

Home Observer

Volume 15 Issue 162

Home Observer

January 2022

Stephen Woodruff

*Administrator/Director of
Long Term Care*

R. Eric Townsend

*Deputy Director and
Environmental Services*

**Gregory J. Collins, D.O.,
M.P.H., CMD**
Medical Director

Kathy Crye

Director of Nursing

Cindy Pender-Canarvis

*Assistant Director of
Nursing*

Angela Swain

Director of Social Work

Kim Kavanagh, CTRS

*Leisure Time
Activities Director*

Mike DeCarlo

Dietary Manager

Tom Helles

Maintenance Supervisor

Anthony Jarzyna

Director of Therapy

Barbara Rauber

Director of Fiscal Services

Dear Residents, Families and Friends:

Please be reminded that per the NYSDOH Health Advisory Nursing Home Visitation, dated 01/12/2022, all visitors must have received a negative SARS-CoV-2 test result one day prior to visitation for antigen tests and two days prior to visitation for NAAT (e.g. PCR) tests. All visitors may use either NAAT testing or antigen testing. This means, for example, that a test for a Sunday visit should be conducted no earlier than Saturday if it's an antigen test or Friday if it's a PCR test. In the event that you do not have other valid proof of a negative test conducted within the required timeframe, you will be offered an iHealth OTC COVID-19 Antigen Rapid Test to self-test yourself at the facility. It has been conveyed that the intention of this visitation is to be temporary in nature, and it is our sincerest hope that the community positivity continues to decrease in the near future. Compassionate caregiving visitors are permitted, who are visiting in anticipation of the end of a resident's life or in the instance of a significant mental, physical, or social decline or crisis of a resident. In any case where such an exception is made, the visitor must wear a N95 or KN95, gown, gloves and a face shield.

I wish to introduce Angela Swain, LMSW, our new Director of Social Work services. Angela completed her undergraduate work at Alfred University, and graduated with a Bachelor's degree in Gerontology, and then achieved a Masters of Social Work from Roberts Wesleyan College. Most recently, she worked as an LMSW, within a Social Work leadership role for the Program of All-Inclusive Care for the Elderly (PACE), overseeing programs and clinics in the greater Rochester community. We are excited to have her join our team and I would like you all to formally welcome her to the LCCNR family.

Please be reminded that Covid-19 vaccinations, Boosters and Influenza vaccinations are offered and encouraged to all who can receive them on a weekly basis.

Thank you for your continued support during these trying times, and please know we are always available to support and provide assistance in any way possible.

We Are... We Remain... CNR Strong

In your service,

Stephen R. Woodruff, MS, HSA, OTL, LNHA
Director of Long Term Care

I would like to take a moment to remember all of our residents, families and friends who we have lost this past year. Last year was one of the most hardest years here for the staff and the residents. We lost residents who touched the lives of other residents as well as staff.

Our President of Resident Council just recently passed away and before she left us she wanted to let everyone know how much she loved them, enjoyed their company and was thankful for all the friend she had here and knew how much she was loved. She will truly be missed.

In Loving Memory

YOUR PRESENCE WE MISS,

YOUR MEMORY WE TREASURE.

LOVING YOU ALWAYS,

Forgetting you never.
Dorinda A. C.

Resident Council Schedule

Park 1st Floor

3rd Tuesday at 10:00 am

Melody 2nd Floor

2nd Thursday at 10:00 am

Lilac 2nd Floor

3rd Tuesday at 2:00 pm

**AT THIS TIME WE WILL BE
HOLDING RESIDENT COUN-
CIL MEETINGS VIA ZOOM.**

**FEEL FREE TO CONTACT
YOUR SOCIAL WORKER
WITH ANY CONCERNS.**

THANKS FOR UNDERSTAND-

**Neighborhood
Phone numbers**

TCU- Ground Floor
243-7860

Country Lane- 1st Floor
243-7247

Park Ave- 1st Floor
243-7547

Melody Lane- 2nd Floor
243-7248

Lilac Ave -2nd Floor
243-7240

Memory Lane-3rd Floor

When using alcohol-based hand sanitizer:

PUT PRODUCT ON HANDS AND RUB HANDS TOGETHER



COVER ALL SURFACES UNTIL HANDS FEEL DRY



THIS SHOULD TAKE AROUND 20 SECONDS



Always be mindful on how you are using Alcohol-bases hand sanitizer.

Always wash hands or use hand sanitizer before Any meal.

We also have hand wipes in all the dining room areas for staff and residents to use.

How to Properly Wash Your Hands

1. Turn on clean, running water



2. Lather up with soap



3. Scrub for at least 20 seconds



4. Remember to scrub between fingers, under nails, & up wrists



5. Rinse the soap completely off in clean, running water



6. Dry your hands completely



verywell

Washing hands is the best practice for not spreading germs. Remember not to touch your face, your mouth or your eyes.

Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Recognizing Frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

What to Do

If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously. Hypothermia is a more serious medical condition and requires emergency medical assistance.

