



The Heritage Herald

Health, Happiness, News & Commitment

The Heritage Herald

June 2016

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Administrator's Corner

Nursing Home Week: "Small World, Big Heart"

We hope you all had fun with us during the Nursing Home Week festivities. It was so nice to be able to take some much needed time away from our daily tasks and enjoy time with you and the residents! I want to extend a warm and genuine thank you to those who offered their time, their donations and their pot luck items for our events. I would also like to give thanks to the entire Activities and Dietary Team for all of their efforts to make this large week long event come to fruition! It warmed my BIG HEART to see all the bonding going on.

Environmental Updates:

West Shower Room: took a tad longer than we planned but we hope you will be pleased with the final results. We have a newly designed tub that will make bathing a treat! Come and check it out!

Main Driveway: Yes, we dug it up...but it was for the betterment of future plans and burying the electrical, cox and Verizon lines and will allow us to add parking spots to the upper parking area over time which is also in the future planning.

C.N.A. to NURSE!

We invite you to come celebrate the educational pursuit of Christine Pelletier (Chrissy) from C.N.A. to Nurse. Chrissy began at Heritage Hills in February 2005 as a Junior Aid and has not stopped growing and learning. She was the ideal candidate for the Tuition Assistance Program that Health Concepts offers through Heritage Hills for future nursing students. We are so proud of Chrissy and her efforts towards nursing while maintaining full time employment. Please join us in honoring her for some light refreshments on Friday, June 3rd at 2:15 pm in the Dining Room.

PET VISITATION POLICY:

We welcome pets at Heritage Hills. However, in order to maintain safety we require that BEFORE the pet visits that a copy of their license and immunization record is filed with the Activity Department. No pets may be allowed in areas where food is being served.

-Gretchen Sechio



FATHERS DAY LUNCH

All MALE RESIDENTS and a guest are
invited to attend
Father's Day Luncheon on **June 14th**
at 12 noon—Main Dining Room





From the Kitchen of Rose D.



Stuffed Peppers



Ingredients:

4 green or red pepper
1/2 lbs. sausage
1/2 lbs hamburger
1 onion, diced
2 cloves garlic, chopped
2 eggs
3/4 cup cut up bread, soaked in milk then squeeze
Salt & Pepper to taste

Direction:

Put a little oil in pan. Cook onion and garlic. Then add sausage & hamburger. Cool it then add bread, eggs, salt and pepper. Mix altogether.
Bake at 350 degree oven for 33 minutes.

May add 1/2 cup of cooked rice if you like!!!

History of Perennial Gardening



The history of perennial gardens dates back to 1890.

George Nicholson, curator for the Royal Botanic Gardens at Kew, England, suggested a perennial-only garden, steering the gardeners of the time away from the regimented garden styles that relied primarily on bedding plants. Since then the history of perennial use has introduced the border garden, the island garden and the mixed garden.

Originally border perennial gardens were set against a backdrop of a hedge. Perennials were grouped together and tiered with the tallest in the back and the shorter in the front. The purpose was to separate the lawn area from the border. Perennial borders in this form had disadvantages. They required a great deal of space and could only be viewed from one side. The background competed for light, shading the gardens at times causing the tall plants to lean forward and slowing air circulation. Island beds were introduced in the 1950's. These beds were set in the lawn area and could be viewed from all sides. The shading and air competition problems were eliminated. Taller specimens were placed in the center of the bed. As a rule, their height was usually no more than half the width of the bed.



Father's Day Jokes

Jon: What's the difference between a high-hit baseball and a maggot's father?

Tom: What?

Jon: One's a pop fly. The other's a fly pop.

Joe: What does your father do for a living?

Jon: He's a magician. He performs tricks, like sawing people in half.

Joe: Do you have any brothers or sisters?

Jon: Yep, four half-sisters and a half-brother.

Science teacher: When is the boiling point reached?

Science student: When my father sees my report card!



"When you are asked to stand up, answer the question, yes or no!"
-Jean Derosier

Did You Know?

June bugs get their names from emerging in great quantities in June. These beetles make a tasty food for your pet toads and lizards.



RESIDENT'S RECOLLECTIONS OF FATHER'S'S DAY



Father's Day is fast approaching, which gives us pause to fondly recall the Fathers we hold dear.

Jeannette remembers doing something in the yard with the family. "Working in the garden, most likely!"

Bill D. bought his dad either a shirt or a tie. "We'll go out to eat sometimes."

As for **Vera**, the family bought his dad gifts because "He's a big cry baby!"

Vinny also remembers going out to eat with his wife and daughter. "We always did that!"

Cathy I. loved going to Rocky Point with her family. "I loved riding the Ferris wheel!"

As for **Kay**, she fondly remembers going to church with her husband and the kids. "We also ate out because Bill loved to eat. He ate a lot!"

Ann A. remembers going to Roger Williams Park to celebrate the day. "We'd go there a lot!"



