

Cortland TODAY

A Quarterly Update for Residents & Families of Cortland Place, 20 Austin Ave, Greenville, RI WINTER 2009

From the Audino's

Welcome to our first issue of Cortland Today! This newsletter will come to you four times a year to showcase our programs. We'll feature an employee and a resident each issue, a favorite recipe we want to share, some updates in the field of long/short term care, and always include lots of photos.

We are going to keep this first message from us brief because we want to use this space to share with you the best way we know how — by showing you photos of our recent refurbishing, from furniture to a beautiful courtyard in Camelot, to exciting features such as a media room for residents and their families to use computers, fax and copy machines. Residents, as well as our staff, have been so excited to see our new look take shape — they've given us feedback and we've incorporated suggestions all along the way. It's an exciting time here, just like it would be in your own home when you make changes that everyone's a part of.



It's also been a busy time with special events here at Cortland. We had our first annual Classic Car show this summer, and every indication is it will triple in size for 2010. We've also had "theme dinners," and held our first, with food and decoration using an Asian theme. Then it was on to Italian Night with well over 200 family members, friends, and

Norman Audino, Sr. residents dining trattoria-style with cavatelli, meatballs and sauce, based on "mom's recipe," as we celebrated the traditions of Italy and the sense of family and friends all sitting down together. As I said that night, "in my house growing up everyone came to dinner. Some people you knew, some people you didn't, but by the end of the night, you knew everyone!"

Plans are well underway for our holiday open house on December 13, as well as a joint holiday singing program with St. Philip's Church Christmas Pageant right here at Cortland Place. During the holidays, all families are busy — and that is no different with us. We're cooking our apple pies, welcoming visitors, celebrating life, and enjoying every day — **"Because Family Matters!"**



Norman Audino, Jr.



Refurbishing Complete!

Resident Focus

Dorothy Cook was born and lived her entire life in Cumberland, RI. She has lived at Cortland Place for three years, now. When you ask Dorothy what she likes to do she says, "I like to crochet and I like to listen to soft music."

She also enjoys going out for lunches with her Cortland Place friends, and spending time with her family. Dorothy had a career in the circulation department of a local newspaper, and was married for 65 years to Howard Cook, a former Cortland Place resident, who has since passed away. Dorothy has twin sons, John & Howard, Jr., who live in East Greenwich and nearby Massachusetts. Dorothy loves to tell you about her four grandchildren and several great grandchildren and the staff enjoy seeing Dorothy visit with her family members, who come to Cortland Place regularly.



Dorothy Cook

Open House!

December
13th at
4 pm

Join us for a...
Gourmet Buffet
Decadent Desserts
Santa Claus with
Gifts for the Kids
Face Painting
and more!

The Very
Merry Dickens
Carolers

Musical
Entertainment
by Vini Ames

Kindly RSVP
by December 8th
to 949-3880



Lea Doiron, RN — Director of Nursing Services

Lea Doiron has been at Cortland Place for a year, bringing over 32 years experience in nurse management in the long term health care field. "I've spent my entire career doing what I love — working to improve the medical care we give to our residents, and helping our nurses improve their skills and feel comfortable and empowered in the work that they do. This is my life's calling and I wouldn't do any other type of nursing, said Doiron."

In a period of rapid change in the healthcare system, keeping the focus on the patient or resident and his or her medical needs is a major priority. With more record

On Our Team

keeping and regulation requirements adding to her nursing workload, the personal attention her nurses provide is key. Attracting and retaining the highest quality of nurses in a nationwide nursing shortage is also an issue Doiron takes seriously. "Working to make Cortland Place somewhere that nurses want to be will attract others to us and to the profession, so quality of work environment is key to us here. We know that if our staff is happy and empowered to make suggestions, the care they provide will be of higher quality, and they will stay with us here at Cortland," Doiron said.

