therapists. The reason is simple, they previously worked with the therapist who helped them accomplish their goals and returned home safely. In addition to that, these caring therapists get to know them personally and help the residents achieve their personal best.

Not only do our Physical, Occupational and Speech Therapists have the best personalities around, they also have the data and metrics to show what an incredible job they strive to do. For example, according to the November 2020 Nursing Home Compare, Westchester patients were 13 percent ahead of the national average in terms of an expected ability to move around at discharge. In addition, Westchester patients were 12 percent ahead of the national average in terms of an expected ability to care for themselves at discharge.

Our Rehab team uses standardized outcome assessments to measure residents' progress. A couple of quick examples are as follows. They measure gait speed to measure the feet per second that a resident walks. Recent data showed that the baseline was 1.08 feet per second on average, but that progressed to 2.37 feet per second at time of discharge. Walking speeds greater than two feet per second are strongly tied to lower rehospitalization risks and greater overall health status.

Another measure that we gauge is the Six Minute Walk Test. This is the gold standard for functional endurance and directly relates to successful independent living. The baseline for our residents receiving Rehab was 177 feet at the time of evaluation versus 524 feet at time of discharge. An improvement of 196 percent!

We're so proud of the outcomes that our Rehab team has consistently been able to demonstrate over the years. At the same time, in reality, it takes an entire team of all our departments working together to help achieve these goals.

A final measure I'd like to share with you is our Medicare Spend Per Beneficiary data. According to the same November 2020 Nursing Home Compare data, the costs associated with a rehab stay for our patients runs about 9-10 percent below that of the national average. This means we're able to accomplish the above aims while being sensitive to what the taxpayer is paying for a rehab stay and better controlling those costs.



*David J. Fitts, Executive Director*

## RESIDENT SPOTLIGHT

Last month, we had Delores S. highlighted as one of the Volunteers of the year for the Goodman Group Communities, but I would like to mention Joan C., who volunteers to call Bingo every Wednesday, and Morty M., who volunteers to be our Resident Council President. Both are much appreciated by Life Enrichment, as well as our other residents.

## NURSING/HEALTH CARE

### Carrots Are the Tops

Colorful, sweet, economical and good for you, carrots are a popular veggie. We've harvested a bunch of details about them.

- Carrots first cropped up about 5,000 years ago in the region around what's now Afghanistan.
- People originally grew the vegetable as medicine. The root and its green, leafy top were used to treat a variety of ailments.
- Today, the average American eats about 10 pounds of fresh carrots in a year.
- You can find carrots in a rainbow of colors: yellow, white, purple, red and, of course, orange, the most common type.
- Carrots are loaded with beta carotene, an antioxidant that gives orange carrots their color and helps our bodies maintain healthy eyesight and skin, as well as a strong immune system.
- The natural sugars in carrots give them their sweet flavor. That's why the vegetable shows up as a star ingredient in some desserts, including carrot cake.
- Carrot lovers, save the date! April 4 is International Carrot Day.



## LIFE ENRICHMENT

I would like to take the time to thank our Resident Volunteers, Dee Dee S., Joan C. and Morty M., for their hours of service they provide for our residents, as well as ourselves. Each one carries a different but much important role. Dee Dee heads up the Spiritual Group every Wednesday. Joan calls Bingo on both Wednesdays and Saturdays, and Morty is the President of Resident Council. He is your voice and is very proactive when it comes to the Resident Council meetings. Although we do not have Volunteers coming into the building due to the Pandemic, they continue to offer outside services for us such as sending cards and art work, knitting or crocheting lap blankets, and providing other things as well such as books and crosswords, and soon, the Girl Scouts are planning to do some much needed work in the Courtyard to make it more visually stimulating. We would like to personally thank all of you. We are always looking for members for Resident Council. Last meeting, we turned it into a nice luncheon and plan to do this on a quarterly basis. This time, we served steak, and next time, we will come up with another special meal for our members. We are happy to be doing the small groups. We continue to do the snack, beverage and activity carts, in case you would like additional supplies for your room. Porch visits are most important. These are scheduled by your family through the Life Enrichment Director. They are done on Tuesdays and Thursdays, with just a handful on Saturdays and Sundays in the mornings in order to accommodate those families who work during the week. Should you have questions about porch visits, please feel free to seek out the Life Enrichment Director or any of the Life Enrichment staff. For those residents who are on the precaution hallway, our Marketing/Admission Department can do window visits on Mondays and Fridays. Families, schedule those visits through the Admission/Marketing Department. Lastly, we wish all of you a very Happy Easter.



