



SCANDINAVIAN *communities*

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CREATIVITY AND INNOVATION



We have recently changed our name to Scandinavian Communities – We are proud to be a destination of choice for wellness and elder care. Over 85 years since our founding, we continue to offer compassionate, innovative, person centered care including: rehabilitation, short term skilled nursing or respite stays, long term care, and assisted living. Our professional and caring staff attends to the needs of all our residents.

Scandinavian Communities consistently strive to create better living choices, set higher standards of quality, and focus on innovative ways to improve the current and future needs and desires of older adults. As a Not-For-Profit, the bottom line is not about annual profit or loss. It is about our residents' quality of life and satisfaction. Our goal is to serve our residents and create better ways of addressing their needs and desires. We strive to make a difference in the lifestyle of each individual every day.

We are committed to innovation and continuous quality improvement in healthcare and aging services. Our communities are dedicated to putting the needs of older adults first. Our success has provided our residents and their loved ones lasting peace of mind. Their testimonials are our measurement. Scandinavian Communities' success comes from the collective efforts and contributions of the hardworking, dedicated, and loyal Board of Directors, the entire staff, and Friends of the Corporation. The staff give 100% of their time and talents daily. We have so much to be proud of and are extremely excited for you to explore our new website.

We continue to search for new and creative ways to enhance the spectrum of care we offer and market our services to the larger community. Be sure to leave us a review on Google, Facebook or LinkedIn. Once on the site you just need to click on the "let's get social" icons!

DID YOU KNOW...

March is Nutrition Month. During the Month Scandinavian Communities' Activity Departments will be partnering with Flik Lifestyle Culinary Services to explore grains around the world.



LETTER FROM THE EXECUTIVE DIRECTOR



We are excited to announce that on February 12, 2018 Scandinavian Communities went live with its new company website. Notice we did not say Scandinavian Home, Inc., but Scandinavian Communities. We are doing business as (DBA) Scandinavian Communities in all our future marketing efforts. The website is just one part of the marketing campaign. Fear not, our mission, vision, and person centered care models will stay the same; it's just a name change for marketing. However, to make this happen many technological changes were made for the security of the personal health information that we manage.

The first change was adding a new firewall called Fortinet to protect our servers. This hardware and software protects personal & private records we manage for residents. Fortinet was installed late fall last year when we began the development of our updated website. Now we are evaluating additional sophisticated, anti-cybercriminal software used in some of America's largest financial institutions. A 24-hour monitoring software that makes hacking almost impossible. In addition, Microsoft Office 365 will come in April offering operational software with similar protections. Finally, the beginning of July will bring a new electronic health record to be used in both the Rehabilitation & Skilled Nursing and Assisted Living. Why do all this you might ask?

Simply to protect private health and financial information of residents. It will allow Scandinavian Communities to improve productivity of staff and allow more time for care we provide residents living in the communities. During these final stages expect some challenges. Significant learning by staff begins in two weeks. I felt it was important to share this information and ask for your help. Simply click on our new site: www.scandinaviancommunities.org. Review it for accuracy and give us feedback for improvements. Don't stop there, friend us on Facebook. It's an exciting new world in technology and Scandinavian Communities time to join it is now.

SIX HEALTHY HABITS AND TECHNIQUES

1. **Avoid Close Contact** - Keeping your distance from others can help protect them from getting sick.
2. **Stay home when you are sick** - If possible, stay home from work, school, and errands when you are sick.
3. **Cover your mouth and nose** - Cover your mouth and nose with a tissue when coughing or sneezing.
4. **Clean your hands** - Washing your hands often will help protect you from germs: If soap and water are not available, use an alcohol-based hand rub.
5. **Avoid touching your eyes, nose and mouth** - Germs are often spread when a person touches something that is contaminated with germs.
6. **Practice other good health habits** - Clean and disinfect frequently touched surfaces at home, work or school. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious foods.

Cold or Flu?

	<u>Cold</u>	<u>Flu</u>
Rate of Symptom Development?	Progressively	Rapidly
Chills?	Uncommon	Common
Headaches?	Uncommon	Sudden and can be severe
Fever?	Low-grade	Fever is greater than 100° F
Tired?	Minor	Minor
Muscle Aches?	Minor	Minor to Major
Sore Throat?	Often	Sometimes
Runny Nose?	Often	Sometimes
Type of Cough?	Produces mucous	Dry

COMMUNITIES LIFESTYLE



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



Culinary Information

The Culinary Department would like you to know that, as of April 1, 2018, the guest meal prices will be increasing. Regular meals will now be \$10.00 per person and Holiday Meals will now be \$20.00 per person. Thank you for understanding!

Prayer Shawl Ministry

We meet the first Friday of every month in the Chapel at 10:30 am. Gather with friends to create these shawls and share your life. We are looking for more members. We hope you will consider joining us! For more information contact: Chaplain Carol Huff, 401-461-1433 ext. 157. Yarn donations are always welcome.

UPCOMING EVENTS

**MAR
8**

PARKINSON'S DISEASE WORKSHOP

Join us for a informational breakfast session on "What is Parkinson's Disease?" Presented by: Mary Ellen Thibodeau, RN from the Parkinson's Center at Kent Hospital.

**APR
26**

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
18**

IT TAKES A VILLAGE 5K AND FUN RUN

Join us as we sponsor E.S. Rhodes Elementary School, PTA and Park View Middle School, PTA in Cranston, RI for a healthy, fun, 5k run/ walk for families, friends and neighbors!

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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