

VILLA CREST

NURSING AND RETIREMENT CENTER

1276 Hanover Street • Manchester, NH 03104
(603) 622-3262 • www.villacrestcommunity.com

December 2016

Villa Crest View



The Giving Tree

Each year, the Recreation Department places a *Giving Tree* in the front lobby and residents' Christmas wishes are written on ornaments that adorn the tree.

Family members, staff, and visitors are encouraged to take a tag and make a Christmas wish come true. Wrapped wishes should be returned with the ornament attached by December 16th.

Please contact the Recreation Department, at extension 509, with any questions. Thank you and Merry Christmas.



Holiday Decorations

Festive holiday decorations on doors and in resident rooms are welcomed and encouraged. However, fire and other safety codes must always be observed.

Extension cords, candles and easily combustible plants such as live Christmas trees, wreaths, and arrangements with evergreen branches are never allowed in the center per Life Safety and Fire Safety codes.

Please help Center partners create a festive and safe environment by directing questions about decorations to the Director of Environmental Services, Jeff Miller, at ext 525.



Gift Giving

The holidays are a wonderful time to acknowledge the blessings which surround us and the gratitude which fills our hearts. With that in mind, remember that Villa Crest partners may NOT accept gifts from residents or family members.

The best way to thank partners is by filling out a PEP card. PEP cards are reviewed weekly and result in a financial incentive to the partner. PEP cards are located in resident rooms, on the nurses' stations, and in the front lobby.

Guilt-Free Holiday Eating

Food is a favorite holiday tradition for many people, and it's OK to indulge in a special feast during the season. But before settling in for an after-dinner nap, taking a short, light walk can aid digestion and reduce the amount of fat your body stores from a meal.



Merry Christmas from the Elves on North Unit!



A Christmas Morning service will be led by members of the United Methodist Church at 10am.



Your Opinion



Mellissa Kimble, LNA of the Year, and Steve Flatt, National HealthCare Corporation CEO.

Partners of Villa Crest Nursing and Retirement Center are proud to be a part of National HealthCare Corporation (NHC). NHC provides the opportunity for customers to submit comments that may improve services throughout the Center. Comments may be submitted via the My InnerView satisfaction survey which is sent directly to residents and families from the National Research Corporation in Lincoln, Nebraska.



Happy Birthday

Partner Birthdays

- 12/01 McKenzie Holmes, Recreation
- 12/03 Lisa Romero, LPN
- 12/03 Malinda Noyes, LPN
- 12/13 Megan Deschenes, LNA
- 12/15 Cassidy Burgos, LNA
- 12/17 Penny Sue Kimble, LPN
- 12/21 Kristina Rivard, LNA
- 12/21 Lily Baker-Sweeney, LPN
- 12/21 Maria Rojas, RN
- 12/27 Adrienne Cameron, SS Dir
- 12/31 Kathleen Camire, LNA

Resident Birthdays

- 12/02 Georgette Psarakis
- 12/02 Dolores Burns
- 12/02 Laurette Moulton
- 12/03 Bernadette Daigle
- 12/11 Willa Lepine
- 12/17 Solange Beaudette
- 12/17 Olga Emanouil
- 12/18 Alice Blais
- 12/23 Ethel Lavender
- 12/25 Carol Dornhofer
- 12/28 George Vachon
- 12/28 Jane Hunt
- 12/29 Marie Bogdanowicz

Legacy of a Life

“Memories of our lives, of our works and our deeds will continue in others.”
—Rosa Parks

Special Events and Trips

Musical Entertainment

- 12/2 7pm Happy Hour
- 12/4 2p Dave Andrews
- 12/9 10am Auburn School
- 12/13 2pm Forever Young
- 12/16 7pm Holiday Happy Hr
- 12/25 2pm Ronnie Chase
- 12/28 2pm Richard King

Outings

- 12/2 10am 10 Pin Bowling
- 12/5 1pm Christmas Tr. Shop
- 12/7 6pm Holiday Lights
- 12/9 1pm Dollar Store
- 12/12 1pm Walmart
- 12/16 1pm Target
- 12/18 1pm Holiday Ballet
- 12/19 6pm Holiday Lights



Marlene Dalton, LNA, Ken Porter, Sandy Flynn, LNA and Marie Rumore, LNA

From the Desk of...

Kathy O'Hara, RD, Food Service Supervisor

Over the past several months the Dietary Department has developed a strong leadership team. Members of the team include Doris Neal, Kitchen Manager, who has over 25 years of experience in nursing home food service. Amy Herrick, Registered Diet Tech, is a clinician with extensive experience in longterm care. Brent Gaborault, Chef, is a graduate of Lakes Region Culinary School and has been working in food service since high school. Mark Melanson, Chef, who has extensive experience owning and managing several high-end restaurants. These team members are leading the way to improved food taste and quality, stronger team skills, and enhanced dining services.

The Resident Food Council meets every second Tuesday of the month. It is a wonderful forum that gives residents an opportunity to express their feelings about food, request favorite food items, test new foods, and ask questions. Recent menu item requests include stuffed peppers and stuffed cabbage. Both items received excellent reviews and will be added to the menu. Nutrition education will also be provided at the Food Council. The initial topics for discussion are GI health and brain boosting nutrition. Everyone is welcome at the council meetings.

Suggestions and comments are welcome. Contact Kathy O'Hara, at Ext. 513 or via email at KOhara@villacresthealthcare.com



Resident Rights

Residents have the right to have visitors.

State and Federal laws entitle residents to visit with friends and family without restriction. The law also allows residents to decline visitors as they choose.

Villa Crest Nursing and Retirement Center has open visiting hours but guests are encouraged to be respectful of all residents when visiting in the late evening or early morning hours. Pets and children are welcome to visit. Dogs should remain on a leash while in the building.

After the reception desk closes and the security system is activated at 7 p.m., visitors may use the doorbell at the side entrance on the North Unit.



Christmas Dinner

Reservations for a Christmas buffet luncheon are being accepted. The menu features prime rib and all the fixings. Seating is limited, so RSVP to the receptionist no later than December 20th. Please limit your reservation to two guests per resident so that everyone can be accommodated. The cost is \$25 per guest.

Residents with plans to go out for Christmas should notify staff as soon as possible so appropriate arrangements can be made.



Ring in the New Year

Celebrate the New Year at 2 p.m. on December 31st with a New Year's Eve event in CHOICES Restaurant.

...Get to Know Your Neighbor ...



Irene Labonville

Irene Labonville was born in Manchester, New Hampshire, and attended St. George's school. Irene met her husband, Albert, at a local dance. The couple had 3 sons that were very involved in sports and kept their young family busy.

Irene and Albert enjoyed dancing and traveling. Her most memorable vacations were to Florida and California. Irene currently enjoys taking walks outside and never misses a musical program at Villa Crest Nursing & Retirement Center.

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