A Note from the Administrator

Dear Friends,

What a wonderful time of year, when we finally get to see, hear, and smell SPRING! We have a number of fun and exciting events planned in the next few weeks so stay tuned to our announcements. The goal is to have MANY of these events outdoors on our patio so that we can all enjoy the weather together. We have already begun seasonal activities this week by having residents design their own flower cups and they came out beautiful. Looking forward for the next great event!

We have been continuing to make sure Holliswood Center is a comfortable and safe place to live and work. Along those lines, I am happy to report that we have recently upgraded our fire alarm system to a brand-new version. Additionally, we have conducted “Emergency Preparedness” drills for our staff to ensure we remain sharp with our response technique in the event that it is needed. A big thank you to the staff for having excellent attendance for the trainings!

Another wonderful event that took place this month was our annual Volunteer Appreciation Day event. This gave us the opportunity to recognize the many contributions that our volunteers have made to all of us here at Holliswood Center. True to their title, a volunteer makes these contributions without earning any pay for it, which makes them special people. It was our pleasure to be able to show them our appreciation by having a lunch in their honor. Thank you very much for all that you do!!

Looking forward to another amazing month here at Holliswood Center!

Zevi Lipschitz
Advance Directives:

Appointing someone to make Health Care decisions for you.

You may become sick and lose the ability to make health care decisions. The New York Health care proxy Law allows you to appoint someone to make those decisions for you. It should be someone you trust. This could be a family member or a close friend. This person makes sure health care providers follow your wishes.

Choosing someone who will speak for you is a very important task. Each adult needs to make this decision, no matter your age or health status. The person you appoint will make sure you get your preferred treatment.

Your health care agent decides how your wishes apply as your condition changes. You may allow him or her to make all health care decisions. Or only certain ones. Hospitals, doctors and other health care providers must follow his or her decision as if they were your own.

You will need to fill out a “Health Care Proxy” form to list your wishes. It can also list if you want to donate organs or tissue: (This form come in a variety of languages.)

A social worker can help answer your questions.

Please call our Social Services Department at 718-740-3500 Ext 317/318/301/1016
Blood Pressure Month is in May and National Fresh Fruits and Vegetable Month in June.

June is National Fresh Fruit and Vegetables Month, while most of us know that eating more fresh fruits and vegetables are important for good health, do we actually know how much we eat. Start tomorrow morning, if it’s a regular day.

1. Track only three (3) days.
2. Don’t do anything different from what you normally do.
3. Remember to write or record on your electronic device all quantities in measurable amounts, like medium apple, 12 grapes, one cup of watermelon, eight baby carrots, etc. This makes it easier to record in the Super Tracker.
4. Record the amounts eaten, in the Super Tracker each day, for three days.
5. If you don’t have daily access to a computer, at the end of the three days visit the local library to record your data in the Super Tracker.
6. What you will likely learn is that you are not eating the recommended amounts of fruit and vegetables.
7. Don’t be discouraged, determine to increase your fruit and vegetable consumption slowly, one serving at a time.

1. Make a point of buying more fruits and vegetables.
2. Purchase convenience sizes, if this will help you eat more fruits and vegetables.
3. If you are budget conscious, package fruit or vegetables in snack size servings, such as bag a handful of cut up carrots or baby carrots, cubed watermelon and store in an airtight container or bag, etc.
4. Make a tray or plate of fresh fruit and/or vegetables and leave in the refrigerator, while fixing a meal, sitting in front of the television or just wanting to munch on something, take the tray out and eat.
5. If you just don’t enjoy fruit, experiment and find the fruit you enjoy most and incorporate that into your diet.
6. Include fruit in yogurt, salads, cereal, ice-cream and other desserts.
7. If you don’t enjoy vegetables, experiment and find the vegetable you enjoy most and incorporate that into your diet.
8. Incorporate vegetables in soups, stews, pies, wraps, and sandwiches.

