



## The Lutheran Care Network Spring Newsletter

### Human Resources Corner

Please welcome the following new employees to the  
TLCN family:

**LCC:** Renee Swart, ADC Director; Heather Harris, Dietary; Ashley Malkemus, Finance Coordinator; Terrance Faircloth and Brittney Minard, Environmental Services; Kristina Severino, Nursing Adm. Assistant; Adriana Battle, COTA; CNA's : Lorena Lampignano and Jennifer Wheeler-Giustino, Occupational Therapists; Georgia Blauth, Iwona Bukanska, Jacqueline Burton, Melanie Chatham, Dail Davis, Christina Rivas, Rachel Traver, Vania Urieta-Cruz, Mayra Zambrano-Velasquez. **HVSR:** PCA's: Tina Barrett, Meghann Kelly, Idaizha Ramirez, Bessie Truk; LPN Case Manager, Holly Gurdy. **Coburg:** Carlo Rinaldi, Driver; Gillian Gersen, Resident Services Associate; Waitstaff: Olivia Fuda, Emma Flatland, Alexandra Henniger, Amanda Becker, Nicholas Ross, Stephen Metzgar, Christa Gitto, Jeremy Scholz, and Margaret Roberts.



### *Church and Community Happenings from Janet George*

*Lots of good things are happening as our Spiritual Care Leaders connect with our local communities. Here are just a few:*



*Several Lutheran Care Center Residents recently received a few of the many beautiful handmade shawls blessed at a recent Sunday afternoon service. Pastor Deborah affirmed, celebrated and gave thanks to God for the “Heart & Soul” Prayer Shawl Ministry led by Diane Loehr and fellow members of Our Savior’s Lutheran Church, Fishkill, NY*



*Martin Luther Terrace Apartments, our Community Housing in Kings Park (Long Island), held its 27th Annual Interfaith Pascal Service – a celebration of the common traditions of Passover and Easter. Joni Mazer, Social Service Coordinator Extraordinaire, brought together volunteers from local houses of worship. Pastor Shoepflin (center back row) from Abiding Lutheran Church, Fort Solanga together with Father Francis from St. Joseph’s Roman Catholic Church, Cantor Bobbie Ruth and MLTA resident volunteers led the service of scripture readings, prayer, a message and beautiful songs.*



*It was followed by a delicious lunch prepared by several resident “chefs” followed by homemade desserts baked and served by The Friendly Visitors from St. Joseph’s Church of King’s Park.*



## LCC Happenings from Gil Preira

Everyone at LCC offers our deepest sympathy to the family of Pastor John Heller who passed on November 15<sup>th</sup> 2017. Pastor was residing with us at LCC at the time of his passing, which was very much where he wanted to be. He was a Founder of Lutheran Care Center, and more significantly the spiritual leader for our Residents, Staff, Families and much of our Community. He was a remarkable man and role model. We all miss him dearly.

**moving**  
**UP**

*Congratulations to all new LCC Team members and to everyone taking on the challenges of a new position!!*

1 North Nurse Manager – With a vacancy at this position, Ms. Anita Ramayani, formerly a Per Diem R.N. Supervisor at LCC, became our new 1 North Unit Manger as of November 22<sup>nd</sup>, 2016.

Anna Seguire, Nursing Staffing Coordinator, left LCC to join NY Presbyterian at Hudson Valley Medical Center in Ossining, and Ms. Christina Severino has taken on those responsibilities since December, 2016.

Ms. Patty D'Amicantonio, RN, has taken on the position as Clinical Nurse Manager on our 2 South Unit (Memory Care). Patty comes to us with an impressive career as a Nurse Manager in long term care facilities in our catchment area.

LCC Business Office Manager – In January, 2017 Lauri Perri, our Accounts Payable Manager for the last nine years, decided to leave LCC for another opportunity. We wish her well in her new endeavor. Ms. Johna Eisgruber who has supervised our Accounts Receivable functions since 2007 has been promoted to LCC's Business Office Manager at this time.

