

# easons

A NEWSLETTER FOR STAFF, RESIDENTS & FRIENDS OF UNITED METHODIST HOMES



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Pearl and Everett Gilmour Health Care Facility (skilled nursing, short-term rehabilitation, respite care)

#### **Elizabeth Church Campus, Binghamton, NY**

Manor House (independent living)
St. Louise Manor (independent living, adult care, assisted living)

Elizabeth Church Manor Nursing Home (skilled nursing, short-term rehabilitation, respite care)

#### Hilltop Campus, Johnson City, NY

The Highlands (indpendent living)
Sunset Heights (independent living)
VanGorden Manor (independent living)
Hilltop Manor West (adult care, assisted living)
James G. Johnston Memorial Nursing Home (skilled nursing, short-term rehabilitation, respite care)

#### Tunkhannock Campus, Tunkhannock, PA Tunkhannock Manor (personal care)

#### Wesley Village Campus, Pittston, PA

Brooks Estates (independent living)
Myers Manor (independent living, personal care)
Anderson Personal Care Facility (personal care)
Partridge-Tippett Nursing Facility (skilled nursing,
short-term rehabilitation)

n our modern consumer culture, we pay for things every day, in a variety of ways. Two bags of items at the grocery store? Cash today. Gassing up the car? Debit card this time. Materials for the porch renovation? Credit card. Buying a house? A loan or mortgage covers that.

So how do we pay for long-term skilled nursing care? The answer is as varied as our residents. In fact, most residents pay for their care with a combination of two or more types of funding. Read on to learn more.

## Ways to Pay

#### **Commercial Insurance**

In a growing trend, more people are purchasing long-term care insurance policies. Residents with long-term care insurance pay the facility out-of-pocket for their care and are reimbursed directly by their insurer. Very rarely, automobile insurance will provide coverage for skilled nursing care if someone is injured in a car accident.

### **Government Programs**

Several government programs provide different types of financial coverage for long-term care. These include veterans' benefits, Social Security, and, in some cases, workers' compensation (for instance, if an older worker fell, broke a hip and required nursing home care). Medicare and Medicaid also provide funds. Medicaid is funded jointly by the federal and state governments and is designed to provide health insurance coverage for impoverished seniors. Medicare is health insurance for people age 65 or older, those under age 65 with certain disabilities, and people of any age with end-stage renal disease. Medicare Part A covers hospital care, Part B covers medical care, and Part D provides drug coverage.

## **Medicare Advantage**

Medicare Advantage, also known as Medicare Part C, is available to individuals with Parts A and B coverage, and provides certain additional services in exchange for a monthly premium and reduced copays and deductibles. Most Medicare Advantage plans also offer drug coverage (Part D). Medicare Advantage plans are offered through private insurance companies, and the costs and benefits vary by plan.

## Pensions/Defined Benefit Plans

Many of the individuals who are current nursing home residents received pension benefits from their employers upon retirement. Pension programs became popular during the Second World War, and were commonly offered through the 1980s. At that time, most employers switched from defined benefit plans to 401(k) (for-profit companies) or 403(b) (not-for-profit organizations) retirement programs.

### **Private Pay**

Some individuals use money from savings, the sale of stocks or bonds, proceeds from real estate, or other liquid assets to pay for care.

## Other Important Information

## Skilled Nursing vs. Other Levels of Care

While Medicaid and long-term care insurance will pay for some assisted living services, the payment options previously referenced (other than private pay) are specifically for skilled nursing care.

## Administrative Editorial





March is National Social Work Month. Social work is a relatively young profession, tracing its origins in America to the

1880s, when settlement houses – such as Jane Addams' Hull House in Chicago – rose up to assist the poor and the immigrant populations of many large cities, offering education, guidance in hygiene and other services. The first college-level educational classes in social work were offered in 1898 at Columbia University in New York, and the profession continued to evolve during the Progressive Era and the Depression. Passage of the Social Security Act as part of the New Deal in 1935 brought job opportunities to the profession, and two

decades later, the National Association of Social Workers was formed to represent social work as a true, distinct career.

