



AUGUST 2011

Drug Safety

According to the Kaiser Family Foundation, nearly 4 billion prescriptions were filled in 2010 (well



over \$3 billion). The need for safety has never been more important. The best advice for patients – when in doubt, ask! Experts suggest keeping a list of your medications in your wallet and let a family member know that you have it. Be ready to take that list out at the dentist's or in an emergency.

It is also a good idea to periodically take all medications to a pharmacist to be checked for interactions and expiration dates.

Evercare Family Night

EVERCARE is a federally-funded Special Needs Medicare Program specifically designed for Medicare recipients who live in nursing homes. The program provides enhanced Medicare benefits and is designed to be proactive and to prevent illnesses before they become severe. Learn more about the program's benefits and how you and your family can benefit from this program: **TUESDAY AUGUST 9TH at 4 p.m.** Please **RSVP to Debbie Gallagher at (301) 762-8900 ext. 112.**



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Summer Peach Recipe
11 Years and Counting
An Angel Among Us

Home Grown

“It is a tradition at Collingswood to mentor and nurture our staff,” states Administrator Kathy Catucci.



Kathy understands this better than anyone; she began as a nurse, and later became the Director of Nursing at this center.

Congratulations to Vicky Ragasa, who is assuming the role of Assistant Director of Nursing, to Joyce Geer, who will manage all dietary services and to Rosaline Saha who will become the unit manager of 1W. Very special thanks to Theresa and Angela who always go above and beyond the expected.

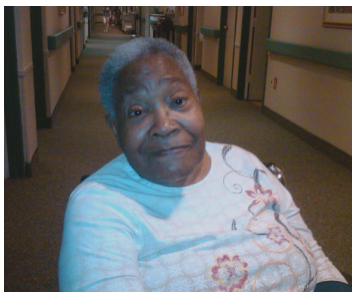
Collingswood's 2nd Annual Community Day!
Saturday, October 15th
Bring the whole family and friends for food, fun, and entertainment.



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Resident Spotlight An Adventurous Lady

“It is never a dull moment in this place,” states Collingswood resident Ruth Ramkissoon.



She thrives at the center. She says she’s been busy her whole life so it makes sense that she loves going to current events and trivia best. Ice cream socials and exercise classes are a must for Ruth too.

She was born into a sharecropper’s family in rural South Carolina and moved to Washington, DC at age 2.

“The ways of making do with what you have and appreciating every day is something I learned from my family,” she says proudly.

Ms. Ramkissoon studied nursing at Freedman’s Hospital, one of the first Afro-American hospitals in the county. She later



took courses in early childhood education and ran a child care center for 10 years. Her mother had a magical touch with a needle and thread and taught Ruth to sew at an early age. Good with her hands, she loved to cook decorate cakes.

“I could make them as beautiful as any cake in a bakery!” she said.

Thanks to Ruth for sharing her story!

Employee Spotlight Eleven Years and Counting

Maria Santos can’t imagine not being a part of the team at Collingswood.



“I was comfortable here the moment I started working here. Every day, I was made to feel welcome,” she says.

“Sometimes all these wonderful residents need or want is to have you smile at them. It helps to relax them and makes me so happy too,” she says.

Maria was born in El Salvador and when she moved to the US, she spoke not a word of English. In a California nursing center, she learned to speak and read English from her residents and fellow staff. Maria received her Geriatric Nursing Assistant license in 1991.

Although she misses her family in El Salvador, she says she has everything she needs here and much more.

“Homeownership has been a dream come true for me!” she says brightly.

When Maria is not helping our residents in the 2E unit, she likes to read inspirational and self-help books in both Spanish and English. Cookbooks are among her favorites.



Congratulations on eleven years of great service, Maria!



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Message from the Administrator



We are staying cool at Collingswood! Even when it is very hot outside, our activities staff is ensuring our residents are enjoying great summer fun. Last month's luau was a smash hit and a good time was had by all. We are also enjoying the fresh fruits and

vegetables from our local farmers. Our musical entertainment always livens the building.

Be sure to let us know if you have ideas for activities that our residents might enjoy. One of the best things about Collingswood is that we love trying new things!

Warmest wishes,
Kathy Catucci, RN, LNHA

August Activities...



- Aug. 10th** – August Birthday Party
 - Aug. 16th** -Music w/ Sandy Lederman
 - Aug. 17th** -Cowboy Joe's Comedy & Magic
 - Aug. 19th** – Linda Leach Piano/Vocal
 - Aug. 23rd** - 60's/70's Music with Bob & Rob
- Watch for details about Beach Week!

Pet Reminders

Collingswood is pet friendly. If you have a "people friendly" pet you would like to have visit Collingswood, please make sure your furry friend is up to date on vaccines and is safe with seniors. We love to see the smiles on our resident's faces when they are greeted with a wagging tale! If you have any questions, please ask a member of the staff.

A Peachy Recipe

Paula Deen's Peach Cobbler

- 4 cups peeled, sliced fresh peaches
- 2 C sugar divided
- ½ C water
- 8 T butter
- 1 ½ C self-rising flour
- 1 ½ C milk
- Ground cinnamon (optional)



Preheat oven to 350 degrees. Combine peaches, 1 cup of sugar and water into a medium sauce pan and mix well. Bring

to a boil and simmer for 10 minutes. Remove from heat. Put butter in a 3-quart baking dish and place in oven to melt. Mix remaining 1 cup of sugar, flour and milk slowly to prevent clumping. Pour mixture over melted butter. DO NOT stir. Spoon fruit on top, gently pouring in syrup. Sprinkle top with ground cinnamon. Batter will rise to top during baking. Bake for 30-45 minutes. Scoop on a plate and serve with vanilla ice cream or whipped cream.

August Trivia Facts

- *Birthstone: *Peridot or Onyx*
- *Flower: *poppy or gladiola*
- *In normal years, no other month starts on the same day as August and August ends on the same day as November every year.





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Editor's Note

Rather than angst and complain about the hot weather, how about taking notice of the wonders of the season? The tell-tale roar of cicadas at night, the warm, fresh tomatoes from local gardens, and peaches so juicy you need a bib to eat them are just a few of nature's gifts of late summer.

Beaching with my husband and daughters is another favorite rite of summer. While last year was amazing Croatia, we look forward to memories to be made right here in Rehoboth, Delaware.

Hoping you can look on the sunny side of summer,

Trish Evans

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Staying Cool

*Stay in air conditioning when it is extremely hot outside if possible.

*Keep a dampened towel in the refrigerator and wrap it periodically around neck and shoulders to keep cool.

*Place a large bowl of ice in front of a fan to help cool the air.

*Above all else, keep hydrated! Water is best. Drink sports drinks only after heavy exertion or exercise.

What dreadful hot weather we have! It keeps me in a continual state of inelegance. ~Jane Austen