The Heritage Herald

Health, Happiness, News & Commitment

The Heritage Herald | July 2017 | Volume 5: Issue 54 Number 95

Administrator's Corner

Dining Room: Thank you all for your patience during the renovation of the dining room. We hope you all enjoy the new lighting, the HVAC and the overall amenities that this new layout will offer to our residents and visitors. We have been working to enhance our dining services and will continue to implement incremental changes throughout.

Suggestion Box: One of our visitors mentioned that our front patio does not reflect the interior feel of the home and the quality of care of the residents so it has been updated to make that 'great first Impression". Thank you

Family/Employee Involvement: We have several politician letters and legislative cards to support our residents within the nursing home environment. Please see Cheryl to complete them. We appreciate all the support we can get. The politicians do listen.

Newsletters and Memos: We are collecting emails from employees, families and friends to add to our communication lists. Please see the receptionist in order to add your name to that list.

-Gretchen Sechio

Tuesday, July 4th
12 noon
For all Staff & Residents

Rockin' Robert

Monday, July 10th

5:30pm

The Star Spangled Banner Lyrics

By Francis Scott Key 1814

Oh, say can you see by the dawn's early light
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars thru the perilous fight,
O'er the ramparts we watched were so gallantly streaming?
And the rocket's red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
Oh, say does that star-spangled banner yet wave;
O'er the land of the free and the home of the brave?

At 26, Benjamin Franklin published the first edition of Poor Richard's Amanac under the pseudonym Richard Saunders. Here are some sayings he wrote:

- Remember that time is money.
- A little neglect may breed mischief: for want of a nail, the shoe was lost; for want of a shoe the horse was lost; and for want of a horse the rider was lost.
- A penny saved is a penny earned.
- Any fool can criticise, condemn and complain and most fools do.
- Early to bed, early to rise makes a man healthy, wealthy, and wise.
- Fish and visitors smell in three days.
- Genius without education is like silver in the mine.

food for thought

" I may not be an angel 'cause angels are so few until one comes along."
-Jean D.

Did You Know?

It is believed that the Chinese first invented fireworks in the sixth century. As time passed, the use of fireworks spread throughout the world and a lot of new variations were created. It has become a crucial part of celebrating major events like the Independence Day, New Years Day, Bonfire night of England etc. Today the most used form of fireworks is the sparklers. It is a form of fireworks that can be held in the hand while the coated side burns.

Sparklers are inexpensive and easy to use fireworks. Besides the traditional use in celebration events, sparklers are getting popular in weddings, where especially made wedding sparklers are used instead of rice or birdseed. The visitors create an archway holding the sparklers upward for the bride and groom to pass through. The commonly used wedding sparkler is the 36" sparkler which is used for the longer burning time.

July Recollection

Fourth of July celebrations are a milestone of Summer. Here are some of our Residents' favorite memories!

Marjorie fondly remembers having a 4th of July party attended by family, friends and neighbors. " We'd go to Roger Williams Park to watch the fireworks and listen to music. It was a great celebration!"

Mary D. and **Terry O.** enjoyed the Pool Party with their family and then at the end of the day, they would all see the fireworks.

As for **James M.,** going to Bryant College to watch the fireworks was a treat.

Margaret loved going to Oakland Beach, had a picnic, came home then went to Roger Williams Park to watch the fireworks.

Anita and **Frances** had cookouts with their respective families and then headed to Slater's Park to see the fireworks.

Leonora remembers having a family cookout then go to Twin Rivers Casino to watch the fireworks.

As for **Nellie,** she sometimes watched the fireworks the night before. "Definitely a cookout on the 4th!"

Coco always went to her niece's house, Donna, to have a cookout then watched the fireworks at Gov. Notte Park.

And finally, **Rose D.** wistfully remembers the BIG Family Picnic in Goddard Park. "My mother-in-law would get the dinner together for everyone to enjoy. We had a good time!"