Social work today encompasses a wide array of fields, including (but not limited to) aging, child welfare, criminal justice, health care and mental health. Although social workers in each specialty have different responsibilities, all are dedicated to thinking of their clients in a holistic way, considering his or her physical and emotional needs, social situation and community support systems.

At United Methodist Homes, social workers provide services to residents at various levels of care. Social workers cooperate with residential services staff to qualify potential residents for admission, take a social history on new residents

and check in with them to see how they are adjusting. Social workers help residents with insurance issues, including understanding bills and statements, making phone calls and more. If a resident needs to move to a different level of care, social workers discuss this with the resident and family; after the move, social workers help the resident cope with the change.

Most importantly, social workers act as advocates for residents and their well-being, assessing their unique needs and providing counseling and support, always seeking residents' strengths.

Thanks to our social workers throughout the organization for the work they do each day!

## **Hilltop Honors Service Anniversaries**

n March 3, Hilltop Campus administrative staff recognized employees celebrating service anniversaries. The dinner and awards ceremony were held in the Hilltop Auditorium. Administrator Jerry Halbert welcomed attendees, followed with a prayer by Chaplain Lea Harding. Board Member Arthur Gordon gave remarks following dinner, and eight members of the campus management team presented the awards.

Said Halbert, "The longevity of these employees' service speaks to their commitment to serve the elderly, striving to enhance the quality of life for each resident. They are the face of the Hilltop Campus, working daily with our residents, and they exemplify caring and compassion."

25 Years: Highlands Director Sandy Lane, Dining Room Supervisor Rina Leonard, Dietary Cook/Supervisor Jeanette Loveland, Plant Operations Director Paul Pado, Pat Sutton, CNA. 20 Years: Laundry Aide Louise Hawley, Charge Nurse Marjorie Weisz, LPN. 15 Years: Residential Sales Director Teresa Felter, Sandra Lewis, RN; Licensed Agency Coordinator Jackie Lindsley, Carpenter Ron Netherton. 10 Years: Nursing Supervisor Colleen Ashworth, RN; Irene Bazylewicz, HHA; Administrator Jerry Halbert, Emily Hall, CNA; Pastoral Care Director Rev. Lea Harding, Companion Margaret Hungerford, Yvonne Jackson, HHA; Sharon Plumadore, CNA; Jocelyn Ramey, CNA; Donna Reed, CNA; Dietary Administrative Assistant Ida Sargeant, Receptionist Kathy Scherhaufer, Dietary Aide Lisa Smith, LPN Supervisor Johanna Tower, Housekeeper Melinda Turner, General Maintenance Technician John VanKuren. 5 Years: Activity Leader Adriane Bateman, Assistant Director of Nursing Services Jennine Best-Baker, RN; Julie Carter, CNA; Kristen Carter, CNA; Grounds Supervisor Joe Drum, Dietary Aide Shawn Menard, Dietary Aide Kari Murray, LPN Coordinator Randy Rudock, Charles Shay, CNA; Angela Shungu, CNA; Tia Slack, HHA; Clinical Assessment Nurse Karie Smith, RN; Housekeeper Stacy Snyder, Irene Terela, HHA; Dining Room Supervisor Teresa Tompkins, Crystal Winans, CNA.

## Mark your calendar for the Spring Brunch!

Wesley Village will host its annual spring brunch from 10:30 AM to 3 PM on April 18.

Tickets can be purchased at the door or in advance by calling (570) 655-2891. Admission is \$12 for adults, \$6 for kids 12 and under. Tours will be available.

Proceeds benefit the Friends of the United Methodist Homes of PA.

## **DOUG'S FISH FRY**

at the Elizabeth Church Campus
11 AM to 7 PM, Friday, April 2

Stop by for takeout, including fish, scallops, shrimp, onion rings and more!

A portion of the proceeds benefit United Methodist Homes' fundraising for the Alzheimer's Association's Memory Walk.

