



Greenwich Woods



REHABILITATION &
HEALTH CARE CENTER

1165 King St. • Greenwich, CT 06831 • (203) 531-1335
www.greenwichwoods.com

Mar/Apr/May 2016



John Pasheluk, Administrator

Just as we thought we were emerging from a mild winter, February decided to kick up its heels and deal the entire Northeast region a taste of winter. At first my thoughts were, "Why now, we're so close to the end of the dark and dreary days of winter." Then reality struck: without the "white stuff," there's no winter wonderland, no snowboarding, no skiing, no snowmen and no snow ball fights. I almost forgot how much fun can be had in the winter season!

The changing seasons make one realize how life is constantly in flux, requiring us to adapt to the challenges that we face each day. Working in long term health care is similar, as there are always unforeseen circumstances and new regulations that test our ability to be "flexible." Each day my staff works "selflessly" with our residents to ensure optimum outcomes in both wellness and customer service. Regardless of how they may feel at the moment and despite personal or professional challenges, they must commit to providing the highest standard of care, at all times.

We have the awesome responsibility of caring for the aging. Each day may bring an unexpected turn, but I am confident that my staff will be ready, as they continue to raise the bar for excellence in care.

John



Leprechaun Lore

The Irish fairy known as a leprechaun is a familiar figure during St. Patrick's Day celebrations. Here's more about this wee little man:

- Leprechauns are shoemakers, and legends say they can be detected by the tap-tap-tapping of a tiny cobbler's hammer.
- Nowadays leprechauns are said to always wear green, but early tales have them dressed in red.
- If a leprechaun is caught, he will offer three wishes in exchange for his freedom.

Administrator

John N. Pasheluk

Asst. to the Administrator

Margaret Vascones

Director of Nursing Services

Barbara Bonfiglio, RN

Asst. Director of Nursing Services

Juliet Clifford, R.N.

Dir. of Staff Development

Loretta Soules, R.N.

Director of Food Service

Jan Barrows

Director of Admissions

Christine O'Dea

Admissions Coordinator

Patricia Abela

Director of Social Services

Daberal Castillo, LMSW, CDP

Director of Rehabilitation

Kelly Gannon, OTR/L

Nurse Liaison

Christine Beach

Directors of Recreation

Cheryl Doeberl/Mike Rinaldi



Trivia Whiz

The Amazing Brain

With its billions of cells and trillions of connections, the brain is the most complex organ in the human body. Here are some mind-blowing facts about how it works.

The brain weighs about 3 pounds, and 73 percent of it is water.

Although it represents just 2 percent of total body weight, the brain uses 20 percent of the body's oxygen to complete tasks.

The average brain has 100 billion neurons that communicate messages to each other throughout the nervous system.

It processes information at a speed of 260 mph.

Even during sleep, the brain continues to work, processing information, creating memories, and clearing out toxins.

A High-Five for the Food Experts

While many of us enjoy eating, food can be a confusing topic. New data and scientific studies are constantly emerging, changing views about sugar, fat, portion sizes, and much more. Luckily, there are professionals who interpret that nutritional information, explain it and prescribe advice in a way that's easy to digest—dietitians.

Registered dietitians and registered dietitian nutritionists have completed a degree and training in the field of nutrition and dietetics, as well as passed a national exam.

Many people consult a dietitian in order to develop a personalized eating plan. Rather than prescribing a one-size-fits-all strategy, dietitians recognize that each person has different nutritional needs and goals based on overall health, genetics, exercise and eating habits, and

other factors. They can also provide advice to help manage conditions like high cholesterol, high blood pressure, diabetes, and food allergies or sensitivities.

Dietitians work in a variety of settings, including hospitals and assisted living communities; schools, grocery stores and restaurants; and government agencies and research centers.



