May

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The Hearth at Greenpoint 2016

Join in the Fun!
Outings
5/6 ~ Heid’s for Lunch
5/13 ~ Turning Stone Casino
5/20 ~ NOW Mobile
Nature on Wheels @ Beaver Lake Nature Center

Entertainment
5/4 ~ Ed Vollmer
5/10 ~ Sentimental Serenade
5/18 ~ Ken Harmes
5/27 ~ Boot Scootin’ Barn Dance!

Religious Services
5/7 & 5/21 - Prayer Group
5/13 - Mass with Father Tom
5/27 - Church Service w/
  Pastor Steve Maddox
5/3 & 5/17 - The Rosary for the
  Year of Mercy
Religious Transportation every Sunday
Live More Week!

- Gardening
- Picnic at Onondaga Lake Park
- Cooking Presentation w/ Chef Jeff
- Senior Olympics: Swimming, Bowling, Basketball
- Week long NuStep Challenge
- Art Therapy
- Chair Zumba and Health & Fitness Presentation with Nina
- Boot Scootin’ Barn Dance
**A Note from the Executive Director…**

Dear Residents, Families and Friends,

It has been said that Spring is nature’s way of saying that there are better things to come. Therefore, we certainly hope that you are not only looking forward to the sunshine and flowers, but also to all of the great events and activities that our staff has carefully planned for you for the month of May. So, open your windows and get out some sunscreen because Spring is finally here!

Warm Regards,
Mark Guida
Executive Director

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**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 Front Desk at # 453-7911
Monday thru Friday 8:30-5:00
Please provide 48 hours notice

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**Celebrating LIVE MORE™ in the month of May!**

By Janet L. Haynes, RN Director Clinical Services

A hot topic everywhere is *Brain Health*. The truth is that there is not a magic pill to take or puzzle to do to assure brain health. Research shows and is illustrated in the “web” diagram below (below left) that safety, nutrition, physical exercise, sleep, hydration, stress management, treatment of disease, and mental activity/stimulation must all work together to obtain optimal brain health. You can definitely tell when you have not had quality sleep that your brain function can be diminished. The reverse can be said that after physical activity your brain sharpness increases. When you do both and add the other components to daily living, you are on your way to attaining brain health!

Hearth’s LIVE MORE™ philosophy closely aligns with the brain health concept with our multi-faceted, holistic approach. As illustrated by the Live More™ Wheel (above right), when our spirituality and emotional needs, stimulate socialization, work towards good nutrition & hydration, get physical activity and address environmental, vocational and intellectual needs are addressed, we can achieve a more fulfilling lifestyle equal to LIVING MORE! Some of the facets of LIVE MORE™ may come easily for us and our job is to work on the facets that may be lacking.

We look forward to having a fun filled week starting May 22nd when we celebrate LIVE MORE™ and National Senior Health and Fitness Day with both residents and staff in all Hearth communities! We will introduce fun and easy activities plus educational events demonstrating how we can include new habits into our routine. We hope to provide a roadmap motivating all to work towards optimizing all facets of healthy living so we can all …LIVE MORE™!
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

Resident of the Month: Doris Johnson

WOW! Doris has been a resident here at Greenpoint for almost 8 years! She is one of the founding members of our Greenpoint Chorus, and loves to listen to all of our musical entertainment. Doris enjoys going out to lunch and spending time with her family. Throughout the years, Doris has been a wonderful friend to countless residents, and such a pleasure to all of our staff members. Make sure to give Doris a smile, and congratulate her for being our May Resident of the Month!

Resident Birthdays

5/9 – Richard Darrow
5/11-Carmella Paccica
Doug Currie
5/15-Dorothy Boelson
Paul Prouty
5/16-Claudia Constas
William Hennessey
5/18-Donald Rhinehart
5/19-Barbara Seymour
5/21-Filomena Mula
Ida Mae Ryan
5/26-Richard Carroll
5/27-Beverly Druce
5/28-Deb Cavellier
Lura Helvie

New Residents

Alda Dumigan Apt # 228
Jean Powell Apt # 516
Roger Todd Apt # 100
Isabelle Carulli Apt $ 139
Kate Zeeland Apt # 203
Mike Morga Apt # 404
Raymond Sharp Apt # 239
Beatrice Cummings & Ken Klotz Apt # 211

Have you or your loved one enjoyed Living More here at The Hearth?
Share your story online at: Caring.com Ourparents.com Senioradvisor.com Google.com

Please be courteous of other people’s vehicles in our parking lots. Be sure that you are aware of your surroundings when your vehicle is in motion. Be sure to leave enough space in between vehicles when parking to allow for people to safely open their car doors and get through with their walkers and wheel chairs.
May Pickle Winner!

This month we honor

Scott Woodworth

as our Pickle Winner!

Scott has been a part of our Greenpoint team for a little less than a year. His is very well liked by our Residents, Family members and Staff. When he has extra time he often helps out in other departments. In his free time he spends quality time with his wife and kids. He loves spending time on the water and just purchased a couple of jet skis. Next time you see Scott...make sure you congratulate him!!!

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 May...

5/5 - Cinco de Mayo
5/8 - Mother’s Day
5/21 - Armed Forces Day
5/30 - Memorial Day

Arthritis Month
Stroke Awareness Month
Older Americans Month

Staff Birthdays

5/8 – Krista Nicholson
5/13 – Mike Latuga
5/17 – Vinny Bisesi
5/21 – Jenny Levine–Kuester
5/28 – Shayla Brumfield
5/30 – Jesse Perez

Happy Birthday!
Boot Scootin’ Barn Dance!
Friday, May 27, 2016
12:30-2:00pm in the Dining Room
Live Music, Dancing, Food, Games & Fun!

$5,000 REWARD!
NOTIFY NEAREST LAW ENFORCEMENT AGENCY

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

Phone: 315-453-7911
Fax: 315-457-5602
www.thehearth.net

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

www.facebook.com/TheHearth/