

## Facility Staff

**Administrator**  
Kimberly A. Ciociola

**Director of Nurses**  
Marilyn Alves, RN

**Nursing Services  
Coordinator**  
Stephanie Morris, RN

**QAPI Director**  
Anne M. Cabral

**Social Workers**  
Christen Parker-Jones  
Cindy Morais

**Financial Services**  
Mary Sylvia

**Environmental  
Services &  
Housekeeping**  
John Ciociola

**Dietary Services**  
J Ghazal

**Activity Director**  
Nancy Lowney

**Admissions  
Coordinator**  
Claudia Zimmerman

**Rehab Care**  
Melanie Conway, OT

Happy  
Valentine's Day



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## From the Administrator.....

*Hello Everyone!*

*There is great excitement in the air as we have submitted our Gold Application and now anxiously wait for a decision. A HUGE SHOUTOUT to Anne and Maria for their dedication and hard work completing the application. Countless hours go into reviewing processes, systems and policy as well as data collection. I would also like to thank the staff for assisting the team through this journey. During our quest for Gold the entire organization has been scrutinized, and while working through this process valuable information has been obtained by the leadership team and will be used in the future to ensure Silver Creek continues to provide the highest quality of care to our residents. Now that this process is over we have a few projects that we will be focusing on. Stay tuned! In the mean-time think happy thoughts! Spring is right around the corner!*

*Sincerely,  
Kimberly Ciociola, Administrator*



## From the Desk of the DNS.....

*Wow, how time it just flying by!*

*I want to say thank you, as always, to my staff and co-workers, who have so diligently worked together as a team to first of all ensure that our residents and families have all the care and support that they need.*

*We have had a lot of admissions to our rehab unit especially and it is always a challenge to make sure that everything falls into place. I appreciate how well we keep each other informed about what is going on. I certainly appreciate how well each of us pick up the pieces where the other one has left off.*

*I'm sure we all welcome February, because after the long and cold winter we have had, we are a little closer to SPRING and the days are a little longer. Happy Valentine's Day to all!*

*Regards,  
Mal Alves, DNS*



## Stress Management

It's important to learn how to recognize how stress affects you, learn how to deal with it, and develop healthy habits to ease your stress. What is stressful to one person may not be to another. Stress can come from happy events (a new marriage, job promotion, new home) as well as unhappy events (illness, overwork, family problems).

### What is stress?

Stress is your body's response to change. The body reacts to it by releasing adrenaline (a hormone) that causes your breathing and heart rate to speed up, and your blood pressure to rise. These reactions help you deal with the situation. The problems come when stress is constant (chronic) and your body remains in high gear, off and on, for days or weeks at a time. Chronic stress may cause an increase in heart rate and blood pressure.

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

**Join us in welcoming the following staff to our Team!**

James Gardner, Laundry Aide  
Kenneth Portas CNA  
Heidi Taylor RN  
Lu Fontaine CNA



## Living Healthy Includes: Stress Management!

Anne Cabral, LNHA, LSW, BC-AC, CAADCT

Think back to the last day you *didn't* make a to-do list. Are you at a loss? If so, you are like most women: perpetually busy and often stressed. "Stress is an issue for women; they are struggling with more than one career," says Dr. Deepak Chopra, world-renown author, internal medicine specialist and teacher of meditation and wellbeing techniques. "Motherhood is a profession and many women are forced to have another career on top of it." But life doesn't need to be stressful, he says. It is all in how you handle it. Chopra gives the example of ocean waves. "If you are a skilled surfer, every wave could be a joy. If you are not prepared, every wave could be a disaster," he says. Here are Chopra's top three tips for handling the stresses (or waves) in your life.

### 1. Focus on one thing at a time

Our conscious brain isn't able to multi-task, says Chopra. It is only our automatic nervous system that can do multiple things at once – equalize hormone levels, pump blood to the heart, stabilize blood pressure, etc.

"If, right now, you are talking to me and checking your iPhone at the same time, you are really doing neither," he says. As an everyday technique for reducing stress, Chopra divides his days into buckets: sleep time, exercise time, family time, work time, play time, meditation time and so on. From there, he dedicates himself to only one task at once. Feelings of stress surface when you think of everything you need to do – a way of living that disrupts your psychology. Instead, focus on one thing only. Then move on.

**2. S.T.O.P** In order to live "mindfully and consciously," says Chopra, humans need to take time to STOP. He uses the word as an acronym – S: stop what you are doing, T: take a few deep breaths, O: observe your body and smile, P: proceed with kindness and compassion. "Even if the phone rings, don't pick it up right away," he advises. "Stop, take a few deep breaths and proceed with kindness and compassion. The person on the other line will feel it."

### 3. Take 20 minutes for yourself

For many of us, the word meditation fills our minds with self-deprecating questions like, "What if I can't relax?" and, "What if I'm not doing it right?" Chopra answers these concerns by suggesting women sit quietly, without an agenda, for 15 or 20 minutes. He says, "Your mind will get restless in that time, but after a while it will quiet down and you will relax." (GoRed Site)

## FEBRUARY EVENTS

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

**Feb. 1:** 2:30pm Entertainment with Anne Watkinson

**Feb. 2:** 2:30pm Super Bowl Pep Rally!

**Feb 4:** 3:00pm First Baptist Church Service

**Feb 13:** 2:30pm Mardi Gras Social

**Feb 14:** 2:30pm: Entertainment with Chuck Dee

**Feb 20:** 2:30pm Birthday Bash

**Febss. 20:** 1:30pm- Resident Council

**Jan. 24:** 2:30pm Penny Social

**Feb. 26:** 11:00am Catholic Mass

**Jan. 26:** Entertainment with Marc Deschenes

**Jan. 30:** 2:30pm Birthday Bash!

### Weekly Program Themes:

**Week 1: Snow**

**Week 2: Winter Olympics**

**Week 3: Mardi Gras and Valentines**

**Week 4: Presidents**

**Week 5: Strawberries**

**Therapeutic Cooking:** Olympic Ring Cake 2/9; Cherry Turnovers 2/16; Building a log cabin 2/21

**Therapeutic Arts:** Winter Olympics, 2/7; PomPom Love Bugs 2/15; White House 2/22

**Happy Hour:** 2:30pm every Tuesday

**Ice Cream Cart:** 1:30pm Every Thursday



*Hope Program Themes!*

