A note from the Administrator

So far, 2016 has begun on a positive note. To thank everyone for their service to our residents, an employee “thank you” luncheon was celebrated on February 5.

We continue to conduct our follow-up audits subsequent to our successful Department of Health survey from December. I am confident that all will continue to go well.

I believe that we are all very fortunate to part of the Essex Center experience. Many health care facilities in New York are certainly not as fortunate. Of course, most of the good fortune is based on the consistent hard work of our employee and management staff. I’m sure your heard the old expression “the harder I work, the luckier I get!” Well, its true and I know it’s absolutely true for us.

So, let’s do our best, as I know we all will. Besides, things are looking up; I saw a robin the other day. Spring is on its way!!

Joe Corradino
Essex Center helps CV-TEC Students Celebrates National CTE Month!

Lysandra DeZalia, ADON at Essex Center, spent some time speaking to the students in the Allied Health Program at CV-Tec’s Mineville Campus. Lysandra spoke with the students about her career path, starting out as a CNA and continuing her education to become an LPN then RN to where she is now as the ADON of the Essex Center Facility. Of course we left the student with some nice Essex Center Gear! As part of the program, these students come to Essex Center and learn what it takes to become successful CNA’s.

True Love for 76 Years

Residents Ray and Elizabeth Decker have a love to be jealous of. These two love birds have been married for almost 76 years. A love like theirs is what every couple should strive for. Throughout the day you can walk by Unit 3 and Ray will have his arms around his wife blissfully in love. He stares at her with admiration and love in his eyes and says he can’t imagine his life without her. He tells everyone that he loves her more and more with each day that passes. We are honored to be able to provide them a safe home where they can be together!
Valentine’s Day at Essex Center
Activities Department: Exercise and Movement

Everyone knows the old saying “if you don’t use it, you’ll lose it”. At Essex Center we agree. Our therapy department works hard with their residents every day, but what about those residents not on a scheduled therapy program? Our activities department knows how important it is for the mind and body to keep moving. We offer exercise programs 3 times a week to those residents who are not on a scheduled therapy program. These programs vary from day to day and encourage residents to move their arms and legs, while also working their minds listening to upbeat music from their generation. This group looks forward to their exercise program each week. There are even times our therapy staff will join in on the fun!

Meet the Social Worker: Rachel Deslauriers

I am originally from the small town of Jay, NY where I grew up for most of my life, relocating in 2005 to Staten Island, NY. From there I decided to enroll in Plattsburgh State University where I majored in Psychology, studying abroad for a condensed summer in Ireland. After graduating and prior to the opportunity to work as a director at Essex Center, I worked at Uihlein Living Center in Lake Placid, where I discovered my love for residents and families requiring long term care or sub-acute rehab. I welcome residents and families to speak with me at any time to communicate their comments or concerns about the facility--even if they are just looking for someone to lend an ear.
Look Back: The Nursing Home Then and Now

Residents of the former Horace Nye Nursing Home gather for a local event.

A young girl reads to a resident of the former Horace Nye nursing home in Elizabethtown.

Staff manually lifting a wheelchair bound resident into a van before the days of specialized wheel chair vans with mechanical lifts.

Wendy Denton worked at the old “County Home” when it was in Whallonsburgh and continues to work part time as a transport aid for Centers Health Care.

The Original County Nursing Home in Whallonsburgh.

Picnic in the Courtyard in 1972.

The current Essex Center has a focus on LTC and Rehabilitation services.

A young girl reads to a resident of the former Horace Nye nursing home in Elizabethtown.
A note from Kenny

It seems that every cause has a day, or a week or a month devoted to raising awareness. At Centers we are especially tuned in to things like Alzheimer’s Awareness or National Nursing Home Month which is coming up in May. But April is one we should all be equally aware of – National Volunteer Month. Volunteers embody the spirit that makes our facilities, neighborhoods, towns, cities and states so special, and it’s one of the things that binds us into communities, and into a nation. The Bureau of Labor Statistics estimates that each year more than 65 million people engage in some sort of volunteer activity. They commit billions of hours with an economic impact that The Corporation for National and Community Service estimates to be worth nearly $175 billion. Yet despite those staggering numbers, in the end it all comes down to one or two people offering their time and talent to help someone who needs it. And we are blessed to have so many wonderful volunteers supporting us and our residents at every single Centers Health Care facility. Some of them read to residents or help out the activities team; others stop by with their pets which always brighten the day while others join us on outings to help keep all of our residents safe. We thank these wonderful people and we salute them. And we cannot forget our own employees, many of whom start their volunteer work after they leave a full day at one of our facilities. And when we ask for volunteers to help out with something, like providing support at a local blood drive or joining a walk against breast cancer or AIDS, the employees of Centers Health Care always make us proud. So in this month’s newsletter, I want to add my personal thanks to every volunteer, for all you do to make our communities special.

