



The Elms Retirement Residence, Inc

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

Nov/Dec 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.



From Me to You ...

So here we go again, "the holiday season." Call me strange, but I can't figure out if I enjoy this time of year or not. Thanksgiving, for instance ... If your house is anything like mine, the questions start a month in advance. Whose house are we eating at? Who did it last year? Do we really need a multi-course dinner that no one other than a sumo wrestler can finish? Do we really have to make the kids grilled cheese or have they grown up enough to eat the "adult" food?

Then Christmas ... Who gets what? Do we buy for all family members or just the kids? If adults do the swap thing, then what should the value of a gift be? The shopping, the lack of holiday staffing in the malls and oh, yeah, the food concerns again. Seven courses of seafood, prime rib and how much pasta to make?

The holiday season seems enormous, but if the end-result is spending quality time with all of your family, it's well worth the effort. On that note, I can't wait.

Happy Holidays!

Stay well, Guy



ASSISTED-LIVING COSTS ARE TAX DEDUCTIBLE

It's that time again. If you would like a 2010 Year-End Summary of what was paid to The Elms, The Carriage House or Chestnut Cottage for yourself or your loved one, call Leslie at (401) 596-4630. For any specific questions and for more

information, please contact your accountant.

Thankfulness Year-Round

To maintain a feeling of thankfulness all year, keep a gratitude journal. Find five things each day to be grateful for, no matter how big or small.

On Nov. 11 ...

Be sure to thank a U.S. veteran.

**Voting Day Is Tuesday,
Nov. 2. Did You Vote?**



**Fall Back on Nov. 7 for
Daylight Saving Time**



Coming Soon

The Elms is pleased to announce a **Partners in Education and Care Series** with Pendleton Health and Rehab.

Beginning this month, there will be a special series of wellness topics with presentations lead by the health professionals from Pendleton Health and Rehab. Topics will include "Managing Stress" and "Nutrition for a Healthy Heart." Look for additional details, including dates and times of these presentations, in your weekly activities calendars. Also ...

Be sure to mark your calendars for **Thursday, Dec. 9, from 4-7 p.m.**, when The Elms will be hosting a jewelry event showcasing **Blue i Designs Original Handmade Jewelry**. The public is welcome to join us for this event. Preview this original, handmade, natural stone and pearl jewelry designed by our own chef, Kelly Jarvis, at www.fiascojewelry.com.



September's Birthday Bash



A Fall Foliage Boat Trip on the Connecticut River



St. Pius' students visit for a Halloween art project.



Dining out at The Cooked Goose

Music Therapy Strikes a Chord

From the songs we learn as children to the tunes we hum along to as adults, we enjoy music throughout our lives. But music can be much more than entertainment. Music therapy has been effective in helping people cope with conditions such as learning and developmental disabilities, chronic pain and even dementia.

Scientists aren't sure why music seems to improve the mood and alertness of Alzheimer's sufferers, but a recent study discovered an intriguing link. Researchers found an area of the brain that seems to be stimulated when music, memories and emotion are involved; that same area of the brain had been noted in previous research as one of the last to be affected by Alzheimer's disease.

Individuals don't need to be musically inclined to benefit from a music therapy session, nor is one type of music better than another.

While music therapy is still relatively uncommon, in some cases it may be covered by health insurance, including Medicare and Medicaid. For more information, log on to www.MusicTherapy.org.





From the Guy With the Holiday Bow Tie ...

As I was reflecting on my subject for this edition of our newsletter, I realized there are a number of themes I could choose from. Heaven knows that Thanksgiving is an easy one because, after all, I have a great deal to be thankful for in my personal and professional life. Then there's the subject of the end of the year and how we reflect on what's behind us as well as the anticipation of what a new year will bring. I have to confess that in early October, I'm not excited about seeing ads on TV for Christmas carol music or The Radio City Music Hall Christmas Spectacular, but I do love them both.

In one of our past radio ads, I mentioned that on some days I can't believe that I get paid to do my job and on other days, I don't want to be on the next train out of town, I want to be in front of it. With that said, one of the things I treasure the most about this job is the relationships I develop with the residents and especially their families. Many of our residents' family members come by my office for a ritual hug when they visit and I have to confess that I really

look forward to them. I look at it as sign that we're doing something right on behalf of their loved one(s) and that's a good thing. I hope I'm always deserving of an occasional hug if it means, as a community, we're doing our jobs well.

As this is our last newsletter for 2010, I do want to thank our residents and their families for choosing The Elms, The Carriage House or The Chestnut Cottage. I realize that you have other options available to you and we don't take the fact that you chose us for granted. Our goal is to validate to you daily that you made the right choice. Until next year, from my own family, my Elms, Carriage House and Chestnut Cottage families, Merry Christmas, Happy Holidays and a Healthy and Prosperous New Year to you and yours.



'T'WAS THE NIGHT OF THANKSGIVING

'Twas Thanksgiving night, I just couldn't sleep. Tried counting backwards, I tried counting sheep.

The leftovers beckoned—the dark meat and white, but fought the temptation with all of my might.

Tossing and turning with anticipation, the thought of a snack became infatuation. So I raced to the kitchen, flung open the door and gazed at the fridge full of goodies galore.

I gobbled up turkey and buttered potatoes, pickles and carrots, beans and tomatoes. I felt myself swelling so plump and so round, until all of a sudden, I rose off the ground.

I crashed through the ceiling, floating into the sky with a mouthful of pudding and a handful of pie. But I managed to yell as I soared past the trees ... Happy eating to all, pass the cranberries, please. ~Author Unknown



Holiday Events

Bringing on the Fun!

“Jane Austen-Themed Week” ~ Honoring Our Veterans Event ~ Intergenerational Preschool Program with St. Pius School ~ Thanksgiving Dinner Celebration ~ Pearl Harbor Memorial Event ~ Special Christmas Luncheon ~ New Year's Eve Gala ~ Visit to The Elms Mansion in Newport ~ Day Trip to The Museum of Art & Culture in Wakefield ~ An Evening Out Enjoying Views of Holiday Lights and Christmas Tree Displays ~ Dining Out to Area Restaurants, including Serapo's and Cracker Barrel ~ Holiday Shopping Trips to Warwick, Groton and Mystic ~ Ladies' Trip to Wickford Village ~ The Carriage House and Chestnut Cottage will hold a Special Holiday Gathering for Residents and Families ~ and Much More!

Your Holiday Plans ...



Three generations of the Wright Family with Santa, Holiday 2009

Holiday time at The Elms is quickly approaching, so please notify Joan in the office regarding your plans for the holidays. Each resident of The Elms may invite two guests to join them in the dining room for our special holiday meals. **Thanksgiving reservations must be made with Joan by Tuesday, Nov. 16. Christmas Dinner reservations must be made with Joan by Wednesday, Dec. 15.** Holiday meal times for Thanksgiving, Thursday, Nov. 25, and for Christmas Day, Saturday, Dec. 25, will be ...

Breakfast: 6:45-8:45 a.m.

Lunch: Noon (one service only)

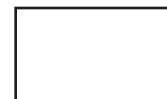
Dinner: 5:30 p.m. (one service only)

Once again, our Elms' Thanksgiving baked pies will be available for purchase by residents. Order forms will be available in early November and pies will be delivered to your suite the day before Thanksgiving. Select from pumpkin, apple, pecan, mincemeat and sugar-free apple pies.



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22 Elm St.
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Current Resident
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City, ST 00000