



ONEIDA  
CENTER

# NEWS

1445 Kemble Street, Utica, NY 13501

March 2018

## **UPCOMING EVENTS:**

**Wednesdays-  
Special Music  
w/Cassandra,  
Rebecca, Blues  
Bros, and Larry!**

**St Patrick's Day  
Parade-  
Watch for us on  
WKTV!**

**Monthly Resident  
Birthday  
Celebration!**

**Painting and Poetry  
Group!**

**Special Chinese  
Luncheon!**

**Shopping Trips!**

**Super Sundae  
Social!**

**Spelling B  
Challenge!**

**Bowling Matches  
Begin!**

## **A note from the Administrator**

It is with great joy and pleasure that we present our first Newsletter as a Centers' facility. As you may be aware from a letter sent in January, Focus Utica officially became Oneida Center Rehabilitation and Nursing January 1, 2018. Over the next months and during this year you will continue to see changes as our new building sign is placed along with the Centers' Team assisting us to bring not only physical changes to the environment but also process changes in an effort to assist us attain and maintain the highest level of care and caring we can deliver to our residents, their families and friends, and our staff.

March brings us closer to the end of winter and into spring. We are looking forward to participating in the St Patrick's Day Parade, residents, staff and families. Erin O'Bryan our Director of Recreational Services with the residents are putting together an active Recreational Calendar including a Painting Class being taught by one of our own extremely talented residents. April will bring early planting weather and opportunities to increase our outdoor activities.

In March, we will also be implementing the "Pickle (Recognition) Program". The "Pickle (Recognition) Program" is part of a Customer Service Program that we have initiated at Oneida Center. Briefly, Bob Farrell, an Ice Cream Parlor owner, developed this Customer Service Program based on experiences he had while running his Ice Cream Parlors. The premise is that staff should look for ways to go above and beyond for the resident, their families and visitors, and their coworkers. When they do go above and beyond it is called a "Pickle". A resident, their family or visitors, and other staff members can recognize an employee who they have witnessed going above and beyond by writing the name of the employee and a summary of the details of their actions on a card and depositing it in a locked box located at the front desk and at each elevator. Daily, Administration will empty the box and post a pickle note on a bulletin board in the Atrium identifying the employee and their note-worthy deed. At the end of each month, all of the "Pickles" will be collected and the names of the employees recognized will be put in a Pickle Jar (one for each recognition – so if an employee is recognized 10 times his/her name will be entered 10 times). The President of Resident Council will pull one name out of the Jar and that employee will be presented with a Visa Gift Card, their bio on the Bulletin Board, and a certificate. All employees recognized will receive a recognition certificate and they will be able to keep their "Pickles". A copy of the pickles and their certificate will be kept in their personnel file.

In closing, please know that my door is always open to all. If you would like to speak to me and I am not in the facility, please leave a voice mail. If it is urgent, please give the Receptionist your number or ask the Receptionist to call me on my cell phone. It is only by hearing your suggestions and concerns that we can truly continue to improve and provide exceptional caring services to the residents entrusted to our care.

Helen Norine



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Facebook



The month was filled with all varieties of events to include the Heart Walk, with Elby collecting hearts from everyone at Oneida Center. Valentine's Day was celebration of hearts, cards, and lovers. Pictured below are John and Beverly, our own couple of over 50 years celebrated with us during our Valentine's Day Social. Also shown is staff from the Recreation Department (Mary, Nobie, and Erin) during Mardi Gras with residents.



Terry Johnson, a local, and performer of the “Swamp Drivers” was featured on the Rachel Ray show and played for our Oneida Center Residents!!!

“Was just on the Rachel Ray show playing a guitar made from a frying pan, crazy huh?”

This “Frying-Pan Guitar” is listed for auction on EBay.

Terry Johnson resides in Poland. He was excited but equally as nervous to be on the Rachel Ray Show. He mentioned that Rachel was relaxed and made him feel so comfortable; it felt like talking to a regular person in the community. It was refreshing to see a celebrity star that is “down to earth.”



### **St Patrick's Day Facts You May Not Know**

St. Patrick's Day occurs annually on March 17<sup>th</sup> in observance of the death of St. Patrick, the patron saint of Ireland. What began as a religious feast day in the 17<sup>th</sup> century has evolved into a variety of festivals across the globe celebrating Irish culture with parades, special foods, music, dancing, and a whole lot of green.

### **Drowning the Shamrock Refers to Trefoils**

- ❖ The phrase "Drowning the shamrock" is rooted in a tradition in which a shamrock worn on the lapel for St. Patrick's Day was tossed in the last drink of the evening.
- ❖ Furthermore, the shamrock is not the symbol of Ireland. That honor goes to the harp. A popular icon of the holiday, the shamrock was used by St. Patrick to teach the Holy Trinity.
- ❖ Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on March 17<sup>th</sup>, the traditional death date of Saint Patrick (AD 385-461). The foremost patron saint of Ireland.
- ❖ The significance of the Feast Day of Saint Patrick is the commemoration of the arrival of Christianity in Ireland.
- ❖ Celebrations include attending parade, attending ceilithe, wearing the color green, shamrocks, and of course drinking Irish beer and whiskey.
- ❖ Observances include attending mass or service.

