



The Heritage Herald

Health, Happiness, News & Commitment

The Heritage Herald

November 2016

Volume 5: Issue 46 Number 87

Administrator's Corner

My Innerview Satisfaction Surveys

Heritage Hills is committed to quality improvement and dedication to elevating the quality of lives for our residents. We have great pride in the work we do but recognize there is always room for improvement. It is vital to our success that you take the time to complete these surveys. You can mail them in yourselves or drop them off, sealed only, to our receptionist or place it in my locked black mail box next to my office. We will enter you into a raffle for a great prize! We look forward to hearing from you. Thank you so much for your efforts in making us the home of choice.

-Gretchen Sechio



From the Director of Environmental Services

Now that winter is approaching we must prepare and plan for the inevitable snow. With snow comes plowing and with that said it will take all of us working together to maintain a safe work environment. As many of you may know, when there is a snow storm we must park along the side of the building. **ONLY WHEN IT SNOWS** can we park along side of the building, so that the Plows can properly clean and remove the snow. If cars are left in the lot and are not where they belong **THEY WILL BE TOWED AT THE OWNERS EXPENSE.** Dave's Towing will be our towing service and will be who you contact if your car was left in an undesignated spot. Dave's Towing 401-231-5359. We will also be having cars removed when parked in the Fire Lane or any other areas not designated as a parking spot. Please refrain from parking along side the building when its not Snowing because that is the Fire Lane and this is per the Fire Department. As long as we follow the winter plan we should all have a safe and happy winter.

-Alberto Maldonado



Flu Season

Flu season is upon us once again. We are busy getting ready to ensure all of our residents and staff receive the flu vaccine in the upcoming weeks. All residents will be receiving flu shots beginning on November 14, and staff are receiving their vaccines beginning on October 24th. The best defense against the flu is hand washing. Frequent and thorough hand washing prevents the spread of germs to you and your family! If you have flu symptoms, please do not visit because our population is compromised and vulnerable to germs. Take advantage of the hand sanitizers located throughout the facility before and after your visit. Remember, you can only get the flu from touching another person who is ill, or a surface that has not been cleaned properly. Our housekeeping and maintenance staff work diligently, especially during this season, to clean all hard surfaces and doorknobs which can hold germs on their surfaces for days! Most importantly, get your flu shot. You cannot get the flu from the flu shot. It will protect you throughout the season. If you have any questions about the flu, please feel free to see me. I am always available for your questions.

Barbara Langshaw-Soares RN BSN

Director of Nursing



From the Kitchen of
Rose D.

Anisette Biscuits/Toast Slices

Ingredients:

1/2 cup Cooking oil
2 Eggs
1/4 cup Sugar
2 cups Flour
2 tsp. Baking Powder
1 1/2 tsp. Anisette

Direction:

Mix ingredients together then make a loaf of the mix.
Grease and flour cookie sheet with Crisco.
Bake at 350 degree oven for 15-20 minutes until golden brown.
Remove loaf and slice into 1 inch slices, then toast un-toasted sides under broiler till brown.
Let cool before serving. Enjoy!



If fruits come from a tree, where do turkeys come from?

(A poul-tree!)

Where do you find a turkey with no legs?
(Exactly where you left it!)

What happened when the turkey got into a fight?
(He got the stuffing knocked out of him!)

Why did the police arrest the turkey?
(They suspected it of foul play!)



“Why did I say nothing bothers me when things bother you? “Cause you cannot keep your trap shut, that’s why! Good answer!”

-Jean Derosier



The Best on Earth: A Veteran's Day Tribute

If someone has done military service,
They earn the title "veteran," and more;
They earn our deep respect and admiration;
That they are special no one can ignore.

They sacrificed the comforts we enjoy;
The list is long of all the things they gave.
Our veterans are extraordinary people;
They're loyal, dedicated, true and brave.

When terror and invasion were real threats,
They showed us they could handle any storm.
We owe our freedoms and our very lives
To our veterans, who served in uniform.

Our veterans should be celebrities;
They're exceptional; no other group compares.
We're grateful for the many things they've done;
They're always in our hearts and in our prayers.

We owe our veterans support and friendship;
Let no one ever question what they're worth.
These men and women served us and our
country,
Our veterans--the very best on earth.

By Joanna Fuchs

Did You Know?

