

FROM COLD AND STERILE TO WARM AND WELCOME

Where is that place in your home where you seek solitude? For many people this special place is the master bathroom: fill the tub with hot water, lots of bubbles and bath scents, candles burning on the outer rim of the tub and soft music in the background. Does this sound inviting? It does to me.

In the Pavilion Healthcare Center we have bathing rooms. Have you ever been in a nursing home bathing room? In most, you find cold, sterile white walls with an open floor plan that is anything, but inviting. The Croasdaile Village LCS CARES Committee wanted to change this perception. There is a group of us who represented different departments working together to make a cold bathing room into a warm, welcoming place for the residents. We are taking one bathing room at a time and started with the one on first floor south, "Vintage Hollywood". In the past, when you walked into the room there were the whirlpool tub, white blinds, clinical-looking sink and toilet area, one chair placed in the corner and multiple lifts sitting against the wall. We redesigned this space. Unfortunately, we could not move the location of the tub, but we placed some great things around it. We brought

the outdoors inside. We added a softer sage green shade to the walls, white crown molding along the ceiling and white baseboard along the bottom of the wall. We added a room divider/privacy screen so residents will be able to have additional privacy while preparing for their bath. We purchased new window treatments that add an elegant touch to the room and provide an additional splash of color. We placed a wooden hamper unit in the room, which has additional storage to keep supplies so that everything is handy for the residents and team members. Finally, we added shelving, new lighting fixtures, storage items, and other accessories that will match the essence of a spa. When residents come into the room they will be able to enjoy their bath with the sounds of nature in the background. It will be a calming and relaxing experience for all.

Jennifer King,
Healthcare Administrator

TRANSITION

As the end of summer draws near and the days get shorter, I look forward to the smells and scenes of autumn. I enjoy the brisk clean air; the rustling of intense colored leaves and the scenic beauty bring to mind fond childhood memories of growing up in the North East.

Commons.
"Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all."
- Stanley Horowitz

Deon Simpson
Director of Social Services
(919) 384-2803 office
DeonS@umrh.org

As the season changes so do we. Recently I have transitioned from the Healthcare setting to my new position as Director of Social Services. I look forward to building new relationships, listening and sharing concerns and stories. I am available to discuss resources, share information about services available on and off campus and make connections with community partners.

Join me; let's explore life changes together. My office is located in the administrative section of Village



September 24, 2010

Volume 2, Issue 30

Editor: Patty Gentry,
Resident Services

Thought For The Week

As I grow older, I pay less attention to what men say. I just watch what they do.

~Andrew Carnegie

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AT DEWITT'S END



Have you noticed how many announcements begin with the question, "Do you want the good news or the bad news first?" I will start with the good news. The Lifeline team began work on campus, on the installation of our new Personal Emergency Transmitter (P.E.T.) They began work on Wednesday morning. This system will allow resident P.E.T. buttons to be activated anywhere on campus, including out-of-doors. In fact, we are negotiating the possibility of having P.E.T. coverage on the lake path, though as yet, that has not been finalized. Once the new system is up, P.E.T.'s will work in the buildings, the yards, parking lots, in the streets, on walkways, etc. - - anywhere on campus.

disassemble the old system. Notices have been placed in boxes on Tuesday, phone announcements and TV announcements were made to advise residents that the PET system is not functioning for an undetermined amount of time. This could take as long as 3-4 weeks.

What should you do in an emergency? If you have an emergency, you can call Security at #3333. If you have a life-threatening emergency, we recommend that you call 9-911, and THEN call Security. We will get through this as quickly as possible and will make continuous announcements regarding the final outcome of the system installation.

Thank you!
Howard

Now for the bad news! In order to install the new system, the Lifeline team had to

DINING SPICE

Smoothies are the new health shake. They are a great fun way to add fruits and vegetables to your diet. Fruit smoothies and green smoothies are popular and are made with items such as fresh fruit, kale, broccoli, ice, yogurt, and honey.

Dining will be offering a smoothie promotion in the cafe dining room at lunch next week on Tuesday, September 28th. Our smoothies will be extra nutritious as they are made with yogurt. Come and enjoy a healthy smoothie at a great price.

Smoothies offer many health benefits; energy, regular digestion, fewer cravings, less mood swings and weight loss are only a few.



Hope your next meal is a great meal.
Ted

THE MARKETING BASKET

The Croasdaile Village Ambassadors

In preparation for our beginning fiscal year, we are re-organizing our Resident Marketing Advisory Committee. The Croasdaile Village Ambassadors are residents who meet 3-4 times a year, or as needed, to provide input and support to the Marketing Team regarding advertising, events, referral ideas, etc. However, their primary role is to serve as hosts and guides for events and on weekends, evenings, or holidays when the Marketing Team is not here. Fortunately, many of them have agreed to remain on the committee because they really enjoy what they do - just as we do!