In April Ms. Shanika Thomison was promoted to the position of LCC's Discharge Coordinator and will be working closely with Admissions, 2 North Unit staff and Vassar Medical Center to reduce re-hospitalizations and ensure a smooth and successful discharge for short term LCC residents.

LCC is pleased to announce that Ms. Kristin Allard, our 1South Nurse Manager, has been promoted to become LCC's In-Service Director. Kristin will be working with Ms. Shanika Thomison, 1 South's new Nurse Care Coordinator. Congratulations Kristen and "welcome" Shanika!

We would also like to congratulate Kelly Ann Rogan, for successfully passing her state licensing exam becoming a LMSW in less than 2 months since her graduation as a MSW!

Congratulations also to Kim Rice, C.N.A., as she has successfully become a L.P.N. with us here at LCC!

## LCC Employee of the Month

In January, Linda Myers who has been a C.N.A in our Nursing Department since 2001 was voted Employee of the Month. Linda is caring and compassionate and is always ready to go above and beyond to be a preceptor for new aides.

In February Deborah Uecker was honored. Deborah is a LCC Rehab Aide with us since March, 2000. She is always willing to help anyone in Rehab.

In March Betty Stroman, a Dietary Supervisor, at LCC since we opened was selected. Betty is a bundle of energy and brings that high energy spirit to our busy kitchen.

## Extracurricular Activities

On December 10<sup>th</sup>, 2016 LCC staff organized a “**Craft and Bake Sale**” to raise funds for our Staff Appreciation Fund. These funds were used to create Holiday Dinner Baskets of turkeys and other holiday foods. The baskets were then distributed to staff as a special “Thank You” for all their extra efforts on behalf of our residents and our LCC Team. Also, in December, LCC held an employee Gingerbread House building contest where the residents got to be the judges, and different departments did the decorating. Unit 1 South was the winner of the contest, and they got to enjoy a pizza party, but everyone got to enjoy crackers and cheese. Below are a few pictures of the Gingerbread houses entered into the contest. Beautiful and creative!



*On Saturday, April 8<sup>th</sup> LCC staff has invited all interested family members to our first annual **Easter Egg Hunt**. It is rumored that the Easter Bunny will be present for pictures with all excited individuals under the age of 110 years of age.*

*Saturday May 13<sup>th</sup> should be noted as **THE 1<sup>st</sup> Annual LCC Tag Sale** (open to staff, families and the community). Please see a member of our Employee Appreciation Committee for details. Half the proceeds go to our Residents' Fund and the other half to our Employee Appreciation Fund.*

## LCC Special Resident Notes

Soon to be 100 years old, resident, Mr. Walter Johnson will receive his First Communion in June through the help and guidance of Pastor Debra.

In May, Ms. Terri Brandt will be recognized at a luncheon in Albany as the recipient of the Volunteer of the Year of the New York State Therapeutic Recreation Association. Congratulations Teri!!!



### *Health & Wellness happenings by Lisa Appolonia*

Happy spring! It's been a long and cold winter, and it's time to kick it up and jump into new beginnings and create healthy habits. Start to get inspired to clean and organize the space around you, toss out the old and welcome in the new. Get outside and listen to the birds and observe the buds coming alive on the trees and the plants poking up through the soil.

Spring cleaning inside and out is cathartic and gives us a lift and feeling of lightness physically and emotionally. The comfort meals and rich desserts that we indulged in during the months of celebration and hibernation creates a dullness and heaviness in the body.

Here are some tips to ease into spring gracefully and healthfully:

### **GO GREEN AND CLEAN**

“Spring detox diets” are all the rage. It’s time to rid your refrigerator and pantry of processed foods and replace with fresh, colorful fresh fruits and vegetables. Start shopping your local farmers markets to obtain the freshest, local sources of healthful foods. Add legumes and sprouts to your salads and cooked meals. Add nuts and seeds to your yogurt and morning breakfast cereal. Green is the color for Spring! So, eat a diet rich in green leafy vegetables and the body will detoxify, cleanse and renew. Add artichokes, arugula, asparagus and broccoli cooked and raw in to your recipes. Watercress is a spring leafy green and is one of the healthiest greens you can eat due to its high levels of manganese and calcium. This green leaf is great for strong bones, healthy teeth, and a powerful antioxidant. Eat lighter and consume smaller portions. Eat organic when possible. Other beneficial foods include: fresh green juices, apples, artichokes, celery, avocados, cabbage, mung beans, beets and sesame seeds. Join your local Community Supported Agriculture group and support your local farmers while reaping the benefits of nutrient rich fresh produce.