### **Upcoming St. Patty's Day New:**

Watch for our residents and staff who will be marching in the annual Utica St. Patrick's Day parade this year! For More information and pictures check out and LIKE our new FACEBOOK page at ONEDIA CENTER!!!



**"THANKS TO EVERYONE FOR YOUR SUPPORT"**

# Are YOU seeing DOUBLE???

Recently our Recreation Staff, Janet, was visited by her twin sister, Joyce, and their dogs that are also sisters, Maura and Geri-Ann. They had our residents doing a “double-take” all day as they got a double dose of pet therapy. Both our residents and staff got a kick out of the set of twins, giving everyone an early dose of April Fool’s!



***“Pet Visits” are proven to be very therapeutic and are a vital stress reliever, reducing anxiety and increasing spirits of the residents.***





## A note from Kenny

Sometimes a story comes along that makes you want to stand up and cheer. I hear them all the time because they take place in Centers homes everywhere. But this one caught my attention because of some unusual circumstances. The thanks of the entire Centers Health Care family goes out to our team at Steuben Center where it all took place.



Christina McLendon, a Navy veteran from Texas was visiting New York to attend a late September women's retreat. What happened to her while she was here changed her life, and a lot of lives at Steuben Center. Christina was struck by an automobile while walking through a local parking lot and severely injured. Her shattered leg required two separate and very complicated surgeries at Corning-Guthrie Hospital, and extensive rehabilitation. With her 12 year old son and her husband at home in Texas, Christina was completely alone. Then she chose Steuben Center for her rehabilitation and everything changed.

Christina looked at her situation as an opportunity to meet new people and joined us with such an upbeat attitude and positive outlook that she quickly became one of our most popular residents. She worked tirelessly on her rehab and became a cheerleader for her fellow residents, giving them a needed boost when their therapy got tough. "If I can do it, you can too" and other encouraging words backed by her bright smile, were credited by dozens of other residents as being the tonic they needed at just the right time to help them through their own rehab. As the holidays drew closer, when most people in her situation would struggle with depression, Christina became even more upbeat. A welcome visit from her husband and son at Thanksgiving helped of course, but Christina saw the holidays as just another way to bring joy into other people's lives. She assisted the team at Steuben by wrapping eighty presents they had purchased for their residents, and personally delivered them to everyone on Christmas morning. As she neared the end of her rehabilitation, she told us about all that she had gotten from her experience. *"I'm looking at all that I can take away from this"* she said. *"I got to meet so many wonderful people and learn their stories. They are amazing and I found them so inspiring. And I've been blown away by the kindness and generosity of people. It's made me reevaluate how I want to go forward in life."*

On January 30<sup>th</sup>, the Steuben Center family threw a surprise farewell party for Christina. She will be missed by everyone, but her story will continue to inspire other residents for a long time to come.

Kenny Rozenberg, CEO



## Staying ahead of the curve

There are always exciting things happening in the therapy suite at every Centers facility. After all, recovery is exciting. But this month, four of our facilities are participating in a virtual reality pilot program that may ultimately change the therapy protocols throughout the Centers Health Care family.

Virtual reality therapy has made its way into many rehab facilities, as a way to provide low-impact workouts in a “real world” setting. However, the set-up is often large, unwieldy, and requires extensive specialized equipment. Now, Centers is partnering with Jintronix, a Canadian firm, to bring their breakthrough rehab technology to our residents. Jintronix uses a sophisticated yet very compact computer and advanced motion sensors to create a wide range of precise activities. Residents sit or stand in front of a television and the therapist creates an exercise that appears on the screen. The resident sees his or her movements on the screen and every motion is tracked and recorded so as the resident progresses through their rehabilitation, their advances are documented and the sophistication of the exercises is increased. And one of the best parts? The Jintronix system uses computer gaming technology to make the therapy fun! Residents might find themselves skiing, playing soccer, or shooting a basketball. The games make therapy more enjoyable, encourage longer sessions, and provide immediate positive reinforcement. Just one more way that Centers Health Care is staying ahead of the curve.



## **Show your Centers Pride!**

When you see a vehicle throughout your community, you may often see this logo below:



For our newer facilities, such as ours, the staff will now have these magnets on their vehicles to proudly show off our new facility name. Beginning this month, if you are spotted displaying our CHC logo magnet a money award of \$50 is presented to the winner! Every staff member has a chance to win by displaying this on their vehicle! Help us spread the word!

**#centersrocksit!**

**#supportustoday!**

## **A Friendly Reminder**

### **March**

Women's History Month  
National Social Work Month  
Daylight Savings Time Begins-3/11  
St Patrick's Day 3-17  
Certified Nurses Day 3-19  
First Day of Spring 3-20

### **April**

National Poetry Month  
Vitamin C Day 4-4  
World Parkinson's Disease Day 4-11  
Healthcare Decisions Day 4-11  
Volunteer Recognition Day 4-20  
Earth Day 4-22

*March is National Nutrition Month*  
**Healthy Eating**

