



SCANDINAVIAN *communities*

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Are you or
someone you
know interested
in living at :



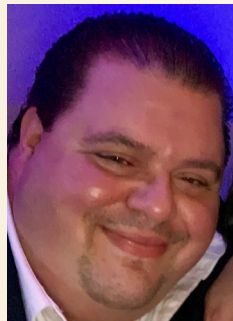
Contact our

Admission Coordinator
for more information

401.461.1433 Ext. 116

SPOTLIGHT ON OUR TALENT AT SCANDINAVIAN COMMUNITIES

Have you sampled the food at Scandinavian Communities, lately?



The food isn't home cooked. It's even better. At **Scandinavian Communities** we satisfy the choosiest of diners. Our stellar Culinary Director, Jacen Scungio, is highly accomplished in the hospitality industry. After graduating from LaSalle Academy in Providence, Jacen decided to take his passion for the Food and Hospitality profession to Johnson & Wales University where he received an A.A.S. degree in Culinary Arts with a minor in Nutrition. He then furthered his education with a B.S. degree, majoring in Food Service Management with a minor in Marketing.

Jacen's most notable career achievements have included: Operations Manager with Sodexo, serving Bryant University; Executive Chef of Blush Wine Bar on Federal Hill; and, Director of Dining Services for South County Nursing with Genesis Healthcare. In addition, he has had the pleasure of serving numerous actors, athletes and even a President of the United States.

Here are some other highlights of Jacen's career:

- Met and discussed culinary topics with world-renowned Chef Emeril Lagasse
- Was featured on TV Maitre d' with Joe Zito regarding Blush Wine Bar
- Performed a three-segment "Live" cooking demonstration on The Rhode Show
- Worked at Mediterraneo preparing entrees for many celebrities.

Jacen is committed to **Scandinavian Communities'** mission: "To provide a continuum of excellent, compassionate and innovative care to enable those we serve to attain optimal wellness and quality of life." Under his leadership, our fine culinary staff strives to achieve a high level of skill in preparing healthy fare, so that our residents' meals are not only nutritious, but also tasty and varied – such as you will find served at the finest restaurants in Rhode Island.

When asked: "How do you like working at Scandinavian Communities?"

Jacen replied: "I'm truly honored and privileged to fulfill the high standards and culinary expectations of the residents at Scandinavian Communities each and every day."

LETTER FROM THE EXECUTIVE DIRECTOR



My Experience at Scandinavian Communities for the Past 60 Days

When I arrived at Scandinavian Communities in January, I was shown to my office, dropped off my coat, said a brief 'hello' to Joel Johnson, our President, and was whisked off to the daily leadership meeting. That short meeting was followed by another clinical meeting to discuss the care provided to residents on a daily basis. The day progressed by meeting many residents, staff, family members, enjoying lunch, taking a tour of both communities, and then returning to my office to end the day. My orientation continues at Scandinavian Communities and to the post-acute healthcare environment in Rhode Island.

Here are my observations of Scandinavian Communities and how the vision plays out every day. There is compassionate, innovative and person-centered care being provided to all residents by an array of committed staff, 7 days a week, 365 days a year. It was evident to me on that first day with the meetings discussing the best care plan for each and every resident, assuring the safe, friendly, comfortable and connected environment. Questions asked included: 'Is this the best medical treatment plan or do we need to contact the physician?', 'Is there something that we need to change with the diet?', 'Are they engaged in the activities that meet their individual needs?' I have observed many happy residents engaging in conversation with staff and each other, playing Bingo on a regular basis, listening to the many excellent musicians scheduled, and even seeing farm animals visiting our Communities. It is definitely an organization dedicated to expertise in caring for the elder population driven by compassion.

As mentioned in our spotlight, Jacen and his entire staff prepare and serve hundreds of delicious and nutritious meals a day. He is working to include new items frequently and to expand the menu. I have seen him in action, listening and implementing the suggestions made by the residents.

