



OCTOBER 2009

Thinking Pink



Every October for the past quarter century, corporations, charities and public health agencies have celebrated National Breast Cancer Awareness Month. It has been an effort to increase funding for the diagnosis, treatment and eventual cure for the dreaded disease.

The recognizable “pink ribbon” became an international symbol for breast cancer in 1991 when Evelyn Lauder of the Estee Lauder cosmetic companies founded The Breast Cancer Research Foundation and established the pink ribbon its symbol.

Events such as tennis and golf tournaments, walks, and bike rides are planned throughout the country this month.

Statistics vary slightly among health officials, but a close estimate suggests that **one woman in nine** will be diagnosed with breast cancer in her lifetime.

Aside from non-melanoma skin cancer, breast cancer is the most common form of cancer in women. Gender, aging, family history and genes are the most common risk factors for breast cancer.



Breast self exams and mammography are still the best forms of detection. The National Cancer Institute (NCI) recommends that women over age 40 get a mammogram every one to two years. NCI also suggests women with high-risk factors, talk with their doctors about how young and often to receive screening.

Meet the Artist

Collingswood is pleased to announce that Mr. Louis Paulson will be here on October 7th to exhibit and discuss his latest works. Join us for a special reception following the presentation.

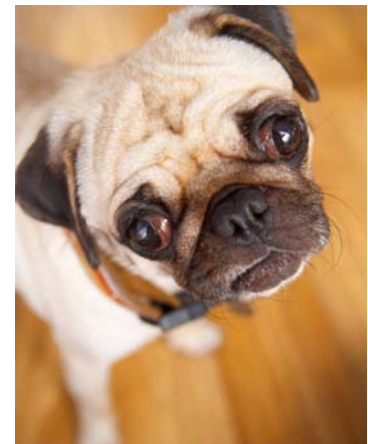


Minimize Fall Risks

The incidence of falling in one’s home increases at night. Getting up in the middle of the night to use the bathroom can lead to a high risk of falls.

Experts offer these tips for the late night trips:

- *Be sure to sit up on the side of the bed for a minute or so to get your equilibrium after lying down for an extended period.
- *Make sure your path is well lit and free from clutter such as shoes, cords and pets!
- *If you use a cane or walker during the day, use it when you’re up and about at night too.
- *Avoid drinking large amount of fluids before bed, especially alcohol and caffeine.



At some point or another, the need arises, keep these tips in mind and have a safe journey to the restroom!

Inside this issue...

- Family Connections*
- Fruit of the Vine*
- The Paulson’s Story*



OCTOBER 2009

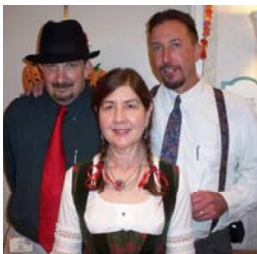
Employee Spotlight Family Ties to Collingswood



Linda Hermesman hadn't been to Collingswood before her mom came for rehabilitation. "I was here visiting her all the time and felt like I was becoming a part of the family here," she says.

After Linda's mom returned several month later for another round of therapy, Linda talked to Activities Director, Susan Zanner if she had any openings in her department.

"Linda is a natural. With her experience with her mom, she really understands what we do here and has become a special part of our team," states Zanner.



Linda says she feels like Collingswood is her home away from home. "Even on my days off, I am looking forward to coming back the next day!" she says.

She has a degree in psychology from George Washington University. Linda spent several years in Munich where she worked for a bank. She learned about her German heritage as well as to speak the language. She has two sons and lives with her husband in Gaithersburg. Her mom is thrilled that she works here and so are we!

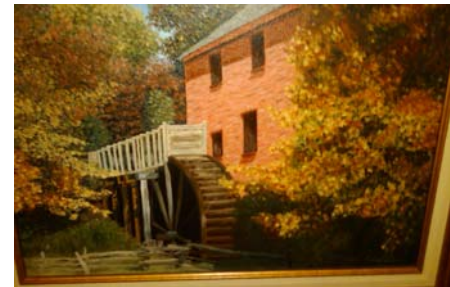
Resident Spotlight... High School Sweethearts

Shirley is from St. Louis, Paul is from Cleveland. The Paulsons met in high school after both of their families relocated to Florida's west coast. After high school, they went their separate ways, but that obviously doesn't end their story. "We wrote a lot of letters," Louis says smiling.



