



WHAT'S BUZZIN' IN THE GARDEN?

RG LEADERSHIP TEAM & OTHER IMPORTANT CONTACTS-

FRONT DESKS

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FROM THE ADMINISTRATOR: TIM SANNA

Porte Cochere

A Porte cochere is a roofed structure which extends from the entrance of a building over an adjacent driveway, sheltering those who are getting in and out of vehicles. Over the past couple of weeks, we removed our old Porte cochere and had a new one installed, which I am sure you have seen by now.

I want to thank all of you for working through this renovation with us. We had to cone off some of the parking spaces and re-route the entrance to the nursing center temporarily. As of the writing of this article, we still have some work to be done and will give as much notice as we can about any other times where we will need to re-route persons / cars into and out of the nursing facility.

I appreciate your patience while this work is being completed. We renovated the Porte Cochere because it was often hit by trucks, with drivers not realizing the vehicles were too tall to fit underneath the former structure.



FAMILY COUNCIL DINNER

(Please note that this is for resident's caregivers only)

WHEN: Wednesday, February 15, 2012

WHERE: Renaissance Gardens Meeting Hall

TIME: 6:00PM-7:30PM

TOPICS: RG update! -Tim Sanna, NHA
Holleran Satisfaction Survey Results & Annual State Survey Results

[Family Council meeting immediately following the presentations.](#)

DINNER WILL BE SERVED!

RSVP- by February 11th if you plan to attend.

LISA ROEDER (410) 247-9700 ext. 8057

FEBRUARY SPECIAL EVENTS IN RENAISSANCE GARDENS

February 3rd: The Wedding Game - 2pm RG Meeting Hall

Join us for our very own version of this popular 1970's game show! Watch as married couples prove the strength of their partnership, through humor!

February 8th: RG Terrace: Trip to Toby's Dinner Theater

Residents will have to opportunity to attend Rogers and Hammerstein's The King and I, presented by Toby's Dinner Theater in Columbia, MD.

February 14th: Strolling Violinist George Alderman RG / RGT dining rooms

February 21st: Mardi Gras Celebration RG Meeting Hall

The Savory Band entertains as we celebrate Fat Tuesday New Orleans style!



IN LOVING MEMORY



Pearl Gormley
Marie O'Connell
Lillian Shamer
Eleanor Laun
Robert Whipps

Marilyn Katzen
Louise Kalb
Vivian Phillips
Kenneth Davis



Got Email??

Add your address to the RG / RGT announcement email list!
No SPAM or sharing info, promise!
Get newsletters, updates and other important info electronically!
Contact Pamela at x8974 or pamela.silberman@erickson.com

Renaissance Gardens

Staff Awards

Weekend Warrior

Elizabeth Lewis, GNA
3 South Nursing

Thomas Kanjirakadan
Dining Services



Renaissance Recognition

Jamie Davis, LPN
1 North Nursing
Wanda Diggs
RGT Housekeeping

Bridges:

Bereavement Support



Date: February 25th, 2012

Time: 1 - 3:00pm

Location: City Lights in Charlestown Square.

Topic: The Healing Power of Music

Led by: Fred Schneider, LCSW-C, M.Div, with music performed by Ed Lanehart

Description: A presentation of stories and hymns from the Christian tradition by Bridges member, Ed Lanehart. Those who attend can engage in a sing-along, learn the history of the hymn and how it came to be written, and then join in the discussion about the healing power of music.

Guests are welcome!!

Sponsored by Charlestown Professional Healthcare Hospice.



Social Work Corner:

Love Letters to Yourself

Throughout most days, how do you address yourself? Are the thoughts of your mind critical? Do you boost your self-esteem or knock it down?

Since people do have an inclination to be his or her own worst critic, it is extra important to take time out, purposely reinforcing our own foundation. Psychologists have proven how the thoughts in our mind, both positive and negative, directly create physical and emotional effects. Why continue to make yourself a casualty? Use the exercise below to add yourself to February's love-filled intentions:

First: Using any paper and pen you want (sometimes more decorative has an extra special impression), spend some time with your thoughts and feelings.

Next: Write about all the lovely things that make you happy. Share talents, accomplishments, hopes and dreams which have added joy to your life and finish with an encouraging statement.

