



VILLA CREST

NURSING AND RETIREMENT CENTER

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

Villa Crest View

January 2017



Activities

Entertainment

- 01/01 2pm Peter Ole
- 01/04 2pm Terrie Collins
- 01/11 2pm Marlena
- 01/13 7pm Happy Hour
- 01/15 2pm Joe McDonald
- 01/17 2pm Joseph Nasara
- 01/18 2pm Jim Hollis
- 01/25 2pm Mark Stanzler
- 01/27 7pm Happy Hour
- 01/31 2pm Dave Andrews

Outings

- 01/06 10am 10 Pin Bowling
- 01/09 1pm Kmart Shopping
- 01/20 10am Park Place Lanes
- 01/23 11a Lunch Golden Rod
- 01/27 1pm Mall of NH
- 01/30 11am Lunch @ 99's



Don Brown, President, Assisted Living Council, and Sarah McEvoy, Administrator.

Congratulations Don Brown

Don Brown was recognized for his three years of service as the Assisted Living Resident Council President. Sincere thanks to Don for his caring, compassion, and dedication.



The Gift of Gratitude

In December, gift requests on the Giving Tree flew off the tree in record numbers and wonderful gifts were delivered daily! The generosity of visitors, family members, partners, and even residents toward one another made it possible for every resident to receive a gift on Christmas morning. Several families provided four or five gifts in an overwhelming display of holiday spirit. The last gift received was gratitude; gratitude for the generosity of the Villa Crest Family. What a blessed way to start 2017 in the spirit of giving and togetherness. Happy New Year!



Holiday Scrubs bring Christmas Cheer!



Holiday Spirit Abounds!



Your Opinion

Get an oil change and you'll get a survey. Take a trip, you're going to hear from the airline, hotel, and rental car agency. Survey fatigue is a genuine concern for consumers.

At Villa Crest there are many ways to give feedback. Care Plan meetings help to exchange information about care. The suggestion box is a great way to share opinions and ideas. Doors are always open for conversations and feedback, so please don't hesitate to come in and talk. Last but not least, regular surveys are mailed from My InnerView, Lincoln, NE. These surveys provide feedback and allow partners to see how our services rate compared to thousands of Long Term Care Centers nationwide.

We want to hear from you!



Casual Attire - Professional Care

Each Friday partners are encouraged to wear casual attire for \$2. This "dress down" day raises funds for The Foundation For Geriatric Education (TFGE). TFGE supports local nursing education programs such as St. Anselm College and UNH. Funds are also used to provide scholarships for Villa Crest partners who become LPNs, or RNs. Remember, even when partners are casually dressed, the care remains professional.



Success!

The residents and partners of Villa Crest collected over sixty pounds of food during the month of December. Holiday meal baskets were prepared and distributed by Nancy Laboe, RN, and Judy Gamache, LPN. A donation was also made to the St. John's Food Pantry in Concord, New Hampshire. Sincere thanks to the residents and family members who contributed along with partners.



Resident Birthdays

- 01/03 Alice Bennett
- 01/04 Dorothy Smith
- 01/08 Elsie Swierz
- 01/09 Diane Auger
- 01/10 Elaine Powers
- 01/14 Jeanne Miville
- 01/14 Virginia McLaughlin
- 01/20 Phyllis Brown
- 01/24 Irene Gravel
- 01/30 Johanna DeVlieg

Partner Birthdays

- 01/02 Nathalie Escolastico, Dtry
- 01/04 Chelsey Roy, LNA
- 01/05 Doreen Nett, LNA
- 01/06 Brianna Mayer, MSW
- 01/06 Edward Riordan, Hskpr
- 01/08 Lori Lewis, Laundry
- 01/08 Wendy Sesin, LNA
- 01/11 Amy Phaneuf, LPN
- 01/13 Rayanne Ford, LNA
- 01/14 Alyssa Sawyer, Dietary
- 01/15 Alexa Morin, LNA
- 01/17 Ana Novcic, ADON
- 01/18 Deborah Lidster, RN
- 01/18 Nicole Cloutier, LPN
- 01/23 Nichole Colon, LNA
- 01/25 Evelin Lamb, LPN
- 01/27 Candace Laroche, Staff Coor
- 01/28 Nancy Coutu, LNA
- 01/29 Hannah Kelley, LNA
- 01/30 Amanda Howland, Dietary

Fall Prevention

There are many ways to prevent falls and help keep residents on their feet. Here are few examples:

- Crowded spaces and clutter can contribute to trips and falls so take home items no longer needed by the resident.
- Keep pathways clear at all times.
- Keep the over bed table across the bed when not in use.
- Make sure the call light and personal items are within easy reach of the resident at all times.
- Provide shoes and slippers tread on the sole and backs on the heel.
- Use gripper socks at night.
- Always call for help from the staff when the resident needs to move from one sitting place to another.
- Ask for training by the Rehab Department on safe car transfers before going out.
- Lock wheelchair and rolling walker brakes before transfers or sitting.
- After sitting for a while, encourage residents to get up slowly, and with assistance.
- Encourage plenty of exercise and movement; avoid long hours of sitting. Movement is critical to muscle strength and balance.
- Report complaints of dizziness right away.

These and many other tips give visitors and families the opportunity to

support residents in their efforts to be safe and stay on their feet.



McKenzie and Mary enjoyed a morning of chair exercise.

Celebrate Life

January is National Recreation Professionals Month. Recreation professionals plan, direct, and host events and programs that bring life to the center. The Villa Crest recreation team is led by Kathy Winn and she is assisted by Holly VanLaarhoven, Judy Hastings, Doris Williams, Margaret Martinez, Gretchen Gott, Rebecca Delude, Brenda Lehman, McKenzie Holmes and Kathy Camire. Families are encouraged to make suggestions and get involved in programs and events. The monthly calendar of center events and newsletter can be viewed at www.villacrestcommunity.com.



Did you get new clothing for Christmas? Please remember to have any new clothing labeled by our Laundry Elves. This prevents clothing from being misplaced and helps ensure it will be returned to the correct resident.



Resident Rights

The Centers for Medicare and Medicaid Services (CMS) has completed the first comprehensive revision of the Long Term Care Regulations since 1991. This includes updates to many of the residents' rights.

Throughout 2017 the Residents' Rights column will introduce these changes which CMS is enforcing over a three stage process to be completed by November 2019.

One major change, which will be discussed in detail over the months ahead, is the caution against taking photographs of residents without consent. This change has prompted centers nationwide to eliminate the use of cell phones in buildings. Visitors are advised never to photograph anyone other than a direct relative. Stay tuned for more information.

... Get to Know Your Neighbor ...



"Trudy" Gertrude Gagne

Gertrude Gagne, who prefers to be called Trudy, was born on July 8, 1923. She graduated from West High School in 1941. Trudy worked in administration at the Veteran's Hospital and that is where she met her husband to be, Larry. Trudy and Larry were married in 1953 and they had 5 children.

At retirement, the couple moved to Lake Winnesquam but then later transitioned to sunny Hollywood, Florida, which they called home for fifteen years.

Trudy enjoys cruises and has been on many, including destinations such as Hawaii and the Caribbean. She is the proud grandmother of eleven grandchildren and three great-grandchildren.

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Phone: (603) 622-3262

Fax: (603) 626-0239

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