



What's New at Heritage Health Care Center!

A WORD FROM OUR ADMINISTRATOR CHARLIE LEWIS

SPECIAL POINTS OF INTEREST:

- **Resident Council 1st Friday of the Month at 2:00pm in the TR Dept.**
- **Residents outing/take-out sign up sheets posted the 1st of every month.**
- **Mother's Day Brunch May 10th at 10:30am 2 south Dining Room.**
- **Memorial Day May 25th.**
- **Nursing Home Week May 11-15th**
- **Employee of the Month**

May is here at last, and I'm excited that we can start working on some outdoor activities.

The Courtyard is now open 8AM to 8PM, weather permitting for residents and families to enjoy. Please remember that there is no smoking outside of our supervised schedule. Maintenance is restoring

our beautiful fountain and will re install it in the main entrance area.

We are planning a raised vegetable garden, so those residents in wheelchairs can watch and harvest fresh veggies. I can't wait to start planting! There are outdoor BBQ events being planned, and I know that

I'm looking forward to sharing some of the tastes of summer with everyone here. Of course there will be concerts in the Courtyard, a family picnic, and our own carnival.

WELCOMING NEW MEMBERS TO HHCC

March and April Hires:

- * Jessica Ostrander- RN
- * Alicia Crosby- LPN
- * Erika Cabreja-Receptionist
- * Melissa Morris-PTA
- * Jasmine Harrison-CAN
- * Nicole Rinaldo-CNA
- * Malukah Harrison- CNA
- * Oyewole Oyetoro-CNA
- * Christine Green-LPN Unit Man.
- * Mariah Arcuri-CNA
- * John Greene-Maintenance

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Recipes you must Try!!!

Crustless Veggie Mini Quiches

From: readseteat.com

Ingredients:

- Pam Cooking Spray
- 6 Saltine Crackers, finely crushed
- 2 TBSP Grated Parmesan cheese
- 2 cups of frozen Broccoli Florets
- 1/2 cup frozen Whole Kernel Corn
- 3/4 cup shredded reduced fat Cheddar Cheese
- 1 Carton (16oz each) Egg Beaters

Directions:

Preheat oven to 350 degrees. Generously spray 12 regular muffin cups with cooking

spray; set aside.

Mix together cracker crumbs and Parmesan cheese in small bowl; set aside. Place broccoli in microwave-safe bowl with 1 tbsp. water; cover. Microwave on HIGH 2 minutes; drain well. Chop into smaller pieces. Spoon broccoli evenly in to muffin cups; top evenly with corn, crumb mixture and Cheddar cheese. Pour Egg Beaters evenly over filled cups.

Bake 18-22 minutes or until puffed and knifed inserted in centers comes out clean. Let stand for 2 minutes; run table knife around edges to loosen.

WHAT'S NEW AT HERITAGE HEALTH CARE CENTER!

FUNDRAISERS TO BENEFIT RESIDENTS AND UPCOMING EVENTS!

Current fundraising being held include donated Holland Farms donuts every second Wednesday of the Month. Every Payday you can wear jeans for \$1.00, however it must be paid the Thursday prior. Policy on jeans placed on every unit/ department. Fresh Baked Otis Spunkmeyer Cookies sold in the Therapeutic Recreation Department every payday. Please place orders early with TR staff. They are delicious! Come support the residents

who are unable to purchase hair cuts/clothing, supplies need for upcoming events; supplies for the units, parties, Spring Fling, Family Night to name a few. Your contribution and participation is much appreciated by the TR Department. If you would like to volunteer for events, please come see me on the 2nd floor across from Social Services, call ext. 320, or email me at mathism@hhcc.net. We look forward to seeing you.



“Be the change that you wish to see in the World”

Mahatma Gandhi

A SPECIAL THANK YOU!

We would like to thank the businesses out in the community who have and continue to donate to our facility in enhancing the experiences for the residents who reside here at Heritage Health Care Center.

- ◆ Roma’s Pizzeria
- ◆ Tony’s Pizzeria
- ◆ O’scugnizzo Pizzeria
- ◆ Charlies Pizzeria
- ◆ Holland Farms
- ◆ HHCC staff that donate money for activities in the department.
- ◆ Dr. Chabot for generous donation to resident funds.
- ◆ Volunteers Elizabeth, Tom, Sandy, Kate
- ◆ McGills Pizzeria
- ◆ Cindy Cadrette donating birds to TR department.
- ◆ The incredible and most delicious fried dough that Charlie Lewis whipped up for the employees and residents. So **Good** and a **BIG** thanks for the treat and recognition.



