



Poet's Seat

HEALTH CARE CENTER

Quarterly News - Winter 2011

Dr. Thomas Echeverria joins Poet's Seat Health Care Center

Poet's Seat Health Care Center is excited to announce that they have engaged the services of Dr. Thomas Echeverria, MD, orthopedic surgeon in Greenfield, MA. Dr. Echeverria has practiced in the local community for thirty-one years.

"We are very excited to have Dr. Echeverria join our team," says Patrick McManus, Poet's Seat Health Care Center Administrator. "His experience and expertise will allow us to continue in providing the best possible care to all of our residents."

Dr. Echeverria is a board-certified orthopedic surgeon, with a sub-specialty certificate in surgery of the hand. He will be an integral member of the quality assurance team at Poet's Seat Health Care Center, supporting all of its rehabilitation efforts. Dr. Echeverria will offer periodic in-service programs for additional professional staff development. He will also serve as a principal medical resource for the nursing and rehabilitation departments.

"I am looking forward to working with the staff at Poet's Seat Health Care Center," says Dr. Echeverria. "It is definitely a 'people place' with a very friendly and well-trained staff."

Dr. Echeverria is a graduate of Deerfield Academy in Deerfield, MA. He conducted his undergraduate studies at Brown University. He earned his Bachelor's of Medical Science at Dartmouth Medical School, followed by his Medical Degree from the University of Texas Southwestern Medical School. Upon graduation, he performed his residency at SUNY Upstate Medical Center in Syracuse, New York.

Administrator's Note

All of us are more and more aware of what we need to do to maintain a healthier life. From a good night's sleep, to exercising on a regular basis, to watching what we eat. Now that the Holidays are here, keeping ourselves fit is a challenge. Sleep is disrupted... thinking about what needs to get done, exercising is put on "the backburner" and food is everywhere.



Hippocrates once said "Let food be your medicine and your medicine be your food." Not just any food can claim to promote health. Processed and fast foods, for example, often contribute to ailments.

Changing how we look at food is critical. Most everyone today knows that fruits and vegetables are healthy, i.e., oranges provide Vitamin C, bananas provide potassium, carrots provide Vitamin A. What we may not know is what the color of fruits and vegetables does for a healthy you. Fruits and vegetables, over the last several years, have been studied for their color.

Over the last several years, scientists and dietitians have conducted studies and begun classifying foods by color. Colors of fruits and vegetables work in different ways to protect you. Red grouping provides a chemical that fights cancer. Red/Purple group are known to for reducing the risk of heart disease. Orange group promotes eye and skin health. Green group stimulate enzymes in the liver to fight certain diseases. Yellow/Green group have chemicals to help promote eye health.

The color of fruits and vegetables have positive effects on one's well-being. By fortifying our diets with colorful fruits and vegetables, we promote a healthier life for ourselves. Who knew that mom was right in saying "Eat your Vegetables!" She may not have known the science behind this fact; but she was definitely on the right track. During the Holiday season, enjoy what you eat in a healthy way.

Sincerely,

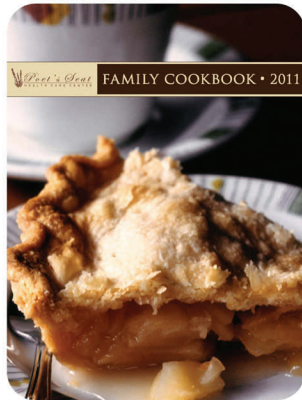
Patrick McManus

Administrator

What's New at Poet's Seat...

Family Cookbook now available

Poet's Seat Health Care Center is happy to announce that our first Family Cookbook is now available for purchase. The 35-page cookbook is a collection of family recipes submitted by residents, family members and staff. It includes such wonderful recipes as Stuffed Peach French Toast, Chicken Fricassee and Apple Pecan Cheesecake.



The cost of the cookbook is \$10, with all profits benefiting the residents' activity fund. To purchase a cookbook, stop in and see Zenaida Diaz. If you are unable to make it to the facility, simply contact us at 774-6318 (or e-mail inquiries@pshcc.com) to make arrangements for possible mail delivery. We hope it will make a excellent holiday gift for the cook in your family!

All residents now enjoying new electric beds

On November 29, Poet's Seat Health Care Center completed replacing all resident beds with new electric beds. The process, which began in the Spring, ran smoothly throughout the year and resulted in a successful transition. The new beds allow the residents to personally adjust their head and leg positioning, providing independence and individual control. We thank everyone for their patience and cooperation throughout all phases of the transition process. Your continuing support is greatly appreciated.

Residents and families celebrate Thanksgiving



On Nov. 16, Poet's Seat Health Care Center hosted our annual Thanksgiving meal for residents and their families. Our dietary staff prepared a full traditional Thanksgiving meal, complete with a carved turkey, stuffing and mashed potatoes. We thank all the families that came out to join us and helped make the afternoon a wonderful success.



Craft Fair & Bake Sale

On Nov. 12, Poet's Seat Health Care Center held it's semi-annual Craft Fair & Bake Sale. Vendors had plenty of goods to offer, including Millie (pictured above), who created ceramic dolls, jewelry and hair-pins. This was Millie's second time at the craft fair, and she will also be at the Residents Store on Dec. 8, offering affordable gifts to residents. The Craft Fair & Bake Sale raised over \$330 for the residents' activity fund. Thank you to all that helped make this event a success.

