



Rehabilitation & Nursing Penfield

April 2018

Cathie Chabrier, Administrator
585 922-2251



**From the
Administrator's
Desk**
Cathie Chabrier



Officially, it is spring on the calendar. Not everyone is satisfied with that because there's still snow on the ground and the temperature is barely above freezing. Attitude is such an important

part of how we cope with the challenges we face. I'm certain that warmer, greener days are ahead of us. That certainty makes it easier to focus on the sunshine and clear roads. It also allows me to be positive about the things that are going well at Hill Haven.

We recently held an open interview session and offered 22 people jobs. We have a new Director of Therapy Services, Lara Arnold. Ellison Park staff has recently managed their first patient on a Left Ventricular Assistive Device (LVAD). This technology keeps a person's heart working while they await heart replacement. Ellison Park has also trained in March to care for peripheral IVs. This allows us to help a larger number of people leave the hospital. I will be meeting with staff in April and giving a more detailed update on our progress and goals.

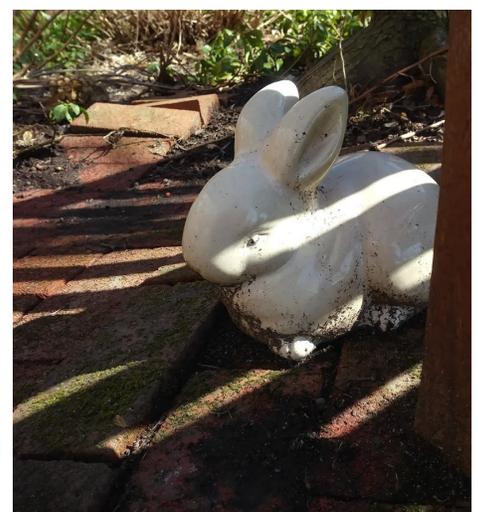
April is also United Way's annual campaign. Hill Haven has its own designation: number 2402. We are challenging our staff to have 100% participation for the United Way's 100th anniversary. Our plan is to use the donations we get this year to support installing a new structure over the patio area to replace our canopy. In April, we will celebrate those who support us with their time during National Volunteer week. I'm looking forward to our annual volunteer recognition event.

The most important thing to remind you about April is that April 16 is National Healthcare Decisions Day. Who will speak for you if you can't speak for yourself? Your family or healthcare provider may not know your wishes. I believe in and promote advance care planning, because I've seen what happens when it's in place and the family all knows and understands what their loved one wanted and I've seen when no advance care planning has been done. Start the conversation now. Resources can be found at <https://www.nhdd.org/>

Please Join Us Special Upcoming Event

April 11: 6 X 6 Art Project

Residents are encouraged to create and submit a 6"x 6" piece of art for Rochester Contemporary Art Center's 6 x 6 Annual show. Any media can be used. Recreation Therapist Carole Agosto will be leading a group of resident's in creating their pieces. No prior art experience is necessary. Come and explore your inner artist in a fun and non-threatening environment!



This bunny waited patiently outside of Hill Haven all winter. He says spring needs to come NOW!

Rec Department Wins Values Poster Contest



It was a close race, said Jeff Guidice who was one of the judges for Hill Haven’s recent Value Poster Contest. The Mission: To create a poster that would embody the five Hill Haven values. The contestants: any department with the creativity to take on the challenge.

The VALUES team was very impressed with the creativity and artistic talent of those who helped make the posters. Posters were graded on their creativity, transferability (to a t-shirt), and the use of Hill Haven and its VALUES.

All the posters were impressive and will hang in the Z-Wing in the coming days for everyone to enjoy. And the winner of the contest? Therapeutic Recreation! Courtney O’Hara designed the logo incorporating all the values into a graphic star pattern.

Therapeutic Recreation’s design will be transferred onto a new Hill Haven T-Shirt to be worn on special occasions throughout the year.

The VALUES Team consists of: Jeff Guidice, Kristina Kotvis, Lila Hulo, Aaron Newton, Shelley Scott, Chris Galipeau, and Stacy Greenberg. A huge thank to all of them for their ongoing enthusiasm and participation.

