

## HERE Wii Go...

Bishop MacLean Episcopal Nursing Home residents have another wonderful opportunity to partake in "cutting edge" technology. Whether working hard in Rehabilitation or having fun in Recreation, a Nintendo Wii Game System is certain to enhance our resident's experience. Residents can engage in a boxing match, play tennis, golf or race a sports car all the while improving coordination and muscle strength! This exciting expansion of services is due to the generosity of: **Mrs. Margaret Carpenter, V.P., Board of Managers, E.H.S. Inc.** Thank you for your foresight and support!



Muscles sore? Working hard in Therapy? Soothe your body and mind in Bishop MacLean's **Human Touch iJoy Massage Chair**. Auto programmable, and reclining! **AAAhhhhhh**

Bishop MacLean Episcopal Nursing Home was honored to host a day long training conference for the **New York City Long Term Care Ombudsman Program**. Various Heads of Department made presentations that were well received by this group of future Ombudsman for both Adult Homes and Long Term Care Facilities.



**INSPIRATION:**  
**"FROM WHAT WE GET WE CAN MAKE A LIVING; WHAT WE GIVE, HOWEVER, MAKES A LIFE."**

*Submitted By: Valerie Vaughan*

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**John N. Okwodu, F.A.C.H.C.A.,** Administrator

**Dr. Jean B. Antoine,** Medical Director

**Pamela Roth,** Editor in Chief

Articles are welcome from residents, their relatives, employees and all friends of Bishop MacLean Nursing Home. Please submit all articles to any member of the Editorial Staff or to the Administrator.

**EPISCOPAL HEALTH SERVICES, INC.**

## Welcome New Employees

### NURSING:

Ms. Juliana Ninvalle; Director of Nursing  
 Mr. Denis West; Assistant Director of Nursing  
 Ms. Hana Abebe; CNA  
 Ms. Carmen Campbell; LPN  
 Ms. Aretha Emanuel; CNA  
 Ms. Lily Evering; PCC  
 Ms. Davita King; CNA  
 Ms. Marilyn Robinson; CNA  
 Ms. Joyce White; PCC  
 Ms. Latricia Whitmore; CNA

### PASTORAL CARE:

Father Christudoss Theodore; Director

### RECREATION:

Ms. Gale Crawford; Smoke Monitor  
 Ms. Lodema Stroble; Recreation Leader/Smoke Monitor

### SOCIAL SERVICES:

Ms. Estelle Munroe; Social Work Assistant

## RESIDENT CHEFS!

Bishop MacLean's resident **Cooking Club** meets weekly in the recreation room, expertly led by Activities Leader, Ms. Lodema Stroble. Both male and female residents participate with each member playing a roll in executing the selected menu. Ms. Stroble divies up the tasks, distributes supplies and knows exactly who will be doing what. "You don't need to have perfect vision to knead dough or to roll a meatball" she states. Everyone at the Cooking Club knows they have something to offer and the rewards are great—a delicious snack or meal at the end of the class!



# Bishop MacLean's BEACON

## BISHOP MACLEAN EPISCOPAL NURSING HOME LEADS THE WAY...

**Infection Control Initiative—Complimentary Purell Dispenser**



How does a healthcare facility prevent the spread of infection by visitors and employees to residents in the nursing home and/or their friends and family at home? **Bishop MacLean** has taken the lead in finding an answer... A **complimentary hand sanitizer** placed in the lobby as you enter the building so that visitors and staff can sanitize their hands upon entering and exiting the nursing home.

A **complimentary Purell** automatic hand sanitizer dispenser is now available in the main lobby of **Bishop MacLean Episcopal Nursing Home** for use by ALL to minimize the risk of spreading disease via "dirty hands." This initiative demonstrates the homes' devotion to instituting infection control practices—not only for the resident and employee, but for their friends and families as well.

These practices, as well as a community outreach exemplify why Bishop MacLean is considered a leader in the prevention of infection and the reduction of spreading disease outside of the home.

**Remember...**Proper hand washing is the MOST effective means of preventing the spread of disease.

Submitted By: Denis West, ADNS

## EMPLOYEE OF THE QUARTER

Ms. **Marian Gilmore** is Bishop MacLean's current "**Employee of the Quarter.**" Ms. Gilmore is the Admissions Coordinator and has been a dedicated employee of **E.H.S.** for over 25 years.

Ms. Gilmore always goes above and beyond what is needed to insure a smooth transition for new residents coming to live at Bishop MacLean as well as arranging for admissions with area hospitals.

**Congratulations** on all your well deserved accomplishments. Your co-workers applaud you!

**Episcopal Health Services, Inc.**  
 Bishop Charles Waldo MacLean Episcopal Nursing Home



## Resident Council News

In response to Governor Paterson's proposed health care budget cuts, a recent community meeting hosted by the **Continuing Care Leadership Coalition**, giving representatives from Queens an opportunity to voice concerns over the impact that a \$117 million budget hit would have for area nursing homes. Bishop MacLean Episcopal Nursing Home was represented at this forum by several staff members as well as the Resident's Council President and Vice President.

