



Fireman Footnotes

Staff Views

Vol. VI Issue III

November/December 2011

Margie's Message

I had the wonderful experience of attending the 2011 LeadingAge annual meeting and conference in Washington, DC in October. LeadingAge (formerly known as American Association of Homes and Services for the Aging) is an association of 5,500 not-for-profit organizations dedicated to making America a better place to grow old. I was one of 14 Hebrew SeniorLife staff members to attend. This annual conference is an extraordinary opportunity to meet colleagues from around the country (and many international colleagues) to learn, share ideas and inspire one another.

importance of hope quoting author Albert Camus "Where there is no hope, it is incumbent on us to invent it" and Maya Angelou sang the words "When it looked like the sun wasn't gonna shine anymore, God put a rainbow in the clouds." She explained how each of us can be a rainbow in someone else's cloud – how we can each be a source of hope for one another. I returned from this conference with a renewed sense of hope – for the future of aging services and for those who I am blessed to work with every day.



2011 LeadingAge annual meeting & IAHSA global aging conference

C·E·L·E·B·R·A·T·E

OCTOBER 16 - 19, 2011

WASHINGTON DC WASHINGTON CONVENTION CENTER

Age

I attended seven educational sessions and had the opportunity to hear three remarkable speakers: Mary Robinson, the first woman President of Ireland and human rights advocate; Maya Angelou, author, poet, and Pulitzer Prize nominee; and Elie Wiesel, professor, Holocaust survivor and winner of the Nobel Prize for Peace. Each of these speakers was more energizing than the other. I was especially inspired by both Maya Angelou's and Elie Wiesel's words about hope – Wiesel spoke about the

A Moment with Mary

Support the Friends for Children Toy Drive! November is here and the holidays will soon be arriving. One of our annual traditions at Simon C. Fireman Community is the toy collection for the Friends for Children Toy Drive. We became aware of this project from Sharyn O'Neil who, along with her family, has been a generous supporter of the drive.

Friends for Children have identified Dorchester children who are in need of extra support around the holidays. The target audience is children, ages three years to seven years.



The following items are recommended: Crayons, Coloring Books, Easy Puzzles (ages 3-7), Trucks, Cars, Dolls, Stuffed Animals, Easy Games (Ages 3-7) – NEW ITEMS ONLY!

CVS and Walgreens have toy sections with reasonably priced toys. Ocean State Job Lot has great bargains in their toy aisle. If you are unable to shop you may make a donation at the front desk beginning on November 21st.

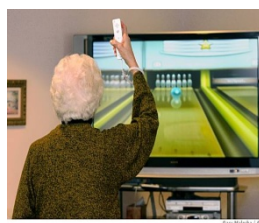


The toy drive will begin on Monday, November 21st and collection will continue until Monday, December 12th. You may drop your toys in the large box in the lobby. Thank you in advance for your generosity.

Fitness Fun with Sara

Hello Everyone! It's been a very busy Fall in the Fitness Room. Many residents participated in the different activities that we were able to offer to coincide with Active Aging Week. We had a really fun Zumba® Gold class, full of dancing and jazzy Latin music. Participants were dancing in their chairs while others stood moving their hips, arms and feet, with a lot of laughing in between!

Another fun event was our Wii bowling tournament. We had 6 teams of bowlers who had to learn on-the-spot how to use the equipment, but did very well. It is quite a realistic bowling alley with pins and balls all over the place. Congratulations to Team **Dorothy Young** and **Edith Bonneau** who were the tournament winners with a high score of 166.



The Walk for Alzheimer's on Sunday, September 25th was completed by seven of us, staff and residents, strolling along the Charles River with over 170 other Hebrew SeniorLife staff and a few thousand other walkers. The picture above of **Edith Bonneau, Anne-Marie Michel, Sylvia Phillips, Helen White, Paul Leonard, Mary McCarthy** and me shows what a gorgeous day it was to support such an important cause.



Welcome to our new residents! I encourage you to have your doctors' fill out the Physician Release Form that came in your welcome packet and come speak to me about beginning a program to keep you strong and healthy so you can stay as independent as possible for a long time to come. Please stop by the Fitness Center any time to ask a question or to find out more information.

I'd like to say a quick word about processed foods and your health. Most canned, packaged and many frozen foods are loaded with fake sugars, high fructose corn syrup or too much salt and other chemicals. The chemicals are strange to our body chemistry and are difficult to digest. These substances put a strain on the liver, which in order to work optimally has to break down fats and filter everything we ingest.

If our health allows, it is always better to be more conscious of the quality of the foods we eat rather than the number of

calories. By eating processed foods we do not get the proper amount of quality calories but instead get the calories that do nothing for our metabolism and only add weight.

Some examples of good carbohydrates: Sweet potatoes, sprouted grain breads, rice, millet, spelt and all fresh fruits and vegetables.

