



Poet's Seat

HEALTH CARE CENTER

Spring 2009

Administrator's Note **On the Lighter Side**

Our lives are forever changing. What we may have thought as "givens" and expectations in our daily lives may now be uncertain and unpredictable. Our lives are affected by so many factors: politics, government, the economy, education, family, relationships and work. We have so much going on that we often forget to stop for a moment to "smell the roses" and to see the lighter side of our work and home environments. Stressors can be anywhere!!! How we handle those stressors can make or break our "spirits". Positive humor and laughter can break the stress levels of our lives. The powers of humor and laughter entertain us and make us feel good. Positive humor and laughter have such an impact on our health and well-being. Studies have shown that stress and the resultant way we think have positive or negative effects on our immune system, healthy function of blood vessels, heart problems and other body functions. Humor and laughter are essential in helping us to find and maintain balance in life and career. Humor and laughter have gotten so many very important figures of history through some very hard times.

Abraham Lincoln, 16th President of the United States. Lincoln faced adversity, personally and professionally. He was often chided for his physical appearance and he was politically vulnerable, particularly on the issues of the Civil War and slavery.

"Common looking people are the best in the world: that is the reason the Lord makes so many of them"

"If I were two -faced, would I be wearing this one?"

"Tell me what brand of whiskey that Grant drinks. I would like to send a barrel of it to my other generals"

"Whenever I hear any arguing for slavery I feel a strong impulse to see it tried on him personally"

Winston Churchill, Prime Minister of England during WWII. Churchill brought light where there was darkness during England's struggles to survive WWII.

"History will be kind to me for I intend to write it"

"If Hitler invaded hell I would make at least a favorable reference to the devil in the House of Commons"

"The problems of victory are more agreeable than the problems of defeat, but they are no less difficult"

John F. Kennedy, 35th President of the United States and a war hero. Kennedy dealt with Russia during the Cuban Crisis, the struggles of Eastern Europe and Communism, his personal health problems.

"I do not think it entirely inappropriate to introduce myself to this audience. I am the man who accompanied Jacqueline Kennedy to Paris, and I have enjoyed it"

"It was absolutely involuntary. They sank the boat"

"Mothers want their sons to grow up to be Presidents, but they don't want them to become politicians in the process"

"Khrushchev reminds me of the tiger hunter who has picked a place on the wall to hang the tiger's skin long before he has caught the tiger. This tiger has other ideas"

Humorists such as Mark Twain and Erma Bombeck both wrote about the social mores of their day.

Mark Twain, Humorist of the mid 1800's to the early 1900's. Life was not easy for many. Men worked; women did not. Education was limited.

"Few things are harder to put up with than a good example"

"It is noble to teach oneself, but still nobler to teach others- and less trouble"

"Man was made at the end of the week's work, when God was tired"

"No gentleman will tell the naked truth in the presence of ladies"

Erma Bombeck, Humorist, mid to late 1900's. This was a time when women were beginning to enter into the work environment; have professions rather than to be at home; the family structure was changing

"Housework, if you do it right, will kill you"

"It goes without saying that you should never have more children than you have car windows"

"Single women go out to dine; married women go out to eat"

"It's a frightening feeling to wake up one morning and discover that while you were asleep you went out of style"

Throughout the day, there are incidences and events that can make your day that are humorous and will make you laugh. Take the time to be less serious and enjoy what's around you. "If you don't keep a good sense of humor; sooner or later, you won't have any sense at all."

Spring Has Sprung!
An Update from the Activities Department

Spring is here, and residents are welcoming the seasonal change! We have already started planning our outdoor garden, as well as our raised indoor garden, which is located in the recreation room. For our outdoor garden, residents would like tomatoes, beets, cucumbers, peppers and carrots. Indoors, once again, we will try some herbs. Last year, Teddy, our resident pussycat, ate them! Residents have suggested placing peppercorn alongside of our raised garden. Resident Ruth Dale swears by it, she states it kept animals away from her garden, and she had the best garden in her neighborhood. Meanwhile, the hyacinths are growing beautifully, as well as the giant potato and the African violets in the rec room. They're getting just enough light by the window!

We have lots of great things planned for the warm weather ahead on our April Activity calendar. So go online or stop in to our facility and take a peek!

