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Happy Spring!

Happy St. Patrick's
Day!



From the Administrator.....

Happy March Everyone!

Mother Nature has been busy playing tricks on us. It seems that the coldest days of the year have been recent; just when we were waiting for spring to arrive. Even the flowers and trees are confused. With spring approaching, we start to look for cleaning projects. Please take some time and assess your loved ones' closets, removing any seasonal or worn clothes and checking for labels. This is especially important if Silver Creek is doing the residents laundry.

We have recently started a new exercise program called Stronger for Longer. The first session was this past Tuesday and seems to be a success. Many of the residents were very excited about the program and we had a great turnout. The program will run on Tuesday and Thursday and each session will be run by a different staff member. We are hoping to make exercise fun and improve the strength of our residents.

Renovations have begun on West wing so please be patient with maintenance while they are making the improvements. We will try to make sure there isn't too much inconvenience.

Regards,
Kim Ciociola

From the Director of Nursing.....

Happy Spring!

I love this time of year. The sunshine. The extended days that emerge from early nights. The chirping of birds returned and of those born anew. The rains that wash and the winds that blow. It reminds me of the saying, "Out with the Old and In with the New".

And new is what you will find at Silver Creek Manor this month. In the nursing department we have ten new staff members that I am certain you will be pleased to meet! We have hired three new nurses, two new medication techs and five new nursing assistants. We are very excited to bring these new staff members on board. Please extend a warm welcome to our new team members as they learn the ropes and join the Silver Creek family! Thank you and have a very Happy Easter.

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



Put Your Best Fork Forward! ~ Rebecca Alves, RD

Dear Residents, Families & Friends, Spring is upon us and what a way to celebrate National Social Services month but to stop and smell the roses. "Stopping to smell the roses" can be accomplished in many ways. When we "stop", we as individuals need a moment in our day to take a moment to "rest" and to "smell the roses". We can take a moment to appreciate anything. Even if we take a minute and look up at the beautiful sun and feel the warmth on our face- we are taking a moment for ourselves. A kind gesture showed to others can also be so rewarding and help us. "Hello" or "good morning" and "thank you" are statements we hear and say every day and they really do make one's day. Offer or receive a smile from someone makes a day. With spring upon us, remember to do something special for yourself or others. Before we know it, the roses will be out and waiting for us to enjoy their beauty. Please join me **in March on Wednesday the 29th at 5:00** for an opportunity to learn Relaxation Techniques.

**Christen Parker-Jones,
Social Services**



Welcome!!!

**New hires joining
the team**

**Gadee, CNA
Raychael, RN**



Folks, welcome to National Nutrition Month. The theme of this year's campaign created by the Academy of Nutrition and Dietetics is to "Put Your Best Fork Forward" which serves as a reminder that each of us holds the tool to make healthier food choices. Try these recommendations from the Dietary Guidelines for Americans to help build a healthy, well balanced plate at your next meal.

- *Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products
- *Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

MARCH Events

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

- March 2nd** : 2:30pm Entertainment: John Scotti
- March 7th** 11:00am Episcopal Service
- March 7th**: 2:30pm Happy Hour!
- March 9th**: 11:00am Portuguese Rosary
- March 14th**: **2:30pm** Green Beer Happy Hour!
- March 15th**: 2:30pm Entertainment with Chuck Dee
- March 17th**: 12:00pm St. Patrick's Day luncheon
- March 19th**: 2:30pm Zeppole Social
- March 20th**: 11:00am Catholic Mass
- March 23rd**: 2:30pm Penny Social
- March 28th**: **2:00pm**: Resident Council
- March 29th**: 2:30pm Birthday Bash

Weekly Program Themes:

- Week 1** Dr. Seuss
- Week 2:** Music
- Week 3:** Wild Irish Rose
- Week 4:** Spring has Sprung
- Week 5:** Out like a lamb

Therapeutic Cooking: Green Eggs & Ham, 3/3, Music note cookies, 3/10; Flower and Dirt Cup, 3/24; Lion Grams 3/31

Therapeutic Arts:

Create your own Lorax 3/1, Create your music instrument 3/8; Shamrock Craft 3/16, Planting Seeds 3/22

Make Your Calories Count Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories.

Focus on Variety: Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and peas

Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the **Nutrition Facts panel** on food labels for total fat and saturated fat.

For more information, view the Academy infographic on the **Total Diet Approach to Healthy Eating.**

