



NOVEMBER 2009

National Diabetes Month



Diabetes is an insidious disease. The vast numbers of people affected by it is astonishing; more than 24 million people in the United States, roughly 8 percent of our country's

population. The Centers for Disease Control estimate that another 57 million people have pre-diabetes, a condition that puts people at increased risk for diabetes.

Diabetes is a disease associated with the body's ability to regulate blood-sugar levels. It is the seventh leading cause of death in the country and can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.

The disease is disproportionately common among the elderly. Almost 25 percent of the population over the age of 60 has diabetes in some form.

"Diabetes management is a huge part of the care we give our residents," state Director of Nursing Joy Mollaneda.



National Diabetes Month is an effort to increase public awareness of the disease. It also serves to promote research in hopes of someday finding a cure.

Coping With Diabetes

While not every type of diabetes is preventable, there are steps to take to avoid certain types or slow their progression. Diet tops the list. A balanced diet, rich in whole grains, fruits and vegetables is vitally important. Exercise and regular medical check-ups are also key elements in avoiding the effects of the disease.

"We use a team approach in diabetic management at Collingswood. It is a coordination of nursing care, medication monitoring and dietary intake that help our residents cope," says Mollaneda.

A wealth of information regarding the latest research and treatment is available from the American Diabetes Association and the National Institutes of Health.



Holiday Events

Collingswood will celebrate Veteran's Day, November 11, with several tributes to our veterans. Ask the activities staff about upcoming Thanksgiving celebrations. As is the tradition at Collingswood, the day after Thanksgiving, residents will begin decorating the building for the December holidays. Be sure to visit and see their fine work!



Inside this issue...

A New Face at Collingswood
Tips on a Healthy Thanksgiving
Zesty Lemon Chicken





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Collingswood Spotlight...

Welcome a New Face

Collingswood is pleased to announce that Sheree Parris Nudd, FAHP, NHA, has joined the organization, serving as interim administrator. On certain days, you might be able to spot her by the hat she's wearing.



Ms. Parris Nudd has been licensed in Maryland as a nursing home administrator since 1997. She served as a Vice President at both Shady Grove Adventist Hospital and Washington Adventist Hospital before opening a placement firm that provides interim executive services.

"It's my pleasure to serve as administrator at Collingswood while Kathy Catucci is completing her administrator-in-training program," states Sheree.

Between interim administrator assignments, Sheree works on several book projects, including publishing philanthropy quotation gift books. "Living a Life of Significance" was her first book in a line of five books to date. She collects most of the quotations from others and she writes some of them herself. "My favorite is: *"Some wish to live a life of ease. I yearn to live a life of significance."*

Sheree and her husband, Evan, have two young adult daughters. They enjoy

vacationing in Colorado. They were there last month where Evan hunted a moose family with his weapon of choice – a digital camera!

Message from the Administrator...

I am looking forward to meeting more family members at the upcoming holiday events here at this special place. From what I have experienced thus far, I can see the warmth and closeness between staff and residents.

Please introduce yourself when you see me about the building. I'm interested in your feedback as we are always improving our services."

Sincerely,

Sheree Parris Nudd

Returning Home



Louis Magee was not a stranger to Collingswood when he came for his rehabilitation in September. His wife had her therapy here too! The Magees are back at home now and enjoying getting back to daily life. Louis sends his regards to the staff who "took great care of him"! Best wishes to the Magee's.



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Dinner with a Twist

Easy Lemony Chicken

1 lb. skinless chicken breast
½ cup fresh squeezed lemon juice
1/3 cup olive oil
4 cloves garlic, smashed
½ teaspoon marjoram

Combine lemon juice, garlic, marjoram and olive oil, stir well. Use mixture to marinate chicken at least 2 hours, even overnight. (the longer, the better!) Cover tightly and refrigerate. Grill chicken over medium heat. Serve with whole wheat pasta and a green salad with red peppers and red onion. A Sauvignon Blanc goes nicely with the citrus flavors of the chicken.



Editor's Note

I send warm Thanksgiving wishes to you and your family this year. Researching diabetes has served as a reminder to improve eating habits and increase exercise! Most of us, at one time or another, need a wake-up call! With the holidays approaching, maybe this can be our gentle nudge toward healthier choices. This month's recipe is high in protein and low in fat (healthier – sans the wine). Enjoy!

All the Best,
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Thanksgiving Health Tips

- *Don't go to dinner hungry, eat a wholesome breakfast!
- *Drink plenty of water throughout the day and with the meal.
- *Go skinless on the meat, and limit high fat foods.
- *Take a brisk walk after dinner.
- *Enjoy time with family and friends!



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Residents' Rights

*Exercising Rights

A resident has a right to be free from interference, coercion, discrimination and reprisal from the nursing home when exercising the resident's rights.

*Freedom

A resident has the right to be free from: physical, verbal, sexual and mental abuse; and physical restraints for purposes of discipline or inconvenience; and involuntary seclusion.

*Choice

A resident has the right to choose an attending physician, if the physician agrees to abide by the facility's policies and procedures.