

# Home Observer

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Home Observer

February 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:

I am pleased to report that a number of staff members that were on furlough in the month of January have returned to work. In a continued effort to augment our Certified Nursing Assistant ranks, we will be partnering with Genesee Valley BOCES to facilitate a C.N.A. class in the month of February. We are optimistic that enrollment in this class will remain strong, and we look forward to both the commencement and graduation of this class.

In the month of January, on 01/25/2022, the Center experienced its annual re-certification NYSDOH survey and a focused infection control COVID-19 survey.

The Center's staff performed exemplary, and I look forward to the receipt and publishing of the final results. Please be assured that the feedback we have received throughout the course of these surveys has been extremely positive, and I wish to recognize the hard work and commitment of our staff to serve our residents and patients in the face of the pandemic.

I am pleased to announce the appointment of Mikael Barge as our Assistant Director of Nursing (ADON). Mikael is from Charleston, West Virginia, and is a well-seasoned medical professional bringing 16 years of nursing experience into this role. She has prior clinical experience in community health, leadership, nursing informatics, and has experience working in multiple medical facilities as a Registered Nurse. Mikael has achieved a Masters of Nursing: Family Nurse Practitioner, Bachelors in Nursing and a Bachelors in Management Information Systems. She enjoys traveling and spending quality time with her family. Please join us in welcoming Mikael to the CNR family.

Enclosed in this month's newsletter is a feature article, that provides an overview of the Center's Fire response plan, our role in the community's Greater Rochester Mutual Aid Plan (GRMAP), the Center's utilization of Incident Command Systems, and the NYSDOH's e-Finds (Electronic Facility In Disaster Systems) program. We encourage you to contact us in the event you have any questions regarding the enclosed information and know our commitment to resident safety and emergency preparedness is second to none.

Thank you all for your efforts and know that your exemplary performance. It is your passion to care for others that remains the keystone to carrying our Center's legacy of compassionate care into the future.

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

In your service,

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

## Month of February

- American Heart Month
- An Affair to Remember Month
- Black History Month
- Canned Food Month
- Creative Romance Month
- Great American Pie Month
- \* [National Bird Feeding Month](#)
- National Cherry Month
  
- National Children's Dental Health Month
  
- National Grapefruit Month
  
- National Weddings Month
  
- [Spunky Old Broads Month](#)



### **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



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



Find the words **Name:** \_\_\_\_\_  
listed below.

## February Word Search



- |                   |              |
|-------------------|--------------|
| 1. Washington     | 6. candy     |
| 2. red            | 7. groundhog |
| 3. pink           | 8. Valentine |
| 4. February       | 9. heart     |
| 5. Presidents Day | 10. love     |

# 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, February 16th at 1:30pm** 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**

AN EVERYDAY HEALTH INFOGRAM

# 7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:



The infographic features a large, faint background image of a heart with a white ECG line. Overlaid on this are seven red, step-like boxes, each containing an icon, a bold heading, and a brief instruction. The steps are arranged in an ascending staircase pattern from bottom-left to top-right.

-  **Live smoke-free.** If you smoke, quit.
-  **Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
-  **Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
-  **Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
-  **Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
-  **Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
-  **Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

Source: American Heart Association

The LCCNR on an annual basis provides different in-services to all staff employed here. One of the In-services training we do is Fire Safety. With the Fire Safety training in-service, our goal is to provide staff with knowledge of what R.A.C.E stands for (R- Remove, A Activate, C-Close, E-Evacuate) How to operate an extinguisher (P.A.S.S) P-Pull, A-Aim, S-Squeeze, S-Sweep. As well as provide them with a green card at orientation that provides us with that information we need.

Part of the Fire Service in-service goes over: What to do if you discover a fire, How to respond to a fire alarm, if it's on their neighborhoods as well as what to do if the fire is on a different neighborhood. Have knowledge of how to use door tags and what each one represents. Fire room =red, evacuated room= orange and fire room evacuated Red tag with E on it. We also go over what shelter in place means and what to do in the non-fire neighborhoods. Knowledge of responsibilities for auxiliary staff = labor pool. We also provide fire training for our outside contractor like Dialysis, Dental Services. Residents and volunteers also get re-educated annually.

Other educational training we incorporate throughout the year are: full scale mutual aid events through the Greater Rochester Regional Mutual Aid which we are a part of, as well as utilizing the systems when needed. ICS- Incident Command Systems, GRMAP- Greater Rochester Mutual Aid Plan, E-Finds,

### What is ICS:

Incident Command Systems-

Is widely used in the emergency services community ( Fire, EMS, Sheriff)

ICS is to meet the needs of incidents of any kind or size

Allows personnel from a variety of agencies and organizations to work together rapidly into a common management structure.

Avoids duplication of efforts

### What the GRMAP:

GREATER ROCHESTER REGIONAL MUTUAL AID PLAN (MAP) - OVERVIEW

The MAP is designed for those disasters where an unpredictable event requires the immediate, short term evacuation of residents. It is not designed as part of a contingency plan for long term resident evacuation due to employee strike or closure of a health care facility. The MAP is also designed to help with supplies and transportation of evacuated residents.

### Responsibilities of Plan Members:

- Residents Accepted: All members are required to be prepared to accept 10% beyond their licensed total bed capacity.
- Members are required to attend the Annual Meeting.
- Members are required to participate in Region and Joint Region Mutual Aid Plan exercises when they are assigned.
- Members are required to pay annual dues as set by the Steering Committee.
- Members must notify the Steering Committee of any changes throughout the year, which may include: changes in administrative or Designated RCC Responder personnel, email and phone numbers; temporary changes which affect the number of residents the receiving facility can accommodate.
- Members are required to use the plan-specified "Resident Emergency Evacuation Information" tag and copies of other specified medical information as called for.
- Members must keep staff trained in this MAP.

### What is E-Finds:

E-FINDS is Evacuation of facilities in disaster systems (Hurricane, fire, flooding, ect)

- \*Sharing patient and resident location information when evacuating facility and relocating to another facility.
- \* Ensures electronic communication/ tracking during resident evacuation from facility.

LIVINGSTON COUNTY CENTER FOR NURSING 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](mailto:swoodruff@co.livingston.ny.us)

*Together we make a difference*



## *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

### **Social Workers Schedule**

#### **February Saturday Social Work Schedule**

2/5

2/12

2/19

2/26

**STAY STRONG!**  
**STAY HEALTHY!**  
**STAY POSITIVE!**