Soon after, their lifetime marriage began. Shirley spent much of her time taking care of the home and their son. Louis worked for the railroad and later for the GAO.

Although he always enjoyed art, he never had any formal training. After retiring, he pursued painting vigorously. He taught himself by reading a lot of books about art and painting. His work as docent at a Florida art museum helped develop his appreciation.



Mrs. Paulson has lived at Collingswood for over three years, and Mr. Paulson has been here every day. We are pleased to have such a delightful couple as a part of our family! Join us for a very special viewing and lecture about Louis' art on October 7th.





OCTOBER 2009

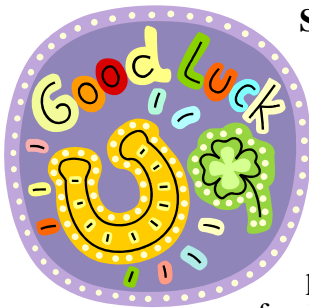
Message from the Interim Administrator...

I am fortunate to be serving once again in the role of interim administrator here at Collingswood. While Kathy Catucci completes her training, I will be leading the day to day operations of the center. Please do not hesitate to contact me with any questions or concerns. We have a highly dedicated and professional staff and it is a pleasure to be a part of the team.

Sincerely,

Laurie Alban Havens

Returning Home



Santino Giardinelli was discharged from Collingswood on July 24, 2009. He has been working very hard with his therapy and diet and has made remarkable progress in these past few months. He and his

family consider this progress to be a true blessing. Mr. Giardinelli is a World War II veteran and served as a translator while stationed in Italy. He assisted U.S. troops to set up work stations and camps. After the War, he worked 33 years for Reading Railroad, later known as Conrail. He enjoys playing a mean hand of pinochle and spending time with his family. Best wishes from all of us at Collingswood. Keep up the good work!

Fruit of the Vine Recipe

October Comfort Dinner

- 2 pounds sirloin tips, cubed
- 1 medium onion, chopped
- 12 ounces mushrooms, chopped
- 2 T. butter
- 1 (10 oz.) can condensed mushroom soup
- ½ cup Burgundy wine



In a Dutch oven over medium-high heat, sear beef on all sides. Stir in onion and sauté until golden brown. Add mushrooms, butter, mushroom soup and wine. Reduce heat, cover, and simmer for 2 hours.

Enjoy with a glass of Syrah (red wine)!

Breast Cancer Prevention

While there is no way to guarantee that you won't be diagnosed with breast cancer, there are lifestyle tips to reduce your risk.

- *Get regular physician check-ups
- *Have regular mammograms and self-exams
- *Eat a healthy diet (low in fat)
- *Maintain a healthy weight
- *Avoid high amounts of caffeine
- *Know your family medical history
- *Exercise regularly
- *Avoid alcohol
- *Keep a positive outlook





OCTOBER 2009

Editor's Note

I have been fortunate that none of the beautiful women in my immediate family have been directly affected by breast cancer. All of us however, know someone who has been. It is important to participate in whatever way possible in awareness and funding activities to find better treatment options and secure a cure. Our thoughts are with the brave women and men who have given so much in these efforts thus far.

For the next several issues, we will once again, publish the list of nursing home patient rights. At Collingswood, the proper treatment and respect of our residents is as important as their medical care.

Sincerely,
Trish Evans
tevens@collingswoodnursing.com
301-787-8698.



Residents' Rights

*Services

A resident has a right to reside and receive services with reasonable accommodations of individual needs and preferences unless accommodations would endanger the health and safety of the resident or other residents.

*Treatment

A resident has the right to receive treatment, care and services in an environment that promotes maintenance or enhancement of each resident's quality of life.

*Dignity

A resident has the right to a dignified existence, self-determination, and communication with individuals and services inside and outside the facility.