Recently, Doiron was a guest on WPRO-AM radio, being interviewed by Patricia Raskin for the "Positive Living" program. She discussed the clinical programs at Cortland Place, and how being able to offer a continuum of care from independent living to nursing care, if needed, all under one roof, is such an asset to the residents and families. We stay with our residents, help them if they have to go to rehab to recover from an illness, and transition them back to their resident program.

Doiron is a graduate of the Community College of RI, and she and her family live in Cumberland, RI.

Senior News Update

Working Together with The Alzheimer's Association

More than half of long-term care residents have dementia. Studies show staff trained specifically in dementia care are able to provide a better quality of life for residents and have increased confidence, productivity and job satisfaction.

Training provides an understanding of dementia and individual resident needs; builds skills by using simple techniques such as body language, tone of voice, and physical stance, to more advanced skills such as recognizing and reporting pain. Training allows staff to model best practices and motivate other staff to be independent problem solvers.

In partnership with the Alzheimer's Association of RI, Cortland Place is training all staff in special care for our memory impaired residents. Our training includes all our employees — whether they be direct patient staff such as our nurses and aides, or our environmental and dietary staff. At Cortland Place, we want everyone to be more aware and more skilled in serving the needs of our residents.



New Executive Director

David P. Jasinski, of Greenville, has been named Executive Director of Cortland Place. Originally an administrator, Jasinski returns after a twenty year career in the corporate sector. He brings extensive clinical and administrative experience coupled with an impressive history of helping to solve issues at the state level where he serves on the RI Senate Commission on Nursing Shortage and is a member of the Nursing Assistant Review Board for the RI Department of Health.

