



SEPTEMBER 2009

Just One Year Ago...

Amazing as it seems, it has been nearly a year since Collingswood opened its new dialysis center.

“It has been very gratifying to help so many people who need this service, right here at our center,” states Director of Nursing Joy Mollaneda.



The number of residents using dialysis continues to grow. More than seventy people have benefited to date. Collingswood has the capacity for serving up to fifty four dialysis patients per week.



“We are fortunate to have such a great dialysis team within our building,” adds Mollaneda.

Healthy kidneys act as the body’s filter. They remove excess fluid, control blood pressure, regulate red blood cell production and control the level of some chemicals in the blood such as sodium, phosphate and

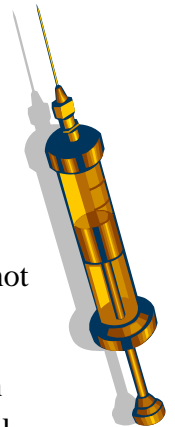
potassium. Dialysis is the process of cleaning wastes from the blood artificially. During hemodialysis, the blood travels through tubes to a dialyzer which removes waste and extra fluids. The cleaned blood travels back to the body through another set of tubes.

Learn more on the internet or by contacting the National Institute of Digestive Disorders and Kidney at NIH.gov.

Swine Flu Update

The Federal Government is making recommendations for businesses trying to prepare for the upcoming flu season. The strongest of these is hand washing and having sick employees stay home from work to prevent the spread.

A recent *Washington Post* poll suggests that most of us are not that worried about swine flu. In fact, more than 60% of respondents said they’re “not at all” or “not too” worried about the pandemic. Nearly three quarters said they believe that the government can respond effectively to an outbreak. Most said they’d get a swine flu vaccine for themselves or a family member if it were recommended by a doctor.



The government expects to have roughly 45 million doses of the vaccine by mid-October, while continuing to mass produce it. The estimated total is predicted to be 195 million doses produced by December!

Current clinical trials should determine if two doses per person will be required to generate immunity. Other developed countries throughout the world have ordered over one billion doses.

Inside this issue...

- A Friend Indeed*
- 100 Years Young*
- Returning Home*
- Employee News*
- A Recipe Correction!*



SEPTEMBER 2009

Employee Spotlight When You Need a Friend



A friend can be described as someone who is trustworthy, always willing to lend a hand and almost always available to help. Valerie Bullard makes a great friend to our residents, families and staff.

For more than a year, Valerie has been handling resident funds, managing the front reception area and many other duties. Valerie's background in medical records, finance and senior health care make her ideal for this versatile position.



"I deal with a lot of personal and financial information, so it is important to have a resident's and family's trust," she says.

"I act as a problem solver, a sounding board. It means a lot to me to help people in whatever way I can," Valerie adds.

A native of Rochester, NY, Valerie spends her free time exploring different areas. She also enjoys interior decorating and helps many of her friends with their homes.

We are fortunate to have a friend like Valerie at our Collingswood home!

Resident Spotlight... A Young One Hundred

Mrs. Gertrude Hill beams as she shows off her 100th birthday card that adorns her wall. It is covered with pictures of family and friends. "We had a great time," she says smiling.



Mrs. Hill is a native Washingtonian and sits in awe of the changes to her city. "I used to walk down N. Capitol St. all the time. Now it is covered in apartment buildings. Everything has completely somersaulted since I grew up," she adds.



A lot of other things have changed too. Mrs. Hill and her friend once took a bus to New York for \$5.00 roundtrip!

In her earlier years, she worked for the government. She and her husband were married for sixty years. Throughout her life, she has helped the helpless.

"I used to help the elderly in the nursing home with dressing and feeding, whatever they needed. It made me feel happy to help them," she says. (She even washed the dishes on more than one occasion.)

Mrs. Hill is an inspiration. Her generosity of spirit is ageless!



SEPTEMBER 2009

Message from the Acting Administrator...



As I reflect on this one year anniversary of our dialysis center, I am so pleased to have been able to help so many in our community. Every day, we strive to enrich residents' lives with outstanding care. At the same time, we always look for

ways to improve. I offer many thanks to all who make Collingswood such an extraordinary place.

Sincerely,

Kathy Catucci

Returning Home



Muriel Beall, who just celebrated her 85th birthday, is enjoying life at home with her family after her stay with us. Mrs. Beall moved to Maryland at the age of three where she lived on a farm for 60 years. Mrs. Beall worked for NIH for 31 years as a Data Entry Clerk and raised a family of five; including twin daughters. Best wishes to Mrs. Beall!

Attention Staff....

Open season for health insurance, dental, vision, 401K and more is right around the corner! There will be a "benefits fair" here at Collingswood on **Tuesday, September 8th**. The time will be 9:00 a.m. - 11:00a.m., 2:00 p.m. - 4:00 p.m. and 10:00 p.m. - 11:30 p.m. Please watch for notices that will be posted around the building with more information!

OOPS! Last month's recipe called for 1 Cup of chopped jalapeño peppers. It should have called for 1 chopped jalapeño. Apologies to all of those burning taste buds!

A Rachel Ray Recipe

Late Summer Tomato Soup

2 ½ lbs. yellow tomatoes, cored & quartered
2 T. Butter
1 onion, chopped
1 T. brown sugar
2 Cups chicken broth
1/3 Cup plain breadcrumbs
Salt



1 tsp. coarsely ground pepper
¾ Cup heavy cream, chilled

Seed the tomatoes in a bowl over a fine strainer. Scrape the seeds against the strainer, extracting as much liquid as possible; discard the seeds. Chop the remaining tomato flesh; add half of the chopped tomato to the tomato liquid. In a large saucepan, melt the butter over medium heat. Add the onion and cook, stirring occasionally, until softened, about 5 minutes. Add the remaining chopped tomato and the brown sugar; cook, stirring, until the tomatoes break down, 10 minutes. Add the chicken broth and 2 cups water. Whisk in the breadcrumbs and simmer for 5 minutes; season with salt. In a blender, and working in batches, puree the soup. For cold soup, refrigerate until chilled. In a bowl, whip the cream until soft peaks form. Fold in the pepper. Dollop cream on top of the soup.



SEPTEMBER 2009

Editor's Note

I recently took the opportunity to peruse past issues of the *Collingswood Post*. There have been twenty seven special residents who have shared their stories with us. We appreciate their willingness to let us glimpse at their fascinating lives. It is the best part of the newsletter! I look forward to many more opportunities to relate humbly, their wealth of knowledge and experiences.

Sincerely,

Trish Evans

tevens@collingswoodnursing.com

301-787-8698.

Upcoming Events

*Artist Louis Paulson

Exclusive exhibition and discussion of his latest works: October 7 at 2:30p.m.

* Crab cake demonstration

End of summer fun: September 3 at 2:20 p.m.
Crab cakes & end of summer celebration.

*Rosh Hashanah Luncheon

Join us for the celebration: September 23rd.

*Bill Lynch

Enjoy lively entertainment: September 28th in the afternoon.

***See the activities staff for more details!**



NURSING & REHABILITATION CENTER

299 Hurley Avenue

Rockville, Maryland 20850

www.collingswoodnursing.com