As the New Year approaches us with hopes anew, here is to wishing you and your family a wonderful year ahead. Happy New Year!

Sol Blumenfeld

A note from the Administrator

UPCOMING MAJOR EVENTS

01/01/2016
New Year's Day Celebration

01/14/2016
Poker Night W/ Carl

01/18/2016
Martin Luther King Day Celebration

01/22/2016
Activity Professional's Week Games & Celebration

02/09/2016
Sweet Heart Dinner Dance W/ Make U Dance Entertainment

02/12/2016
Valentine balloon bouquets Sale

02/15/2016
Valentine's & President Day Celebration

Artwork by: L. Gonzales
Resident @ Brooklyn Center
Brooklyn Center’s Thanksgiving Dinner W/ Friends and Family

"I am thankful for my friends here at Brooklyn Center" - M. Manson
Fa la la la la la la la….it’s the season to be jolly!! Fa la la la la la la la la……..

Our Residents preformed in Brooklyn Center’s Holiday Show!

Residents sang songs in the chorus together and Mr. Cessant played his favorite holiday song on the piano!
MERRY CHRISTMAS & HAPPY NEW YEAR!

Merry Christmas from Mrs. Clause
Leisurely Fun!

HAPPY NEW YEAR!

W I H V V A X R N R Z G O A L S A Z Y F
G R B K G Z T Y Z I Z Z J Q C O M P X B
M D M B T B K T P X N S L T K C X X W T
M I Q C R A E Y W E N O Z J K S K R N H
L P D M V X P N Z J L O V Z V Y D Z Q G
G P E X A X K O Q N C O U N T D O W N I
F V Z N D S S M B P C Y W V F T W F B N
T R S P S P A R K L E R S H Q T O J A D
P J O L B Y V M S Y L N N N R C A F L I
Y L P E N S K R O W E R I F Z N Y C L M
X J K E B D P P G W B K N J U G J W O J
W I S C F S F L D B R G P A J E X A O K
Q S C A O W D J R M A W R T J H Q H N C
F R Q K J N W P A R T Y P O P P E R S O
K E P A U J F G X M I Z X R T S X K Q L
V E N R I Y E E B G O Q Y I U P H K Y C
Y H I S I R E O T J N O I T U L O S E R
Q C S H A P P Y G T B O U V C D L R Z G
R M Q G Q X Y B N O I S E M A K E R G F
N A E N K V K T Y F H R A Y R Y I A V

Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy

New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers
A note from Kenny

I hope everyone enjoyed their holiday celebrations as much we did and that you’re ready to meet the New Year with hope, determination, and a sense of anticipation. The start of a new year always brings with it a sense of renewal. And that is alive and well at Centers Health Care. The early part of 2016 will several new additions to the Centers family – Hope Center in the Bronx, which joined us several months ago, Warren Center in Queensbury NY, and our first two new facilities in Rhode Island, which marks the third state we have expanded to. Construction on our brand new Brooklyn Center has progressed according to plan and we are on track to open that facility in 2017. Many of our facilities received improvements to their infrastructure and upgrades to their appearances this past year, and more are scheduled for 2016. But as proud as we are of our growth, what is most gratifying, and what gives us the greatest hope for the future, is that these facilities together are home to several hundred residents that may otherwise have been forced to find another place to live.

We’re grateful to have the ability to bring these facilities into our family and we appreciate the faith our residents, their families, and our new employees have placed in Centers Health Care. We look forward to a wonderful year in 2016, one in which our world class nursing and therapy teams continue to deliver outstanding results, and where our residents enjoy the finest health care and lifestyle.

Kenny Rozenberg, CEO

Centers continues to expand

We’re very proud to announce that Centers Health Care has added three new facilities to the family. We are in the final days of completing our first two additions outside of New York and New Jersey, and early in 2016 we can look forward to officially welcoming Bannister Center for Rehabilitation and Healthcare and the Park View Center for Rehabilitation and Healthcare. Both Bannister and Park View are small, intimate facilities and with fewer than 100 residents and they fit perfectly into the Centers Health Care family. Bannister has been serving the community for 125 years and we are honored to become a part of that Rhode Island tradition. Nate Goldman, the Centers Health Care Regional Administrator for the two new facilities is very excited.