Zenaida, Cathy, and Teddy



**Our
Residents'
Gardens! We
hope to deter
the cat this
year!**



From the Admissions Desk

Poet's Seat Health Care Center's motto says: "It's not just about the care...it's all about the caring". We do not always give much thought to mottos or slogans, as we sometimes call them. Here at Poet's Seat Health Care Center, we take notice. We are well known for the great care we give. Many people return to us following an initial stay, when the need for rehabilitation or respite arises again. Besides the excellent services and programs we offer, we have staff that is exceptionally caring. Anyone visiting our facility can see how our staff responds and interacts with the residents and their families.

We constantly strive to improve on our services for our residents, with new programs and ideas. A few months ago we started the "Goodwill Program". This program gives our administrative staff the opportunity to interact and get to know our residents on a personal, more intimate level. Each of our managers takes special interest in the residents of two different rooms. Several times a month, the residents get a visit from a manager assigned to their room.

These visits give each of us the opportunity to find out how people are doing. Are they happy with all services provided to them? Would they like to see changes? We can also assure that the rooms are kept clean and tidy. More often we are able to just chat a few minutes or listen to a story. A smile or gentle touch is a great reward from residents unable to verbalize their feelings. Many look forward to these visits. The days can be long when living at a Health Care Center and it is very rewarding to bring a ray of sunshine to someone, even just for a few minutes.

In a world where everyone is in a hurry, where we rarely have time for one another, a few minutes listening to someone or talking with someone can be a very special gift that is very much appreciated.

Christine Pineo

Social Services

Stephen Block's last day as Student Intern from Elms College will be May 8th. Steve has been a wonderful asset to the Social Work Department here at Poet's Seat. He has a great rapport with our residents, and staff as well. His cheerful manner and helpful attitude will be greatly missed.

Steve is planning to go on for his Master's Degree in Social Work at Springfield College. Good Luck in future ventures, Steve!
Jeana Livingstone, LSW



Dietary Department

I would like to start out by introducing myself as the new Food Service Director here at Poet's Seat Health Care Center. My name is Sharon Monahan, and I have 20 years of experience in Long Term Care. I am from Warsaw, NY and have worked in a nursing home there since high school. I started out as a Dietary Aide; from there I was promoted to the Diet Technician position, then the Food Service Director.

I started at Poet's Seat in February, and I am looking forward to my position here. Since starting, I have made some changes within the Department, which I hope we can all benefit from, especially the Residents. Currently we are on the winter menu cycle, and soon we will be changing over to the summer menus. I am looking forward to working with the Dietician to implement some new items.

I would like to thank everyone at Poet's Seat for a warm and friendly welcome.

Sincerely,
Sharon Monahan, FSD

Antibiotics and Your Health

Your body, through its immune system, makes it's own natural antibiotics (called antibodies) to fight off harmful bacteria. Prescription antibiotics are only necessary when the body's natural antibiotics are not strong enough to ward off an infection. Drug companies started mass producing antibiotics in 1943.

Unfortunately, it wasn't long before antibiotic resistant bacteria developed in response to commonly used antibiotics. In recent years, antibiotic resistance has been called one of the world's most pressing public health problems. Incorrect diagnoses, improper use of antibiotics by patients, unnecessary prescriptions and overuse of broad-spectrum antibiotics are contributing factors in the rising prevalence of resistant organisms. It is, therefore, important that doctors are extremely judicious when prescribing antibiotics. It's also important that patients understand that many infections do not require antibiotic treatment. Pressuring your doctor to prescribe an antibiotic will likely cause more harm than good. Infections resulting from viruses will not respond to antibiotics. Antibiotics are only intended to treat bacterial infections. Most viral infections will resolve in one or two weeks and many bacterial infections will also resolve on their own. Your doctor will determine when an antibiotic is appropriate. Excellent hand hygiene, a healthy lifestyle and getting vaccinated against influenza and pneumococcal pneumonia (unless contraindicated) will help you to stay healthy and antibiotic free.

Terry Suchanek, RN, ICN



Welcome
Sharon!

Sharon and some of our great dietary crew (Lisa, CJ, Ed, and Kim).

MISSION STATEMENT

Poet's Seat Health Care Center's staff is dedicated and committed to providing compassionate care and to enhancing the quality of life of those residents placed under our care. Through an interdisciplinary team approach our professional staff work together to provide programs and services that promote an environment of wellness and healing. Our values of compassion, justice, and respect for human dignity support our goal to bring each resident to their highest level of functioning within their individual limitations.

POET'S SEAT HEALTH CARE CENTER

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