

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 these Capital Living facilities!

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The Crossings - Minoa

The Crossings is excited to announce our current renovation project. A highlight of this project includes expansion of our current Therapy area and programming. These improvements will enhance the quality of resident rehabilitation services already provided by our experienced staff. We will add new equipment, a simulated kitchen and bathroom area to assist our rehab residents with their return home. Other improvements include additional parking spaces, a new front entrance, new fire safety and sprinkler system, and a new activity area for residents and families to enjoy.

The Avenue- Schenectady

The Avenue is proud to announce that two of their Licensed Practical Nurses, Mary Santiago and Bonnie Beson will be attending the 2008 Nurse Manager training program presented by Foundation for Quality Care which is an affiliate of NYSHFA. They were awarded a scholarship to attend the training. The training will run for eight (8) full days. The Avenue is also excited that they will be graduating another great class of Certified Nursing Assistants! The Avenue would like to welcome some more new staff members, Beth Phelps, RPT, joins us as Director of Rehab Services. Beth came to us from The Orchard in Granville, and recently had a baby boy named Logan. Karen McCauley has joined us as our new Director of Resident and Family Services. Karen relocated from Connecticut and is a welcome addition to our staff. Shannon Lansley is also new to our team, she is a clinical screener that we share with The Dutch Manor. Shannon recently relocated from Long Island. We look forward to not only getting to know our new team members but also continuing to provide outstanding resident care with our employees that have been with us!

The Mountain View- New Paltz

The Mountain View would like to recognize Christine Oakley who passed her RN boards in August and is now a registered nurse! Chris works on our 3-11 shift as charge nurse and is training for supervision. Congratulations Christine! We would also like to congratulate Elaine Walker one of our CNAs who recently completed her schooling for LPN at Ulster BOCES and is waiting to take her boards. Great job ladies! The Mountain View team known as The Adventurer's Club will be walking for The Alzheimer's Association again this year on October 18th. Our team is committed to helping support the fight against this debilitating and heart breaking disease for the third year in a row. We look forward to successfully meeting our fund raising goals!

The Stanton- Glens Falls

The Stanton held their Annual Carnival in August. They had everything all set, the date, the time, the tents, the games, the food, the prizes, and the entertainment. Then...it rained! It went on and off all day, sometimes even threatening thunderstorms. So they moved their carnival inside and even though they couldn't have the bouncy bounce everything else was wonderful! The residents stayed warm and dry inside while there was a DJ, food, games, a clown, a psychic/palm reader, and pony rides under the tent. They even brought some of the petting zoo inside! At the end of the day, the staff was exhausted, in a good way, and the Residents and all of the families were happy. It was everything they could have hoped for. It was so nice to have everyone come together and make an ordinary stormy day, an exceptional one for the Residents!

The Springs- Troy

The Springs would like to take this opportunity to welcome their recent Certified Nursing Assistant training class graduates: Jamie Antoniak, Chelsea Neary, Amanda Harris and Kimberly Kelly. They are also proud to announce that they have two newly licensed staff members: Tina Sutton who is now a Licensed Practical Nurse and Caryn Hulchanski who is an Occupational Therapist. Congratulations to all of you!

The Orchard- Granville

We've had a very busy late Spring & Summer here at The Orchard beginning with Nursing Home Week. Our theme this year was an "Alaskan Cruise" which our decorations of icicles, snowflakes, igloos, polar bears, wolves, salmon, whales & various other arctic animals bore out. Our "Klondike Lounge" was the setting for several entertainment venues including The Glens Falls Line Dancers, Al & Kathy Bain, & The Whitehall Karaoke Group. On Wednesday the Dietary Department served a gourmet seafood "Captain's Lunch" in a candlelit dining room giving our residents the opportunity to wear their finest dresses & suit jackets. Thursday game night in "The Polar Bear Casino" had us shooting craps, spinning the roulette wheel, & playing blackjack all while enjoying cocktails & hors d'oeuvres. Residents & staff formed teams to compete in a Friday morning "chilly" cook-off; after our judges chose the winning team we all enjoyed a hot bowl of chili. We really got the feel for Alaska as Gerry Lemmo ended the week for us with an Alaskan slide show!

Our residents have enjoyed several patio picnics this summer & our Family Picnic in August was it's usual big hit! Following our carnival theme we offered face-painting, cotton candy, & popcorn as Bubbles the Clown and Stan & Cathy Zdunek kept us entertained with balloon art, sing-a-long music, & joke-telling all while enjoying a scrumptious meal prepared by our dietary staff!

The activity staff and several residents were able to attend many Thursday night concerts at Granville's Memorial Park making for some memorable evenings.

Then there was our day at the Washington County Fair where we meandered through the animal barns, farmer's museum, & 4-H buildings making numerous stops along the way for the fair food we look forward to each year!

Carbon Monoxide: The Invisible Killer

Fall and winter are the times when many New York residents turn on their furnaces. This could be why Poison Center experts see a rise in carbon monoxide (CO) poisonings from September through November. Carbon monoxide is a poisonous gas that you cannot see, taste or smell. It is released when fuels, such as wood, oil or gasoline, are not burned completely. This fall, take extra precautions to prevent CO poisoning.

Signs and Symptoms:

Headache, Irregular heartbeat

Upset stomach, Convulsions

Vomiting, Unconsciousness

Dizziness, Brain damage

Tiredness, Death

Confusion

CO Exposure Prevention Tips:

- Install carbon monoxide detectors on every floor of your home.
- Have your furnace, vents and fireplace inspected each fall by a professional.
- Do not use an oven to heat the house.
- Do not leave a space heater running while you are sleeping.
- Never let your car run in the garage even if the garage door is open.
- Do not sleep in a parked car while the engine is running.



Avoiding Influenza

"The Flu"



With Influenza season just around the corner now is the time to start thinking about getting immunized. The CDC (Center for Disease Control) recommends having an annual flu shot 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 as well as to help protect ourselves, our families and our co-workers from influenza.

Quarterly Quick Tips

Holiday Health and Safety Tips

Wash your hands often- Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.

Stay warm- Cold temperatures can cause serious health problems, especially in infants and older adults.

Manage stress- Keep a check on over-commitment and over-spending. Balance work, home, and play.

Travel safely- Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive!

Happy Holidays

OPEN ENROLLMENT REMINDER!

Don't forget open enrollment starts in November this year for eligible employees. This is your opportunity to enroll or make changes to your health, dental and vision insurance as well as your 401K plan.

Changes become effective January 1, 2009

See your facility representative today for specific details on plan summaries and benefits to determine your eligibility and for help choosing the best plan for you!

Quarterly Quote

"We make a living by what we get, but we make a life by what we give." - Winston Churchill