



SCANDINAVIAN *communities*

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SCANDINAVIAN
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401.461.1433 Ext. 116

SCANDINAVIAN COMMUNITIES APPOINTS NEW EXECUTIVE DIRECTOR



The Board of Directors of Scandinavian Communities is extremely pleased and honored to announce the recent appointment of Ms. Colette Silverman to be its new Executive Director.

Colette is a highly-accomplished executive with strong leadership skills in corporate healthcare, home health services, acute care hospitals and hospice care. She possesses a stellar reputation for providing strategic leadership in the areas of Quality and Process Improvement, Outcomes Management and Quality-based incentive programs, including value-based purchasing and readmission reduction.

Her diverse knowledge of the healthcare industry and skill at building business relationships with hospitals, home care agencies and physician practices, as well as, experience in developing and evaluating new and innovative programs for providing high-quality care to the older adult population, will open up many new opportunities for our organization.

Previously, Colette served as the Chief Administrative Officer for the Visiting Nurse Association of Cape Cod and, in conjunction with that role, was Director of Corporate Quality for all of the VNA of Cape Cod / Cape Cod Healthcare (CCHC) family. She possesses a B.A. in Speech Pathology from Valparaiso University and a Masters in Speech Pathology from Western Michigan University.

Colette will assume her duties as Executive Director as of January 1, 2019 but has already been busy getting to know our board members, leadership team, key staff members and Friends of The Corporation, as well as our residents and their families. She is enthusiastically committed to Scandinavian Communities' vision:

"To be the destination of choice for wellness and eldercare".

LETTER FROM THE LEADERSHIP TEAM

Over the years, Medicare and Medicaid reimbursement rates have been a struggle for Long Term Care throughout Rhode Island and the country. Americans are living longer and the cost of healthcare is rising at astronomical rates. This is causing patients to find other options and forcing many facilities to close each year. Scandinavian Home, Inc. has been faced with many challenges this year, but with that comes opportunities for improvements. The Leadership Team would like to share a recap of all the great accomplishments we have made together. Here are the 2018 improvements we are very proud of.

In February 2018, Scandinavian Home, Inc. started doing business as (DBA) Scandinavian Communities for all our marketing efforts. We are proud to be a destination of choice for wellness and elder care. Fear not, our mission, vision, and person centered care models remain the same; only the name has changed. This name change positions us to take advantage of whatever changes lay ahead.

The organization went live with its new company website and Facebook page. To make this happen some technological changes were made for the security of the personal health information of our residents. We added a new firewall called "Fortinet" to protect our servers. This hardware and software protects the personal & private records that we manage for residents.

Our Internship Programs with various colleges has had many successful outcomes for students in healthcare administration, marketing, nursing, and social work fields.

We are making substantial progress on installing a new generator for the Assisted Living. The ground work is complete and we are waiting for the generator to arrive. The new generator will allow the entire building to be on back-up power in the event we lose electricity. It will be up and running early 2019.

We started a Parkinson's Support Group which meets the second Friday of each month. It continues to grow with new members joining and supporting each other in ways they never thought possible.

Scandinavian Communities is collaborating with the William Hall Library's Board of Trustees to construct a walkway which will connect our parking lot to the rear of their facility, thereby providing safe and easy access for our residents, staff and our neighbors in the Warwick Avenue area.

During the month of December, World Energy replaced all the light fixtures and made other energy efficiency improvements that will save the company over \$38,000 per year.

Both the Rehabilitation & Skilled Nursing and Assisted Living met very high standards on their annual inspections conducted by the Rhode Island Department of Health. The Rehabilitation & Skilled Nursing remains four (4) stars with the Centers for Medicare and Medicaid Services (CMS). The Assisted Living continues to be "deficiency free" since 2002.

Our success comes from the collective efforts and contributions of the hardworking, dedicated, and loyal Board of Directors, friends, families, volunteers, staff, business partners and local business community. The staff give 100% of their time and talents daily. The excellent care we are able to provide to our residents is due to their understanding and appreciation of our mission and vision. January 2019 will bring Colette Silverman, our new Executive Director to lead the team as 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.

The Leadership Team -
Kerry, Tai, Dan, Suzanne, and Vivian

Glaucoma

An Eye Disease That Puts The Optic Nerve Under Pressure

Glaucoma, the leading cause of blindness in the U.S., is one of four major ARED's, age-related eye diseases. It is a disorder that damages the optic nerve, the transmission line of 1 million+ nerve fibers that sends pictures from the eye to the brain. In many victims, this illness progresses silently, leading to the alias of "thief in the night."



In most cases (but not all) types of this disease, the fluid that

nourishes the eye (aqueous humor) cannot drain through the meshwork situated in the angle where the iris and the cornea meet. Since the eye is a closed system, the fluid builds up, as does the pressure. This compresses the optic nerve cells, causing damage. Left unchecked, the cells can die, leading to a permanent loss of vision. So it is very important to get an early diagnosis and treatment. Note: The other three ARED's are cataracts, age-related macular degeneration and diabetic retinopathy.

(Sources: National Eye Institute, Glaucoma Research Foundation)

COMMUNITIES LIFESTYLE



Oh what fun we had this year
in our communities!
Looking forward to more
great memories in
2019.



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. 103. **Yarn donations are always welcome.**



CULINARY RECIPE

PEAR & AUTUMN VEGETABLE BISQUE

INGREDIENTS

- 2 medium Bartlett pears (8 - 10 ozs. each) and 4 small Bartlett pears (about 6 ozs. each)
- 1 sugar pumpkin or butternut squash (about 1 lb) peeled and cut into 2-inch pieces
- 1 parsnip (about 3 ozs.), trimmed, peeled, and cut into 1-inch pieces
- 2 yams trimmed, peeled, and cut into small 1-inch pieces
- 1 sprig fresh sage
- 1 1/2 teaspoons coarse salt
- 1/4 cup heavy cream
- 1 pinch of cinnamon
- 1 pinch of freshly grated nutmeg
- 1/2 teaspoon freshly ground white pepper



DIRECTIONS

1. Preheat oven to 200 degrees. Using a mandolin or a very sharp knife, cut 2 medium pears lengthwise into paper-thin slices. Arrange the slices in a single layer on a rimmed baking sheet. Bake until pears are dry, about 1 hour. Let cool completely on sheet on a wire rack.
2. Meanwhile, peel remaining 4 pears; halve lengthwise, and core. Place pears, squash, parsnip, yam, sage, and 1 teaspoon salt in a 4-quart stockpot. Cover with water (at least 4 cups). Bring to a boil. Reduce heat, and simmer until vegetables are tender, about 20 minutes.
3. Pour mixture through a sieve into a medium bowl, reserving broth and discarding sage. Puree solids in a food processor or blender, adding up to 1/2 cup reserved broth as needed.
4. Return puree to the pot. Stir in 3 to 4 cups reserved broth to achieve desired consistency. Bring soup to a simmer over medium-low heat. Whisk in cream, remain ing 1/2 teaspoon salt, and the pepper and spices. Serve garnished with dried pears.

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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