## Staff Announcements



#### Jennine Best-Baker, RN, RAC-CT

Jennine Best-Baker, RN, RAC-CT, Assistant Director of Nursing at the James G. Johnston Memorial Nursing Home on the Hilltop Campus, recently earned her

registered assessment coordinator certification from the American Association of Nurse Assessment Coordinators. She has been with the Homes for six years.

Best-Baker earned her nursing degree from Broome Community College in Binghamton, NY, and completed the nurse educator program at the State University of New York Institute of Technology. She is also certified as an HIV counselor and as a certified nursing assistant instructor.



#### Lisa Cook, RN

Lisa Cook, RN, has joined United Methodist Homes as the MDS Coordinator at the Pearl and

Everett Gilmour Nursing Facility on the Doris L. Patrick Campus. She comes to the Homes from The Pines at Utica in Utica, NY, where she was a unit manager.

Cook earned her associate's degree in nursing from the State University of New York at Morrisville. She is a certified MDS instructor.



#### Dan Ohl, RN

Dan Ohl, RN, has been named Unit III Manager at the Pearl and Everett

Gilmour Nursing Facility on the Doris L. Patrick Campus. He has been with the Homes for a year, most recently as a treatment nurse.

Ohl earned his nursing degree from St. Joseph's College of Nursing in Syracuse, NY.

## **Green Day at Wesley Village**

On February 18, the Wesley Village Campus Green Team hosted a "green" day in the educational center. Staff were encouraged to wear green, and to stop by the center to learn about recycling, composting and other environmental information, including what products used on campus are recycled.

Representatives from Wesley Village's solid waste hauling company J.P. Mascaro and Sons and paint supplier Sherwin-Williams participated

in the event. I.P. Mascaro educational staff posed trivia questions, and employees who answered correctly could win a green yo-yo. Dumpo the Elephant, the J.P. Mascaro mascot, was on hand to meet and greet.

Thanks to everyone who set up the event, and those who stopped by to learn more!



Posing with JP Mascaro mascot Dumpo the Elephant were (crouching, left to right) Facilities Director Jerry Sulkoski, Social Worker Ellen Machovec, JP Mascaro Education Director Lindsay Mascaro, JP Mascaro Education Coordinator Nicole Hager, Sherwin-Williams Store Manager Tracy Wolf, (back row, left to right) Brooks Estates Maintenance Technician Joe Maslar, Human Resources Assistant Jennifer Bitters, Bryan Saier as Dumpo, Assistant Activity Director Shelli Ratchford, Dietary Supervisor Jeff Ross and Administrator John Lopatka.

## Privacy Regulations Update

The stimulus bill passed a year ago by Congress included legislation titled the Health Information Technology for Economic and Clinical Health (HITECH) Act, which is intended to increase the use of electronic health records in the United States. The HITECH Act also contains some enhanced privacy provisions such as new minimum necessary requirements, accounting for disclosures, stricter requirements for computer network security, and enhanced penalties related to a breach of patient/resident privacy.

According to United Methodist Homes
Director of Reimbursement/Privacy Officer Lou
Shiber, "The HITECH Act really goes beyond
the enforcement of the Health Insurance
Portability and Accountability Act, or HIPAA,
that staff and the public are familiar with. Staff
should be particularly aware who is cleared
for access to protected health information
about a resident when having verbal or
written interactions with family members."

With HITECH in mind, United Methodist Homes recently updated its Notice of Privacy Practices to incorporate these changes. To view the revised notice, visit the website at <a href="https://www.unitedmethodisthomes.org">www.unitedmethodisthomes.org</a> and click on "Privacy Policy" at the bottom of any page on the site.

## Mardi Gras at Grand Care

The much-anticipated annual Grand Care Children's Center Mardi Gras parade throughout the Hilltop Campus had to be cancelled this year due to illness among the children. However, kids and staff made the best of it, celebrating within the center. Children in all classes had already made their crowns, featuring paint and child-safe glitter, and everyone wore lots of sparkly beads all day. Shown getting into the spirit are 17-month-old Harold and Toddler 1 Teacher Rebecca Mayglothling.



