



*Greenwich
Woods*

REHABILITATION &
HEALTH CARE CENTER



Dec/Jan/Feb 2017

1165 King St. • Greenwich, CT 06831 • (203) 531-1335
www.greenwichwoods.com

A Message From the Administrator



David Segal, Administrator

I would like to take this opportunity to introduce myself as the newly appointed Administrator of Greenwich Woods Rehabilitation and Health Care Center. I have many years of experience in long-term health care management and have always had a passion for working with seniors.

My focus will be to guide our team to deliver the

best possible health care services to each resident with the support and compassion that they deserve.

Our residents and their loved ones will always be my priority and I encourage open communication and feedback.

I have scheduled a "Meet and Greet" for family members and resident representatives on Thursday, December 1, at 5:30 PM in the Willow Dining Room. I look forward to meeting many of you.

We have many holiday festivities planned in the weeks ahead, of which I hope you will be able to partake.

I wish you the very best for a healthy and happy holiday season, and I look forward to providing excellent care to the residents whom we serve.

David



Stately Bird

A bright and cheery sight in winter backyards, the northern cardinal is the most popular state bird, representing seven U.S. states: Illinois, Indiana, Kentucky, North Carolina, Ohio, Virginia and West Virginia.

Pillow Picks

To ensure a restful night's sleep, pick the right pillow for your sleeping position. Here's what experts suggest: If you sleep on your back or stomach, use a flat pillow to keep your neck in proper alignment. If you sleep on your side, a full pillow will cradle the gap between your head and neck.

Administrator

David Segal

Asst. to the Administrator

Margaret Viscosos

Director of Nursing Services

Alexia Cortella, RN

Asst. Director of Nursing Services

Juliet Clifford, RN

Director of Food Service

Jan Barrows

Director of Admissions

Christine O'Dea

Admissions Coordinator

Patricia Abela

Director of Social Services

Daberal Castillo, LMSW, CDP

Dir. of Staff Development

Loretta Soules, RN

Short Term Rehab Social Workers

Ashley Rutigliano, MSW

Steven Adelman, Social Worker

Director of Rehabilitation

Kelly Gannon, OTR/L

Director of Clinical Development

Susan Almeida, RN

Directors of Recreation

Cheryl Doeberl/Mike Rinaldi



Trivia Whiz

The Coldest Place on Earth

Antarctica, home of the South Pole, is the coldest, windiest and driest continent on Earth. The highest temperature ever recorded in Antarctica was 58 degrees Fahrenheit; the coldest was 129 below zero.

Norwegian Roald Amundsen was the first person to reach the South Pole, arriving on Dec. 14, 1911.

Antarctica has no government. It is run under the terms of the Antarctic Treaty, which declares that the continent be used only for peaceful scientific research. Dozens of nations have signed the treaty since it was first written in 1959.

There are 1,000 to 4,000 researchers in the polar region at any one time.

About half a dozen penguin species live on the continent.

Greenwich Woods Now Offers Cardiac Consultation Service

Greenwich Woods has recently partnered with Dr. Glenn Gandelman, MD, FACC, MPH and Kerry Rossi, APRN for Cardiology Consultations.

Dr. Gandelman is Board Certified in Internal Medicine, Cardiology, Echocardiography, and Nuclear Medicine. He specializes in the prevention, diagnosis and treatment of cardiovascular disease. In addition to his medical doctorate, Dr. Gandelman also earned a Master in Public Health (MPH) degree, specializing in health care management and community health initiatives. He received his training at Cornell University, New York Medical College, North Shore-LIJ, and Westchester Medical Center.

Dr. Gandleman's office is conveniently located here in Greenwich at 67 Holly Hill Lane. Our attending physicians may now request local cardiac consultation services,

as needed.

Greenwich Woods strives to be proactive in standards of practice and we look forward to working with Dr. Gandelman and his team.

Should you wish to obtain additional information regarding our facility's cardiac consultation program, please contact Susan Almeida, RN, Director of Clinical Development.



