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# Silver Creek Manor

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## Facility Staff

### Administrator

Kimberly A. Ciociola

### Director of Nurses

Amanda Nickerson,  
RN

### Nursing Services

Stephanie Morris, RN

### QAPI Director

Anne M. Cabral

### Social Workers

Christen Parker-Jones  
Cindy Morais

### Financial Services

Mary Sylvia

### Environmental Services

John Ciociola

### Housekeeping

Renata Ferreira

### Dietary Services

J Ghazal

### Activity Director

Nancy Lowney

### Admissions

#### Coordinator

Claudia Zimmerman



## From the Administrator.....

*Hi everyone*

*It's hard to believe we are at the end of winter. Punxsutawney Phil saw his shadow so we have six more weeks of winter weather. With the weather turning milder, our thoughts turn to renewal. Here, we are starting to plan for a few improvements. We will be looking at room renovations on West wing and replacing some of the older air conditioning units. We will also be starting some new activity programs for the residents, including a new exercise program.*

*Please watch for the new improvements and as usual if you have any ideas or thoughts you'd like to share please let us know, we value your input.*

*Take care  
Kim*

## From the Director of Nursing.....

*Dear Residents, Families and Staff of Silver Creek Manor,*

*February represents conditions of the heart, such as **love...chocolate... red wine....red roses... and Go Red for Heart Health Awareness!***

*In fact, it can be said that all of these things contribute to overall good health! I'd like to take this opportunity to remind you (and myself!) of the importance of healthy living as we approach National "Go Red" Day that aims raise awareness of heart disease and stroke prevention. So let's get out and smell the roses this winter as we enjoy warmer-than-usual temps!*

*I'll be learning to snowshoe, should we have enough powder to practice in!*

*Amanda Nickerson, MPH, MSN, RN  
Director of Nursing*





# Heart Healthy Month ~ Amanda Nickerson, MPH, MSA, RN

## Heart Definitions:

- **Heart Attack:** Chest pain or discomfort, upper back pain, indigestion, heartburn, nausea/vomiting, extreme fatigue, upper body discomfort, and shortness of breath.
- **Arrhythmia:** Fluttering feelings in the chest (palpitations).<sup>6</sup>
- **Heart Failure:** Shortness of breath, fatigue, swelling of the feet/ankles/legs/abdomen.
- **Stroke:** Sudden weakness, paralysis (inability to move) or numbness of the face/arms/legs, especially on one side of the body. Other symptoms may include: confusion, trouble speaking or understanding speech, difficulty seeing in one or both eyes, shortness of breath, dizziness, loss of balance or coordination, loss of consciousness, or sudden and severe headache.

Did you know that cardiovascular disease, which includes heart disease, hypertension and stroke, is the number one cause of death for both men and women in the United States? Although heart disease is sometimes thought of as a "man's disease," the same number of women and men die each year of heart disease. Despite increases in awareness over the past decade, only 54% of women recognize that heart disease is their **number 1 killer**. I bet you didn't know that heart disease is more deadly than all forms of cancer combined!

While 1 in 31 American women dies from **breast cancer** each year, 1 in 3 dies of **heart disease**. It's time to learn the most critical numbers in **Your** life. Your heart depends on it.

That's why **Go Red For Women** are encouraging all women to schedule a visit with their doctor to learn their personal health numbers including **Blood Pressure, Cholesterol, Blood Sugar and Body Mass Index (BMI)** and assess their risk for heart disease and stroke.

## Heart Healthy Food

-Eat **fish** -such as salmon, tuna, mackerel, herring and trout.

-**Healthy nuts** such as almonds or walnuts.

-**Berries** full of heart-healthy phytonutrients, soluble fiber. Try blueberries, strawberries, cranberries or raspberries

-**Flaxseeds** contain omega-3 fatty acids, fiber and phytoestrogens. **Oatmeal:** the comfort-food nutrient powerhouse.

**Dark beans:** such as kidney or black beans,

**A 4-ounce glass of red wine :** can help improve good (HDL) cholesterol levels.



## February Events

**Please feel free to visit your loved one and attend these great events in our Center.**

- February 2<sup>nd</sup>:** Groundhog Day!
- February 3<sup>rd</sup>:** 2:30pm Entertainer: Debbie C.
- February 5<sup>th</sup>:** 3:00pm First Baptist Church Service
- February 5<sup>th</sup>:** Super Bowl Sunday!
- February 7<sup>th</sup>:** 11:00am Episcopal Service
- February 9<sup>th</sup>:** 2:30pm Happy Hour with Marc
- February 9<sup>th</sup>:** 2:30pm Penny Social
- February 14<sup>th</sup>:** 2:30pm Sweetheart Social
- February 14<sup>th</sup>:** 2:30pm Entertainment: Vic Solo
- February 22<sup>nd</sup>:** Resident Council
- February 23<sup>rd</sup>:** Entertainment- Old Time Magic
- February 24<sup>th</sup>:** 2:30pm Birthday Bash
- February 27<sup>th</sup>:** 11:00am Catholic Mass
- February 28<sup>th</sup>:** 2:30pm Entertainment: Mark D.

## Weekly Program Themes:

- Week 1: Snow**
- Week 2: Children's Authors**
- Week 3: US Presidents**
- Week 4: Mardi Gras**

**Therapeutic Cooking:** 3 Little Pigs in a blanket 2/10; Heart Cookies 2/15

## Therapeutic Arts:

2/1: Making Hats; 2/8: Hans-Christen Anderson Painting, 2/15: Cookie Cutter Art; 2/22: Log Cabin Art

*"When your family needs help, turn to ours"*

**Welcome!!!**

**New hires joining the team**

Kaitlin, HR  
Ashley, CNA  
Andria, CNA  
Paula, Laundry Aide  
Britney, LPN  
Cecilia, CNA

