



The Elms Retirement Residence, Inc

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

Jan/Feb 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

Carriage House

Nurse Manager

Carolyn Collin, R.N.



Chestnut Cottage Update

First of all, I wish I could report that construction of the new Chestnut Cottage was two weeks ahead of schedule, but the reality is we are in line with where we expected to be by this time. All I really wanted for Christmas was the roof to be completed before the first snowstorm. (What's up with that, Santa?) All in all, I am still very confident we will be opening our new 30-unit memory-impaired facility by April. On another note, I am proud to say 2009 was one of the busiest

years, occupancy-wise, The Elms and Carriage House has ever had. We closed the year at just under 99% occupied. There is not another community within 100 miles that even comes close to that. Because of that impressive statistic, my sincerest thanks go out to Bob and Karen for a lot of hard work and to all of my department heads, as well as the rest of the 70 dedicated staff members who play a big role in keeping The Elms and Carriage House on top. Congratulations! I wish you all a very happy 2010!

Your friend - Guy



Free Counseling on Medicare

The State Health Insurance Assistance Program, or SHIP, is a national program that offers free one-on-one counseling and assistance to people with Medicare and their families. To contact a SHIP counselor in your area, visit www.SHIPTalk.org.

Welcome New Residents

*Lois Leadbetter, Sally Pritchard,
Georgia Seal and Dot Hickey*

ASSISTED-LIVING COSTS ARE TAX DEDUCTIBLE

If you would like a 2009 Year-End Summary of what was paid to The Elms or The Carriage House for yourself or your loved one, call Leslie at (401) 596-4630. For any specific questions and for more information, please contact your accountant.



Activities

- Bea Smith Winter Trunk Show
- "Summer in January" Event
- VNS "Fall Prevention" Seminar
- "Weather Dominating Our World" With Meteorologist Art Howard
- An Indoor Cookout
- Valentine's Day Bash
- Mardi Gras Party
- Resident's Select Menus Survey
- International Pancake Day
- "Abby" The Therapy Dog Visits
- Local Historian Presents the Hurricane of 1938
- Senior Songbirds
- Dennison Nature Center Presentation
- Intergenerational Event with St. Pius Students

Our last **Mystery Resident** was Catherine Dignan.



Walk Your Way to Better Brain Function

Boosting brainpower in later years could be a walk in the park, literally. Experts suggest that older adults who walk just three times a week can significantly improve mental function and reduce the risk of Alzheimer's disease. Recent research published in "The Journal of the American Medical Association" shows that simple exercise, such as walking, can improve cognitive function in adults with mild

cognitive impairment—the borderline between normal aging and dementia.

The study from the University of Melbourne in Australia followed 138 adults aged 50 and older with self-reported memory problems, who were not diagnosed with dementia. Researchers assigned the participants to either education and usual care or a 24-week home-based exercise program, with walking as the most frequent type of activity. The exercise group participants aimed for three 50-minute sessions of moderate-intensity activity each week.

The results? The exercise group scored higher on cognitive tests and demonstrated better delayed recall. Researchers even saw benefits six months later.

Welcome to Our New Activities Assistant

Please join us as we welcome **Alicia O'Neil** to the Elms' Family. Alicia has recently joined us as Activities Assistant.

She will be responsible for planning and executing all of the many events and activities our residents get to enjoy, including the varied entertainment schedule, day trips outside The Elms, Exercise and Art Classes, Craft Making, Cooking Classes, and so much more!

Alicia comes to us with a great background and many talents. She grew up in Pawtucket, CT, and is a graduate of Stonington High School. She attended Mitchell College in New London, where she played softball and earned an Associate's Degree in Human Services. She continued her

education at Eastern Connecticut State University and graduated with a Bachelor's Degree in Psychology and a minor in Sociology. Prior to joining The Elms, she worked as Program

Coordinator for the Town of Stonington Human Services Department.

We are delighted to have her assisting Joan Brucker, Activities Director, in their efforts to enhance the lives of the residents at The Elms.



STAFF BOWLING PARTY

The Carriage House and The Elms' staffs enjoyed a night out together at Ally Katz Bowling. There was food, beverages, music and fun to spare!



From the Guy With the Bow Tie ...

It's a new year, a time of renewal and resolutions. Depending on one's perspective, some folks are pleased to put 2009 behind them while others thought it was the best year yet. Last year was one of the best ever for The Elms and The Carriage House, and although we'd have no reason to be here without our residents, I have to admit that without our amazing staff, we would not have much to offer them. Everyone knows that Guy has been the only owner of The Elms since 1985, but we have many on our team who have displayed their years of commitment to our residents and their families as well. Leslie Taylor has been running the office for 20 years; Joan Brucker has been handling Activities for nearly 16; Ava Gosper, RN, has been the head of our caregiving family for 10 years; Carolyn Collin, RN, has been managing The Carriage House almost since the day it opened and yours truly will be hitting the 13-year mark in March. Spring will bring the opening of "Chestnut Cottage," our second community dedicated to the care of those with Alzheimer's and other dementias. We pledge that the team there will be just as dedicated to providing the best care and services to the residents and their families as our reputation dictates. Speaking of the **Best of The Best**, I'd like to congratulate **Dick Patterson** for being named by our residents as the 2009 "Employee of the Year" at The Elms; **Joan Brucker** as "Employee of The Year" as voted by her coworkers; and to **Jen Steadman** for being named "Best Friend of the Year" at The Carriage House. All have led by example and are truly deserving of this special recognition.

Congratulations



Fruit Pie

Cranberry/Pear Pie

- 1 Pie Crust-Store bought
- 8 cups Sliced Pears
- 1 cup Cranberries
- 1/4 cup Sugar
- 3 Tbsp. Cornstarch
- 2 Tbsp. Apple Cider
- 1/4 tsp. Nutmeg
- 1 Tbsp. Sugar
- 2 Tbsp. Caramel Sauce

Preheat oven to 375

Arrange half of pears in pie crust; sprinkle with 1/2 cup cranberries. Arrange remaining pears atop cranberries. In bowl, stir together 1/4 cup sugar, cornstarch, cider and nutmeg; drizzle evenly over pears, cover with foil.

Bake 40 minutes. Remove foil, sprinkle with 1 tbsp. sugar, bake uncovered 30 minutes more. Place on wire rack. In saucepan, combine remaining cranberries and 2 tbsp. caramel sauce, bring to boil for 1 minute. Remove from heat and spoon over hot pie. Serve warm.

2010 RESIDENTS' COUNCIL



Sirkka, Audrey, Bob, Elizabeth G., Phil, Elizabeth B., Jill.

The Elms recently held an election to determine the 2010 Residents' Council members. This Council meets on the first Thursday of each month with Administrator Bob Elmer. The main objective of this forum is to relay and discuss any ideas, concerns or feedback that may have been raised during the course of the month by the council members themselves, as well as by their fellow residents.

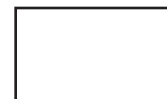
Topics of discussion usually include favorable comments regarding recent dinner menus and activities and day trips that were especially memorable, as well as appreciation voiced to Dick Patterson and his crew for their timely response and attention to any maintenance items.

Newly elected members to the Council are: Jill Bonner, Audrey Greenwood, Elizabeth Ghaffari and Elizabeth Billmeier. Sirkka Johnson and Phil Stout were re-elected to their posts for another term.



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Current Resident
12345 Sample Address
City, ST 00000