

*The Avenue*                      *The Stanton*                      *The Orchard*                      *The Mountain View*  
*The Springs*                      *The Crossings*                      *The Country Manor*                      *The Dutch Manor*

## Facility Spotlights

**Read more about what's going on at Capital Living facilities!**

### The Mountain View - New Paltz

The Mountain View participated in the Hudson Valley Alzheimer's Walk in October 2007 for the third year. It was a gorgeous day and we walked 3 miles on the lovely Ulster County Community College campus. Our team, The Mountain View Adventurer's Club Team, did a great job this year and was awarded first place for having collected the highest donations for the Association which was over \$2200. We are already planning our 2008 walk.

Christine Oakley, LPN at the Mountain View since October 2005 just graduated from nursing school at Ulster County Community College on May 16th. She is on our staff as a GN and is waiting to take her boards. We wish her luck and hope to see her as a licensed registered nurse shortly. Good luck Chris and congratulations on your accomplishment!

### The Country Manor - Carthage

Shirley Hagggett is the New York State Health Facilities Association (NYSHFA) 2008 Licensed Practical Nurse of the Year for District 7. Shirley was nominated by a group of her co workers and residents at The Country Manor. Shirley has been a nurse for over 35 years, 18 of them has been at The Country Manor where she works as a Night Supervisor. Shirley is an asset to The Country Manor and to Capital Living and Rehabilitation Centres. She truly demonstrates professionalism, responsibility, integrity, dedication, and excellence that is worthy of this recognition. Congratulations Shirley!

The Country Manor participated in the Heart Walk on April 26th. There were 18 staff and children that participated. The Country Manor's goal was to raise \$1000.00 and not only did they meet that goal but they exceeded it and raised \$2,327.00!!

Awesome job guys!

### The Orchard - Granville

On July 1st, The Orchard is being presented with NYSHFA's 2008 Innovative Practice Award recognizing the facility's effort in "The Art & Science of Nutrition Therapy". The Orchard is 1 of only 4 facilities receiving this honor, which will be held during the NYSHFA Convention in Saratoga. As a winner of this award, The Orchard will be presenting their Innovative Practice to other facilities from all over New York State, focusing on the significant improvement in nutrition and dining. The topics of discussion will include delivery of food and meal times, safe food preparation, increasing fiber and freshly prepared foods, and eliminating products high in additives and how those changes can impact on the residents' clinical needs, such as decrease in pressure ulcers and healing time, reduction in use of bowel medications and improvement in residents' exhibiting negative behaviors. Congratulations to The Orchard on this wonderful accomplishment!

## SPECIAL THANKS FROM CAPITAL LIVING!

**The following employees recently celebrated 15 or more years with CLRC:**

<u>The Avenue</u>	<u>The Springs</u>	<u>The Mountain View</u>	<u>The Stanton</u>	<u>The Crossings</u>
Sharon Campbell 15 yrs	Lois Marcus 30 yrs	Nancy Tsitsera 15 yrs	Nicholas Frandino 15 yrs	Kimberly Scully 15 yrs
Catherine Towns 15 yrs	<u>The Dutch Manor</u>	<u>The Country Manor</u>	Christina Pratt 15 yrs	Linda Heath 25 yrs
Michael Pacelli 20 yrs	Mildred Fink 20 yrs	Amanda Soper 15 yrs	Carolyn Thompson 20 yrs	Diane Hummell 30 yrs
Geneva Jackson 20 yrs	Sherry Wilson 20 yrs	Tanya Tripp 15 yrs	Charlene Hart 20 yrs	Carol Porter 30 yrs
	Lori Marra 25 yrs	David Jones 25 yrs	Edward Joy 25 yrs	
		Elaine Felker 35 yrs	Sandra McIntosh 35 yrs	

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# JOB STRESS



## Do These Common Stress Reactions Sound Familiar?

- Change in eating habits -Feeling misunderstood -Headaches -Lower back pain
- Change in job performance -Irritability -Change in sleep patterns

## WELL YOU ARE NOT ALONE!!

Three out of every four workers in America describe their work as stressful. Stress in the workplace is not a new phenomenon, but it is a greater threat to employee health and well-being than ever before.

### HERE ARE SOME TIPS FOR REDUCING STRESS:

- Getting proper rest and maintaining an adequate diet
- Avoiding excessive consumption of alcohol and nicotine
- Seeking counseling with a mental health professional if needed
- Taking work breaks as needed, at or away from your work area
- Exercising regularly
- Drinking plenty of water – it is necessary for good health

### DID YOU KNOW?

**Stress can also be positive.** You need a certain amount of stress to perform your best at work. The key to stress management is to determine the right amount of stress that will give you energy, ambition, and enthusiasm versus the wrong amount which can harm your health and well-being.

### NEED HELP QUITTING SMOKING?

Try calling New York State's **FREE** coaching and support line at:

**1-866-NY-QUITS (1-866-697-8487)** or log on to:

<http://www.nysmokefree.com>

The New York State Smokers' Quitline offers:

- FREE starter kit of Nicotine Patches, Gum or Lozenges for eligible NYS smokers
- Trained Quitline Specialists offering help with quit plans
- Information about local stop smoking programs



## **NYSHFA Scholarship Awarded to Certified Nursing Assistant**

Meghan Louer, Certified Nursing Assistant at The Crossings Nursing and Rehabilitation Centre in Minoa, was recently awarded a scholarship to assist in her education goals toward becoming a Licensed Practical Nurse.

Meghan who currently attends OCM BOCES and plans to graduate next fall, received \$750 from New York State Health Facilities Association (NYSHFA) District 8 which represents many nursing homes in the Central Region.

Meghan has worked for The Crossings as a Certified Nursing Assistant for over 6 years. Her dedication and commitment to the care and services she provides the residents will make her an excellent Licensed Practical Nurse in the future and an asset to the long term care community. Congratulations Meghan!

## Quarterly Quick Tips

### Summer Safety

#### Protect Yourself from Hot Weather!



A little common sense goes a long way: Keep cool. Avoid strenuous physical activity, especially in the heat of the midday sun and drink plenty of fluids.

#### Extreme Heat and the Elderly

If you are helping care for the elderly or frail remember that the elderly suffer from heat related illnesses in disproportionately high numbers.

#### Bee Stings

The next time you or someone you know gets stung by a bee simply place a penny on the sting for 15 minutes, apparently the copper counteracts the sting and eases swelling!

### Quarterly Quote

"Whenever it is in any way possible, every boy and girl should choose as their life work some occupation which they should like to do anyhow, even if they did not need the money." William Lyon Phelps