God Bless America ... and Our Veterans, Too!



Veteran Heroes Joe Fiore and Anthony Viesto

On Veterans Day, we honored our veteran residents with a pizza luncheon and classic wartime music. We were privileged to hear firsthand accounts from veteran residents Joe Fiore and

Anthony Viesto.

Joe served as a Buck Sergeant in the 63rd Infantry. He sustained a shrapnel injury to his head, for which he received a Purple Heart.

Anthony served in the 45th Thunderbird Infantry, one of the first to liberate the Dachau concentration camp. He recalled when he was "pinned down" by the Germans, he prayed to God "promising to be faithful if his life was spared." To this day, Anthony is a devout Roman Catholic. In 2015, he was awarded six medals of honor and valor by Congressman Jim Himes.

Caring for veterans is one of the many rewards of working in this field; it is a great honor to now serve those who valiantly defended our country.



Welcome Ashley Rutigliano, MSW



Ashley Rutigliano, MSW

Ashley Rutigliano, MSW, recently joined Greenwich Woods in the position of Social Worker for the Short-Term Rehab Unit. Ashley comes to Greenwich Woods with a great deal of sub-acute rehab and skilled nursing experience. Her goal is to advocate and empower our residents to ensure best quality of life and individual independence well after they are discharged home.

Ashley states that she truly enjoys working in the field of Social Work, providing emotional support for individuals and their families. Ashley was born and raised in Connecticut. She enjoys the outdoors, arts, music, travel and spending time with her family.

We are thrilled to have Ashley join our team and wish her many years of success at Greenwich Woods.



FUN TIMES AT THE WOODS



A day at the Outhouse Orchards.



Our 29th Annual Community Trick-or-Treat Monster Bash.



Intergenerational Drumming



Wit & Wisdom

"Joy descends gently upon us like the evening dew, and does not patter down like a hailstorm."
—Jean Paul

"A thing of beauty is a joy forever: Its loveliness increases; it will never pass into nothingness."
—John Keats

"Happiness lies in the joy of achievement and the thrill of creative effort."
—Franklin D. Roosevelt

"Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it."
—Greg Anderson

"If you carry joy in your heart, you can heal any moment."
—Neale Donald Walsch

"The pain of parting is nothing to the joy of meeting again."
—Charles Dickens



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1165 King St.
Greenwich, CT 06831



John Q. Public
or Current Resident
12345 Sample Address
City, ST 00000

DECEMBER

12/1 - Tree Lighting & Caroling 2:15 (LOBBY)
12/3 - Caroling with Harvest Time Church 10:30 AM (WDR)
12/10 - The Westchester Chordsmen, 2:00 PM (WDR)
12/11 - Holiday Party with Linwood Peel 2:15PM (WDR)
12/13 - Redwood Holiday Party 2:30 PM (RDR)
12/20 - The Holly Hilltones Concert 2:30PM (ODR)
12/22 - The Senior Moments Concert 2:15 PM (WDR)
12/23 - Christmas Eve Service 2:00PM (ODR)
12/25 - Christmas Day Desserts 2:15PM (Café)
12/27 - Hanukkah Party w/Cantor Asa 11:15AM (WDR)
12/30 - New Year's Party DJ MIKE AT 2:30PM (WDR)

JANUARY

1/12 Birthday Party w/ Mike at 2:30pm (ODR)
1/16 - MLK Concert w/ Classical Mania at 2:30 (ODR)
1/19 - Winter Wonderland Concert 2:30 pm (WDR)
1/22 - Rocking with Irwin Finger 2:15pm (ODR)
1/25 - Movie Matinee 2:00pm (ODR)

FEBRUARY

2/5 Concert w/ Bobby Liggio 2:15pm (ODR)
2/14 Valentine's Concert 2:30pm (WDR)
2/22 Movie Matinee 2:00pm (ODR)
2/23 Birthday Party w/ Mike at 2:30pm (ODR)