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Join in the Fun!

Outings
2/3 ~ IMAX Movie at the Most ~ Journey to Space~
2/10 ~ Turning Stone Casino
2/17 ~ Sauders Store
2/24 ~ Saki Bomb

Events & Entertainment
2/1 ~ Ed Vollmer
2/5 ~ Super Bowl Tailgate Super Social Hour
2/8 ~ Greg Jenkins
2/14 ~ Valentine’s Day Social Hour
2/15 ~ Dick Ford
2/22 ~ Dan Robbino
2/28 ~ Mardi Gras Celebration

Religious Services
2/4 & 2/18 ~ Bible Study
2/10 ~ Mass with Father Tom
2/7 & 2/21 ~ The Rosary for the Year of Mercy
Religious Transportation every Sunday
LIVE MORE CORNER

Wear Red Day!
Friday, February 3rd
Purchase a Red Ribbon
at the Front Desk for $1

❤ All Proceeds will Benefit
the American Heart Association

Come celebrate Mardi Gras with us!

Fat Tuesday
Tuesday, February 28th
Festive Food, Music and Fun!
1:30 in the Dining Room
A Note from the Executive Director....

Dear Residents and Families,

It is with great pleasure that I’d like to formally introduce our new Business Office Manager, Cathy Carpenter. Cathy officially joined us in early January and she brings many years of relevant experience. Please join me in welcoming her to our Community. On another note, please take a few moments to review the Resident Reminders section on the previous page if you have not done so already. Following these reminders will assist in the safety of all of the residents, staff and visitors. Thank you in advance for following these directives.

Mark Guida
Executive Director

News & Reminders

Beauty Salon Hours:
Tuesday - Friday
By appointment, please call Inger at 453-7911 x 236 for an appointment.

Transportation Hours:

Downtown Area-(Camillus, East Syracuse & Fayetteville)
Tuesday & Wednesday: 9:00 am - 4:00 pm

Liverpool & North Area-
Mondays: 1:00 pm-4:00 pm
Thursday: 9:00 am - 4:00 pm

Please make all appointments through the Nursing Department at # 453-7911 ext. 235
Please provide 48 hours notice

The Perfect Gift for Valentine’s Day!

Wherever you look, the month of February is associated with the color red and the heart symbol. But did you also know that the month of February is American Heart Month? Therefore, what better gift to give a Valentine but a commitment to a healthier lifestyle for a healthier heart? Although, Heart Disease is the leading cause of death for men and women, it does not have to be a dark and gloomy diagnosis. By starting with one new, heart-healthy behavior you can reduce your risk of heart disease and stroke. So, let’s talk about those steps you could take:

- Schedule a visit with your doctor to talk about heart health. Schedule regular checkups even when you believe you are not sick. Let your doctor be your partner to establish/set goals for improving your heart health. Do not be afraid to ask questions and trust their advice.
- Add exercise to your daily routine. Find the time of day that works best for you. Start off slow with walking maybe 15 minutes a day 3 times a week. Then within the month, increase your time by small increments, setting small goals. It will also help to listen to lively music that makes you quicken your step. Mark your exercise on your calendar or find an app on your phone to track your exercise such as May My Walk. This will help with keeping track of your time, frequency and accountability to your commitment.
- Increase healthy eating: Try decreasing your salt/sodium intake. Use other herbs and spices. Decrease the amount of times in a week that you eat fatty/greasy foods and add more fruits and vegetables. Meal Planning and journaling your food/drink intake will help to hold yourself accountable. Dieticians can be a great resource. You might even experience some weight loss too.
- Take steps to quit smoking.
- Take your medication as prescribed. Talk with your doctor about the importance of your blood pressure and cholesterol medications.

So why not make a commitment to not only your Valentine but to your own heart this month and make a few of these changes?

By: Janet L. Haynes, RN
VP of Clinical Services


Resident Council Members

President
Dick Ruzekowicz

Vice President
Ruth Maas

Secretary
Elizabeth Espersen

Treasurer
Dora Corey

Board of Directors
Mary Berry
Lillian Sadlocha
Margaret Schneider
Barb Seymour
Mary Kay Hueber

This month we honor
Paul Valliere
as our Resident of the Month.
Paul is a super friendly, kind, outgoing
gentleman who loves to participate in
many of our activities. He is often the
life of the party!!! He spends a lot of
time with his family and loves to
exercise and take long walks! Next
time you see him...make sure to
congratulate him!!!

Resident Birthdays

2/5  Collette Grace
2/6  Carmen Romano
2/10 Pat Kaserman
2/11 Alyce McClain
2/17 Roberta Tommasini
2/20 Lucy Delmonico
2/24 Mike Plumb
2/25 Jean Voorhees
2/26 Una Zona
2/27 Betty Carmen

New Residents on Board
Grace Maxwell  Apt # 423
Fran Hole  Apt # 253
Teresa Gremski  Apt # 244
Peg Barr  Apt # 213
Lorraine Farrell  Apt # 603
Irene & Wayne  Apt # 133
Rennaker
Vivian & Victor  Apt # 308
Tillotson

Happy Valentine’s Day
Director Team

Medical Director
Dr. Sharon Brangman

Executive Director
Mark Guida

Business Office Manager
Cathy Carpenter

Director of Resident Services
Colette Shepard

Case Managers
Amanda Cardinal
Erin Crowe
Elizabeth Wurtz

Director of Maintenance

Executive Chef
Jeff Pensabene

Director of Activities
Julie Fleck

Directors of Community Relations
Nate Nosel
Lisa LaPrease

Director of Outreach and Special Events
Florence Felt

Resident Advocate & Community Outreach
Skip Collins

February Pickle Winner!
Bethanne Wood

Bethanne has been part of our Greenpoint family since 2016. She is kind, friendly and sweet. She is hard working and always willing to go above and beyond!!! She has a nice friendship with other staff members and is very well liked by our Residents. Next time you see her...make sure to congratulate her!!!

If you would like to nominate a staff member, all entry forms are located at the reception desk and are always given to nominees who do not win that month. Help us as a company “Give’em the pickle right back!” What is “The Pickle?” “When something happens with a customer and you’re not sure what to do? “Give’em the Pickle...do what it takes to make things right!” The pickle philosophy has evolved from there as it’s been put into practice at various businesses. It may be about going the extra mile to make customers happy or putting your own personal stamp on customer service…” –Bob Farrell, creator of “The Pickle.”

Thanks for your help!

In the month of February...

Birthstone:
Amethyst

Flower:
Violet or Primrose

Meaning:
Faithfulness, Modesty and Purity

Staff Birthdays

2/5 Abe Raiti
2/10 Mary Ann Hess
2/11 Teri Miller

Marianna Tarver
2/13 Nick Doyle
2/17 Erin Crowe
2/18 Mary Buehler

Nas’zhalah Logan
2/19 Maya Harris
2/28 Cassandra Lamar
Super Social Hour!
Super Bowl Sunday, February 5, 2017
3:00 in the Community Room

Have your friend be your neighbor!
Plus, you could get $1,000.00 in cash for a Resident Referral!
Call 453-7911
Ask for Nate Nosel or Lisa LaPrease

The Hearth at Greenpoint
150 Old Liverpool Rd
Liverpool, NY 13088

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www.thehearth.net