### **GET OUT IN NATURE**

There is nothing healthier than getting outdoors, smelling fresh air, listening to the birds and taking a walk on a warm spring day. Go to the woods, take some long, deeper breaths and fill your lungs with pure oxygenated air to purify your body and calm the mind. “Forest bathing” known as Shinrin-yoku in Japan, was made famous in the 1980’s. It has been scientifically proven to boost immunity, reduce stress, improve mood, improve sleep, increase energy and heal the human body. Hug a tree!

## **MOVE IT MOVE IT!**

*Get out and move your body. Start a new exercise class! The benefits of exercise are so much greater than just losing weight to get your “beach body” back. Exercise improves your sleep, energy levels, enhances your memory and is a great mood booster. Get back in to your community and sign up for a yoga class, you may love it and meet new people too. Exercise is medicine. It is key to living a longer, healthier and balanced life.*

*Many thanks to Lisa for becoming the newest contributor to the TLCN newsletter ....welcome, Lisa!! We look forward to more Health & Wellness tips.*



### *Hudson Valley Senior Residence Happenings from Tom Maldarelli*

- ✚ Happy Birthday Ruthie!! Twenty seven family and friends celebrated Ruthie's 100<sup>th</sup> birthday.*



- ✦ We now host “fiddle and folk” every Monday evening. This is a collection of local musicians who get together and jam and our Residents love the music.
- ✦ Board of Managers held a pie tasting party on President’s Day.
- ✦ Dietary has instituted an omelet bar once a month. Chef Manager Steve prepares made-to-order omelets for the Residents in the dining room.
- ✦ Welcome to our new Case Manager, Holly Guldy, and new PCA’s Collette Coston, Bessie Truk and Tina Barrett.



*Bethlehem Commons and Kenwood Manor Happenings from Karen Woodcock*

- ✦ The Good Samaritan Village, having survived the “Blizzard of 2017”, is looking forward to spring!
- ✦ The Residents Council is purchasing a new sapling for planting in the front of the building.

- ✚ The Recreation Department is eager to get the residents outside for Music on the Patio and Discussion Groups.
- ✚ The Schuyler School donated 30 Ipods to enhance our Music and Memory Program that will fit in nicely with the spring weather.
- ✚ The Sensory Room in our dementia unit is up and running. It has been very effective for the residents in the Memory Care Unit.
- ✚ Kenwood Manor is looking forward to pictures with the Easter Bunny and the Cinco de Mayo celebration. They have also engaged a Fifties Band to entertain outside.
- ✚ Both facilities are looking forward to Barbeques. The residents can't wait for the hot dogs and hamburgers on the grill!.



### Coburg Village happenings from Antoinette Wallace

Greetings from Coburg.

Remnants from the March Snow blizzard that dropped 2 feet of snow on us are almost all gone! The residents and staff here at Coburg are looking forward to the spring season.

The staff will be participating in a NYS Citizens Preparedness Corps Training in May. This program is run by the NYS Division of Homeland Security and Emergency Services (DHSES). The course is designed to make communities more

*resilient in the aftermath of an emergency. The course provides training on preparation for, response to, and recovery from disasters of all kinds.*

*Our Facebook presence continues to grow. Our followers enjoy the weekly updates and photos of our residents and staff. Please like us and follow us!*

*Coburg's Vandenberg Dining Room (this is our main formal dining room) has new chairs that have an elegant look and complement the room nicely. Many of the original chairs were donated to Hudson Valley Senior Residence.*

*Thanks for all your contributions....Until the fall....*