Kudos! TO THE NEWS STAFF

Joanne C.	Lucille B.
Frances M.	Mary C.
Kay L.	Mary D.
Gloria T.	Anita L.
Donna L.	Elsie S.
Rose O.	Ann A.
Gloria G.	Doris I.
Bill D. `	Marge M.

RESIDENTS MEMORY OF 4TH of JULY FROM A-Z

A... ALL-AMERICAN
B... BLUE
C... CELEBRATION
D... DUTIFUL
E... ESTEEMED
F... FIREWORKS
G... GENERAL
H... HONORABLE
I... INSPIRED
J... JUBILANT
K... KAZOO BAND
L... LOYAL
M...MARCHING BAND
N... NATIONALISTIC
O... OUTDOOR
P... PATRIOTIC
Q... QUIET FESTIVE
R... RED, WHITE & BLUE
S... STAR SPANGLED
T... TRIUMPHANT
U... UNITED
V...VICTORIOUS
W...WHITE
X...X-TRA SPECIAL
Y...YUMMY BURGERS
Z...ZOOM

COMPUTER INTERNET ACCESS

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

COMING SOON

FUNDRAISER RAFFLE and Silent Auction

All proceeds to benefit the Alzheimer's Association

WEEKLY ENTERTAINMENT

Sue McLeod
July 6th @ 1:30pm
***

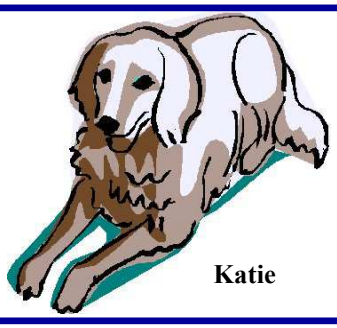
Debbie Celletti
July 13th @ 1:30pm
***

Steve Burke
July 20th @ 1:30pm
***
***

B-day Bash w/ Vinnie Ames
July 27th @1:30pm

PET THERAPY

Friday:
July 7th
July 21st
@ 1:30pm



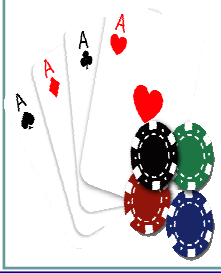
Katie

Rockin' Robert

Wednesday
July 20th
@ 6pm

Look What's New!

Reading w/ Anita
July 3rd, 17th, & 31st
In Activity Room @1:30 pm



POKER CLUB WITH JOE
July 10th & July 24th
1:30 pm

July 28th

ICE CREAM WAGON ROLLS OUT AT 1:30pm

ENJOY SOME REFRESHING COLD TREATS :)

SCRAPBOOKING
w/ Doreen
Monday, July 10th
@ 1:30pm

The Melodiers

HH Glee Club meets every Monday @ 1:30pm.

coffee hour

With the Social Worker, Melissa Lavalee

Dear families:
Please join Heritage Hills' Social Worker, Melissa Lavalee, for a monthly coffee hour to discuss various topics related to the long-term care setting. Coffee hour will take place on the last Wednesday of the month from 5-6pm. Future topics of discussion include:

- Sundowning
- Comfort measures
- Caregiver Stressors
- Communicating with the Interdisciplinary Team
- Advanced Directives
- Medicaid

The next Coffee Hour will be held on:

Wednesday July 26, 2017 from 5-6pm

Hope to see you there!

Happy Summer !!!

Our Newsletter is now available via email!!Cheryl will take your information in the reception office. Be assured that we will not share your email with anyone !!!

Guest Trays

Guest trays must be ordered on the Wednesday before the week/weekday in which you are dining with your family member.
Trays are $3 each meal ordered, only lunch and dinner is available, please see receptionist, Cheryl to place your order in the Reception office.

Doreen Putnam Support Group

Cancelled for July & August

Will resume in September

Also if there is something that you would like more information on (examples: diabetes, fall prevention, pre planning funeral arrangement etc.) please let Jenny know and she will get someone in here to get us more answers on the subject.