As for **Coco**, she cooked a meal, visited Crescent Park and then came home to have coffee and cake with her dad and the whole family. "Fun day!"

And finally, **Etta** remembers just staying at home and had a wonderful time together.

Kudos! TO THE NEWS STAFF

Joanne C.
James C.
Etta D.
Mary G.
Donna L.
Rose O.
Gloria G.
Doris I.

Vera C.
Mary C.
Kay L.
Anthony K.
Ann M.
Teresa V.
Jeannette A.
Agnes H

OUR RESIDENTS MEMORIES OF

DAD'S TOOLBOX



A... AWL
B... BANDAGES
C... CHISEL
D... DROP CLOTH
E... EAR PLUG
F... FILE
G... GRINDER
H... HAMMER
I... ICE PICK
J... JACK
K... KNIFE
L... LEVEL
M... METER
N... NAILS
O... OFFSET ALLEN WRENCH
P... PLIERS
Q... QUICKSET
R... RASP
S... SCREWDRIVER
T... TOOLS
U... UTILITY KNIFE
V... VISE
W... WIRE CUTTER
X... X-TRA ODDS & ENDS
Y... YARDSTICK
Z... ZINSSER SHELLAC

COMPUTER INTERNET ACCESS

Available to Residents
DAILY
9 am-5pm
In the Activity Office



Poker Club w/ Joe



NEXT POKER CLUB MEETING: TBA
Get well soon Joe!!!

“Governor’s Brunch” with our Centenarians and their loved ones May 19th at Bridge at Cherry Hill



Residents



Breakfast

Tuesday, June 28th @ 7:30
Main Dining Room

WEEKLY ENTERTAINMENT

Eric Colin
June 2nd @ 1:30pm



Joey G.
June 15th @ 1:30pm

Birthday Bash w/ Bud Pistacchio
June 23rd @ 1:30pm

Robert Black
June 30th @ 1:30 pm



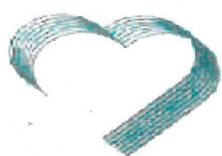
ROCKIN' ROBERT



Performs
Wednesday
JUNE 15TH
@ 6pm

LOOK Whats New

Book Reading
& Coffee w/ Cathy
Tuesdays and Fridays
1:30 pm



HERITAGE HILLS NURSING & REHAB CENTER

We will sponsor
"The Longest Day"
a fund raiser for the
**Alzheimer's
Association**
on June 20th

from 10am to 6pm.

The days events will include
entertainment, vendors,
food, raffles for numerous
baskets, a wreath auction
and more.

Please join us in our efforts
to support the association.
All proceeds to benefit the
Alzheimer's Association.

A person with Alzheimer's
has a longest day every day
because their days
never end.

401-231-2700

80 Douglas Pike, Smithfield
Rhode Island

www.healthconceptsltd.com/nursinghome-Smithfield/



Doreen Putnam

Third Tuesday of each month
6:00pm-7:30pm

June 21st

July 19th

August 16th

September 20th

October 18th

November 15th

December 20th

Please RSVP to the above events by calling
Jenny at 231-2700 ext.39 to reserve a spot.

Thank You.

Also if there is something that you would
like more information on (examples: dia-
betes, fall prevention, pre planning funer-
al arrangement etc.) please let me know
and I will get someone in here to get us
more answers on the subject.

Family Bake Sale

RAFFLES



SIGN UP
SHEET BY THE
ACTIVITY
BULLETIN
BOARD

MONDAY, JUNE 20TH

3:00pm-6:00pm

**CELEBRATING THE
LONGEST DAY!!!**

All proceeds benefit the
alzheimer's association

Special Thanks

- ♦ Family Bake Sale donors led by Debbie N.
- ♦ Elaine P. for her continued support

Want more information about Heritage Hills Nursing & Rehab Center?
Visit our website: www.healthconceptsltd.com



...CLASSIFIEDS & PERSONALS...



IN HOUSE BEAUTY SALON
HAIRDRESSER: MELYNDA GALLANT
HOURS: THURSDAY 9:30AM-3:00PM

PRICE LIST
SHAMPOO & SET \$11.00
SHAMPOO CUT & SET \$17.00
SHAMPOO & CUT \$10.00
PERM \$38.00
ADD COLOR \$10.00
MEN'S CUT \$10.00

Please make appointments by Monday in the Activity Office
PRE-PAY SERVICE **CHECKS PABLE TO:**
MELYNDA GALLANT



Adelaide L.
 Angelo B.
 Edward M.
 Louise C.
 Norma B.
 Jean C.
 Irene C.
 Marie M.
 Barbara H.

CHAPEL OPENS DAILY

Chaplet of the Divine Mercy
Wednesdays @ 1:30 &
Every Sunday @ 6:00 pm.
Holy Communion
Wednesdays @ 1:30 pm.



