



SCANDINAVIAN *communities*

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HIDDEN TREASURES of RHODE ISLAND

Scandinavian Communities' annual fundraising event; **Hidden Treasures of Rhode Island** is taking place on Thursday, September 13, 2018 at Alpine Country Club in Cranston, Rhode Island. Entertainment for the evening will be provided by the *Joseph Godfrey Jazz Quartet*. Each year, we focus our efforts on finding a different venue throughout Rhode Island to host the event. Residents of our Rehabilitation & Skilled Nursing and our Assisted Living are the ultimate beneficiaries of this fundraising effort. The revenue generated from our fundraising efforts provides lifestyle enhancements to our residents. They are at the center of all that we do!



The unwavering support of our Board of Directors, friends, families, volunteers, staff, business partners and local business community warms our hearts tremendously. The excellent care we are able to provide to our residents is due to their understanding and appreciation of our mission and vision.

Due to their generosity, last year we were able to purchase easy access massage chair; comfortable patio furniture and chairs for outdoor living spaces; and pet therapy, to name a few. Our supporters continue to make a wonderful difference in the lives of all our residents.

Over the years, Medicare and Medicaid reimbursement rates have been a struggle for Long Term Care throughout Rhode Island and the country. Older Adults are living longer and the cost of healthcare is rising at astronomical rates. Scandinavian Communities relies on the support of our annual fundraiser "**Hidden Treasures of Rhode Island**" to help enrich all areas of our residents' lives by making a difference in the lifestyle of each individual every day. We hope you will consider supporting this wonderful fundraising event by joining us on Thursday, September 13, 2018 at 6PM or by making an in-kind donation for our silent auction. For more information visit our website at: www.ScandinavianCommunities.org or contact Suzanne Cesana at: 401-461-1444 or email: scesana@scandinaviancommunities.org.

Are you or
someone you
know interested
in living at :



SCANDINAVIAN
communities

Contact our
Admission Director
for more information

401.461.1433 Ext. 116

LETTER FROM THE LEADERSHIP TEAM



As spring renews our campus, residents and staff at Scandinavian Communities continue to learn and grow every day. Our residents are taking part in our life enrichment activities, and have quite the garden growing outside!

We at Scandinavian Communities feel that continued growth educationally for our staff and facility alike is very important. We encourage all of our staff to be up to date regarding the ever changing information surrounding senior living and throughout the healthcare community. Many of our staff members are involved in a variety of certification and degree programs including medical billing, medical technician, nursing, rehabilitation, business, communications and other required continuing education. Scandinavian Communities as a whole is currently training with the Rhode Island Department of Health, Long Term Care Mutual Aid Plan and local emergency management agencies for emergency preparedness. We are also a clinical nursing site for Rhode Island College and Community College of Rhode Island RN, LPN, and CNA programs, and have social work interns from Providence College, and administration/marketing interns from Rhode Island College. If you want to know more just stop by my office anytime. Have a happy, healthy and safe summer!

Kerry McGuinness, LNHA, MA
Administrator, Rehabilitation & Skilled Nursing

New Massage Chair Is Having a Magical Effect on Residents

Residents at Scandinavian Assisted Living are enjoying the benefits of a masseuse with our newly purchased Human Touch Zero G 5.0 massage chair. We are hoping this massage chair is going to have a magical effect on our residents by improving both their physical and mental well-being! It provides a rejuvenating massage while soothing aches and pains, reduces stress, relieves tension, improves circulation, and helps to induce relaxation. The chair performs many of the basic strokes that a professional masseuse uses and can be used at any time by our residents under the supervision of staff.

As we age, stress affects both the mental and physical well-being of a person by causing lack of sleep, poor appetite or even high blood pressure. Physical activities become more difficult and exhausting. Having a massage regularly while seated in a comfortable position helps as you relax and rest. Repeated use of the massage chair will help different muscles to remain strong and avoid injuries.

Muscles in the spine and neck can become fatigue after compensating for poor posture over long periods of time. Regular use of a massage chair can help improve posture by relaxing the muscles in the neck and spine area and increases flexibility. It aligns the spine and reduces pressure on nerves by targeting certain muscles with different strokes to relieve discomfort.

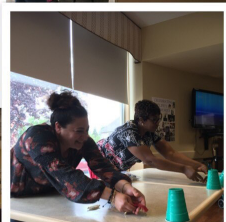
It's no secret our residents will start looking younger and younger in the days to come. All a credit to the routine use of the Human Touch Zero G 5.0 massage chair. It is helping residents relax, comfort their aches and pains, alleviate stress, ease tension, increase circulation and rejuvenate the skin. Staff are also taking advantage of the massage chair magic!



COMMUNITIES LIFESTYLE



Cheers!
To some of
the **fun ways**
we spend the
day in our
communities!



*Celebrating
Life's Stories*

Skilled Nursing Care Week 2018, formerly known as Nursing Home Week took place from May 13th through May 19th. The chosen theme this year was "Celebrating Life's Stories". Staff and residents of Scandinavian Rehabilitation and Skilled Nursing celebrated with fun events each day! We had contests, competitions, a visit with farm animals, movies, evening entertainment, a parade, lots of delicious food, and so much more! We displayed photos of our residents' lives throughout our building and had the opportunity to hear the stories behind some of the photos. Staff and residents were able to enjoy a week of fun and games, we were able to get to know the people we care for on a more personal level and grow together as a community.

UPCOMING EVENTS

**JUL
5**

4TH OF JULY COOKOUT

Residents, Families and Staff will be celebrating Independence Day with a Patriotic Cookout. Show your Nation's pride by wearing your Red, White & Blue. The more festive the better!

**AUG
15**

DASH & DINE

Don't feel like cooking? Join us for a *Dash & Dine*. Stop by for a tour of our communities and take home a delicious dinner for two, made by our Culinary Department.

**SEP
13**

HIDDEN TREASURES RHODE ISLAND

Join us as we celebrate at Alpine Country Club and enjoy the music of the Joseph Godfrey Jazz Quartet as we raise money for lifestyle enhancements for our residents.

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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