



DECEMBER 2010

Another Kind of Gift

“It is so gratifying to witness the mutual appreciation when you get these two groups of special people together. Everyone wins,” states *Project SHARE* Coordinator Jeanne Reilly.



SHARE, or Students Help and Reach Elders began in 1994 as a pilot program for the non-profit *Interages*. This is Mrs. Reilly’s 6th year of bringing together school children and Collingswood residents.

“I know each time I come here, the seniors are happy, the students are happy and the staff loves it!” she says.

Two to three times a month during the school year, students from Darnestown Elementary School ride a bus to Collingswood for a visit. Singing and laughter accompany every trip.

“It is a special treat to see our young friends,” says a Collingswood resident.

Many thanks to Mrs. Reilly and her efforts to keep this program going strong! We look forward to many more visits from the youngsters!

Inside this issue...

- Spicy & Healthy Shrimp*
- Kitchen Necessities*
- Holiday Shopping Tips*



New Technology

Everywhere you turn, new technology is improving efficiency and the quality of people’s lives. The new computerized pharmacy at Collingswood is doing just that, making medication dispensation safer and more cost effective for residents.



“Medicines are pre-packaged according to dose, meaning faster delivery times for nurses. That translates into more time spent on bedside care,” states Joy Mollaneda, Collingswood’s Director of Nursing.



There is cost savings for the resident too. They are only charged for the medicines given, not by the full prescription.

Another benefit to the automated system is that medications are always available and ready for the patient immediately upon arrival to Collingswood.

There are two pharmacies in the building, one on each floor for easy access. Unit nurses can answer any questions about the new system.



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Resident Spotlight... A Special Lady



Mrs. Barbara Cino is special. Her constant smile and friendly manner add sparkle to where ever she goes.

Born near Scranton, PA, Mrs. Cino moved to Montgomery County with her husband and

small children in the 1960's. She chose to be a "stay-at-home" mom she says, because of her son.

"He told me that I couldn't work because I needed to keep him out of trouble," she says with a smile.

In addition to her son, Mrs. Cino has three daughters and seven grandchildren. She says she liked staying home, though she struggled with her daughters' craft projects. "I'm not a 'crafty' kind of person, she added.



She enjoys reading, magazines, mostly *Better Homes* and

Time. A life-long country music fan, she describes her trip to the Grand Ole Opry as a highlight of her adult life.

Thanks to Mrs. Cino for sharing her sunshine with Collingswood.

Employee Notes

We would like to wish all of the hard working men and women who make Collingswood a special place, a very happy holiday.

Throughout the year, your focus on resident care is what makes the difference! Many thanks to you and we hope the coming year is filled with blessings for you and your families.



Upcoming Events

Be sure to ask the Activities Team about special holiday events!

Message from the Administrator

In an ongoing effort to improve the lives of our residents, we have begun implementing a new computerized pharmacy. Also, we are transitioning to electronic medical charting. This will help increase hands-on nursing care at our center.



I want to take this opportunity to wish you and your families a Happy New Year from our Collingswood family!

Sincerely,

Kathy Catucci, RN, LNHA



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Men's Health Recipe

Healthy Kung Pao Shrimp



- 1 T. low-sodium soy sauce
- ¼ C. orange juice
- 2 T. red-wine vinegar
- 1 ½ t. cornstarch
- 1 T. sugar
- 1 T. vegetable oil
- 1 t. red chili flakes
- 6 chopped scallions

(use green pieces as garnish)

- 2 cloves garlic, minced
- 1 ½ t. fresh grated ginger root
- 1 large red bell pepper, seeded and chopped
- 1 lb med.- lg. shrimp, peeled and deveined
- ½ C. roasted, unsalted peanuts, plus more (chopped) for garnish

Combine the soy sauce, orange juice, vinegar, cornstarch, and sugar in a bowl. Set it aside. Place a wok or large stainless-steel pan over high heat and add the oil. When the oil is lightly smoking, toss in the chilies, scallion whites, garlic, and ginger. Stir-fry for 30 seconds, until the garlic and scallions are fragrant (but not brown or burned). Next add the bell pepper and cook for another minute, stirring constantly with a metal spatula. Add the shrimp and peanuts, and cook until the shrimp turns pink, about 3 minutes. Stir in the sauce and cook to thicken and form a light sheen around the shrimp and vegetables, about 30 seconds.

Serve over a scoop of brown rice, sprinkled with chopped scallion tops and nuts.

Kitchen Necessities

Cooking should be a fun and healthy outlet for busy people. In recent years, with the help of chefs from around the country, a “kitchen must-have” list has emerged! The following products should occupy shelf space on everyone’s pantry or fridge. With these basics, nearly anything is possible!



- Chicken Broth (home-made or re-sealable container)
- Baking soda for cleaning and odor reduction
- Medium chef’s knife
- *Medium mixing bowl
- Garlic
- Fresh lemon or lemon juice
- Extra Virgin Olive oil
- Kitchen scissors (sharp and clean!)
- Bamboo cutting board.
- Wooden clothes pins
- *Editor’s “green bowl” is from the 1960’s!



Check It Out...

Please be sure to visit our new website at collingswoodnursing.com and let us know what you think!





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Editor's Note

Gift giving need not be about going to the mall or spending huge amounts of money. Taking a few minutes enjoying old photos with a special friend or sharing some fresh-baked cookies with a family member can be a wonderful way to experience the best of the holiday season.

I want to wish you and your family the happiest of holidays. It is a wonderful time of year to reflect and appreciate the gifts of this past year, as well as looking forward to how we can make 2011 a terrific one!

Sincerely,

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Holiday Shopping Tips

Try your best to avoid added stress during the holiday shopping season. It may make your season a little brighter!

*Make a list AND budget ahead of time. Retailers take special care to lure you into impulse shopping. This can take a toll on the wallet!

*If possible, visit the mall and shopping center during the week in the middle of the day. Dinnertime is often a good time to visit the stores.

*Don't overload your bags. Muscle fatigue and cramps can accompany carrying heavy bags and boxes for extended periods of time. If feasible, use a cart and take breaks.

*Above all, SMILE! It is contagious.