What I love about January 1, is the opportunity that it affords us with a fresh clean start to a yet untold year ahead. However, I also use it as an opportunity to look at what transpired over the past year. When I look back to 2015 as a whole at Corning Center for Rehabilitation and Healthcare, I am amazed and proud of all the progress and advancement that has been made to ultimately add quality to the lives of the residents whom we are privileged to work with.

Ownership has continued the process of renovating the facility for the benefit of the residents, their loved ones, and staff. Major improvements in 2015 included: all but 5 resident widows have been replaced with double hung units for energy efficiency and the ability to open windows in every room (the few remaining will be completed when the cold weather breaks), an entirely remodeled 2nd Floor Day Room opened, entire parking lot was repaved, almost half of all the resident beds have been replaced, much of the concrete sidewalks surrounding the facility has been replaced, an outdated elevator system was updated, and vending machines were added to the second floor. Further remodeling plans of the resident floors are being finalized and will be announced in the second quarter of the year.

PointRF technology was installed throughout the entire facility providing us with a cutting edge technological care management system.

The next phase of our electronic healthcare record system was rolled out and implemented to now include pharmacy.

Russell Phillips & Associates (the leaders in the field) was hired to revamp our fire safety program and train our trainers in the new program to ensure that our residents are as safe as possible.

There were several significant changes made in Human Resources that are having a positive impact on recruitment and retention of competent and reliable employees. Speaking of employees, I could not be prouder of the 5 employees that due their hard work and commitment to Corning Center were promoted to management positions in 2015; BreOnna Leonard, Carla Atwell, Gary Lacky, Joanna Burdick, and Chris Panus. The staff was strengthened by the additions of Corrine Hansen (Social Work), Lindsey Bowes (Dietician), Jennifer Joslyn (Food Service Director), Megan Allington (Activities), Brenda Prins (Unit Manager), Nancy Travern (Marketing and Admissions), and Kim States (Nursing).

2015 saw Activities taken to an entirely new level under Megan's direction. A few highlights were: Family Fun Day, cooking sessions, musical entertainment, movie nights, Zumba, trips to parks and ballgames, Bingo, holiday crafts and festivities, one on one visits, the series of Friday programs with the school students from next door, a new beautician that brought fresh ideas to hair styling, nail salon sessions, a Thanksgiving Feast for the ages, and holiday gifts for all.

All in all, 2015 was a tremendous year of growth and gives me that much more reason to look forward to an amazing 2016 at Corning Center.

Shua Sauer
Corning Center was proud to host the first ever Family Thanksgiving Feast for our residents and their loved ones. 240 people showed up for a night that will be remembered for many years to come.

This year Centers Health Care was the main sponsor for the 2015 Corning’s Gaffer Distric Crystal City Christmas. Where staff and residents from Corning and Steuben Centers joined in the Parade of Lights and entertained at Sparkle. It was a merry experience!

Whats your favorite thing about the holidays? Ours is the sweet treats. Residents and staff made all different goodies including fruitcake, brownies with coconut frosting, sugar cookies and much more!
One thing we look forward to during the New Year is the traditions that we continue to do like eating pizza, staying up late and making resolutions. This year residents chatted about how different their resolutions are from years before and instead of wanting to save money and eat healthier they aim for things in life like spending more time with their families, making new friends and being able to return home. Please share with us your resolutions at www.facebook.com/corningcenter.

Top 10 Resolutions

1. Quit Smoking
2. Volunteer
3. Eat Healthy
4. Get out of Debt
5. Lose Weight
6. Enjoy Life More
7. Get Organized
8. Spend More Time With Family
9. Exercise regularly
10. Fall in love

Statistics show that only 8% of resolutions are successful
All of the wonderful things that took place in 2015 would have not been possible without the support from the community and the volunteers who continue to take part in the lives of the residents at Corning Center. A special thank you to the wonderful people and organizations including:

The Salvation Army,
The Alternative School of Math and Science,
Local Group Scout troops including Junior troop 40312,
All Saints Parish,
and to all of those who sent letters to the residents this past Christmas.
FOR YOUR INFO

Resident Funds are available 24/7: 7-3 Monday-Friday with Carol Harris in the business office and with the Nursing Supervisor after hours.

The Hair Salon is open Monday 9-5, Wednesday 10-1 and Friday 9-1. Walk in and appointments accepted.

Complimentary newspapers are available to rehab patients including the Leader and Star Gazette and located at the nursing station.
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 Banister 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.
We’ve been very busy the past few months finding new ways to keep everyone in our communities – staff, residents and family members - connected. And these days that means making social media a bigger part of our program. As of August, every Centers Health Care facility has its own Facebook page and already their popularity is exploding! Staff at each facility are using Facebook to show off what their residents are doing each day, what special trips they are taking and to announce events at the facility that the whole neighborhood is invited to. They’re posting photos and comments and more and more people are following us every day. Everyone is on board. Our Delaware facility is posting about their involvement with Buffalo’s Canalside Events and our Adirondack region facilities are talking about how much fun everyone had the Washington County Fair, sponsored by Centers Health Care. Hammonton was excited to post about a visit from Miss New Jersey (not to mention Miss Hammonton Center) and without Facebook, how would everyone know what a good dancer our Bushwick administrator is? Best of all, we’re finding that it’s a great way to keep so many our residents in touch with their grandchildren, and you’d be surprised at how many octogenarians are getting involved in social media thanks to this effort.

If you use Facebook, please visit our page and be sure to Like Us so that you won’t miss out on any of the news or upcoming events happening here. Let’s all stay connected!

www.facebook.com/CorningCenter

Resident Birthdays

January 8th Kimmie H
January 12th Jim S
January 15th Alice J
January 19th Bea R & Ed R
January 23rd Mary R
January 24th Averil C
January 26th Virgina L
January 28th Lillian S
January 31st Al D