Please call Jenny @ 231-2700 ext. 39

Resident's Rights

Right to Be Fully Informed of:

· ●All services available as well as the charge for each service; ·

●Have a copy of the nursing home's rules and regulations, including a written copy of resident 's rights

●Address and telephone number of the State Ombudsman, State survey agency office, and other advocacy groups; ·

●See the State survey reports of the nursing home and the home's plan of correction; ·

●Be notified in advance of any plans to change their room or roommate; ·

●Daily communication in the resident's language, for example, Spanish; ·

●Assistance if they have a sensory impairment.

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-5:30PM

PRICE LIST

SHAMPOO & SET	$11.00
SHAMPOO CUT & SET	$17.00
SHAMPOO & CUT	$10.00
PERM	$38.00
COLOR & SET	$25.00
COLOR CUT & SET	$30.00
MEN'S CUT	$10.00

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

Welcome To Our Newest Residents!

Robert A. Karen B.
Daleann F. Joana F.
Gregory G. Marie G.
Elizabeth K. Alan R.
Rose T.
Ruth V.

In Memoriam

Etta D.

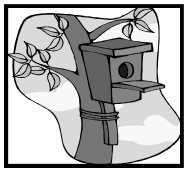
Large Print Word Search Puzzles Needed

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.

A Big THANK YOU!

To Elaine and Elena, Gail & Deb for their continued support.



A Need for Bird Seeds

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

10:30 am
Wednesdays
&
Fridays
w/ Rosa , Maria & Asia
(Activity Room)

Chaplet of the Divine Mercy

Wednesdays @ 1:30pm
(Main dining Room)
Every Sunday @ 5:30pm.
(Activity room)

Holy Communion

Wednesdays @ 1:30 pm.
(Main Dining Room)

Catholic Mass

Celebrated on the 2nd Wednesday of every month 1:30 pm
(Main Dining Room)

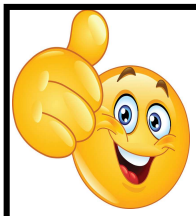
Special Thanks

To HH bird care taker, Donna and mail carrier, Bill.

EMPLOYEE NEWS

DONATE A WREATH TO OUR ANNUAL SILENT AUCTION!!!
BRING IN YOUR WREATH BY AUGUST 7th.

ALL PROCEEDS TO BENEFIT THE ALZHEIMER'S ASSOCIATION



Welcome Aboard!!

Hope B. (Dietary)
Stephanie C.(Business Office)
Molly L. (Dietary)

Relias Learning 2017

3rd Quarter (July1st- Sept. 30th)

HIPPA the Basics
Nutrition & Hydration
Ergonomics
Look Out/Tag Out

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

The Staff Wishes to Thank…

Sabina, & Gerry
Our Bingo Buddies
Rockin' Robert, Linda & Karen
Our Favorite "Night Out"
Jean & Janet
Evening Buddies
Charlie(St Anthony's Church)
Rosa, Maria & Asia
(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

Just a note from the Office…
Please remember to pick up your paystubs weekly!!

EMPLOYEES BIRTHDAYS THIS MONTH

Kiren L. …1… Nursing
Austin A. …14… Dietary
Lisa R. …17… Housekeeping
Donna C. …28… Nursing
Yazmin M. …29… Nursing
Ramonita S. …31… Nursing

Heritage Hills
Nursing & Rehabilitation Center
80 Douglas Pike
Smithfield, RI 02917
401-231-2700

"CAMPING" Word Search

ADAPTERS
BATTERIES
COMPASS
DIGITAL CAMERA
FIRST AID KIT
GUIDE
HATS
ICE
KNIFE
LANTERN
MATCHES
OPEN AREA
PACKAGED FOOD
QUALITY SNACKS
REPELLENT
SUN PROTECTOR
TRAILS
UTENSILS
WATER
ZIPTIES

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