We have a strong Parkinson's Disease support group growing and evolving every month. The members continue to learn about aspects of this disease in a supportive and caring environment and are able to share experiences. This gives us ideas on how to move forward in new directions to support this population and become a Center of Excellence. Out my office window, I see the preparation for the new generator for the Assisted Living, which will replace the old unit. The new unit will allow for power throughout the entire building.

I do want to thank the leadership team, staff and residents for such a warm welcome and support into the Scandinavian Communities. I see how it is the 'best kept secret in Cranston'. There are new and innovative marketing opportunities in the works at this time. We will be sharing our secret within the next couple of months. Please keep checking our website and social media for updates. I look forward to working together with everyone and continue on this journey, to remain true to our vision:

To be the Destination of Choice for Wellness and Eldercare.

If you have any questions or comments, please do not hesitate to contact me at csilverman@scandinaviancommunities.org or 401-461-1433.

Colette M. Silverman

UTI - A COMMON INFECTION

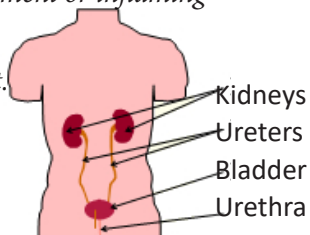
Seniors Should Beware Of Urinary Tract Infections

Risks & Seniors

Urinary tract infections are very common, ranking second to respiratory infections. Poor urine flow, personal hygiene issues, suppressed immune systems and nervous system problems create good growing environments for these infections. That is why seniors are so often victims.

Below are conditions and situations that are common among seniors and increase the risk of urinary tract infections.

- *Insufficient intake of fluids.*
- *Narrowing of the urethra, enlargement or inflaming of the prostate, kidney stones.*
- *Bowel incontinence.*
- *Immobility and lack of movement.*
- *Nursing home patients.*
- *Diabetes.*
- *Catheter for the bladder.*



Lower UTI Symptoms

- *Frequent urge to urinate.*
- *Burning feeling in the urethra or bladder*
- *A small amount of urine is voided, even though the urge to pass more is felt.*
- *Urine may appear cloudy or milky, as well as having a strong odor. May be reddish in color, when it contains blood.*
- *Feeling wiped out. Fever is possible.*
- *A bloated feeling in the abdomen.*

(Sources: NIH, National Kidney Foundation)

CULINARY RECIPE

FILET & WILD MUSHROOM CROSTINI



Log onto our website and click the "News & Events" page for this recipe. YUM!

www.ScandinavianCommunities.org

COMMUNITIES LIFESTYLE



Take a look at some of the **fun ways** we spend the day in our communities!



Prayer Shawl Ministry

The Annual Prayer Shawl Blessing of the Scandinavian Communities took place on February 9, 2019 during an afternoon Mass at St. Paul's Church in Cranston, officiated by Father Young.

The Prayer Shawl Ministry has been in existence since 2010. It was started with only a few shawls to distribute to those who might be in need of comfort, but has grown to include willing knitters and crocheters from many churches in the area. To date they have given away nearly 800 shawls. The group meets monthly at Scandinavian Communities the first Friday of every month in the Chapel at 10:30AM. For more information contact: Chaplain Carol Huff,



UPCOMING EVENTS

**APR
12**

CRANSTON PARKINSON'S DISEASE SUPPORT GROUP

Join us monthly at 10AM if you would like to meet others with PD, participate in lectures by local experts geared to living well with PD or just to enjoy social activities with other PD families.

**APR
25**

VOLUNTEER LUNCHEON

Our way of saying "Thank you" to all who volunteer their time and talents to enhance the lives of residents and staff in both communities.

**MAY
16**

MEMORIAL SERVICE

Join us as we remember those residents who we have lost this past year. We will gather to remember, honor and comfort each other with fellowship and worship.

**SEP
12**

SAVE THE DATE HIDDEN TREASURES RHODE ISLAND

A fundraiser for Scandinavian Communities

Scandinavian Communities is a not-for-profit 501(c)(3) organization and we sincerely appreciate our friends and family members who support us with their time, treasures and talents.



SCANDINAVIAN
communities

**REHABILITATION & SKILLED NURSING
ASSISTED LIVING**

1811 Broad St Cranston, RI 02905

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