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1 September, 2024

SEPTEMBER 2024

# ELMWOOD EXCLUSIVE

Team Newsletter



## A MESSAGE FROM THE PRESIDENT:

A Labor Day Reflection!

As we approach the conclusion of the summer season, I want to extend my warmest wishes for a happy Labor Day to everyone and heartfelt congratulations as we embark on a new school year. This time of year signifies not just a change in seasons but also an opportunity for many families to reflect on the enjoyable moments they shared over the summer. I hope families made the most of this precious time together, bonding and creating lasting memories with their children before they return to the structured environment of schooling, filled with new lessons and experiences to embrace.

For those returning to their professional lives, I would particularly like to welcome back our dedicated clinicians who have taken time away for vacations. I trust that you all have had a chance to recharge and replenish your energy, as we have much work ahead of us.

The mission of enhancing our Adult Day program must remain at the forefront of our objectives, and the dedication and expertise of our staff are essential to our success.

In the coming weeks, we have several significant developments within our Adult Day program. Our facility on Miner Street urgently requires repairs, and we are in the process of collaborating with contractors to obtain proposals and bids for the necessary work. Our building's exterior, roof, and heating/cooling systems are due for replacement, and we are committed to creating an optimal environment for our participants and staff alike.

Additionally, we recently conducted a fruitful meeting with the creative team from Channel 12. We are optimistic about launching a television segment in October that will spotlight the incredible work we do at Adult Day. Our objective with this initiative is to draw attention to our programs, celebrate the achievements of our team, and ultimately increase enrollment. Highlighting our offerings is crucial for fostering community engagement and encouraging new participants to benefit from our services.

Moreover, I want to take a moment to express my profound pride in our Home Care agency in Rhode Island, which I often refer to as our "Rock." The exceptional work executed by this star-studded team deserves our utmost appreciation. Your unwavering commitment and high standards of care make an indelible impact in the lives of those we serve, making a difference in the community every single day.

In Massachusetts, we are experiencing promising growth. A significant challenge we faced was securing a full-time Physical Therapist. Thankfully, our Rhode Island team stepped up to help us navigate this hurdle. Just last week, I renewed my Massachusetts license and reentered the field. It has been a rewarding experience that reminded me why I am committed to this line of work.

Lastly, I want to share that the Massachusetts Department of Health will be reviewing our primary care site soon. We are hopeful for a positive assessment so that we can begin seeing our first patients there without delay.

As we transition into this new chapter marked by the return of school and professional routines, let us carry forward the lessons of summer, embrace the challenges ahead, and continue our efforts to provide high-quality care in our programs.

Best wishes to everyone, and let's make this time of year fruitful and rewarding!

Best regards,

Igor Yatskar



01 / 06



# DISEASE LITERACY MONTH:

## THE IMPORTANCE BEHIND UNDERSTANDING YOUR HEALTH

September marks National Disease Literacy Month, dedicated to empowering individuals with knowledge about their health conditions and the essential services required for informed decision-making. The goal is to help people lead healthier lives by emphasizing that prevention is far more effective than treatment. When someone is diagnosed with a disease, it is crucial for them to receive comprehensive information to make informed decisions about their care. Understanding their condition empowers individuals to take control of their health and apply their knowledge effectively, even when not under the direct supervision of a medical professional.

Disease Literacy Month started as a way to show adolescents how to handle being diagnosed with chronic illnesses and diseases. Since then, it has grown to emphasizing the importance of understanding one's own health because many people may be unaware of the risks and treatments made available to them regardless of age.

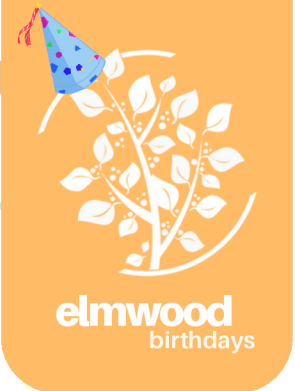
At Elmwood Healthcare, we prioritize education through our Home Care services. Our commitment to patient care extends beyond the presence of our medical professionals. We equip our patients with the skills and knowledge necessary to manage their health independently or with the support of a guardian between visits. This approach is crucial to both our medical team and our organization. While we deeply value our patients, our ultimate goal is to empower them so they can effectively manage their conditions and reduce the need for visits. However, should circumstances change, we are always ready to return and continue supporting our patients on their health journey.

***"Knowledge is power, that knowledge is safety, and that knowledge is happiness."***

**- Thomas Jefferson**

## TIPS TO LEAD A HEALTHY LIFESTYLE

- **EAT HEALTHY:** Fuel your immune system with nutrient-rich foods like fruits and vegetables.
- **EXERCISE:** Regular moderate exercise strengthens your body, circulates immune cells, and lowers stress hormones that can increase illness risk.
- **DON'T SMOKE:** Smoking weakens your immune system, but quitting can reverse this damage so it is **never too late**.
- **GET ENOUGH SLEEP:** Aim for seven to eight hours of sleep to boost immunity and reduce risk of diseases like heart disease.
- **MANAGE STRESS:** Chronic stress impacts your immune system. Identify stress and engage in activities like yoga, meditation, or exercise to manage it effectively.