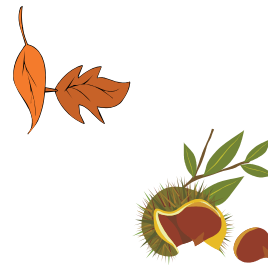
In previous articles I have written praises for the outstanding job this committee has done representing our community when we are unavailable. With prospective residents they tour the common areas, show apartment or cottage, or host a meal as Marketing's guests. Most importantly they openly and honestly share with prospective residents what it's like to live in Croasdaile Village. They can answer questions about the day to day activities residents enjoy. The details and financial information are for Marketing to provide when we follow up with these prospects.

In addition, we have residents who willingly assist the Marketing Team by allowing us to show their apartments and cottages to visitors who are serious about making Croasdaile Village their home. We sometimes feel badly when we have to call on the same generous, gracious residents repeatedly. We would welcome some new "model" apartments and cottages to increase our list.

If we have never called on you and you would allow us

to bring prospective residents to tour your home (with some advance notice,) call Marketing at Ext. 2475 to put your name on our list. Remember, this is a courtesy. We will never impose on you if the time is inconvenient or if you are uncomfortable showing it when we call.

Carol Roycroft,
Marketing Director



COMMUNITY ANNOUNCEMENTS

- Now is the time for residents to write or call the Board of Election for your absentee ballot. For your convenience: Durham Board of Elections, 706 W. Corporation St., Durham, NC 27701 Phone: 560-0700 This is not a partisan issue. It is every American's civic duty.
- Environmental Services has begun scheduling annual cleanings for 2011. Cleanings will be conducted February - September. Please call 2500 to schedule.

HAPPY BIRTHDAY

Elizabeth Braswell - 24 Merilyn Yarboro - 24 Flora Carver - 25 Maggie Kirk - 25

Metta Metcalf - 25 Don Jenkins - 26 Louise Mason - 26 Mary Berini - 27

Donald Marrs - 28 John Ellis - 29 Audrey Heiser - 29

Arnetta Johnson - 30



CLASSIC TEAM PLAYERS

The Pavilion has many remarkable team members, this week. I will tell you about Michelle Waddell. Michelle is our Medical Records Coordinator and has been with the United Methodist Retirement Homes for 12 ½ years. She began her employment at the Erwin Road location and transferred to Croasdaile Village. Michelle is married with two children: daughter Kelva, a senior in high school and a star basketball player, and son Anthony, works with his father and has a two year old son named Trenton. Soon she will experience the empty nest syndrome, but will have the love and support of her husband and grandson to comfort her.

Michelle takes on many responsibilities as the Medical Records Coordinator. She is responsible for:

- Filing records after residents have been discharged.
- Getting orders signed by the physicians.
- Pulling records for review during our annual survey with the Department of Health and Human Services.

- Completing audits to ensure that nurses complete necessary paperwork in a timely manner.
- Supervising and training the ward clerks.
- Copying files for families and other physicians.

It is apparent Michelle is quite busy with a variety of paper work for our residents. Look for Michele when you are in the Pavilion, she would be happy to meet you.

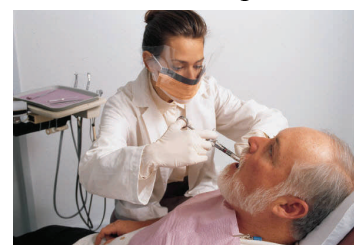
Denise Goodwin-Baker, ADON



OH MY ACHING TOOTH!

I hate to go to the dentist. Nothing against the profession, I just hate going. Too many painful trips when I was a kid. I once threatened to bite the dentist and although it was when I was small, I was about 30 years old. Although many of our residents may feel the same way, dental health care is important, no matter the age. Brushing and flossing regularly helps keep teeth healthy and smiles bright. Regular dental visits help protect from tooth decay and gum disease which can lead to other health problems if left untreated. According to the Mayo Clinic, periodontal disease may be linked to heart disease, stroke, diabetes and other systemic diseases. Bad oral care habits can be broken with better practices: floss at least once a day; brush after every meal or at least twice a day; clean the tongue with every brushing; replace toothbrush regularly; eat a balanced diet and visit the dentist every 6 months. If you are unable to brush after meals, chewing sugarless gum for 20 minutes after a meal will help wash out food and acid by increasing saliva production. This

will help prevent tooth decay. Choosing the right toothpaste is important. Toothpaste removes the bacteria that causes tooth decay. There are many different kinds of toothpaste: for whitening, tartar control, fluoride and desensitizing, to name a few. With all of the available choices, how do we decide which one to use? Ask the dentist on your next visit. He/she can help advise which toothpaste is best for you. How we brush



our teeth is just as important. Brush with a soft toothbrush for at least two minutes, using short, circular strokes.

To summarize, the right toothpaste, brushing, flossing and seeing the dentist regularly will be the winning combination to keep you smiling.

Linda J. Clawson, RN DON