



The Elms

Retirement Residence, Inc

22 Elm St. • Westerly, RI 02891 • (401) 596-4630 • www.ElmsAssistedLiving.com

July/Aug 2010

THE ELMS' TEAM

Owner

Guy Maiorano

Certified Administrator

Robert E. P. Elmer III

Community Liaison

Karen DePasquale

Office Manager

Leslie Taylor

Activities Program Director

Joan Brucker

Nurse Manager

Ava Gosper, R.N.

Food Services Director

Laura Stringer

Dining Room Supervisor

Betty Walker

Maintenance Supervisor

Richard Patterson

Transportation

John Gourlay

Transition Specialist

Alicia O'Neill

Carriage House

Nurse Manager

Carolyn Collin, R.N.



By the time you read this letter, the new Chestnut Cottage will be open for business. I am happy and proud to say the place is just beautiful! Chestnut Cottage will be home to 30 more residents who struggle in life with Alzheimer's or some form of dementia. We are all excited and honored to make their lives much better. I also look forward to meeting all the new family members, along with my new staff. There has been lots of excitement around here. Oh, by the way, Chestnut Cottage is 50% sold out. I love when a plan comes together. Until next time, stay well. -Guy



That's 234 Candles

On July 4, all across the land of the free and the home of the brave, the United States commemorates the adoption of the Declaration of Independence by the Continental Congress in 1776. **Happy Birthday, America!** Remember to celebrate safely.

NOTICE

IF YOU NO LONGER WISH TO RECEIVE THIS NEWSLETTER FROM THE ELMS, PLEASE SEND AN EMAIL TO LESLIE at elmsal@verizon.net or CALL (401) 596-4630. Thank you.



A recent trip to Norwich to spend an afternoon at the Chelsea Butterfly Gardens



Deanna instructs a Chair Yoga class.



Helen celebrates her 100th birthday!



New Residents



Cal Ellis



Earl Pasetti



Kay Pasetti



Lillian Liguori



From the Guy With the Bow Tie

I was fortunate to have been able to attend the Assisted Living Federation of America conference last month in Phoenix. It's a wonderful opportunity to gain insight and to network with other assisted living executives, as well as to get a handle on how well we're doing compared to some of the "big guys." Did you know that there are some companies out there that are responsible for over 70,000 assisted living units around the country? And I think I have my hands full.

One of the things that resonates with me during these conferences is **just how well** we are doing compared to many of these corporate big guys. At the risk of sounding self-serving, I am very proud of the job that we do here on behalf of our residents and their families. When we can provide answers, ideas and solutions to problems that these larger companies are experiencing, then I know we are

tops in our industry. Low occupancy, high staff turnover, bad morale and a poor image in the area they serve are not problems we have, thankfully. Since we opened our doors in 1985, The Elms has always had a culture of service for our residents and their families and respect for our department heads and our staff. The results speak for themselves.

Recently, a family member of a prospective resident was here completing their "move-in" paperwork. Being aware that he had looked at other communities, I took the opportunity to ask why he had chosen The Elms. He answered me with one meaningful sentence ... *"I could feel the love here."* I think that really says it all.



Happy Birthday to You ...

Gertrude Curioso	July 9
Edna Murphy	July 15
Jenny Bill	July 22
Eve Glass	July 28
David McBride	July 30
Gurdon Slosberg	Aug. 4
Ann Partridge	Aug. 13
Mary Egan	Aug. 17
Janet Loveland	Aug. 18
Jill Bonner	Aug. 20

Summertime Happenings

- Shopping at Walmart and Job Lot
- Matinee Movie at Regal Cinemas
- Fourth of July Celebration
- Residents' and Family Cookout
- Our Monthly Birthday Bash
- RI Blood Center Blood Drive
- Mystery Ride at Bonnie's Garden
- Walks around the Neighborhood
- Visiting the Local Farmer's Market
- Chestnut Cottage Opening
- Scenic Tour of Newport
- Out to Lunch at Shelter Harbor



All About Allergies

Currently two out of every 10 Americans suffer from allergies; but, what exactly is an allergy? Allergies are an abnormal reaction of the immune system. Those of us who experience them have an immune system that reacts to a harmless substance in our environment. Things such as pollen, animal dander and mold are called allergens. An allergic reaction occurs when an individual is exposed to an allergen either by swallowing it or inhaling it. Some symptoms of an allergic reaction are, itchy, watery eyes, sneezing, a runny nose or rashes. Severity of symptoms can vary, but most of the reactions subside shortly after exposure.

The challenge is determining what triggers an allergic reaction and, unfortunately, almost anything can. Sometimes they may even run in families. Various emotions, exercising and temperature fluctuations can be triggers that cause an allergic reaction to occur. Most people are aware of their particular allergy triggers and reactions, and can avoid or prepare themselves for a reaction. For those of us who have allergies, each allergic reaction is unique to the individual.



Now the question becomes, how do you find out what causes your allergic reaction? Most people learn to recognize their allergy triggers and learn to avoid them with allergy prevention. Some seek out an allergist to have several allergy tests run to identify their triggers.

The most widely used and most helpful test is the skin test. With this test, a small amount of skin is exposed to an allergen and then the skin is observed to see if a reaction occurs. Blood tests are also done because they generally identify antibodies to specific antigens or allergy triggers. Another way of testing for allergies involves eliminating certain allergens from the person's environment and then later reintroducing them to see if a reaction occurs.

There are several different ways in which allergies can be treated. Medication is one, keeping track of your triggers and avoiding them and also carrying an epi pen if necessary. See your doctor if you are concerned about having allergies or have experienced an allergic reaction.



Wit & Wisdom

"The secret of happiness is freedom. The secret of freedom is courage."
—*Thucydides*

"Well, if crime fighters fight crime and fire fighters fight fire, what do freedom fighters fight? They never mention that part to us, do they?"
—*George Carlin*

"There is no such thing as a little freedom. Either you are all free, or you are not free."
—*Walter Cronkite*

"Freedom is, first of all, the chance to formulate the available choices, to argue over them—and then, the opportunity to choose."
—*C. Wright Mills*

"You can only protect your liberties in this world by protecting the other man's freedom. You can only be free if I am free."
—*Clarence Darrow*



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Current Resident
12345 Sample Address
City, ST 00000