Meet Our Staff

Tony Thurston Food Service Director

Since April of 2011, Tony Thurston has served as the Food Service Director at Poet's Seat Health Care Center. With a flair for the creative, and a keen eye on nutrition, Tony and his staff have continued to serve our residents a diverse selection of meal options on a daily basis, while constantly looking for ways to improve service and satisfaction.



Tony has excelled in all aspects of the food service industry for the past 25 years. Through training and hard work, he has worked his way from fast food, to sous chef, to management—including time at Herms Restaurant in Greenfield and The Eastside Grill in Northampton. Most recently, he served as the head chef and culinary instructor at Northfield Mount Hermon, and the Food Service Coordinator for the Franklin County Head-Start program (overseeing all of its 14 sites).

In addition to his culinary skills, Tony brings to the table a certification in Nutritional Supervision from The American Academy of Nutrition. This imparts upon him special training, beyond basic nutritional education, allowing him to properly incorporate nutrition into the development of the menu in an institutional environment, such as Poet's Seat Health Care Center.

When planning the weekly menu, Tony and his staff have the creative freedom to make any delicious dish that they choose. However, he has to be sure that the correct servings of daily nutritional requirements (as set by the Commonwealth of Massachusetts) are being met.

On an individual basis, Tony makes sure to take time to meet with each of the new residents at the time of admission. This allows him the opportunity to introduce himself, get to know the new residents and see which foods they like and dislike. He can then work closely with Pat Jeans, registered dietitian, to develop their main diet and tailor the meal-ticket to their personal preferences. He also works closely with the nursing staff, which notifies him of any necessary changes in a resident's dietary requirements.

"I really enjoy the interaction with the residents," says Tony. "I constantly encourage my staff to get to know these folks, and find out who they are and what they've done in their lives. This is their home and we consider them part of our family."

Managing your weight through the holidays



For most of us, the holiday season is filled with joy, giving and happiness. Along with this comes numerous holiday celebrations, including office parties, family get-togethers and other festive gatherings. Despite our best efforts, many of us fall into the trap of overeating at this time of year and putting on many unwanted pounds. Managing your weight around the holidays can be extremely difficult. However, there are many things that you can do to help avoid those extra pounds.

It is important to set achievable goals for yourself. It's probably unrealistic to consider losing weight through this time of the year. However, striving to maintain your current weight is something that can be accomplished through simple dietary changes and discipline. It also helps to write out your plan in a notebook. Keep track of your weight, what you eat each day and how it made you feel. Seeing it in writing can help make a big difference.

Simple exercise will help you maintain your weight as well. It doesn't need to be intense or high-impact. After an evening meal, go for a brisk walk (or run) with a friend. If you have some old exercise equipment kicking-around in the basement, dust it off and put it to use. As you're sitting in the evening watching television, why not engage in a few sit-ups or push-ups? Keep in mind that you should contact your doctor before beginning any regular exercise.

Another great way to manage your weight through the holiday season is to incorporate more fruits and vegetables into your daily diet. This will fill you up, but not over-load your calorie level. Have fruits and vegetables—such as carrots, celery, green beans and apples—precut and in small bags in your refrigerator. This makes for a much healthier snack than chips, cookies or crackers.

It is much more difficult to stay disciplined when you're attending any holiday function. However, there are things that you can do to resist temptations. It is very important that you never go to a party hungry. Be sure to have a healthy snack or meal before you go. If you're already full, you'll be less likely to overindulge on sweets and snacks. If you're expected to bring a dish to share, why not bring a vegetable platter? This will ensure you'll have a healthy eating option there. Avoid foods with heavy sauces (such

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Upcoming Special Events

Breakfast with Santa

Sat., December 10, 2011

9–11 a.m.

\$3 kids / \$5 adults

Poet's Seat Health Care Center will be holding our annual Breakfast with Santa on Saturday, December 10, from 9–11 a.m., and is open to all family, friends and the community. Admission price is \$3 for kids and \$5 for adults. All proceeds will go to the residents' activity fund.

For more information, contact Zenaida at 774-6318, or e-mail inquiries@pshcc.com. We hope to see you then!



Managing weight cont.

as cheese, cream or meat drippings). These tend to be the highest in fat and calories. Portion control is also very important. When you're fixing yourself a plate of food, use the smallest plate available (such as a salad or appetizer plate). Try to keep yourself out of the room when the food is located. This will help you avoid constant snacking. If there is no other room to go to, at least try and keep your back to the food. It is also important to avoid alcohol at these parties. Not only do they add extra calories, they also lower your inhibitions, leading you to abandon your health plan and over-eat.

Another important thing you can do through the holiday season is to learn that it's ok to say "no." Friends and family are usually very anxious—and proud—to share with you. It is possible to be polite by saying something like, "No thank you. Everything was delicious, but I've had enough."

Maintaining your weight through the holidays doesn't have to be something you stress over. If you follow these simple suggestions, there's no reason that you can't enjoy the season's festivities while avoiding the extra pounds. However, if you do slip-up, it's important to not give up for the rest of the holidays. Just forgive yourself, move on and get back on track. After all, spending time with your friends, family and loved-ones is what the holidays are all about.

Poet's Seat Health Care Center is managed by Somerset Health Care Management Group.

Fax: 413-773-0060

Phone: 413-774-6318

Greenfield, MA 01301

359 High Street

POET'S SEAT HEALTH CARE CENTER