Catholic Mass

Celebrated on the
2nd Wednesday of
every month
1:30 pm



In Memoriam

Connie B.
 Anna C.
 Stuart W.

A Need for Bird Seeds

Hoping for some Black Oil Sunflower Seed, or All Purpose Classic Blend (available at Stop & Shop), suet, or peanut butter to keep our finely-feathered friends visiting the various bird feeders."



Large Print Word Search Puzzles Needed

Also gladly accepting donations of family-friendly videos and DVDs for our Family Movie Nights, as well as gently used **Large Print** books and magazines for our Book Mobile.

Thanks to all who religiously keeps our supplies filled.



w/ Rosa Norberg
Friday @ 10:30 am.

w/ Pastor David Goodfellow
Wednesday @ 10:30 am

CERAMIC PAINTING

w/ Julie
1:30

June 17th



SCRAPBOOKING

w/ Doreen
1:30

June 10th



FRIDAY
JUNE 24th
@ 1:30PM

ICE CREAM SOCIAL

Music by CHARLIE

EMPLOYEE NEWS

HAPPY BIRTHDAY

Gina M. ...1.. Nursing
 Lina L. ...2.. Activity Director
 Ketline G. ...7.. Nursing
 Tom C. ...11.. Food Service Director
 Andrew P. ...11.. Maintenance Director
 Daniel M. ...19.. Dietary
 Cherie G. ...21.. Activities
 Laura W. ...21.. Nursing
 Melissa S. ...24.. Dir. Of Social Service
 Lourdes L. ...26.. Housekeeping
 Helen O. ...28.. Nursing



Get involved

STRAWBERRY FESTIVAL 9-3

DONATE BAKED GOODS !!!!

JUNE 9TH

ALL PROCEEDS TO BENEFIT
THE RESIDENTS ACTIVITY FUND

APRIL

EMPLOYEE OF THE MONTH



PATTIE LANNI

Heritage Hills Nursing & Rehabilitation Center's Employee of the Month of April was Certified Nursing Assistant, Pattie Lanni.

Patti has been with Heritage Hills for the past year. She is well known for being a team player with her co-workers and supervisors. Patti is genuinely caring with a gentle approach to the residents on our Rehabilitation Unit, providing support and courage to the patients during their stay.



The Staff Wishes to Thank...

Sabina, & Gerry
 Our Bingo Buddies
Rockin' Robert, Linda & Karen
 Our Favorite "Night Out"
Billy, Rosemary and Debbie
 Evening Volunteers
Charlie(St Anthony's Church)
David, Lois , Carolyn & Maria
 (Bible Study)
 Church Volunteers
Joe D.
 Poker Club
Florence, Helen & Anne
 Arts & Crafts Ladies
Donna L.
 Our Resident Garden & Bird Caretaker
Bill D.
 Resident Mail Carrier

Welcome Aboard

Roselyn R. (CNA) Lucesita P. (CNA)

Relias Learning 2016

2nd Quarter (April 1st-June 30th)

Blood borne Pathogens
 Infection Control Basics
 Sexual Harassment
 Workplace Violence

As always a Raffle will be held for all employees who complete their in-services in good time.

Raffle drawn: May 16th



“JUNE BUG” Word Search

ANT
 BUMBLEBEE
 CRICKET
 DRAGONFLY
 EARWIG
 FLY
 GRASSHOPPER
 HORSEFLY
 INCHWORM
 JUNEBUG
 KILLER BEE
 LADYBUG
 MOSQUITO
 NIGHT CRAWLER
 OFF BUG SPRAY
 PRAYING MANTIS
 QUEEN BEE
 ROACH
 SILVERFISH
 TERMITE
 UBIQUITOUS FLEES
 VERMIN
 WASP
 YELLOW JACKET
 ZZZBUZZ

G	D	Q	U	T	E	R	M	I	T	E	G	E	J	R
R	E	E	B	R	E	L	L	I	K	I	E	U	H	E
A	Y	N	I	M	R	E	V	P	W	B	N	H	C	L
S	L	T	Q	Y	H	Q	S	R	E	E	F	S	A	W
S	F	C	U	S	L	A	A	L	B	Y	L	I	O	A
H	E	R	I	J	W	E	B	U	L	L	Y	F	R	R
O	S	I	T	N	A	M	G	N	I	Y	A	R	P	C
P	R	C	O	N	U	Q	U	E	E	N	B	E	E	T
P	O	K	U	B	Z	Z	U	B	Z	Z	Z	V	B	H
E	H	E	S	P	D	R	A	G	O	N	F	L	Y	G
R	W	T	F	O	T	I	U	Q	S	O	M	I	X	I
Y	E	L	L	O	W	J	A	C	K	E	T	S	E	N
A	N	T	E	Y	A	R	P	S	G	U	B	F	F	O
N	K	N	E	I	N	C	H	W	O	R	M	W	X	X
L	H	N	S	U	V	C	J	G	U	B	Y	D	A	L