



The Elms

Retirement Residence, Inc

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

May/June 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.

Special Feature on Arthritis

Did you know that there are over 100 different kinds of arthritis? The most common is osteoarthritis, which results from the joint suffering a trauma, an infection or just from its age. Osteoarthritis patients often experience constant pain in the knee, neck, back, hips or feet. This pain is caused from the inflammation that occurs around the joint. Physical therapy (PT) can help people who suffer from this disorder. The inflammation causes the joint to become stiff and reduces its range of motion. PT can help in relaxing the joint without damaging it. Modalities such as heat, ultrasound, massage, cold laser, transdermal gels and a variety of electronic infusion treatments can improve range of motion, circulation and decrease pain and swelling.

Many times a brace can assist

arthritic individuals with extra support to stabilize the joint, improve posture and weight bearing. Patient education on the appropriate assistive devices can help one to perform activities of daily living including driving, bathing, dressing and household chores. PT also assists with maintaining balance and safety while walking. A physical therapist will help you learn to distribute weight off the joint to decrease stress and diminish the risk of falling. If you are diagnosed with arthritis, remember that it is important to remain active. Moving the arthritic joint reduces pain, inflammation, muscle tightness and maintains a range of motion so you can continue to do things you love to do. So keep on moving and speak to your doctor about seeing a physical therapist to get you started.

*Submitted by Tina Slesiona M.S.,
P.T. Westerly PT at Wilcox Park*



Alicia and Charlie, after an aerobics class



Lillian and Elizabeth, on a recent visit to Narragansett Beach



John, our driver, surrounded by azaleas in bloom at Kinney Azalea Gardens



THE ELMS

Welcome New Residents



Marilyn Crowley



Gurdon Slosberg



Vincent Nadolny



Charlie Nixon

Tips to Protect Yourself From Sun Exposure

Protecting yourself from sun exposure is something you need to do all year long. Ultraviolet rays affect your skin as much on cloudy and hazy days as much as they do on bright and sunny days. Remember, also, that UV rays can reflect off of surfaces such as water, cement, sand and snow. CDC recommends easy options for sun protection and they are:

- Use sunscreen with sun protection factor (SPF) 15 or higher, and both UVA and UVB protection.
- Wear clothing that is lightweight but will protect your skin from sun exposure.
- Choose hats with wide brims, as they will protect your face, head, ears and neck from the sun.

- Sunglasses are great to wear, especially ones that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Seek shade as much as possible, but especially during midday hours.

Remember, sunscreen does wear off so if you are staying out in the sun more than two hours, are sweating a lot or go swimming, you should reapply.

<http://www.cdc.gov>



HAPPY BIRTHDAY TO YOU ...

Shirley Doherty	May 3
Ernest Duhaime	May 3
Helen Wright	May 7
Ed Carney	May 23
Dorothy Roper	May 23
Barbara Schmocker	May 27
Eleanor Hayward	June 3
Barclay Robertson	June 10
Barbara Simmons	June 11
Margaret Donath	June 17
Ernestine Peckham	June 18
Geraldine O'Connell	June 20
Georgia Seal	June 29

Don't Miss These ...

- Mother's Day Tea
- Kinney Azalea Gardens Outing
- Cinco de Mayo Celebration
- St. Pius Pre-School Children Visit
- Chelsea Gardens Butterfly Pavilion
- Hosting Charlestown Chamber Picnic Lunch Out at Stonington Point
- Men's Club Outing
- Matinee Movie at Regal Cinema
- Indoor Picnic
- Shopping at Walmart and Job Lot
- A Father and Son Social
- Shopping/Lunch in Mystic Village
- Bea Smith's Summer Clothing Sale
- Lighthouse Cruise on the Bay





From the Guy in the Bow Tie

Sometimes being a part of history isn't all it's cracked up to be. Not surprisingly, during times like these, you get an opportunity to see what your team is really made of. I know you didn't ask, but I couldn't be prouder.

When the rain started to really fall and accumulate outside of the building, Dick, Joan and their staffs took immediate action. Outside, the drains were kept clear so there were no drainage problems and inside, the ground floor residents were alerted and valuables were moved to higher ground ... just in case. In the end, it wasn't necessary to move things, but we'd rather err on the side of caution.

Later in the day, we lost power and immediately our generators turned on in both of our communities, providing us complete use of the kitchen for meals and plenty of light. Hey, there were even many who played bingo and cards in the middle of it all. I had a brief conversation with Chief Mello and although he assured me that The Elms was on their priority list to get power back; he couldn't tell me

when. Once again, time for Plan B. Ava, Patty, Janice and her team didn't miss a step. Evening meds were passed out in the piano lounge as it was the area that had the best lighting. I went out and bought every flashlight and set of batteries I could find for those residents who didn't have emergency lights in their room. Laura and her staff went through the motions like clockwork.

Each dinner service went off without a hitch—some even thought it was romantic. It's really great to work with people who are committed to being part of the solution instead of adding to the problem. While a number of our staff were worried about their own property and belongings, they didn't leave until they were sure someone was going to cover for them.

I have to confess to you that more than once during the whole ordeal, I couldn't help but wonder how those seniors that were home alone were doing. History tells us that it's often episodes like this that help them to "see the light" and this was no exception.

When I arrived at the office Wednesday morning, I must have had five calls from different families wanting to discuss moving their family member in. It wasn't that they were "washed out" with no heat and no power; it was that they realized being alone especially at a time like this is not a good idea.

Safety is of the utmost importance to our residents and their families. I could fill this newsletter with comments from them about how glad they were that they were here rather than at home ... alone. The Elms' staff knows what their priorities are and I'm pleased to say that most of our residents and their families do as well.

Remember ... Noah was wise enough to build the ark **before** it started to rain.



NEWSWORTHY

Business After Hours

Tuesday, May 5, from 5 to 7 p.m. Join us at The Elms as we host the Charlestown Chamber members for a Business After Hours event as we celebrate spring. Please R.S.V.P. to (401) 596-4630.

A Caring Community

It is when disaster strikes that we realize just how fortunate we are to reside in Westerly. It has been proven with the recent historic flooding that we can count on one another to reach out and lend a helping hand. We would like to acknowledge and thank the town officials, particularly the highway department, local police, fire personnel and emergency responders who all worked tirelessly in ensuring the safety of our community.

From Me to You ...



CHESTNUT COTTAGE TO OPEN IN EARLY JUNE

Today is April 6 and as of this writing, my best guess for an opening date of our new “*Chestnut Cottage*” is eight weeks from now ... Could be six ... I’d hate to see it be ten ...

So if the moon and the stars align just right and there are no more surprises (as in recent historic floods), we most definitely will probably be open close to seven weeks from now.

What is it they say? Patience is a virtue. ~Guy

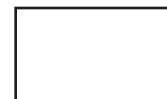
We are now accepting reservations ... Call today to find out more about our new Chestnut Cottage, the second community on our campus dedicated to the care of those with Alzheimer’s and other dementias.

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22 Elm St.
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Current Resident
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City, ST 00000