“This is a great addition to our family. I’ve been the administrator of several facilities that we have transitioned and turned into world class facilities, but they were all much larger. The opportunity to build that same success story in two cozy facilities like these is very exciting. Our homes are all really small communities of friends and in Park View and Bannister Centers we’re going to have two of the best!”

The third facility to join our family is the former Westmount Health Facility in Queensbury NY, a small town north of our Washington and Indian River facilities. The facility, which will be re-named the Warren Center for Rehabilitation and Nursing, is home to 80 wonderful residents and we’re thrilled to have them joining us. Warren Center is an outstanding facility with an excellent staff and we look forward to all they will add to our growing reputation in the Adirondack region.
Remember when your family was small and everyone could sit around the same table? We do too, but times have changed.

This year will mark the 20th Anniversary of Centers Health Care. Back in 1996 we could have a holiday party for everyone right in our facility. Today, the Centers Health Care family employs more than 12,000 people and our annual holiday parties now take place across three states.

Given the fact that we have some of the hardest working people in the health care industry right here, it’s quite amazing how they can still light up the night. Boy, do they ever! And at all of our facilities, we entertained our residents and guests with Thanksgiving, Chanukah and Christmas parties with all the trimmings. Nothing says Happy Holidays like a party, and no one parties like the Centers Family!

Eating well doesn’t mean living on a diet

Diabetes affects more 25 million Americans, and millions more are thought to be undiagnosed. And a healthy diet is your first line of defense.

Diabetes is a problem that everyone is familiar with. You probably know someone in your family or community, or where you work, who has some form of diabetes. In fact, it’s so prevalent in the Northeast that Centers Health Care offers on-site dialysis for severely afflicted diabetic residents at four of our locations, and they typically operate more than 15 hours a day! But living with diabetes, or preventing it from ever happening in the first place, might be as easy as making good choices in the kitchen. The American Diabetes Association suggests a blend of Superfoods, like beans, citrus fruits, whole grains and nuts, and fish high in Omega-3 fatty acids. Keep the meat choices lean, like chicken, veal, or well-trimmed lamb. Mix that with non-starchy vegetables like peppers, onions, tomatoes, broccoli and green beans and you’re well on way. And for dessert, plenty of fruit –there’s something delicious available every month of the year. But skip the canned variety that are packed with artificial syrup and go for fresh fruits that are sweet and delicious. To learn more about keeping to a healthy meal plan and managing or eliminating your risk of diabetes, visit the American Diabetes Association at www.diabetes.org.
Kinds Words from a Former Resident

This is an endorsement for the services provided by Bklyn Rehab. The organization provided the utmost care for each & every patient. It starts with the Recreation Dept., whose services goes well beyond entertainment. This dept. also manages hair and eye care and even clothes shopping in house.

But of course, the focus of the center is health care. The Physical Therapy dept. offers a wide variety of rehab exercises, individually tailored to the needs of each individual. No conveyor belt assistance allowed, imagination and education are partnered to ensure maximum results.

Working hand in hand with it are the doctors, nurses & social service dept. the coordination may at times seem invisible simply through the combination of efforts.

Then there’s the nursing staff. From dispensing the meds to linen changes to the most mundane assignment all are handled with efficiency, and a smile, all patients are referred to by name, not an easy task in a facility of this size.

Of course, meals are a main concern. Healthy, notorious meals are served promptly three times daily. Daily menus are posted, and alternatives offered. Summertime offers outdoor BBQ’s to brighten everyone’s spirit.

Lastly, there are the volunteers, the extension of staff, properly trained they receive the necessary tools for a successful career.

For all of the reasons stated I highly recommend Brooklyn Rehab. The common mission is to make every patient’s stay comfortable and rewarding. The overriding and all-encompassing environment is the TLC assurance. I know I’m on my way to independent living thanks to Brooklyn Rehab.

Sincerely,

Joe Wascaz