# "When the moon hits your eye, like a big pizza pie..."

# It's been the season for pizza at Hilltop!

On February 17, James G. Johnston Memorial Nursing Home residents made their own pizza dough, rolled it out, loaded it with anything and everything, then baked it and enjoyed! Resident Mildred Bogdan is shown mid-bite.





On March 4, Papa John's Pizza Regional Marketing Manager Matthew Zaccardo visited Hilltop to do a pizza-making demonstration/stand-up variety show. While he stretched, tossed and topped three different pizzas, Zaccardo kept up a snappy patter of jokes, trivia, singing and dancing, which enthralled those in attendance. He even opened up the mic for jokes from residents and staff! While

waiting for the pizzas to bake in the Hilltop kitchen, everyone had the chance to sample the sauce, cheese nuggets, pepperoni and raw dough. Before passing out the samples on the table, Zaccardo (right) paused to dance with and sing to Hilltop resident Alexandra Camadella while SUN Unit resident Lena Chirumbolo (left), Hilltop resident Julianna Bryk (rear), SUN Unit resident Eleanor Klockowski (center) and Hilltop resident Irmgard Parrington (between Camadella and Zaccardo) looked on from the audience.

Note to staff: Papa John's is pleased to offer a 25% discount to United Methodist Homes' staff on any order placed at the Johnson City Harry L Drive location. Mention where you work when you order!

## Hilltop Staff Go Above and Beyond

Only we have Denise. And only we have Mike.

United Methodist Homes' advertising frames the Homes' services in terms of the personal care provided by staff to residents they know and love. And it's not just something we say – it's something we do every day. Hilltop Dietary Manager Ed Glavich contacted *Seasons* to highlight these two recent "above and beyond" moments between staff and residents:

James G. Johnston Memorial Nursing Home Activity Supervisor Denise Reilly heard a request from a resident for a soft cookie – not crispy or crunchy. After visiting one vending machine (with her own money), Reilly couldn't find what she was looking for, so she contacted Cook John Short, who reached out to Cook Liz Short in the Golden Oldies Café to see what they had on hand. John ended up going into vending supplies in another building to find the magic cookie. Everyone involved put in the extra effort because residents' needs and desires are truly their focus.

When a family member came to the dietary department after realizing her mother's dentures were missing following breakfast, Hilltop Porter Mike McLaughlin sprang into action. Without hesitation or prompting, he immediately hopped into the Dumpster to retrieve the morning garbage to look for the dentures. Although they were later found in the resident's room, McLaughlin's compassion to the resident really shined through. He cares about the people we serve and goes to great lengths to meet their needs.

Great job, Denise and Mike!

## Donating to the Homes

If you would like to make a donation or consider a planned gift to United Methodist Homes, please call Bonnie Slocum, Director of Planned Giving, at (607) 775-6400, ext. 281. Checks may also be mailed to 10 Acre Place, Binghamton, NY 13904.

## **Shorts**

The February *Seasons* cover story inadvertently excluded a mention of environmental services staff and health information management staff in the listing of front-line employees who interact regularly with residents, visitors and co-workers. *Seasons* regrets the error.

On January 29, the Dietary and Activities Departments at the Pearl and Everett Gilmour Health Care Facility on the Doris L. Patrick Campus competed in the campus' inaugural "Iron Chef Cook-Off" in the Unit 3 Dining Room. In true Iron Chef style, each department was challenged to create two appetizers using a secret ingredient (selected by the residents), which was cheese. Activity Director Danielle Giordano and Activity Leader Cheri Clapper cooked for the activities team, preparing cheese fondue and breakfast bites. Dietary Director Bonnie Bender and Dietary Aide Kimmie Magrath represented dietary, whipping up cauliflower tarts and sausage flower bites. Although it was close, the sausage flower bites were the crowd favorite. Special thanks to the Hilltop Campus Dietary Department, which loaned portable burners for the event. Stay tuned - the campus is planning additional cook-offs in the future!

In mid-February, eight James G. Johnston Memorial Nursing Home residents took advantage of a makeover session led by Hilltop Activity Leaders Christa McEwan and Leah Kelly. According to Hilltop Activity Director Faye Clark, "Christa and Leah wanted to give residents an afternoon to feel beautiful and they did! The ladies were so proud and loved watching the before and after results."