If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

These procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider. It is a good idea to take a first aid and emergency resuscitation (CPR) course to prepare for cold-weather health problems. Knowing what to do is an important part of protecting your health and the health of others.

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

WHAT IS...

What is Family Forum (New name same mission)

Family Council will now be called **Family Forum**. Family Forum is made up of family members, volunteers, support providers and facility representatives, and serves to inform and support family members and care givers of our beloved residents. It is an open forum, which includes an agenda, getting to know other family members, making connections, discussing current and upcoming events and projects at the facility, and troubleshooting any concerns that may arise. **All family members are invited and encouraged to attend.** Meetings are held every month via zoom. Wednesday, January 19th at 1:30 will be our next zoom meeting

The Family Forum suggestion box is located in the main lobby, near the water fountain. These entries are collected on a regular basis and acted upon as necessary. Every comment or suggestion is important to us. As always, if there is an urgent concern, please contact your loved ones neighborhood manager.

As family members of a loved one who resides at the facility, we are all in the same boat at times, seeking answers and having a need for support from others familiar with the environment. It is always nice to put a face with a name, and hear experiences and stories of other family members.

What is Resident Council and Representative Council?

Resident Council is a Neighborhood meeting for the resident to suggest quality of life and quality of care improvements and assist administration in providing better programs, surroundings, and services, discuss their concerns, state their opinions and give suggestions for their neighborhood. Each neighborhood has a specific day and time when they meet with the social worker of that neighborhood to go over the previous months minutes and bring up any new concerns. These meetings provide and receive necessary information for the benefit of all residents. The dates and times of these meetings are posted in the newsletter as well as the Neighborhood Activity calendars. **zoom meetings will be held for Resident Rep Council until further notice**

Food Committee Meetings

Food Committee Meetings are going to be held once a month on the **first Tuesday at 1:30 pm** and will rotate to the different Neighborhoods. All residents from every Neighborhood are invited to come to discuss their concerns, make suggestions and listen to the Dietary Supervisor about up coming events or new menu cycle. The order of Neighborhoods will go as follows :Park, Lilac, Country, Melody, Park, Lilac, Country, Melody, Park
CANCELLED AT THIS TIME UNTIL FURTHER NOTICE