Kenny Rozenberg, CEO

Spring is a great time to get healthier!

The first day of spring is March 20, and daylight savings begins this year on March 13. As the days get longer and the temperatures start to warm up, let’s all think about making this a spring and summer of good health. This is the time to shake off the extra hours in front of the television that were so cozy on a cold winter evening and get moving. And the best way to start is to take a walk. Walking is an all-inclusive exercise that works the whole body and requires no special skill or equipment. Walking improves your heart health, reduces stress, improves metabolism (yes, it will help you shed those extra winter pounds), helps keep joints flexible, lowers blood pressure and just might help you live longer. It also has impressive cognitive benefits. It can help improve memory and is especially helpful for seniors in improving cognitive performance and intellectual performance. It’s easy, it’s fun, and the benefits are tremendous. So take a fun, healthy walk, and enjoy the coming spring weather.
Artists in Residence

There’s always something interesting to learn about our residents. Just visit any one of our facilities on any given day, and you’re likely to discover a group of residents with talents that you may never have guessed. And that’s exactly what happened one day in August during a visit to Hope Center in the Bronx. It turns out that the residents of Hope Center have a lot of artistic talent. They’ve been combining therapeutic recreation with a unique creative outlet for several years and they’ve produced amazing 3-D works of art including masks, wall-hangings and sculptures, as well as collages, tapestries and paintings in a variety of media. Their work inspired us to formalize the Centers Health Care Artists In Residence program to recognize the talents of our residents and to share these beautiful works with the communities we serve. This month, the Artists In Residence program will debut its first traveling exhibit. The exhibit will be making stops throughout the Bronx at places like the RAIN Senior Center, Marriott’s Residence Inn at Montefiore Hospital, The Point Community Development Association, local libraries and churches and more and it will spend two weeks at each one of our Bronx facilities. From there we hope to expand the program to other regions and to share the artistic expressions of our residents from Rhode Island to Cape May with as many people as possible.

Of course, the Artists In Residence program could never happen without the time and talent of our residents. But equally important to starting the program were our art therapist at Hope Center, Jenn Breslow, who also serves as curator of the travelling exhibit, and all of the very talented and dedicated Recreation Directors at our five Bronx facilities. These directors are the ones who introduced the program to all of the neighborhood locations that have committed to displaying our Residents’ artwork at their locations and Centers, and our residents, both owe them a debt of gratitude. As the Artists In Residence program grows and expands, look for it to make a stop in your community, and perhaps even to be displaying the work of some of your residents. Meantime, we hope you enjoy viewing these works as much as our Hope Center residents enjoyed creating them, and that in some way they help to inspire the inner artist in all of us.
Employee of the Month: January
Katie Clark

Katie Clark has been a CNA at the nursing home for 17 years. Her dedication to her residents is like no other. Her favorite part about working here is that she gets to take care of people, it’s her passion. She says the most important thing about working here is teamwork! We consider ourselves lucky to have Katie as part of our team!

Employee of the Month: February
Karen Hathaway

Karen has been working for Essex Center for just a short time. Karen works in our housekeeping department. Karen comes to work every day with a smile on her face and does her job efficiently while always being mindful and respectful to our residents and her fellow staff. Thank you for all you do, Karen!

Resident Spotlight:
Rena Cumm

Rena has lived at Essex Center since 2011. She was married for over 50 years to her husband, Tony. They raised 4 wonderful children; Calvin, Vanessa, Wilfred, and Iola. She has 8 grandchildren. Rena was a Home Health aide and a cook at the old county nursing home in Whallonsburgh. Rena worked a lot and always had to keep busy. She was never one to sit still, according to her son, Calvin. Rena has always been a bit on the wild side. Her son remembers a time they were driving through Willsboro (her home town) and a state trooper was directing traffic through town. Rena didn’t stop and accidentally hit the cop, who then rode on their hood for about 50 feet. The best part, he says, was that she blamed him for her hitting the trooper (even though she was driving!!).