In mid-February, members of the Pittston Area High School Honor Society hosted a bingo ball for Wesley Village residents. The students made homemade cookies, brownies and chocolate-covered pretzels with pink and red sprinkles. They brought special bingo prizes and decorated the room themselves. According to Activity Director Tami Chesniak, "The event was a hit – the room was packed! Thank you to these students for their hard work!"

During February, Elizabeth Church Manor residents were treated to several programs in honor of the "month of love." The Harmony Club provided an afternoon of love songs and ballads, the Binghamton University Poetry Club entertained with an hour of beautiful and romantic poems about love and devotion, and Key Club members from Chenango Valley High School scheduled an arts and crafts activity, spending one-on-one time with residents to help them create beautiful valentines for loved ones.

On March 5, Janine Savage, RN, RAC-CT, United Methodist Homes' Vice-President of Clinical Operations and the Corporate Compliance Officer, and Doron Gutkind, Chief Software Architect of LINTECH, spoke at a meeting of the CIO Consortium in Atlanta, Georgia, on a best-practices model for the implementation of an electronic medical record in long-term care. This group is comprised of chief information officers representing national long-term care chains.

On February 8, St. Louise Manor residents and guests enjoyed a performance by nine members of Binghamton University's Jewish a cappella group Kaskeset. The group, which was founded in 1996, features a repertoire of traditional Jewish songs, Israeli pop classics, and other songs in English, Yiddish and Spanish. They recently earned second place in the International Championship of Collegiate A Cappella Varsity Vocals quarterfinal championship at Cornell University, and will compete in nationals this spring. CDs of Kaskeset's music are available at www.kaskeset.com.

# Doris L. Patrick Campus Names Employee of the Month



Plant Operations Maintenance Assistant Paul Manwarren Plant Operations
Maintenance
Assistant Paul
Manwarren has
been named the
March Employee
of the Month on
the Doris L. Patrick
Campus.

Manwarren has been with the campus since it

opened in 1992. He is decribed by his nominator as "dependable and always with the best interests of our residents in mind. He is the first to be plowing the hill during a snowstorm or the first one in for an early-morning repair."

Congratulations, Paul!

## Paying for Long-Term Care Continued from page 1

## **Understanding NAMI**

NAMI (pronounced "namm'-ee" in the long-term care world) is an acronym for net available monthly income, and is the total dollar amount the state determines that a resident receiving Medicaid must make available to their care provider. NAMI includes Social Security, pension funds, and any other income to which the resident is entitled, minus a monthly spending allowance.

Watch for more details about resident financial services in the April issue of *Seasons*.

## **Eco Tip: At Work and at Home**

Are you a dedicated recycler at work but not at home? Try to carry over your good workplace recycling habits when you clock out. Set aside a bag or bin to hold cardboard, newsprint and other recyclable papers, and rinse and recycle cans, bottles and glass. The more you recycle, the less goes in the landfill.



This tip brought to you by the United Methodist Homes Green Team.

### **Hilltop Campus**

On February 15, all Hilltop and *James G. Johnston Memorial Nursing* Home residents were invited to attend the annual Valentine's Day treats and deals event in the auditorium. More than 100 residents turned out for the fun, taking turns selecting what was in a box or behind a curtain. After choosing, residents could keep their selection or swap with each other. Said Activity Director Fave Clark, "We joked that you could get a can of beans or a fur coat, and when one resident actually got a fur coat left from last year's bargain sale – boy, did everyone laugh when she put that on!" Items were donated by Bed Bath & Beyond, Cracker Barrel, The Flower Company, Our Country Hearts, Sam's Club, Walmart, Wegmans and Weis. SUN Unit resident Mary Holowack is shown with her prize.