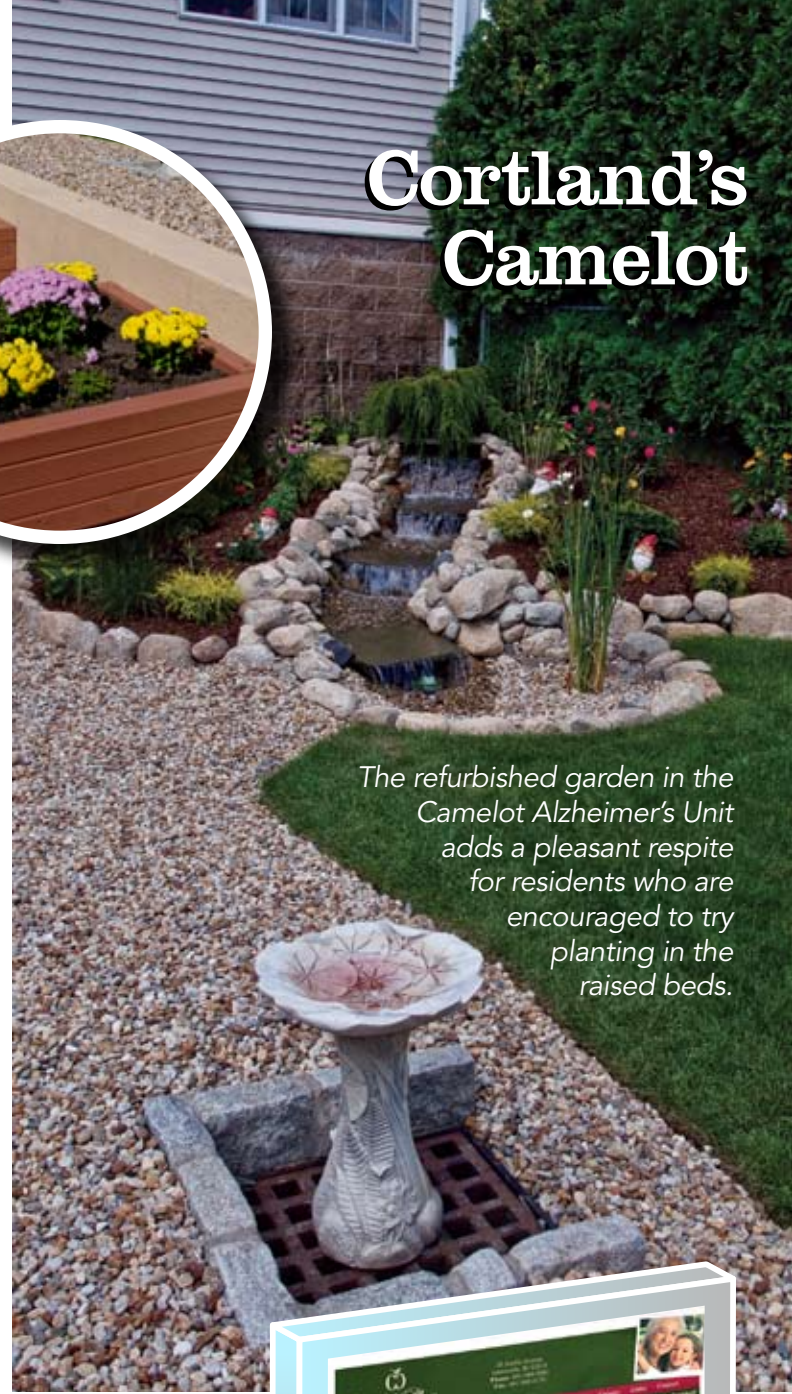


David P. Jasinski

Jasinski's wife, Marianne Raimondo Jasinski is Director of Spiritual Education at St. Philip's Church in Greenville, and the family lives right up the street from Cortland Place. "Our children are active in local sports, with Peter a student at St. Philip's, and Gianna at LaSalle Academy, enrolled in the Pegasus program, and a competitive swimmer at Providence College. We are local people. Cortland Place is like family to us, too. I began my career as a physical therapy aid, and when I was in college my father suffered a stroke. That moved my career path to health care administration and built a lifelong passion in me of helping others. I like to say that every day here, we work to continually "peel back the onion," get to the root cause of any problem, listen to people, communicate, and then make changes easily with the support of our owners. Together our bottom line is creating excellent customer satisfaction to achieve the highest quality care in a homelike environment. I'm thrilled at the opportunity."



Cortland's Camelot



The refurbished garden in the Camelot Alzheimer's Unit adds a pleasant respite for residents who are encouraged to try planting in the raised beds.



Now you can email a resident! Go to cortlandplace.com and find the tab "Email a Resident." We will deliver the email, personally, to your loved one! Residents & Family can also access email and the internet in the new Media Room!



Because **Family Matters.**

MAIN COURSE

Maple Glazed Pork Chops with Apples

4-4 oz. Boneless Center-Cut Pork Chops
Salt & Freshly Ground Pepper
Italian Parsley
All-Purpose Flour
1 Cup-Grade A Maple Syrup
1 Tbsp. Dijon Mustard
4 Cloves Thinly Sliced Garlic
1 Cup Amaretto — or, if preferred, equal parts of
Aged Balsamic and Extra Virgin Olive Oil
2 Cortland Apples Sliced

Marinate pork chops in Amaretto and garlic for 2-3 hours or preferably overnight. Season both sides of chops with salt and black pepper. Heat oil in a large sauté pan over medium high heat. Dredge pork chops in flour and shake off any excess and add to hot pan. Cook on each side until golden brown. In a medium bowl whisk maple syrup and mustard and add the sauce to the pan. In another sauté pan place the Cortland apple slices in the extra virgin olive oil until a little softened. Plate the pork chops with the sauce, top with the sliced apples, and garnish with Italian parsley. Serve with rice or over a risotto.



Chef Marc prepares the dish live on WPRI's The Rhode Show.

Our Italian Night brought together over 200 family members and friends!



Cortland Place in the **Community**



Part of our Cortland Place team at the Alzheimer's Memory Walk



Johnston Apple Festival



EQUAL HOUSING OPPORTUNITY