Finally: Place the letter in an envelope with postage and ask a friend to mail it to you unknowingly later. Most likely, it will surprise you at just the right time, the best part being all the accolades and appreciation will come from you!

Sam's Perspective:

Administrator in Training

The month of January was an interesting month. My experiences began with me working on the current contracts that we had for the new residents. Making minor changes to reflect the new year, I helped with the editing process. While attending Resident Council, various issues were discussed with resident's providing feedback to operations staff; all the issues were attended. My preceptor, Tim Sanna, and I made rounds on the units, talking with residents and staff to ensure no additional concerns were overlooked. It was also a good learning experience when Assistant Administrator, Michael Willis and a county health inspector reviewed the facility. I have started working on the RG and RGT census. Overall, it has been a great month and I am looking forward to more experiences in February.

IMPORTANT ANNOUNCEMENT

Starting Monday, February 13th the RG front desk is closing a half hour earlier at 11:00pm. With the lobby very quiet at this time of night, we hope for little to no impact on our residents or their loved ones. After receptionist hours in RG, phones are transferred to the RGT desk, which is staffed around the clock. Concerns? Please call Susan at x-8359.



The Lighter Side...

Be Mine

C H Z C B O V S C D G M Z L C
 U E L O N W A W R O I O X H J
 I A W O E C L R T E R P O V E
 Y R A U R B E F R E W C U C E
 T T P D E R N G C O O O N C V
 H T O I D S T L U L W A L W O
 J W E S W E I J A H M D P F L
 R V M H N L N T O O S D R A C
 H Y X B K P E C R C K E F I I
 N C H E R U B A A K K I T Q D
 B E O U V O Z N N F A W S S P
 E O H W N C D I L A C E L S H
 D F H N V Y P O K U D L O D W
 A P A M Q R Z D D S K O F Y Q
 K D V I R T F Y R O T R Q I M

February Birthday Dinner

If your loved one, **residing in Renaissance Gardens**, has a birthday in February, look for the arrival of your invitation to our monthly Birthday Dinner!

Date: Thursday, February 23rd

Time: 5pm

Place: RG Meeting Hall

Each resident can have up to 2 guests per event.**



MUST RSVP to Ann Brown, ext. 8227

** See invitation for more information.

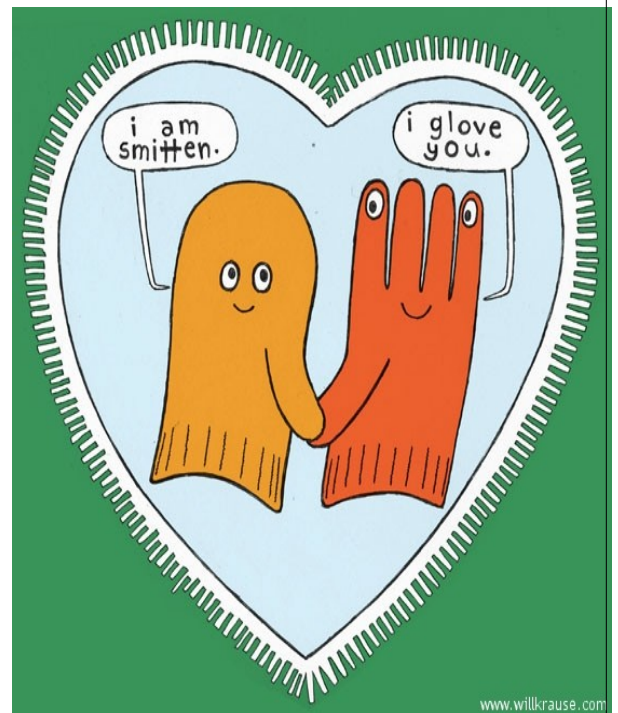
- Valentine
- Cherub
- Arrow
- Bow
- Heart
- Chocolate
- Candy
- Flowers
- Love
- Couples



- Romance
- Cards
- Pink
- Red
- Lace
- Hug
- Kiss
- February
- Cupid
- Poem

What is a ram's favorite love song?

I only have eyes for ewe!





What's New in Dining Services?