## EMPLOYEE OF THE MONTH

Jim is originally from Ohio but loves the Florida sunshine. He enjoys reading mystery and spy novels and never misses the day's newspaper. Jim and his wife, Tina, adore and spoil their rescue dog Riley, who brings lots of joy to their lives. He says working at Westchester Gardens is a great opportunity to meet and care for wonderful people. Jim is quite an asset to the Life Enrichment Department as Westchester Gardens as well.



## RESIDENT BIRTHDAYS

Jane P., 8th	Norman B., 23rd
Salvatore B., 13th	Marie M F., 27th
Frederick S., 16th	Luella M., 28th
Anita A., 18th	Howard B., 29th

## EMPLOYEE BIRTHDAYS

Shenise Bridges, 3rd	Ann Padovani, 15th
Ann Mccracken, 4th	Martha Vargas, 24th
Patricia Saroukos, 5th	Liety Mircovich, 25th
Leisi Anias Rosales, 11th	Arlenys Castro Martin, 27th

## EASY, BREEZY SPRINGTIME CRAFTS

Spring has arrived, so get in the swing of things and celebrate the new season with these fun and simple crafts.

**Festive florals** — Whether fresh or faux, nothing says spring like flowers. Dress up a plain vase or a clean, empty jar to display them in. Add stripes or other geometric designs with patterned tape, or glue on a piece of colored tissue paper or a swatch of fabric.

**Rainy day welcome** — Fill a pair of brightly colored rain boots with artificial flowers or greenery, then set the display by the door to welcome in spring.

**Yarn-wrapped eggs** — Eggs are popular as a symbol of the season. Wrap strands of yarn or embroidery floss around wooden, plastic or foam eggs, then display them in a bowl or tray.

**Spring garland** — Use watercolors to paint several sheets of blank paper, letting the colors swirl together to create a marbled pattern. Once the paper dries, cut raindrop, egg or flower shapes out of the paper, then punch a hole in each shape and loop them all on a string. Hang the garland above a doorway or across a shelf.

## WELCOME NEW RESIDENTS

Although there is no place like home, we hope your stay is a pleasant one.



## FOOD AND BEVERAGE/ DINING SERVICES

### Twinkie Talk

Much more than a sweet snack cake, the Twinkie is an American icon.

Like so many other innovations of the time, Twinkies were born out of necessity during the Great Depression. James Dewar, a manager at the Continental Baking Company just outside of Chicago, wanted a way to use shortcake baking pans after strawberry season had passed. His solution was a golden spongecake with a banana-flavored cream filling. He called the cakes Twinkies, after seeing a billboard advertising Twinkle Toe Shoes.

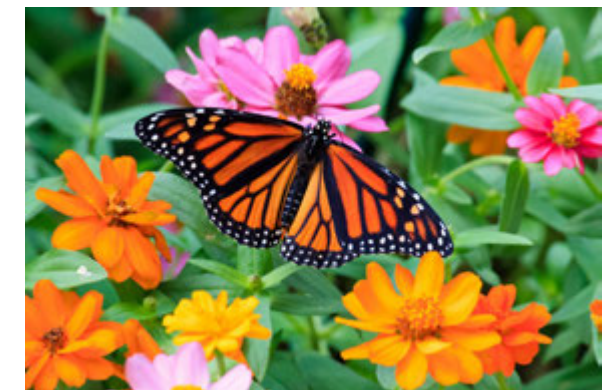
When World War II rationing limited the company's banana supply, it began filling Twinkies with vanilla cream, which became a top seller. Under the company's Hostess brand, Twinkies grew in popularity, especially with kids after commercials for the cakes aired on the TV show "Howdy Doody." In the following decades, Twinkies made appearances in comic books, as well as in blockbuster movies such as "Ghostbusters."

## MAKE A BUTTERFLY GARDEN

Watching butterflies flit from flower to flower is one of the many joys of tending a garden. By growing certain plants that attract butterflies, you can encourage these important pollinators to visit every day!

Butterflies like a variety of colors, shapes and heights, and planting different flowers in one container, as well as in pots of varying sizes, helps provide a dense, lush habitat. Typically, butterflies are drawn to bright, warm colors—think reds, oranges, pinks and purples. Plants with tubular flowers, tiny clusters of blooms, or blossoms with large, flat petals are favorites of the insects. Some of the best choices are zinnias, petunias, marigolds and lantana.

To attract even more butterflies, grow host plants such as milkweed, parsley, fennel and dill. The insects will seek out these species and lay their eggs on them, which then provide food for their caterpillars as they prepare to transform into butterflies.





# WESTCHESTER GARDENS

Health & Rehabilitation

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MANAGED BY



The Goodman Group

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