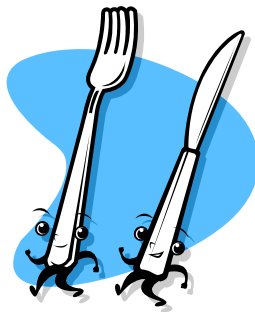
We can all try to do the best we can to eat as healthy as possible. And, of course, along with a healthy diet comes exercise to round out a healthy lifestyle. Bon appetite!

Keeping it Kosher with Paul

I want to thank everyone who made the Holiday season a great success. Your support was a great help for me and all the staff.

The new wait staff has settled in nicely thanks to your patience and understanding during their training.

We are missing many of our dishes and utensils from the dining room. During the month of November I am offering "amnesty" to anyone who has dishes, glasses or silverware in their apartment. Please return them to the Dining Room – no questions asked.



Laurie's Essence of Maintenance

On Thursday, November 10, 2011 our property will be having an inspection from the Real Estate Assessment Center (REAC) division of HUD. This inspection will encompass the entire property inside and out, as well as apartments. The inspector will hand select a random number of apartments to be inspected, and a member of the staff will be accompanying them throughout this

inspection, so it is not required that you be present. I would like to thank the maintenance staff for all their hard work in preparing for this inspection.

All plants must be permanently removed from window sills in hallways no later than Sunday, November 6th. These plants are causing damage to the sills and the window glass itself. It is okay to have plants on stands as long as the stand does not block a window that opens, and does not cause a tripping hazard.



We will be covering air conditioners sometime in November and hope to be completed by the end of the month. Please look for the signup sheet at the front desk. If you choose not to have your air conditioner covered, it is important that you not use the air conditioner on any day or night that the temperature falls below 40 degrees. This will cause severe damage to the unit. Remember, we will not be able to cover any air conditioners after December 1st, so you must sign up now.

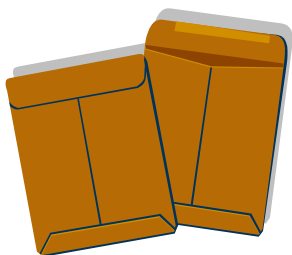
Please remember that the mailboxes outside of each apartment are NOT for trash. We have had several complaints that people are putting trash (paper, tissues, etc.) in them. Please remind your guests as well.

The parking lot construction was one of the largest projects that we have undergone in several years. I think we can all agree that the hard work and cooperation from everyone has paid off for an esthetically pleasing and safe



parking lot. I hope that everyone feels as pleased as I do about the outcome. I would also like to thank The Higashi School for assisting us. This project took a great deal of team work and its successful completion would not have been possible without the contribution of the following people: **Bernie Finkelstein, Mel Sibulkin, Marie Thomas, Marjorie Glincher, Marybeth Stapleton, Anell Sylvain, Elaine Matisoff, Sara Driscoll** and all the front desk volunteers.

Money Matters with Maria



Recertification packets will be going out on Thursday, November 3rd. Please look them over, fill out, sign and return the papers requested to the Reception Desk no later than

Wednesday, November 9th. These are the same forms that are handed out every year, and at move in, so you should be familiar with them. Appointments will begin on January 17th and continue through February 16th. You cannot make an appointment without turning in your envelope and paperwork.

Any resident who will be away during the recertification appointments in January and February (going to Florida, etc.), please be sure to see me before you leave to make appropriate arrangements to complete your recertification. In order to retain your subsidy, you are required by HUD to complete this process during the above mentioned timeline.

Fireman Footprints



Congratulations and thank you to the following staff for their continued service to Simon C. Fireman Community:

Administration:

Maria McMillan – 8 years (12/22/03)

Maintenance:

Chris Gove – 6 years (11/1/05)

Dietary:

Catherine Stapleton-7 years (12/7/04)

Kathleen Poteau – 2 years (12/23/09)

Lourdharry Pauyo – 1 year (12/07/10)

Histo Louis – 1 year (12/31/10)



Allison Schnipper (**Amy Albert's** daughter) has been readmitted to Dana Farber Cancer Institute. You can support **Amy** and her family by dropping a card in the mail to them at:

The Schnipper's
2 Maple Street
Hull, MA 02045

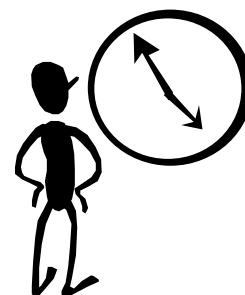


Thank you to **Laurie Pimentel** and her staff for keeping us updated and safe during the parking lot resurfacing. Things went very smoothly, even with the constant moving of cars and entrances. **Laurie** put in an endless number of hours to be sure that things were on target. Thank you **Laurie!**

Contributing Staff:

Margie Glincher, Executive Director
Mary McCarthy, Assistant Director
Sara Driscoll, Fitness Director
Paul Leonard, Chef/Manager
Laurie Pimentel, Director of Facilities
Maria McMillan, Director of Finance, Editor

Daylight Savings Time ends on Sunday, November 6th, at 2:00 am. Don't forget



to **turn your clock back 1 hour.**