

From the Desk of the Administrator

FOR THOSE FOLLOWING our newsletter series, you know I have written of our tradition of family and staff in long term roles at Mrs. Bush’s. This edition I’d like to highlight yet another employee celebrating her **10-year anniversary**. She is **Carrie Shafer, ADC, Community Life Director**. Carrie came to Mrs. Bush’s in August of 2006. She applied in hopes of obtaining an activity related position or personal care aide role. We offered her what was available at the time which was evening dishwasher/server and she accepted! Carrie continued to work her way through the ranks as dishwasher, personal care aide and even supplemented her hours to be a babysitter for my newborn son, Hunter. Eventually, the opportunity came for Carrie to work as an activity assistant. She excelled! Just a few months later she gained the responsibility of Activity Coordinator. *Her schooling at Lebanon Valley toward a psychology degree, her love of the geriatric field and her compassionate/caring ways were a great basis for her role. However, Carrie wanted to pursue more and so completed her Activity Director Certification (ADC) between 2008 and 2009 to further educate herself in this field.*

Carrie has continued to grow in her role at Mrs. Bush’s and presently serves as our Community Life Director. She spends a portion of her time doing community outreach, networking and marketing. She oversees 2 activity assistants, creates the quarterly newsletter, plans all activity programs, special groups and community events at the facility and coordinates a team of 10-15 volunteers. She established our Country Store last year which helps to fund our Resident Activity Fund. She also serves as President of the Lehigh Valley Activity Professionals Association. She somehow does this all while being wife to husband, Dan and mother to her 2 vivacious sons, Daniel and Joseph!

We are blessed to have Carrie here at Mrs. Bush’s. Her passion for life and compassion for people show in all she does. She is a true advocate. She is always in search of more knowledge and helps educate our staff to be better caregivers. She truly brings life to Mrs. Bush’s!!

I’d like to share with you all of our staff who have celebrated 5 years or more with us. We are so proud of each and every one!

- 🌀 GAIL BAUER, Housekeeping ~ 5 years
- 🌀 BROOK BLEAMER, CNA ~ 8 years
- 🌀 FERN DEHAVEN, Housekeeping ~ 5 years
- 🌀 JULIETTE DESANTO, PCA ~ 13 years
- 🌀 NANCY DIETZ, PCA ~ 5 years
- 🌀 TIFFANY DORN, PCA ~ 7 years
- 🌀 ELAINE ECKHART, Cook ~ 23 years
- 🌀 COLETTE FRABLE, PCA ~ 18 years
- 🌀 KIM GEORGE, CNA/Admin ~ 25 years
- 🌀 NANCY LIVENGOD, CNA ~ 13 years
- 🌀 HEATHER MILLER, Housekeeping ~ 11 years
- 🌀 DIANE MOORE, CNA ~ 9 years
- 🌀 JOSHUA ROGERS, Server/Dishwasher ~ 9 years
- 🌀 LORAIN SCHULER, LPN/Admin ~ 21 years
- 🌀 RITA SWANGER, CNA ~ 9 years
- 🌀 JANICE TOWNE, PCA ~ 5 years
- 🌀 CATHY UNGOOD, Server/Dishwasher ~ 9 years
- 🌀 SHIRLEY VOGEL, Housekeeping/Server ~ 21 years
- 🌀 DORA WENTZ, PCA ~ 22 years

Sincerely,
Jessica Scheffner, RN, BSN
Administrator

MRS. BUSH’S OLYMPICS

THE UNITED STATES OF AMERICA took home a total of 121 medals at the Summer Olympics in Rio last month. Everyday residents of Mrs. Bush’s watched the games on their own TV or on our large screen in the West Annex where we streamed the games live! Many times you could hear residents and staff cheering on Team USA during the events and you could also see tears and pride for our country as we watched Michael Phelps receive his last Olympic gold medal.

Not only did we enjoy watching the Olympics and tracking Team USA’s success, we enjoyed competing in our own Mrs.

Bush’s Olympics on August 9th. We started the day with the running of the torch, the National Anthem and the Pledge of Allegiance.

