



# The Elms

Retirement Residence, Inc

22 Elm St. • Westerly, RI 02891 • (401) 596-4630 • [www.ElmsAssistedLiving.com](http://www.ElmsAssistedLiving.com)

## Sept/Oct 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

Deanna Barrus

#### Carriage House-Chestnut

#### Cottage Nurse Manager

Carolyn Collin, R.N.



### SO WE'RE UP and RUNNING!

The Chestnut Cottage took one month to negotiate with the town for the purchase of the land, four months to go through planning and zoning for approvals and ten months to build.

We're open a little more than a month and we are approximately 30% occupied. I am very proud of the whole project and also proud of using local contractors to achieve our goal.

My thanks go out to Cherenzia Excavation for all the site work, Zanella Plumbing, Brookside Electric, Pawcatuck Roofing, United Building Supply for all the materials, J.F. Kenny for all kitchen equipment, and Pucci's Carpet and Tile for the finishing touches. Even Rocky's Tree Service did a great job. The place looks beautiful and is running great!

I look forward to meeting the new families and residents who will occupy Chestnut Cottage in the very near future.

Until then, stay well! —Guy



The Wait is Over ~ Chestnut Cottage ~ is Now Open



One of Chestnut Cottage's Living Rooms



The Theatre at Chestnut Cottage



A Shared Suite at Chestnut Cottage



## A Fall Delight

### EASY RHUBARB CAKE

This delicious Rhubarb Cake was recently made and enjoyed by our residents. Give it a try.

#### Ingredients

- 4 cups diced rhubarb
- 1 cup sugar
- 1 3oz. package strawberry Jell-O
- 1 package yellow cake mix (unmixed)
- 1 and 1/4 cups water
- 1/2 cup melted margarine

#### Directions

- Grease a 9 x 13 Pyrex baking pan
- Layer the above ingredients in the pan unmixed in the above order
- Bake at 350 degrees for 1 hour
- Serve with vanilla ice cream or whipped cream



### Don't Take Chances With Your Health

While we often hear about the things we're supposed to do at the doctor's office, such as take notes and ask questions, doctors say there are a few things you should avoid when it comes to your health.

*Don't keep secrets.* In order to make a correct diagnosis, your doctor must know everything about your health history, medications and supplements you're taking, and your symptoms—even the embarrassing stuff.

*Don't believe everything you read.* It's good to be well-informed, but don't

assume everything you read online is accurate or pertains to your situation. You might end up focusing on some scary stuff that doesn't apply to you.

*Don't mess with your medications.* Take your medicine exactly as your doctor prescribed—there's a reason your doctor recommended a specific dosage or combination of medications. Some drugs can have negative interactions, and others, such as antibiotics, are less effective if you don't take the complete course of pills prescribed.

*Don't assume that over-the-counter drugs are safe.* If you take more than the labeled dosage of over-the-counter drugs, it could be dangerous. Follow the instructions on the label.



### 16th Annual National Assisted Living Week ~ Sept. 12-18

This week was founded by the National Center for Assisted Living (NCAL). The 2010 theme is 'Living Life.'

Assisted living communities everywhere are committed to providing their residents with a supportive environment and the opportunities they need to reach their goals on a daily basis. 'Living Life' means enjoying activities and pursuing passions, whatever they may be. During National Assisted Living Week, communities create special programs that are fun for residents, family

members and include everyone who contributes to enhancing residents' lives.

At **The Elms**, our creative activities professionals plan thoughtful events, arrange exciting day trips and book a wide variety of entertainers who add to the enriching lifestyles our residents have come to enjoy. Some of the highlights we can look forward to this fall include:

A Lighthouse Cruise on Narragansett Bay ~ Shopping and Lunch Outing in Watch Hill ~ Tour of Historic Smith Castle in North Kingstown ~ 'Oh What a Beautiful Baby' Resident Baby Photos Showcased in the Great Room ~ VNS Sponsored Flu Shot Clinic ~ Fall Foliage Scenic Tour CT Winery Tour and Tasting ~ Halloween Themed Bash ~ St. Pius Students' Intergenerational Program ~

### From the Guy With the Bow Tie ...

#### Resident's Corner

This poem was written by Mr. Ed Carney who has been a resident of The Elms for three years.

#### A Blue Flower

*I saw that flower—  
 Things were not going well  
 There was pain, doubt, despair  
 I saw that flower  
 It was small but bright and shining  
 It did not come alone  
 It was surrounded by music.  
 At first a soft and gentle lilt,  
 But then it grew into a joyous crescendo.  
 The flower was placed there to  
 remind me of the wonder of the  
 Universe God had created.  
 That small blue flower exemplified  
 the wonder of all things.  
 Though my circumstances were  
 less than perfect, I was in touch  
 with God's creation.  
 With the music of a small flower,  
 With God's love.  
 One may ask can a small blue  
 flower even though beautiful  
 really mean anything?  
 To me ... it means everything.*



Not many people realize it, but ours is a seasonal business. As a rule, summers are relatively quiet, but come the end of August our phones don't stop ringing. The reason being is that many families and future residents realize they do not want to spend another winter alone. Since we maintain an average of 98% occupancy year 'round, you can only imagine what happens when you have more demand than you have availability. Since we pride ourselves on being part of the solution, it pains us when we have to add to our 'priority wait list' as available suites become scarce.

Life for our residents is wonderful here all year, but extraordinarily special in the fall and throughout the holiday season. There is just no better time of year than autumn in New England. Here at The Elms under the creative direction of our Activities Team led by Joan Brucker, this time of year is simply magical. So if you think this might be the right time for you or a loved one to consider The Elms, don't wait until it's too late.

It may sound self-serving, but remember that the best time to make this transition is *before* something forces you to. Enjoy the warm days and cool nights of fall and remember ... we are as near as your telephone. **Call today! (401) 596-4630.**

**Grandparents Day Is Sept. 12!**



#### Recent News



**Our new Resident Council members**



**Gurdon Slosberg celebrates his birthday with a cupcake tree**



**A beautiful afternoon in Narragansett by the Bay**

#### Congratulations!

To our own Bob Elmer, Certified Administrator, and Carolyn Collin, RN, who have once again been recognized as **Champions for Seniors** from the Assisted Living Federation of America (ALFA).

## Twilight Dance and Cocktail Reception



The Terrace at the new Chestnut Cottage

On a recent star-filled Saturday evening, the new Chestnut Cottage and The Carriage House played host to a Twilight Dance on the Cottage's outdoor terrace. Residents and family members joined forces with the staffs of both Chestnut Cottage and The Carriage House for a delightful evening of music, dancing and cocktails.

These two stand-alone communities are dedicated to the care of those with Alzheimers Disease and other memory impairments. We are proud to offer a state-of-the-art, supportive environment that is designed to relieve stress, confusion and agitation for both residents and their families. Our very competitive monthly rent includes all care services provided by highly trained professional caregivers, led by Master Trainers in the field of Alzheimer's care.

Call us today to find out how you can literally save thousands of dollars each year without compromising your loved one's care. Call (401) 596-4630 or visit us on our new website, [www.elmsassistedliving.com](http://www.elmsassistedliving.com).

Every day we are making a difference!



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Current Resident  
12345 Sample Address  
City, ST 00000