## Wesley Village Campus

The Wesley Village Campus celebrated Valentine's Day on February 15 with a party featuring music by Windfall and snacks including cupcakes and "passion punch." A Valentine Court was named, including (from left to right) Anderson Personal Care Facility King and Queen Emerson

Ramage and Elizabeth Gretzula and Myers Manor King and Queen John and Mae Lobban. Members of the court from Partridge-Tippett



Nursing Facility included Sam Casiani, Isadore Exter, Wanda Godumski, Frank Nardone, Emma Spence and Yolanda Tancredi.

## Elizabeth Church Manor

Twelve Elizabeth Church Manor resident couples enjoyed the campus' second annual Sweetheart Luncheon on February 12. Attendees dined on a catered luncheon of beef tenderloin or chicken marsala, side dishes, and New York-style cheesecake with raspberry sauce for dessert. Everyone shared their original wedding photos, and could have their photos taken at the celebration as well. Total,



the 12 couples' years of marriage add up to 624 – congratulations to all! Sweethearts Tom and Cecille Burnett are shown en route to the luncheon.

# New Pharmacy Serving Wesley Village

Wesley Village is now utilizing CCRX, the same pharmacy provider that serves all of United Methodist Homes' other skilled nursing facilities. Later this year, CCRX and the Homes will be developing an interface between the pharmacy software and the COMET electronic medical record system, which is one of the reasons that prompted the switch.

Said Assistant Administrator Danielle Janeski, "We are fortunate to have the opportunity to join with the other skilled facilities in using a pharmacy that provides our residents with high-quality service, offers cost savings for United Methodist Homes and assists us in our endeavor to advance in the technology arena."

CCRX offers medications and IV supplies, and also provides Wesley Village with a consultant pharmacist who performs medication reviews for skilled nursing residents.

## **Lunar New Year Celebration**

Welcome year of the tiger! Élizabeth Church Manor residents and staff celebrated Chinese New Year with a variety of programs about China and its people. The learning experience wrapped up with a Chinese



New Year meal, featuring a variety of traditional and not-so-traditional Chinese food and, of course, fortune cookies for dessert. Shown dressed for the occasion are (from left) residents Victoria Hazecamp, Stephanie Gentile and Beverly Smith.

# Spaghetti Dinner and Silent Auction

Thursday, April 29, 11:30 AM to 1:30 PM and 4-6 PM

Hilltop Campus Auditorium

Tickets are \$5 in advance and \$6.50 the day of the event.

Proceeds will benefit the Alzheimer's Association's Southern Tier Memory Walk.

## Letters of Appreciation

### To the Hilltop Campus

Thank you to Rev. Lea Harding for the lovely idea of planting a tree in my mom's memory. She would have liked it. Thank you and everyone at Hilltop for taking such good care of my mom and my dad. Our family will always be grateful. God bless you all.

## To the Wesley Village Campus from Brooks **Estates residents**

Thank you to the staff at Wesley Village for braving the elements to keep the roads, driveways, porches and mailboxes cleared of snow during winter storms. Keeping the walking areas safe to prevent falls is appreciated.

### To the Hilltop Campus from a staff member

Thank you to the activities department staff for all you do here at the Hilltop

Campus. The residents and staff really appreciate you.

## To the Wesley Village Campus

We cannot thank you enough for all that you did for our father and grandfather. He grew very lonely when our mom passed away, and everyone at Wesley Village made him feel better in one way or another. He received both wonderful care and love on a daily basis. We appreciated all the comfort and compassion everyone provided in his last days. Everyone was so kind and gracious in keeping us all comfortable. He was provided with such respect and love on the day he passed. He was kept comfortable by so many people. We could not be more grateful to you all. Thank you again for all that you did for our mother and father over the last five years. We love and appreciate you all.

### To the Hilltop Campus

I can't tell you how much the card you sent meant to me and my wife. We know Mom's life was enriched by each and every one of you, and to know she was so well liked makes her passing easier. We know she lived a full and rewarding life. God bless you.

## To the Hilltop Campus from an employee

Special thanks to Wellness Director Vinni Wingell for creating and running the 2010 "boot camp" program for staff. Although I have been exercising regularly for years, the course gave me a chance to step up my workouts both during classtime and on my own, including altering my cardio routine and adding a strength training component. The dietary information was also helpful, giving me new insight on portion sizes and inclusion of fresh fruits and vegetables. I have a real sense of success, and I'm pleased with the progress in my "before" and "after" measurements!