Vice President, Mr. Robert Rosenberg's poignant comments left an audience of state legislatures quite speechless as he urged the politicians to humanize their decision making process. Mr. Rosenberg further stated, "When, as a resident, government talks about budgets—we can take a slice here and a slice there—your slicing is taking up a part of ME." Mr. Rosenberg concluded the forum with these thoughts: Cuts like the \$300 million Governor Paterson is proposing would directly effect people like myself at Bishop MacLean N.H. That would translate into a 10% loss in revenue. If these cuts force Bishop MacLean to be closed, "I'd like to know WHICH legislator in this room here would take me in?"

As a follow up, **CCLC Executive Vice President—Ms. Roxanne G. Tena-Nelson** accepted an invitation by Mr. Rosenberg to visit Bishop MacLean Episcopal N.H. and address our next **Resident's Council Meeting**. Ms. Tena-Nelson spoke to the Resident's Council for over an hour, addressing concerns over the Governor's proposed budget cuts, and fielding questions the residents posed on the potential impact of those cuts. Ms. Tena-Nelson also explained to the group of nursing home residents how CCLC was doing everything in their power to lobby in Albany against these cuts that will "reduce vital services to each and every one of you"...



Ms. Tena-Nelson and Resident Council V.P. Robert Rosenberg

Vice President of the Resident's Council, Mr. Robert Rosenberg thanked Ms. Tena-Nelson for traveling to Bishop MacLean and personalizing this issue for each and every resident.

Ms. Tena-Nelson conveyed to the Home's Administrator that we have a very active Resident's Council at Bishop MacLean—one that we should be proud of.

### From the Desk of the Administrator

*This is a very difficult time for our industry and the nation at large. As we weather the storm let us remember that working in a nursing home is a calling that we have undertaken. Let us all continue to help and provide solace to our elderly citizens in the twilight of their years.*

*Kudos to the staff, friends, family members and the leadership of a very active Resident's Council. This year we will try to implement the LEAN concepts of:*

**Respect for people and society  
Sensei approach—learning by doing  
Basic elements of improvement**

*The goals are to create an environment in which problem solving is ongoing and improvements are sustained.*

God Bless,  
**John N. Okwodu**  
Administrator



## Nursing On The Rise... A Message from the Director of Nursing



**"Your Doctor Can't Make You Healthy. You Can."**

It is time to stop chasing after quick fixes and take a serious look at the evidence. The diseases that kill most Americans are **heart disease, high blood pressure stroke, type II diabetes and some cancers**. These diseases can sometimes be preventable, controllable and even reversible by changing the way we eat and live. While we should salute all medical and scientific research and recognize the role that genetics play, what really matters is your **LIFESTYLE**. These are the things that you can choose to do and NOT do. Remember—eat healthy each and every day and exercise regularly!

J. Ninvalle, RN, Director of Nursing

## Community Outreach: Bishop MacLean Episcopal N.H. Offers Education on Life Sustaining Treatment

WHAT IS **M O L S T** ?

DID YOU KNOW...

**Did you know that you can decide NOW how you want your medical care to be handled?**  
**Did you know you can decide WHO will make your health care decisions for you in the event you can't speak for yourself?**  
**Did you know the decisions you make NOW can not be changed later by someone else?**

These decisions are called **ADVANCED DIRECTIVES**—that is what **M O L S T** is. The **MOLST** form stands for **Medical Orders for Life Sustaining Treatment** and filling out this form allows you to make your own medical treatment decisions while you are still mentally sound. Your wishes and desires on how you want your body to be treated by doctors and other medical professionals are put in writing on the **MOLST** form.

Please visit the **MOLST** display in the lobby of Bishop MacLean. Everyone should think about instituting Advanced Directives, not just residents in nursing homes. Please feel free to stop by the Social Work office for further assistance.  
Submitted By: Felicia Johnson, Director of Social Work



Family Member, Dorothy Grier reading the **MOLST** story board in order to assist her mother, resident, **Wilhelmina Smith**.

## Upcoming Events

### MARCH IS NATIONAL NUTRITION MONTH

With March designated as National Nutrition Month, Dieticians across the country are coming out to help you with tips and "tricks of the trade" to eat healthy and make better choices when you dine out.

1. Call ahead to a new restaurant or have a menu faxed to you so that you can plan ahead.
2. Have a healthy snack before going out so that you don't arrive so hungry that "you can eat a horse."
3. Request that the bread basket is not brought to the table or put it on the opposite end from where you are sitting.
4. Order an appetizer for your main entree or share an entree with a friend.
5. Ask that your entree be baked, broiled, poached or steamed and be specific about how you want your entree cooked. Don't be afraid to return items that are not cooked to your specification.
6. Limit alcohol consumption since it may reduce your resolve to eat healthfully.
7. If you must have dessert, eat smaller portions of dinner or order fresh fruit or share a rich dessert with a friend.
8. Eat s l o w l y and SAVOR every morsel!

Submitted By: Laurel Eisenberg, M.A., RD



### Bishop MacLean N.H. Represented at Diocesan Convention

The 142nd Diocesan Convention (of The Episcopal Diocese of Long Island), held at the Melville Marriott, where Bishop MacLean Episcopal N.H. Marketing Director, Pamela Roth represented the Home. There were brochures depicting the many services offered by the Home as well as "give aways" and a prize raffle. The winner of this year's raffle, **Mr. Elijah Ross—St. James Episcopal Church Youth Delegate**, happily walks away with his canvas folding chair! Congratulations Mr. Ross!