Turkeys are intelligent and sensitive animals that are highly social. They create lasting social bonds with each other and are very affectionate; rather similar to dogs.



**RESIDENT'S
RECOLLECTIONS OF
THANKSGIVING**

Thanksgiving is just around the corner. Here are some of our resident's favorite memories of this family tradition!

Bill D. remembers going out to dinner as a family on Thanksgiving day. "It was a great time to be with family!"

David C. fondly remembers having a family get-together on Thanksgiving day.

As for **Coco**, she enjoyed a big meal of turkey, antipasto, dressing, and all the fixings! "Fun times!"

Jeannette recalls making a giant turkey and squash pies while enjoying time with the family.

Mary C. looked forward to seeing her son coming in from Florida and having dinner together.

Kay reminisces about her mother cooking a huge feast for the whole family to enjoy. "The kids loved it!"

As for **Etta**, her kids cooked dinner, along with her grandchildren. "I enjoyed our time together."

Donna brought prosciutto to thanksgiving dinner to share with her family.

Jo-an loved baking pumpkin pies!

Louise had lots of laughs while enjoying a great meal with her many relatives.

And finally, **Rose O.** always remembers of having so much food but most of all, her memory was the family get-together. "It was priceless!"

RESIDENTS MEMORY OF

**THANKSGIVING
DINNER**



- A... ARTICHOKES
- B... BREAD
- C... CRANBERRIES
- D... DRUMSTICKS
- E... EGG NOG
- F... FEATHERS
- G... GRAVY
- H... HARVEST
- I... INDIGESTION
- J... JOYFUL DAY
- K... KITCHEN
- L... LEG
- M... MASHED POTATOES
- N... NUTS
- O... OVEN
- P... PIE
- Q... QUAKERS
- R... ROASTED TURKEY
- S... STUFFING
- T... TURKEY
- U... UTTERLY YUMMY
- V... VEGETABLES
- W... WING
- X... X-LAX
- Y... YAMS
- Z... ZEALOUS HOLIDAY

 **Kudos! TO THE NEWS STAFF**

- | | |
|------------------|---------------------|
| Joanne C. | Vera C. |
| James C. | Mary C. |
| Etta D. | Kay L. |
| Mary G. | Anthony K. |
| Donna L. | Ann M. |
| Rose O. | Teresa V. |
| Gloria G. | Jeannette A. |
| Doris I. | Terry C. |

COMPUTER INTERNET ACCESS

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





If you plan on having lunch with your loved ones on Thanksgiving Day, please notify receptionist, Cheryl by **Thursday, November 10th**

Dinner will be served at 12 noon

Due to limited seating accommodations in the Dining Room, there is a **limit of 2 guests/resident** and a Charge of \$5.00/guest.

If you plan on going out with your loved ones, please notify the unit nurses.

Have a wonderful day and safe holiday.



Heritage Hills Nursing & Rehab Center

holiday  **Craft Fair and Bazaar**

Saturday, November 5, 2016
9am-3pm indoors

Vendors  Pumpkin decorating
Face painting **BAKE SALE** Raffles

Sponsored by Heritage Hills Resident Council. All proceeds to benefit the Residents Activity Fund and St. Jude Children's Research Hospital.



NOVEMBER 10th
Veteran's Day
CELEBRATION
W/ MIKE DEE
1:30



Thanksgiving Party
Wednesday Nov. 23rd
1:30
With Debbie Celletti



November 18th
AROMA THERAPY
W/ MERYL
1:30



Christmas Raffle

Raffle tickets will be available on the first week of November.

Tickets: \$1.00

All proceeds will benefit the Resident's Activity Fund & St. Jude Children's Research Hospital

NOVEMBER 25th @ 1:30pm



Ice Cream Social

Rockin' Robert
Wednesday, November 16th
6:00pm

A NOTE FROM SOCIAL SERVICES...

The holidays are approaching us, and you could be feeling more overwhelmed. Here are some tips for coming through the holiday season with more joy and less stress:

Recognize the signs of stress and burnout

As a caregiver, you give and give and give, and during the holidays you give even more. All that giving can lead to high stress or even BURNOUT! Be aware of emotional ups and downs, fatigue, unclear thinking, inability to sit still, or lethargy.

Anticipate your own holiday buttons

Know what sets you off, whether its specific holiday activities or toxic relatives. It may be best to limit your exposure to places and people that cause increased stress.