Remember that fruits and vegetables can help with your overall health in many ways, it can help prevent certain disease, like cancer and diabetes, etc. It can help with obesity and weight control and it can improve the skin, nails, hair, etc. There are many ways to benefit to consuming fruits and vegetables.
A note from Kenny

Faithful readers may recall that this time last year I wrote about the Centers Patient Advocacy Award. The award was something we launched as a way of recognizing all that social workers do for the people we serve and the world at large. As someone who has spent close to three decades in health care, and being involved in nearly every aspect of it, I’ve seen first-hand the results of social work. Everything from housing to health care to meals to the care and counseling of a patient’s extended family falls to the social work team, and they rarely come up empty. We are all in this business because we are caregivers. Yes, some of us are the doctors, nurses and CNAs that provide the hands-on care. But those in housekeeping, activities, dietary services and maintenance are caregivers just as much as the rest of us. And none of us would enjoy the same sense of fulfillment when helping a resident go successfully from admission to discharge or assimilate into a long term care community with ease, if not for a social worker.

This year’s recipient of the award was another inspiring story. Yanette Tactuk, a clinical social worker at Memorial Sloan Kettering Cancer Center was nominated by her supervisor, and the letters and stories in support of her nomination were impressive. I was moved by the extent Yanette went to for one patient in particular, going as far as contacting embassies and consulates on the other side of the globe to make arrangements for his family to be with him at a critical time. She helped with housing, living expenses, and of course counseling for her patient. That patient’s life and the lives of his family members were forever changed by the efforts of one dedicated social worker who went well beyond the bounds of her job description. Stories like that happen every day, but we don’t hear about them. Which is why we started this award – to celebrate this very special group of people.
May 2018

But there is one group here that I cannot leave out. Because we sponsor it, the Patient Advocacy Award isn’t open to our own employees. That does not mean they are any less worthy of an award than this year’s winner. As I said to the hundreds of people who attended the award presentation last month, in my book, every single Centers Health Care social worker is an award winner. They do it all. Often times the first person a new resident meets is our social worker, who is most likely balancing the need to make the resident feel welcome and “at home,” while counseling the family on what to expect and what they can do. Our goal is to help our residents recover fully to the point of returning to their own homes, better than ever, and the social worker is there every step of the way. It’s not unusual for them to be involved in the care of our residents even long after they have returned home. They assist with home care, sometimes arranging for necessary medical equipment, they deal with insurance issues and housing, and post-discharge social services. Want to know how important the social worker is? Just ask a resident or a family member to describe someone who has been especially helpful. Most of the time, the social worker is at or near the top of the list. So let me take this opportunity to publicly recognize all that our social workers do for our teams, our residents, and our communities.

May 13 this year begins National Nursing Home week, and it’s a time celebrate all of the people that make Centers Health Care so special. We’ll be celebrating our wonderful social workers, along with our housekeepers, nurses, maintenance and dietary workers, and administrative teams. In future messages I’ll talk about them as well, but let me close today with a simple note of gratitude to EVERYONE on the Centers Health Care team – award winners, one and all.

Kenny Rozenberg, CEO

The 2018 award finalists. Left to right, Gina Jean-Baptiste, Lydia Kelly, Rozenberg, 2107 winner Angela Heller, Willing Chin-Ma, Pamela Kaitin, Jessica Brecker and Christine Gantos. Not pictured; Stuart Kaufer, Iesha Sims, Kelly Zunner-Daniels

Yanette Tactuk addresses over 500 assembled guests at the award presentation
SMOOTHIES

PEANUT BUTTER & BANANA

Servings: 1

½ c fat-free milk
½ c fat-free plain yogurt
2 Tbsp creamy natural unsalted peanut butter
⅛ very ripe banana
1 Tbsp honey
4 ice cubes

Combine ingredients in a blender. Process until smooth. Pour into a tall glass and serve.

MANGO SMOOTHIE SURPRISE

Servings: 1

¼ c mango cubes
¼ c mashed ripe avocado (MUFA)
⅛ c mango juice
¼ c fat-free vanilla yogurt
1 Tbsp freshly squeezed lime juice

1 Tbsp sugar
6 ice cubes
Combine all ingredients in a blender and process until smooth. Pour into a tall glass. Garnish with sliced mango or strawberry, if desired, and serve.

STRAWBERRY SMOOTHIE

Servings: 1

1 c skim milk
1 c frozen, unsweetened strawberries
2 tsp cold-pressed organic flaxseed oil (MUFA)

Combine skim milk and strawberry in blender. Blend, transfer to glass, and stir in flaxseed oil.