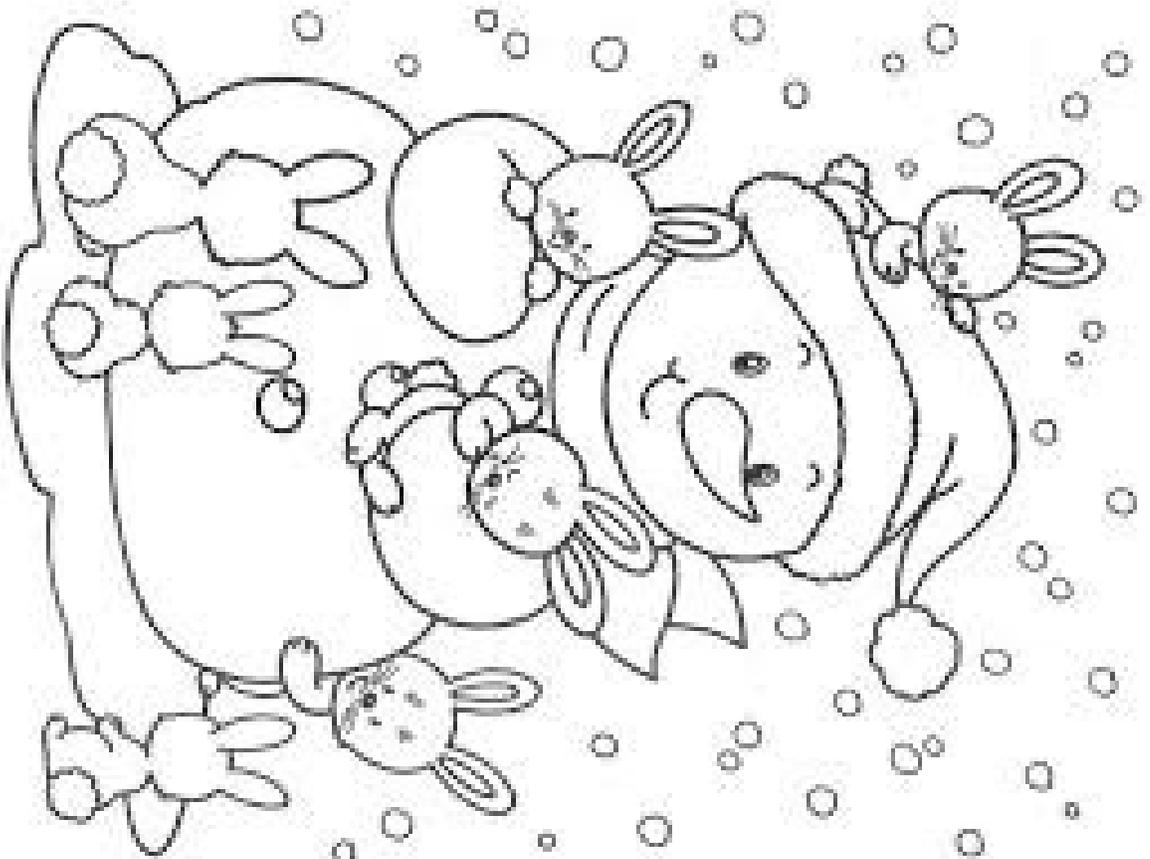
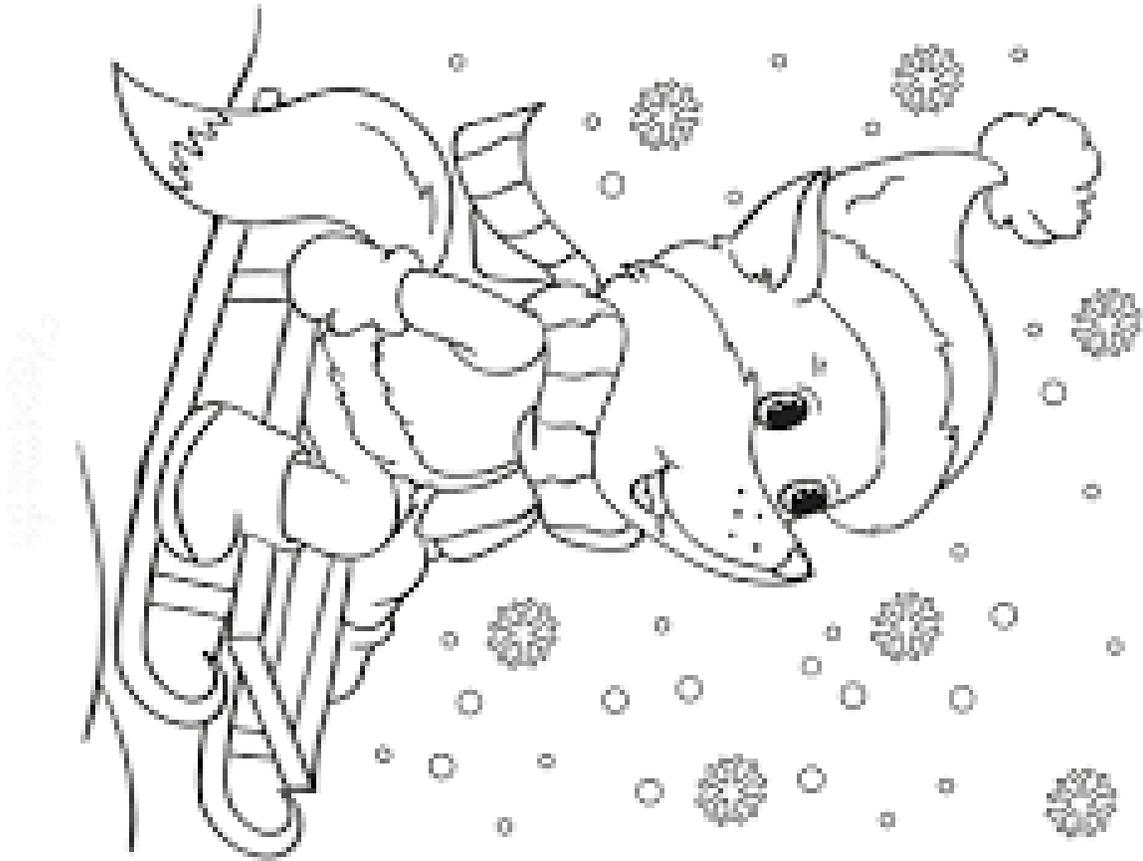
Winter Word Search

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

BLIZZARD
 BOOTS
 COAT
 COLD
 FLURRY
 GLOVES
 HAT

ICE
 JACKET
 MITTENS
 PLOW
 SCARF
 SKATING
 SKIING

SLEDDING
 SNOWFLAKE
 SNOWMAN
 SWEATER
 TOBOGGAN
 WINTER



LIVINGSTON COUNTY CENTER FOR NURS-
ING AND REHABILITATION AND GARDEN OF
LIFE

11 Murray Hill Drive

Mt. Morris, NY 14510

Phone: 585-243-7200

Fax: 585-243-7269

Email: swoodruff@co.livingston.ny.us

SOCIAL WORKER SCHEDULE

SOCIAL WORK HOURS 8:00 AM- 4:30 PM

ERIN RANDALL	TCU	243-7861
	COUNTRY	243-7863
ANNE CAMPFIELD	PARK	243-7862
JULIE KIRCHHOFF	MELODY	243-7864
Angela Swain	LILAC	243-7865
MICHELLE McMANUS	MEMORY	243-7866

Together we make a difference



Social Workers Schedule

January:

1/2 Anne
1/9 Open
1/16 Open
1/23 Erin
1/30 Michelle

STAY STRONG!
STAY HEALTHY!
STAY POSITIVE!

