

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

Employee Spotlight:

CNAs Graduate From LPN Program

Capital Living would like to congratulate Deon Wallace, Cayla Thorn and Roxanne Brognano, Certified Nursing Assistants of The Mountain View, for their recent graduations from nursing school. All three employees have successfully completed their coursework and are on their way to becoming Licensed Practical Nurses.

Deon Wallace has worked at The Mountain View since January 2005 as a CNA. Deon attended Dutchess BOCES Career and Technical Institute and graduated on June 14th. She plans to take her exams sometime in the fall. Deon lives in Poughkeepsie.

Cayla Thorn, a CNA who has worked at The Mountain View since November 2003, graduated as a practical nurse from Ulster County BOCES in January 2007. She is preparing to take the exam soon. Cayla lives in Wallkill.

Roxanne Brognano, a CNA at The Mountain View since June of 2007, graduated from Ulster County BOCES on June 14th. She is awaiting confirmation of her exam date from the Board of Regents. Roxanne was also featured in Capital Living Quarterly back in April, noting her recent awards from NYSHFA and the James D. Durante scholarship programs. Roxanne lives in New Paltz.

Congratulations Cayla, Roxanne and Deon!



Cayla Thorn



Roxanne Brognano



Deon Wallace

The Stanton supports Alzheimer's Association by holding "Mini-Walk"

Thursday, September 13th turned out to be a beautiful, sunny 70 degree day. The perfect weather for The Stanton's mini-walk to support the Alzheimer's Association (see picture below). Co-captain's Pam French, Activity Director and Beverly Donovan, LPN gathered over 40 residents, staff and volunteers to make two laps around the building. Everyone involved loved having the opportunity to participate in this meaningful event, and one gentleman being assisted in a wheelchair was overheard saying "this is the best ride I've ever had and I'm 93". The event ended with virgin strawberry daiquiri's and cookies - a good time had by all.



Above, participants of the The Stanton's Mini-Walk enjoy a warm, sunny day while walking in support of the Alzheimer's Association

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Did you know?

- The viruses that cause the flu live in the nose and throat and are sprayed into the air when an infected person sneezes, coughs, or talks. People nearby can then inhale the virus. Flu symptoms usually start one to three days after a person inhales the virus.
- To prevent the spread of the flu:
- ****WASH YOUR HANDS FREQUENTLY**
- ****AVOID TOUCHING YOUR NOSE, EYES, MOUTH WITH YOUR HANDS**
- ****COVER YOUR MOUTH AND NOSE WITH A TISSUE WHEN YOU SNEEZE OR COUGH**
- ****AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK**

See page 2 to read more on Influenza and the common myths

OPEN ENROLLMENT- JANUARY 1st!

Once again, it is time for open enrollment. The opportunity for eligible employees to enroll or make changes to their health, dental, vision insurance and 401k retirement plan is coming up on January 1st.

HEALTH INSURANCE - don't take chances with your health, enroll in an available plan.

DENTAL INSURANCE - through MetLife. Cleanings, exams, fillings, extractions, dentures and more!

VISION INSURANCE - through Block Vision. Eyewear discounts for you and your family at a low cost.

401k RETIREMENT PLAN - through Prudential. With control over your own investment choices and company match, start saving for retirement today.

See your Facility Representative for specific details on plan summaries and benefits to determine your eligibility for the above plans. Don't let open enrollment pass you by. Submit your enrollment today!

UPCOMING EVENTS

OPEN ENROLLMENT	January 1
(Sign up today, don't delay!)	
Thanksgiving	November 22
Christmas	December 25
New Year's Day	January 1

QUARTERLY QUOTE

"The easiest thing in the world is to be you. The most difficult thing is to be is what other people want you to be. Don't let them put you in that position."

- Leo Buscaglia
(1925)

Do you have something you would like to see in the Capital Living Quarterly Employee Newsletter? Submit your idea or story to your Administrator by December 1st and it may be published in the January 2008 Edition.

Safety First:

INFLUENZA "The Flu"

With Influenza season just around the corner, now is the time to start thinking about getting immunized. The Centers for Disease Control and Prevention (CDC) recommends annual influenza immunization for health care workers who have direct contact with patients. These recommendations are in place to help us protect our patients who are at high risk for influenza-related complications and to help us protect ourselves and our families from influenza.



Some Common Myths About Influenza:

Myth #1: The influenza is just a bad cold.

Fact: Influenza is caused by the influenza virus and is much more serious than the common cold. Each year approximately 114,000 Americans are hospitalized or die from influenza and its complications.

Symptoms of influenza can be severe and can last for two weeks. Symptoms can include high fever, body aches, headache, and extreme fatigue.

Myth #2: The injectable influenza vaccine will give me influenza.

Fact: The recommended immunization for health care workers is the injectable vaccine made from killed virus, so you cannot get the influenza from the influenza shot.

Immunization is 70 to 90 percent effective in healthy individuals who are younger than 65 years of age. It takes about two weeks for your body to develop immunity to influenza after the vaccination.

Myth #3: I don't need to be immunized, I'm healthy.

Fact: Health care workers are at increased risk for contracting influenza because of exposure from patients and in the community. In addition, unvaccinated health care workers who are not sick can still spread the virus to others, including patients and family members. Immunization is the best way to prevent getting or spreading the influenza.

GET YOUR FLU SHOT BEFORE THE FLU GETS YOU!!