



MARCH 2009

Healthy Minds

Staying mentally sharp is challenging as we age. The body's natural process of aging reduce our capacity for memory. For some, it is so subtle as to be imperceptible, for others the decline may be rapid and marked; especially if there is an accompanying brain disease.



Beginning in early adulthood, brain cells slowly die and the body begins making less of the chemicals necessary for maximum brain function. The older you are, the more these changes can affect your memory. These are normal changes.

Experts say that there are ways to reduce the impact of age-related memory loss. The best defense is to keep you mind and body fit and healthy.

Healthy eating habits and moderate, regular exercise improve blood flow to the brain. This is the best prescription for preventing memory problems.



“Use it or lose it” is a good mantra for keeping your mind fit. Try to learn something new every day. Games such as Scrabble, crosswords or word jumbles help stimulate the brain.

Research has also shown that people who socialize often are less likely to lose mental function. So go out and enjoy a rousing game of pinochle with some friends!

Social Worker's Month

March is the official recognition month of those special individuals known as social workers.



Social workers' professional mission is to improve the quality of life for those in their charge.

At Collingswood, we are fortunate to have Judie Couf and Allyson Jones to tend to the psycho-social needs of our residents and families.

We also rely greatly on our social worker-friends at the area hospitals. They help facilitate a smooth transition when it is time for discharge.

Many thanks to those men and women who work hard every day!

Happy St. Patrick's Day!



Inside this issue...
Never Mind the Lottery
Unending Sweetness
Kathy Keane's Brownies



MARCH 2009

Employee Spotlight Caring for the Whole Person



Catherine Matthews' sweetness radiates wherever she goes. It starts with her gentle smile and soft voice. From there it transforms into the special care she gives all of the residents at Collingswood.

"It is not just about physical therapy, it is about taking care of the whole person," she says.

Catherine has been Director of Rehabilitation Services for 10 years. Throughout those years she has become a close friend to both residents and staff.



"They deserve the best care. I often think 'What if this were my mom or dad?'" she explains. "I love that the focus of Collingswood has always been on the residents," she adds.

Catherine grew up in Iowa City. She received a degree in computer science from West Virginia University and her rehabilitation training at the Medical College of Virginia.

Catherine, her husband Phil, and children Olivia and Jack live in Potomac. They are the apple of her eye!

Resident Spotlight... Born a Gambler' Man

Ask Mr. Napoleon Prince about Blackjack, and you are sure to get a smile. While running his highly successful electrical contracting business, Mr. Prince also enjoyed his favorite pastime, gambling.

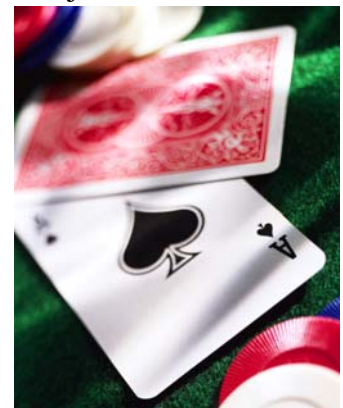


"I liked going to the race track, all of those in this area. What I really liked was Atlantic City and Vegas," he said.

With more than 175 employees and apprentices, his company kept him very busy in several cities nationwide. He did manage to play a little too.

So, what about winning at the blackjack table? One of his big wins was \$60,000! Our favorite Philadelphia native has some advice for novice gamblers, "Lotteries are a waste of time and money!"

Mr. Prince's son is getting married in a few months. He is a pilot in Texas. His daughter is a regional manager for Nordstrom and travels extensively. Best of Luck!





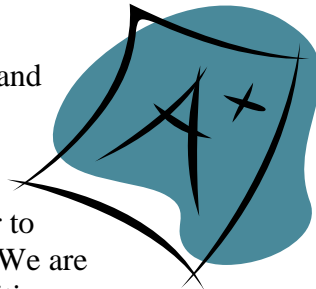
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Message from the Administrator...



Once again we have good news to share. Collingswood received very high marks in all of the quality care categories for the 2008 Maryland Nursing Facility Family Survey!

In fact, 99% of those surveyed in the Maryland Health Care Commission's survey stated they would recommend our center to a friend or loved one. We are very proud of this positive feedback and will strive to always improve our quality of care. As always, I welcome your feedback any time.
Sincerely,



Cyndy Martin

?TRIVIA?

Who is considered the Founder of Medical Social Work? *The answer is coming up in the next edition!*



Last Month's answer to: "For what film did Frank Sinatra win the Academy Award for Best Supporting Actor?" From Here to Eternity in 1953.

Autumn Comfort Recipes

Kathy Keanes' Blondies

- 2 ½ cups sifted flour
- 1 cup melted butter or margarine
- 1 box brown sugar
- 3 beaten eggs
- 2 tsp. baking powder
- 1 tsp. vanilla extract
- Pinch of salt
- 1 pkg. chocolate chips

Combine melted butter and brown sugar, melt together. Add beaten eggs. Mix in all dry ingredients, vanilla and chocolate chips. Spread in 13x9 baking pan and bake at 350 for 25 minutes. Allow to cool and cut in squares and ENJOY!

Thanks to Kathy Keane and Liz Aune for submitting this recipe.

Be sure to check with the activities department for upcoming events and celebrations!





MARCH 2009

Editor's Note

I have always had a great deal of respect for social workers. In the past two years that respect has turned to awe. When my brother and later, my dad faced grave illness, the social workers in the hospital became an invaluable support to me and my family. They don't just deserve a month of appreciation, they deserve it daily! My hat goes off to those who dedicate their professional lives to this endeavor.

Sincerely,

Trish Evans

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Tips for Staying Sharp

- *Keep Lists
- *Follow a routine
- *Read a good book
- *Learn a new hobby
- *Keep a calendar
- *Engage in social activities
- *Play word games
- *Be happy!



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