Hill Haven Welcomes Therapy Director

Hill Haven welcomes Lara Arnold as our Director of Therapy services. Lara comes to us from Virginia where she was a physical therapist, then Director of Therapy at Culpeper Health and Rehabilitation.

Lara is not new to Rochester. Prior to moving to Virginia, Lara attended Nazareth College where she received both her undergraduate and Doctorate degrees. After the birth of her third child Lara decided to move back to New York to be closer to family. At Hill Haven she is enjoying the challenge of a larger population and bigger therapy staff to manage. Lara is very happy to be part of the team here and thanks everyone for the warm welcome she has received over the past month



Message From the Chaplain

While April 1st begins the Christian Season of Easter celebrating the Resurrection of Jesus Christ, the first seven days of April our Jewish sisters and brothers celebrate Passover.

Passover is the Jewish commemoration of their liberation by God from slavery in ancient Egypt and their freedom as a nation under the leadership of Moses. It commemorates the story of the Exodus as described in the Hebrew Bible and Hebrew Scriptures, especially in the Book of Exodus

brew Scriptures, especially in the Book of Exodus

In the narrative of the Exodus, the Bible tells that God helped the Children of Israel escape from their slavery in Egypt by inflicting ten plagues upon the ancient Egyptians before the Pharaoh would release his Israelite slaves; the tenth and worst of the plagues was the death of the Egyptian first-born. The Israelites were instructed to mark the doorposts of their homes with the blood of a slaughtered lamb and, upon seeing this, the spirit of the Lord knew to pass over the first-born in these homes. That’s why we call this Passover.

It is traditional for Jewish families to gather on the first night of Passover for a special dinner called a Seder. The table is set with the finest china and silverware to reflect the importance of the meal. During this meal, the story of the Exodus from Egypt is retold, special blessings are prayed, much singing, and lots of matzah (Jewish unleavened bread).

If you have an opportunity to attend a Jewish Seder I would highly encourage you to go. In the meantime, let us wish our Jewish brothers and sisters a very Happy Passover



Do you know a volunteer who has made a special contribution? We will be honoring our Hill Haven volunteers at a recognition dinner on April 26. One volunteer will be recognized as volunteer of the year. If you have worked with a volunteer who has made a special contribution, please let our volunteer coordinator know. Criteria for selection include dedication, compassion, professionalism and a willingness to serve. Forms are available from Carole Agosto and must be submitted by **APRIL 19.**



- Transport residents to activities and appointments
- Read them a short story or the newspaper
- Sing songs together
- Offer manicures
- Tell a joke
- Take them outside
- Offer to help on an outing
- Watch television with them
- Play a game
- Teach them how to use a computer
- Assist with bingo and lucky 7
- Make a craft
- Decorate their bulletin board

If you, a friend, or a family member are interested in volunteering at Hill Haven, please contact our volunteer coordinator, Carole Agosto at 922-2237 or by emailing her at carole.agosto@rochesterregional.org

Tamika Turner, Debbie Lane, and Sarah Vroome: Three women with a mission. These ladies (with the help of the Vroome family) recently came to Hill Haven with over 100 gift bags filled with high-end pampering supplies for our residents.

After her own grandparents passed away, Tamika decided to “play their love forward”. Every year, after soliciting donations from the community she brings gifts to a different nursing home in their honor. Hill Haven was a natural choice as her friend, Debbie Lane’s mom worked in the Hill Haven Dietary Department for over 20 years. Our resident’s responded by saying their thanks with hugs and smiles.

Thank You Tamika Turner and friends!



Did you know ?

A new study shows that people who volunteer for selfless reasons live longer than those who don't lend a helping hand?

DONATE A DIFFERENCE

2018



The United Way Campaign is now underway through the end of April. Look for these special Hill Haven events:

- Popcorn Sale
- Dress down days
- Café specials
- Time off Raffles

We ask all team members to please fill out pledge forms regardless of whether or not they are donating.

Remember: Hill Haven's United Way designation is #2402

SAVE THE DATE!



May 15, 2018

Located in the Admissions Lobby

Come and browse through our wide selection of books and toys for kids of all ages! Prices for items are competitive and the proceeds will benefit Hill Haven.

ROCHESTER REGIONAL HEALTH

Hill Haven Nursing and Rehabilitation
1550 Empire Blvd.
Webster, New York 14580