Rehab Team of the Year Award

Congratulations to our Rehab Team, who are the recipients of the Preferred Therapy Rehab "Team of the Year and Excellence Award." In order to qualify for this achievement, a team must demonstrate excellence through innovation, as well commit to being the best in the community in which

they serve. Our Rehab team is certainly a very upbeat and dedicated group of professionals. They rely on each other to clinically problem solve and strive for the best possible outcomes for each resident.

Our rehab team considers themselves to be a family; they work hard together, have fun together and most importantly, succeed together!



Spring Speaker Series

Greenwich Woods is partnering with The Greens at Greenwich for a free speaker series to be held in March. The three part series will explore areas of life after the age 50. Each series starts at 6:00 PM and will feature a light dinner and networking opportunities.

March 2, 2016- "The Road Not Taken" with Dr. Pat Tomasso, Clinical Psychologist. Re-awaken passions of earlier decades and discover that a road not taken earlier in life may still be traveled.

March 9, 2016 - "Your Story Matters: Tell It" with Maria Scaros-Mercado. An interactive program that explores how our life stories challenge our moral compass and affirm who we are today.

March 16, 2016- "How to Refresh Your Communication Skills on the Internet" with Cindy Wager-Meyer, Microsoft Development Specialist. Communicate online with "technology confidence." This series will help to connect and refresh your Internet skills.

To RSVP or for additional information, please email Maria at mscaros-Mercado@thegreensatgreenwich.com or call 203-531-5500.



FUN TIMES AT THE WOODS



2015 Annual Community Trick-or-Treat Party



Hanukkah Celebration with Rabbi Axe



We all enjoyed some Mardi Gras revelry!



Wit & Wisdom

"Fortune favors the bold."
—Virgil

"Luck is not chance, it's toil; fortune's expensive smile is earned."
—Emily Dickinson

"No man ever wetted clay and then left it, as if there would be bricks by chance and fortune."
—Plutarch

"Live as brave men; and if fortune is adverse, front its blows with brave hearts."
—Marcus Tullius Cicero

"If we should be blessed by some great reward, such as fame or fortune, it's the fruit of a seed planted by us in the past."
—Bodhidharma

"An aim in life is the only fortune worth finding."
—Robert Louis Stevenson

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John Q. Public
or Current Resident
12345 Sample Address
City, ST 00000

MARCH - Monthly Birthday Party 3/23 2:30 PM (WDR)

3/10 Shabbat w/Cantor Asa 2 PM (WDR)
3/11 Painting with Brian 10:30 AM (The Pines)
3/12 Irish Concert (St. John's Prep) 10:45 AM (WDR)
3/17 St. Patrick's Day Concert 2:30 PM (WDR)
3/21 Spring Concert w/Classical Mania 2:30 PM (ODR)
3/22 Purim Celebration w/ Rabbi AXE 11:15 AM (WDR)
3/25 Good Friday Service 2:00 PM (ODR)
3/27 Easter Sunday Service 11:00 AM (ODR)
3/30 Concert w/Kolami Congregation 2:30 PM (WDR)

APRIL - Monthly Birthday Party 4/20 2:30 PM (WDR)

4/7 Shabbat w/Cantor Asa 2 PM (WDR)
4/8 Painting with Brian 10:30 AM (The Pines)
4/8 Visit w/Carmel Academy 11 AM (WDR)
4/19 Seder 11:30 AM w/ Rabbi Axe (WDR)

MAY - Monthly Birthday Party 5/25 2:30 PM (WDR)

5/5 Cinco De Mayo Party 2:30 PM (ODR)
5/8 Mother's Day Tea 2:15pm (ODR)
5/9-5/13/15- National Nursing Home Week Festivities
5/12 Shabbat with Cantor Asa 2 PM (WDR)
5/13 Painting with Brian 10:30 AM (The Pines)
5/17 Israeli Independence Day 11:15 AM (WDR)
5/30 Memorial Day - Patriotic Tunes with Igor 2:15 PM (ODR)