## **Restorative Nursing Services Benefit Residents**

Exercise is important, and becomes more so as we age: Continuing with or starting even a modest cardio and strength-training program may help seniors maintain or even improve their balance, muscle tone and stamina. So for the past several years, staff in the Hilltop Campus' Wellness Center and in the rehabilitation/therapy department and nursing units at the James G. Johnston Memorial Nursing Home have been forging a closer relationship with a goal of benefitting residents through restorative nursing.

Restorative nursing utilizes an individualized program to help participating residents achieve their maximum physical potential, focusing on abilities rather than James G. Johnston Memorial Nursing Home resident disabilities. Restorative nursing does not compete with therapy, but augments their services.



Fern Sherwood works on leg exercises with help from Certified Personal Trainer Nick Sees.

Although therapists already provided Wellness Center referrals as appropriate, Assistant Director of Nursing Jennine Best-Baker, RN, approached wellness staff about further expanding the reach of the Center. Said Best-Baker, "The Wellness Center has always been an extension of the skilled nursing facility, and I saw this as an opportunity to align them even more closely. The Wellness Center staff are an integral part of making this an attainable goal."

Said Wellness Director Vinni Wingell, "Therapy staff started providing more information about the types of exercises residents were working on, which helped us maximize their progress. Unit managers also began making suggestions about residents who could benefit from wellness services. This way, residents retain the benefits they've already felt from therapy and continue to make further progress."

Dual certifications have aided this effort: Certified Personal Trainer Nick Sees became a certified nursing assistant (CNA) in November, enabling him to provide services in the nursing home and not just the Wellness Center. He now spends an hour each weekday walking with nursing home residents, which provides additional exercise beyond Wellness Center sessions. Certified Personal Trainer Robin Chodkowski is also a physical therapy assistant (PTA). The CNA and PTA certifications make certain services Sees and Chodkowski provide reimbursable.

Seasons

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Visit our website at <a href="https://www.unitedmethodisthomes.org">www.unitedmethodisthomes.org</a> to view contact information for each campus, as well as monthly activity calendars, news releases, or to view back issues of the newsletter electronically.

Visit our Facebook Page for updates, event info and photos. Go to <a href="https://www.facebook.com">www.facebook.com</a> and search for United Methodist Homes.



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# March Madness for Hilltop Accident/ Incident Teams

The Accident/Incident teams at the James G. Johnston Memorial Nursing Home on the Hilltop Campus track any accidents or injuries among residents to be sure that follow-up is completed and to enable trending over time for a unit or individual resident. The Hilltop Campus recently revamped the organization of its teams, and kicked it off with a March Madness-themed celebration. Said Infection Control/CQI Coordinator Ashley Bezek, RN, "It seemed appropriate, because just like basketball, this process involves teamwork and good leadership. Our goal is to become the campus 'dream team." The primary change was the addition of two new teams for a total of seven, providing coverage by a dedicated team each day of the week. Each team is led by a registered nurse, with other members representing activities, administration, dietetics, risk management, social work, therapy and wellness.



Shown at the kickoff celebration are (front row, left to right) Wound Care Nurse Gail Troicke, RN; Assessment Nurse Karie Smith, RN; Wellness Director Vinni Wingell; Bezek; James G. Johnston Memorial Nursing Home Unit II Manager Laura Kostyshak, RN; Physical Therapist Tara Deluca-Forst, PT; Director of Rehabilitation Services Lindsey Stanton, OT; (back row, left to right) Assistant Director of Nursing Jennine Best-Baker, RN, RAC-CT (partially obscured); Assistant Administrator Jackie Otremba, BS, RN, WCC, RAC-CT; Administrator Jerry Halbert; James G. Johnston Memorial Nursing Home Director of Nursing Tammy Patak, RN; Dietitian Laura Jones, RD; Risk Manager Jack Bates; Social Work Director Aaron Ampula, LMSW; and Social Worker Angela Davis.