



VILLA CREST

NURSING AND RETIREMENT CENTER

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

February 2017

Villa Crest View



Activities

Entertainment

- 2/1 2pm Stan, Jr.
- 2/5 2pm Sands Of Time
- 2/7 2pm John D’Ambrosio
- 2/8 2pm Ronnie Chase
- 2/10 7pm Happy Hour
- 2/15 2pm Ramblin’ Richard
- 2/19 2pm Ron Jovi
- 2/22 2pm Bob Rutherford
- 2/24 7pm Happy Hour

Outings

- 2/3 10am Playing Pool
- 2/6 1pm Shopping at Walmart
- 2/17 10am Bowling- Parkplace

Lunch Outings

- 2/13 11am Moe Joe’s

Random Acts of Kindness

Of all the observances that fill the calendar, one of the most meaningful takes place the second full week of February—Random Acts of Kindness Week. This week is a time to promote the warmth and kindness people can bring to one another through small and simple gestures.

What can you do? Ideas are limitless. Ask a new resident to sit with you at mealtime or join you for an activity. Offer to read to a friend or neighbor who is visually impaired. Leave some treats at the door of a friend or neighbor who has a pet. Make it a point to smile and offer a sincere greeting to everyone you meet today. Thank a caregiver or volunteer for their help.

No matter how you choose to grace the lives of those around you, the impact may be greater than you realize. Researchers point to what renowned

psychologist Abraham Maslow called “peak experiences.” According to Maslow, these are moments of awe and inspiration that make us feel grateful for simply being alive. Studies show that when people witness a kind exchange between others, they experience that feeling of wonderment and can benefit nearly as much as the doer or recipient of the kindness itself.



In a random act of kindness volunteers from Home Health and Hospice bring a special guest volunteer to visit with the residents.



Love Your Pet Day

February 20th is Love Your Pet Day. Pets are always welcome

(Cont.) at Villa Crest. Please keep in mind, pets must remain leashed or caged at all times. Pet waste needs to be picked up promptly. Please avoid using the courtyard grass area for pet relief. Pets are *not* allowed in any area where meals are served (This does not apply to service animals).





Your Opinion

Customer Satisfaction Surveys are a great way for families and residents to give feedback about the service at Villa Crest, but they aren't the only way. Cards and letters are always welcome and may be sent directly to the center or to Steve Flatt, CEO, National Healthcare Corporation, 100 E. Vine St., Murfreesboro, TN, 37130. Another method of giving feedback is to participate in a live survey which is administered by Jane Fieldhouse-Thomas, Regional Social Worker. Jane will be at Villa Crest in February to interview residents and solicit opinions on the service. After that visit Jane may be reached at the NHC regional office #: 603-736-9581. Your opinion matters and we welcome your feedback!

Resident Birthdays

- 02/01 Karl Tiedemann
- 02/02 Donald Mitchell
- 02/03 John Parker
- 02/10 Louise Sapowicz
- 02/13 Claire Corriveau
- 02/16 Carol Charest
- 02/19 Irene Kafegelis
- 02/20 Bertha Lawrence
- 02/20 Charles MacDonald
- 02/20 Irene Dulac
- 02/28 Doris Descoteaux

Partner Birthdays

- 02/01 Carrie Lopez, LPN
- 02/01 Safiatu Fofana, LNA
- 02/03 Melanie Delrio, LNA
- 02/04 Megan Bilodeau, LNA
- 02/05 Milarosa McMaster, LPN
- 02/06 Susan Herr, Recept
- 02/08 Mary Simpson, LPN
- 02/08 Nancy Ainslie, Hkpr
- 02/13 Madeline Kew, Dietary
- 02/15 Jacqueline Waniski, LNA
- 02/20 Ania Makarov, LNA
- 02/21 Brenda Lehman, Recreation
- 02/27 Daniel Schesser, Dietary
- 02/27 Michael Elliot, Maintenance
- 02/28 John Sullivan, LNA



Rose and Sally toast Alice.



On January 3, 2017, Alice Bennett celebrated her 100th Birthday with family, friends and Villa Crest partners.

Alice was featured in the Union Leader newspaper and on WMUR news. Congratulations and Happy Birthday Alice!



Alice Bennett



rates allowed people of all social ranks to exchange cards with their loved ones.

In the late 1840s, Esther Howland introduced Victorian-style valentines to America after being inspired by a card she received from England. She organized an assembly line of family and friends to make intricately decorated valentines, earning \$5,000 her first year in business. Known as the "Mother of the Valentine," Howland paved the way for greeting card companies of the future.

Send a Valentine

Valentine's Day cards will be available in the lobby during the week of this special holiday. Select a Valentine to send to someone special. Valentines will be delivered by Cupid on the 14th!



Happy Valentine's Day

While modern advertisements often insist that no Valentine's Day gift is complete without chocolate, flowers, and expensive jewelry, centuries of tradition show that a sweet card is all you need to say "I love you" on February 14th.

By the Middle Ages, Valentine's Day was firmly established as a romantic holiday, and sweethearts often expressed their feelings by reciting or singing verses of love. The oldest known written valentine greeting is a 1415 poem by Charles, Duke of Orleans, who wrote to his wife while imprisoned in the Tower of London.

Valentines in the form of letters and poetry became common throughout Western Europe. People began adding lace borders and images of hearts, flowers and Cupid to handwritten valentines, and by the Victorian Era, valentines had become elaborate art pieces, featuring ornamental folds, "pop-up" images, and embellishments of real lace and ribbons. Factory-produced valentines and cheaper postage



IMPORTANT

The Right to Privacy

According to HHS.gov, the HIPAA Privacy Rule establishes national standards to protect individuals' medical records and other personal health information. The Rule requires appropriate safeguards to protect the privacy of personal health information, and sets limits and conditions on the uses and disclosures that may be made of such information without patient authorization.

Villa Crest is requesting the cooperation of families and guests to extend this privacy right to photographs and videos. Taking photographs or videos other than those of immediate family are not permitted.

For more information, please contact Sarah McEvoy, Administrator.

...Get to Know Your Neighbor ...



Barbara Cirincione

Barbara Cirincione was born in Haverhill, Massachusetts on August 27, 1933. She attended local schools and graduated from Haverhill High School in 1951. Barbara worked as a Nurse's Aide at Hale Hospital in Haverhill until graduating at the top of her class with a Nursing degree from Boston City Hospital.

After graduation, Barbara joined the US Navy where she served as a Naval Nurse for six years during the Korean War. Barbara met her husband, Lieutenant Commander Patrick Cirincione, during her time in the Navy. The couple lived in Italy briefly and had two daughters; Rachel and Rebecca.

Barbara and her family settled in Merrimack, Massachusetts, and she went to work at Hale Hospital where she stayed until retirement. Barbara and Patrick enjoyed music, attending the Opera, and listening to classical music. Barbara currently lives in the Assisted Living center with her longtime feline companion, Rodrick.

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