The entire day was filled with games—from a walker sling shot distance contest to a Nerf gun shooting competition. We had a total of 13 different competitions. We ended our day with ice cream and certificates for our winners! The residents are looking forward to our next Olympic event when the 2018 Winter Olympics are held in Pyeongchang!



CARRYING THE TORCH...

Naomi and Jeanne join in the fun of Mrs. Bush’s Olympics in August.



HYDRATION STATIONS

Have you noticed our water stations? Each day our stations are filled with fresh cold fruit infused water to encourage our residents, staff and guest to drink!

Hydration is the key to staying and feeling healthy. It is recommended that you drink 48-64oz of water a day! This will help your body remain hydrated so that your system functions properly. Many times as we age our system no longer functions properly on its own, making dehydration more common – making adequate hydration even more important.

Try adding a few slices of cucumber and sprigs of mint to your water for a refreshing drink or a few slices of citrus fruit!

Our water stations are set up in the west annex and café area of the Chestnut Ridge Home and a new station is set up in the dining area of the Country View Home.

Senior/Geriatric Massage

Massage is beneficial for everyone and everyone deserves a massage!

Seniors can especially benefit from therapeutic massage for the following reasons:

- Promotes relaxation
- Reduces stress and helps combat depression
- Increase circulation
- Soothes swollen arthritic joints
- Improve joint mobility
- Improve balance and flexibility

Therapeutic massage is an alternative healing art and is complimentary to other forms of health treatments such as physical therapy, chiropractic care, cancer and edema care. Massage is very helpful in fighting many of the symptoms of aging.

It is very important to receive permission from your physician as a health precaution as some medical conditions are contraindicated by massage. Communicating changes in your health with your doctor and therapist is very important.

For more information on massage therapy, go to: www.serenityplus.massagetherapy.com

Thomasina Elan-Hooks, LMT is our in house massage therapist. *If you would like to book an appointment, please contact Carrie Shafer 610-381-1009*

Pet Therapy Benefits EVERYONE!

Pet Therapy began in the mid-1800s, when it was found that a small pet could aid in the long-term care for the sick, the chronically ill and those that did not respond well to popular treatments. Animals have played a role in history for being wonderful companions from hunting and working dogs to cuddly little animals for children.

But we can't talk about therapy if we don't talk about people first. We are very social creatures. Take, for instance, the power of touch. People of all ages yearn to be touched and embraced. As we age that feeling and power of a hug does not go away. It is reported that people who come out of surgery report faster healing, fewer infections and lower dosages of pain medications when they have someone to hold their hand during recovery.

- The same benefits can be seen in Pet Therapy. *Here is a list of common benefits:*
- Pets lower blood pressure and pulse rate
 - Lessens depression
 - Seniors become more active
 - Pets offer affection and unconditional love
 - Pets ease loss of a loved one and friends
 - Pets fight loneliness
 - Seniors take better care of themselves
 - Sense of security