# HAPPY BIRTHDAY!



**Rosula Diaz De Perez**  
September 04



**Andrea Pazienza; PTA**  
September 04



**Yuleisy Romero Paulino; CNA**  
September 05



**Darlene Belhumeur**  
September 07



**Miladys Gomez; CNA**  
September 07



**Deanna Kelly; RN**  
September 07



**Josefina Anaya; CNA**  
September 11



**Johaly Montes DeOca; CNA**  
September 11



**Nieve Jiminez; CNA**  
September 12



**Grimoalda Aguiar; COTA**  
September 13



**Wendy Santiago De Sanchez; CNA**  
September 13



**Yuliana Cabrera De Lantigua; CNA**  
September 14



**Teresa Mora; CNA**  
September 14



**Catherine Nath; CNA**  
September 16



**Dismeilan Batista; CNA**  
September 18



**Tiffanie Benson**  
September 19



**Evelyn Berlinsky; PTA**  
September 19



**Marina Daniels**  
September 19



**Jennifer Franco**  
September 20



**Daihana Tolentino; CNA**  
September 20



**Laura Felix Bencosme; CNA**  
September 20



**Robert Jones**  
September 21



**Zeyneba Soyasi**  
September 21



**Maria Olivar Lara; CNA**  
September 21



**Maria Collado**  
September 22



**Esrlri Giron Noriega; RN**  
September 22



**Tomasina Perez**  
September 23



**Gloribi Pastor; RN**  
September 23



**Nicolas Espinosa; PTA**  
September 27



**Michelle Cahill; LPN**  
September 30





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\*Photos from our Family Fun Day held on August 31, read more on page 6.

# WHAT'S HAPPENING:

**New Faces & New Places:** We are thrilled to welcome Lesa Gagnier, RN, to the Elmwood Home Care RI team! With a wealth of experience in home care, Lesa is making a welcome return to the field after dedicating the past three years to supporting her family. We are excited to have someone with her deep compassion and expertise on board. We also extend our heartfelt best wishes to Esrli Giron as he transitions from skilled to non-skilled case management. After three years of valuable contributions to our team, we look forward to seeing the positive impact he will continue to make in his new role.

**Massachusetts Growth:** We're excited to share that our Massachusetts Home Care nursing and therapy services are expanding! This growth allows us to better serve our community and continue providing exceptional care.

## STAFF SPOTLIGHT: JO ANN MEDEIROS

Jo Ann, originally from Fall River, has made Westport, MA her home for the past 36 years. In her vibrant family, where her father is the eldest of 19 siblings, Jo Ann shines as the oldest grandchild. With a younger sister 10 years her junior, she has always embraced her role as a family leader. Celebrating 39 years of marriage, Jo Ann is a devoted mother and proud grandmother. Her impressive 42-year career journey has seen her excel in four distinct roles: a decade-long tenure, a remarkable 26-year position, a year in a new role, and, for the past 5 years, she has thrived at Elmwood Healthcare.

### JO ANN'S FAVORITES:

- **Movie:** Grease
- **TV Show:** Netflix Binges
- **Snack:** Anything Crunchy & Salty
- **Musician:** Jackson Brown & Eagles
- **Vacation:** Florida

### FUN FACTS ABOUT JO ANN:

- Jo Ann enjoys bargain shopping, cooking and gardening.
- Jo Ann classifies as an introvert
- If you are looking for any daily necessity, Jo Ann has been known to have it in her drawer or in her car.



Greek Philosopher Aristotle believed that everything has a cause. Every event that happens in your life is an opportunity for you to grow and learn.

**"Everything happens for a reason"**  
-Aristotle



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# WHAT'S HAPPENING:

**Hispanic Heritage Month:** In the United States, Hispanic Heritage Month is celebrated from September 15 to October 15. To honor this special time, Elmwood Adult Day Healthcare is dedicating the entire month of September to exploring the rich diversity of Hispanic cultures. Throughout the month, every Friday at both of our centers, we will celebrate the rich tapestry of Hispanic cultures. Each week, we spotlight 3 to 4 different countries from the 19 represented at our centers, offering an engaging educational session on their histories. This cultural journey includes vibrant music, traditional dance, and delicious cuisine from each featured country. By immersing ourselves in these diverse cultures, we deepen our understanding and appreciation of one another, making every Friday a unique and enriching experience.



## FRESH START FALL

As summer draws to a close and the seasons shift, Elmwood Adult Day Health Care refocuses its commitment to enhancing the health and well-being of the seniors in our care. Our dedicated team works diligently with providers and the community to deliver exceptional, community-based health services. Our primary goal is to effectively implement the care plans created by our participants' providers. Driven by a passion for supporting our community, we concentrate on what truly matters: harnessing the strength of our supportive environment to enrich the lives of our participants across social, physical, mental, and emotional dimensions. We are actively welcoming new participants, so if you or a loved one are interested in what we offer, we encourage you to give us a call or visit us today.



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# WHAT'S HAPPENING:

**Family Fun Day:** On the last Saturday of August, we gathered at our Taunton office for a day of family fun! This event was a chance for colleagues and their families from all our locations to come together and connect. From food trucks to bouncy houses to arts & crafts, there was something for everyone in the family to enjoy. We appreciate everyone who was able to attend!

**Primary Care:** We're excited to share that we're nearing the final steps before launching primary care services in Taunton! In the coming weeks, we'll be undergoing our final review. Stay tuned for more updates as we approach this important milestone!

## RESULTS RADAR

Harness the power of Alma Veil to effectively address a range of pigmentation concerns. Whether you're dealing with dark circles, sun spots, rosacea, or any other pigmentation concern, we can significantly reduce their appearance, often in just a single visit. To determine the ideal treatment plan tailored to your goals, schedule a consultation with our provider today. Discover the transformative benefits of Alma Veil —book your appointment today!



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