Keep self-care at the top of the list

It's easier to let this slip when you're even busier than usual, but that is when you need it most!

Know your own best stress outlets

You know your most effective means for dealing with stress, so journal, talk with friends, or go for a walk if that's what works for you.

Connect with support

Seek out friends, a support group, or a professional therapist.

Plan ahead and focus on what's most meaningful

Don't over commit. Consider what is really doable, and you'll be happier for planning ahead.

Ask for help for yourself and those for whom you care
Seek help with your care giving responsibilities, through homecare agencies, adult day care centers, or respite programs

Start new traditions

Rather than focusing on what you're not doing, try something new!



From the Asst. Director of Nursing

Urinary tract infection is the most common infection experienced by residents in the long term care setting. As many as 50% of non-catheterized women and 40% of non-catheterized men who live in this setting have a significant bacteriuria. The rates among catheterized residents is even higher. While most cases of bacteriuria are asymptomatic and therefore not to be treated, a differential diagnosis between asymptomatic and symptomatic is often difficult due to the residents communication limitations, the presence of comorbidities, or present symptoms without clear localized findings. As a result of these contributing factors, the diagnosis of a symptomatic UTI has a great potential to be incorrect, leading to inappropriate antibiotic usage which can result in adverse drug reactions and increased incidence of MDROs. (MULTI-DRUG RESISTANCE ORGANISMS) The goal is to minimize the risk of an incorrect diagnosis, to foster appropriate usage and to promote the overall health and welfare of the resident.

-Missy DeSimone



Doreen Putnam

Third Tuesday of each month

6:00pm-7:30pm

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: diabetes, fall prevention, pre planning funeral arrangement etc.) please let me know and I will get someone in here to get us more answers on the subject.



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

**Welcome To
Our Newest
Residents!**



- | | |
|-------------|-------------|
| Jeanne A. | Juliette B. |
| Susan B. | David C. |
| Raymond D. | Fausto F. |
| Evelyn F. | Mary G. |
| Madelyn J. | Samuel I. |
| Sandella P. | Margaret R. |
| Richard R. | |

In Memoriam

JOSEPH T.
COSMO C.



Attention



Hairdresser Thanksgiving Week Schedule
*****Wednesday, November 23rd *****
Please note: no perms or color

Catholic Mass



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



SCRAPBOOKING

w/ Doreen
November 11th
@ 1:30pm



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."

CHAPEL OPENS DAILY

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



BIBLE STUDY

10:30 am
Wednesdays
w/ David Goodfellow
Fridays
w/ Rosa Norberg



Special Thanks



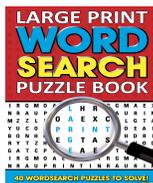
•Elaine P. & Patty M. for their continued support.

EMPLOYEE NEWS

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 keep our supplies filled.



The Staff Wishes to Thank...

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

Relias Learning 2016

4th Quarter (Oct. 1st—Dec. 31th)
Fraud, waste & Abuse for Direct Care
Emergencies & Disasters—What you need to know

As always a Raffle will be held for all employees who complete their in-services in good time.
Raffle drawn: November 16th

Welcome Aboard!!



Cherlyne P. (cna) Elisa A. (cna)
Kerry B. (Activities) Marie A. (cna)

Just a note from the Office...



Please remember to pick up your paystubs weekly!! During the upcoming seasons we have many announcements attached !!!

HAPPY BIRTHDAY

- Melissa D.2..... Asst. DON
- Diane S.4..... Nursing
- Eirome L.7..... Nursing
- Jenny C.11..... Admission Dir.
- Lyannette11..... Nursing
- Joyce G.15..... Dietary
- Anna C.15..... Dietary



Heritage Hills

Nursing & Rehabilitation Center

 80 Douglas Pike

 Smithfield, RI 02917

 401-231-2700

“VETERANS DAY” Word Search

ARMY
 BULLETS
 CANTEEN
 DOG TAGS
 EISENHOWER
 FLAG
 GRENADES
 INSPECTION
 KILROY WAS HERE
 MARCH
 OPERATION
 PARACHUTE
 RANK
 SKIVVIES
 TRUCE
 UNIFORM
 VICTORY
 WWII
 “XERCISE
 YOUNG YANKEES

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