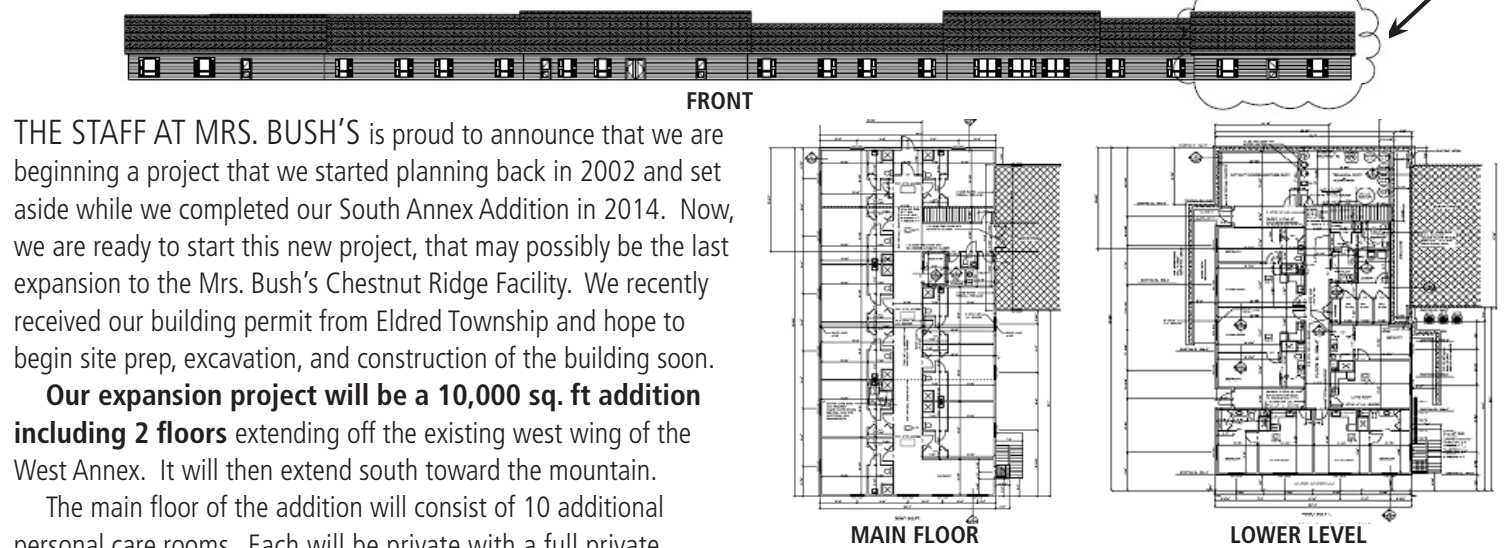
All of these benefits can be witnessed in our home when our volunteers bring in their certified Pet Therapy dogs. *We are pleased to acknowledge Michelle Altemose and her dog Bear, as they recently celebrated their 150th visit to Mrs. Bush's.*

But dogs are not the only pets in our home. We recently, babysat guinea pigs who have now made Mrs. Bush's PCH their permanent residence. These guinea pigs can be visited in the West Annex and are often on the laps of many residents. They have proven to be the best therapy for those who may seem anxious and have made many of our residents more active!



Mrs. Bush's is Breaking Ground This FALL on a New Addition!

2016 ADDITION!



THE STAFF AT MRS. BUSH'S is proud to announce that we are beginning a project that we started planning back in 2002 and set aside while we completed our South Annex Addition in 2014. Now, we are ready to start this new project, that may possibly be the last expansion to the Mrs. Bush's Chestnut Ridge Facility. We recently received our building permit from Eldred Township and hope to begin site prep, excavation, and construction of the building soon.

Our expansion project will be a 10,000 sq. ft addition including 2 floors extending off the existing west wing of the West Annex. It will then extend south toward the mountain.

The main floor of the addition will consist of 10 additional personal care rooms. Each will be private with a full private bathroom. A salon & sunporch will also be included on the main floor.

The lower level will include **5 independent living suites** for tenants that are independent with ADL's and medications. There will be an elevator to access the upper level so they may participate in our social programs, utilize community areas and receive meals in the dining room. The lower level will also include a common laundry room and a community room which may be utilized for various programs, meetings or possibly as an exercise/therapy area.

Many years and long hours have been poured into the planning of these designs. The goal of our project is to achieve an overall census which will generate budget growth needed to offer improved benefits and wages for employees without the need for dramatic rate increases.

Please join us on Friday, September 23, 2016 at 2pm to celebrate our ground breaking with a champagne toast and entertainment in the West Annex Activity Hall.

– THE BUSH FAMILY

UPCOMING EVENTS

Saturday September 17
9 am - 1 pm
ANNUAL CAR CRUISE
with Elvis Impersonator, Kevin McIntyre
Silent Auction
Vendors/Crafters
Refreshments

Saturday, October 22
2 pm
FASHION THROUGH THE DECADES
Join us for a fun Fashion Show
of styles throughout the decades.
Light refreshments served.

Monday, October 31
6 pm - 7:30 pm
COMMUNITY TRICK OR TREAT NIGHT
All children are invited to trick or treat
our hallways for a safe and indoor event!

September 17th 9AM - 1PM
(Rain Date Sept. 24th)

Annual CAR SHOW

Vendors • Crafters • Food

A Tribute to Elvis by Kevin McIntyre
10:30am to 12:30pm

Elvis!