SUGGESTIONS BY EMPLOYEES.

DROP OFF IN SUGGESTION BOX IN EMPLOYEE BREAKROOM OR EMAIL TR DEPARTMENT AT MATHISM@HHCC.NET

Employee Suggestions:

WHAT'S NEW IN THERAPEUTIC RECREATION DEPARTMENT

Events to look forward to for the month of May. Trendy Treasures held from 10-11am in the TR Dept. It gives the residents a chance to pick up clothing and homelike items for their room for **FREE!!!!** Resident Council is held May 1st at 2:00pm in the TR Department. Bowling League starts this month with the other nursing home/assisted living communities. Senior Olympics is held on May 6th at Masonic Home. Cheering for HHCC!!! Entertainers and Special Events include: Piano w/ Mary, Show of Love, the Licorice Sticks, Mother's Day Brunch, Denny's lunch outing, Walmart, Church with Cindy Eastman, Music with John Hudson, Frank Cannistra, Paul Ryder, Music Therapy with Cindy,

Traveling Films and Zoo Mobile. TR Department will soon be hatching chickens in the activity room. A new addition to the TR department include 3 lovely birdies with babies soon to be hatched. Looking for unique names. Must stop down and check it out! Pick up an Activity Calendar outside the TR Dept. to know about additional programming offered for the residents on a daily basis. Upcoming Special Events include a Community Garage Sale, Casino Trips, Farmers Market, and Family Night. A date has been set for Family Night; Thursday August 27th from 5-7. Please come support HHCC while having fun with your family and mingling with the residents and their families. Just a reminder that TR Dept.

has provided on each unit an activity bin and laundry basket with clothing to encourage staff to engage with the residents. Please utilize these activities with your residents. Coming soon to the units will be DVD players and music Cd's offering a variety of music. If you have any questions on how to engage with the residents and use the supplies given, come visit us in the dept., email (mathism@hhcc.net), or call ext. 320, 329, and we will be happy to assist you.



Occupational Therapy

What is Occupational Therapy? A common misconception is that Occupational therapists can assist you in finding a job. Occupational therapy works along with physical therapy in a skilled nursing setting to ensure a successful transition home. Occupational therapy focuses on activities of daily living (bathing,

dressings, feeding, grooming, toileting, home making, cooking and cognition) as well as general

strengthening and mobility. Occupational therapists modify tasks to the person's ability in order for them to continue to enjoy their hobbies.



Thank you to our Occupational Therapy staff for all your hard work and dedication!!!

“Be yourself; Everyone else is already Taken”

Oscar Wilde



EMPLOYEE OF THE MONTH!!!

CONGRATUALTIONS TO MELBA ALVAREZ!! ALWAYS DOING HER JOB WITH A SMILE , ALWAYS HELPFUL AND NEVER COMPLAINS!!!! PLEASE SEE CHARLIE FOR YOUR AWARDED TIME OFF WITH PAY!!!

**RUNNERS UP: DUANE SMITH, CANDY HAUCK, SUE SCHAFFER, BRENDA TALLMAN, AND LINDA FORD!
KEEP UP THE GREAT WORK!!!**



Heritage Health Care Center

At Heritage Health Care we Strive for Quality of Care

Phone: 315-797-7392

Fax: 315-797-8267

E-mail: lewisc@hhcc.net

- Our Mission Statement is that Heritage Health Care Center is dedicated to providing quality health care. Our goal, through professional and restorative services, is to improve an individual's independence, dignity, and self esteem.
- Our Vision is we see ourselves as able to respond and adapt to the ever changing individual and community health related needs.
- Our Core Values are Trust, Planning, Customer Service, and Accountability

WE ARE ON THE WEB!

WWW.HHCC.NET

Share your good news! Send all your news

(engagements, awards, births, etc...) to me!

E-Mail: mathism@hhcc.net or call ext. 320.

- * **A Congratulations to Joe DeCondo in the PT Dept.– Soon to be Daddy!**
- * **5th Floor is asking donations; shadow boxes to hang outside of residents room**
- * **TR Department is looking to receive donation of variety magazines, art supplies, puzzles, word search booklets, DVD movies, CD's-music, socks (mix-matched is okay), baby clothes, assorted buttons.**