

## 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



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## From the Administrator.....

*Hello Everyone!*

*There has been much discussion about the changes that have taken place, recently. It seems that the older generation constantly talks about the millennials and how they aren't like us. This reminds me of conversations I had with my own grandparents when I was young and their lack of understanding. They just couldn't understand why we should do things differently. I can remember my grandmother saying that she was glad she was leaving this world and didn't have to deal with the changes. Ironically, we are all still here and life continues to go on. If we are truly going to be role models to the next generation we have to open ourselves up to different opinions and really listen to what others say. While we may not always agree, we can respect them and their points of view. We can only get better as a community if we embrace acceptance and tolerance of those who are different from us. We should be willing to consider another point of view that may differ from our own maybe just trade places for a minute to see a different perspective. We are very lucky to have a diverse group of individuals who are different in many ways but always come together for the good of Silver Creek and its residents. While we may not always agree you can rest assured that our differences are what makes us stronger as a team.*

*Spring is a time of renewal and Easter is right around the corner. I can remember the excitement of getting all dressed up with my new dress and wearing my Easter bonnet as a little girl. All that has changed. These days it is acceptable to go for comfort and informality in our attire, however the importance of family still remains. So, no matter what traditions you still celebrate this spring remember to give lots of hugs and listen to the children; they just may teach us something.*

*Happy Easter!*

*Kimberly Ciociola, Administrator*



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

*Well we made it through the frigid temperatures of 5 and 6 degrees and hopefully all the snow for the season (Ha Ha!- we wish!). Moving into March we will spring right into survey preparation mode. It might be a little of what some call "March Madness" as you see us tidying up the place and checking this and checking that. I am sure that you have all seen the wonderful faces of our new unit assistants Ana, Anazinha and Kevin. Please give them a warm welcome as they have been brought on our team to help with all those "little extras" that make our day better. I know also that you have all already welcomed Maureen, Ken and Lu, our new C.N.A's that have joined our team also. We are ever so glad they are here! I am absolutely sure I can speak for us all when I say we are waiting for the first sign of spring – crocuses and forsythias right? Can't wait!*

*Regards, Mal Alves, RN  
Director of Nursing Services*



## March is Social Services Month!

What a way to celebrate then to share with everyone then accomplishments that have happened with Silver Creek Manor's Sunshine Committee. The Sunshine Committee was developed from our residents to help promote communication and help our community.

The Committee began by collecting items that were sent overseas to our troops. This event was sponsored by our Ride for Freedom and Front Line Ministries. Our mission continued with items collected for babies that reside at St. Lucy's Hearth for Homeless Women and children. The residents took pride in preparing, folding and making blankets for the babies. Oh, to see them smiling when they saw baby clothes!

Just recently we gathered snacks and toys for our four legged friends for the East Providence Animal Shelter. We just embarked on our latest mission which is collecting food items for local food bank. We thank all residents, families, friends and staff that have contributed to such a joyous mission.

If anyone is interested in sharing in this mission, please contact Christen Parker-Jones in Social Services.

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

Ken, CNA  
Anna, Unit Assistant

Joyce, Activities Assistant  
Anazinha, Unit Assistant  
Megan, Activities Assistant  
Lubelia, CNA



## National Nutrition Month~ Rebecca Alves, RD

This month is a great time to start thawing out and get recharged!

Here are a few healthy tips to get jump started again.

**Start day off with a healthy breakfast.** Eating a healthy breakfast helps you meet your daily vitamin and mineral needs. It increases your concentration and productivity levels throughout the day.

**Stay Hydrated.** Dehydration can result in headaches, feeling lethargic or even experiencing brain fog..

People often mistake dehydration for hunger so you may find yourself overeating if you aren't drinking enough. Water is the best option but there are other ways to get fluids. Try consuming naturally water dense foods such as citrus fruits, watermelon, lettuce, tomatoes, grapes, Jello, soups, ice pops.

**Eat more fruits and vegetables.** Fill half your plate each meal with a variety of naturally nutrient-rich fruits and vegetables. Choose whole fruits more often than drinking 100% juice. Snack on fresh, frozen, canned, or dried fruits instead of cookies, brownies or other sugar-sweetened treats.

### MARCH EVENTS

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

- March 4: 3:00pm First Baptist Church Service**
- March 5: 2:30pm Entertainment with California Carl**
- March 13: 2:30pm: Green Beer Happy Hour!**
- March 14: 12:00pm St. Patrick's Day Luncheon**
- March 15: 2:30pm Entertainment with John Scotti**
- March 19: 11:00am Catholic Mass**
- March 23: 2:30pm Entertainment with Roger Chartier**
- March 24: 1:00pm Family Easter Egg Hunt with Special Guest – the Easter Bunny!**
- March 28: 1:00pm Resident Council**
- March 28: 2:30pm Birthday Bash!**
- March 29: 2:30pm Penny Social**

#### Weekly Program Themes:

- Week 1: Strawberries**
- Week 2: Music Involvement**
- Week 3: My Irish Rose**
- Week 4: Spring has sprung**
- Week 5: Out like a Lamb**

**Therapeutic Cooking:** Strawberry Shortcake 3/2; Microphone 3/9; Fresh Fruit Smoothies 3/30

**Therapeutic Arts:** Strawberry Fun 3/1; Make your instrument 3/7; Owl Project 3/21; Lamb Craft 3/28

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

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

Try this refreshing and hydrating beverage!

#### **Watermelon and Strawberry Lemonade**

Ingredients:

- 2 cups cubed watermelon
- 1/4 cup fresh strawberries, halved
- 2 tbsp. fresh lemon juice
- 2 tbsp. sugar
- 1/2 cup water

Combine the watermelon, strawberries, lemon juice, sugar, and water in a blender.

Blend until smooth.

Serving: 2

Nutrition Facts per 1 cup serving:

Calories 85, Total Fat 0g, Total Carbohydrate 23g

\*\*You can lighten the calorie and carbohydrate content of this recipe by either adding plain seltzer to your glass or simply scaling back on the amount of sugar used.

**Source:**

<http://allrecipes.com/recipe/watermelon-lemonade>.



*Hope Program Themes!*