The Renaissance Gardens Dining department is always seeking ways to enhance the variety and savory appeal of our menus. Offerings now include:

- Blackened Mahi Mahi
- Baked Potato Soup
- Blueberry Yogurt Cake
- Tarragon Tuna Steak
- Sausage & Corn Chowder
- Lemon Bars and Macadamia Cookies
- Maple Roasted Turkey
- Sweet and Savory Kale
- Chocolate Silk Pie
- Pork Chop with Rosemary
- Sweet Potato Fries
- Strawberry Bread Pudding
- Bourbon Glazed Meatballs
- Spinach Soufflé



Donald's Monthly Maintenance Tip

With the cool weather upon us, please check that there are not any objects sitting on top of your room's air conditioning / heating unit, as this blocks the flow of air out of the unit. Likewise, do not pile objects on the floor in front or obstruct the unit with furniture. Such obstacles prevent air from circulating through the intake vents, restricting the air flow, which then keeps you from receiving the proper temperature adjustment. If you have any problems with your unit, please call the nurses station, the front desk or maintenance at ext. 8190.



WE HOPE YOU CAN MAKE IT!

The Renaissance Gardens Adult Children Support Group



First Meeting:

**Wednesday February 22, 2012 at 5:30 PM
RG Meeting Hall**

Questions?

*Lauren Brown, LCSW-C x8181
or
Kelli Raia, LGSW x8206*

Objectives:

- * Share common experiences with people going through similar circumstances.
- * Decrease caregiver stress.
- * Exchange information, support and friendship.
- * Learn about how other families have addressed challenging situations.



Rehabilitation Corner:

Help For Your Hearing



Did You Know That....

FACT: Approximately 38 million Americans have a significant hearing loss.

FACT: 1 out of 3 people over age 65 have some degree of hearing loss.

FACT: Noise is one of the leading causes of hearing loss.

FACT: Exposure to a loud subway, for just 15 minutes a day, can cause permanent damage to hearing over time.

FACT: Hearing loss is usually first perceived by friends and family *before* the client.

FACT: Tinnitus (ringing in the ears) affects 50 million people in the United States.

FACT: People with hearing loss wait an average of 7 years before seeking help.

FACT: 15 million people in the United States with hearing loss avoid seeking help.

FACT: Technological advancements in recent years have improved the way hearing loss is diagnosed and treated.

Have you been having difficulty understanding what others are saying to you? Do you wish there was something that could be done to assist you in compensating for your hearing loss? Do you have an interest in learning about auditory training, speech reading, environmental adaptations, repair strategies and more? If so, I encourage you to come learn more about the one-on-one Aural Rehabilitation services that are available through the Speech-Language Pathology team at the Outpatient Clinic in Herbert's Run. This topic will be presented on **Friday, February 24, 2012** at the Charlestown Square Classroom at **11:00am**. The American Speech Language Hearing Association (ASHA) defines Aural Rehabilitation as follows: "An ecological, interactive process that facilitates one's ability to minimize or prevent the limitations and restrictions that auditory dysfunctions can impose on well-being and communication, including interpersonal, psychosocial, educational, and vocational functioning." Please feel free to come and learn about the many resources available to you! After my presentation, I will be having a Q and A session for anyone interested. A hand-out containing a list of "communication pointers" will be provided. Hope to see you there!

Further questions? Contact Tina M. Chrest, Speech Pathologist at 410-737-8899



RG LEADERSHIP TEAM CONTINUED

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2 NORTH: Aderonke Adedapo, ext. 8389

1 SOUTH: Christa Dailey, ext. 8592

2 SOUTH: Cheryl Adams, ext. 8080

3 SOUTH: Marie Nicolas, ext. 8012

4 SOUTH: Sara Brice, ext. 8072

RGT: Sandy Davis, ext. 8571

ACUTE CARE COORDINATOR

Shannon Loudermilk, ext. 8045

The Editorial Committee reserves the right to edit articles for space and contents.

A Final Thought...

To laugh often and love much;

To win the respect of intelligent people and the affection of children;

To earn the appreciation of honest critics and endure the betrayal of false friends.

To appreciate beauty, to find the best in others!

To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition. To know even one life has breathed easier because you have lived!

This is to have succeeded!

Ralph Waldo Emerson

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