

Rheana's Resident Care Corner

Friendly reminder to residents and families: please review & update your medication list and post a copy on your refrigerators! Please let me know as soon as possible of any medication changes.

This month I am educating residents and families regarding the Massachusetts Medical Orders for Life Sustaining Treatment, or "MOLST" form. This form is typically a bright pink form that indicates your wishes in the event of a medical emergency. (Remember we are a Social Model / Non-Medical community, meaning that in the event of a medical emergency we would call 911)

We typically ask that you not only give the community a copy but also post your copy directly on your refrigerator. This keeps your MOLST form easily identifiable and accessible. Thank you for doing your part to help us help YOU live your best life.

Dear friends and family,

In order to manage our risk of covid infection, as well as other illness within our building, we need your help. As a community serving people with various levels of health risks, much like your Dr.'s office, we continue to ask that all visitors come into the building wearing a mask, and keep it on for the duration of their visit. In addition, anyone entering the building is screened upon arrival for covid symptoms. For the time-being, we ask that all visits be conducted in resident apartments to minimize risks in our common areas. If you have not been feeling well, please postpone your visit. Thank you for doing your part to keep our residents and staff healthy!

Our Staff

Tom McMullen	Executive Director
Kristy Livingston	Assistant Executive Director
Rheana Rodriguez	Resident Service Manager
John Germano	Executive Chef
David Vaughan	Maintenance Director
Joe Raymond	Business Office Manager
Donna See	Activity Director

Quote of the Month

"Spring shows what God can do with a drab and dirty world."
-Virgil A. Kraft

Meetings

Coffee with a Cop 3/2-10:00am

Activities 3/13-11:15am

Food Committee 3/9-1:30pm

Resident Council 3/22-2:00pm

Coffee with Tom 3/23-10:00am

Educational Programs

Police Academy-Wednesdays @ 6:00pm

3/6-Health Benefits of Gratitude-2:00pm

3/13-Health Talk: Sleep & Aging-2:00pm

Medical Services

NaviCare office hours 3/7-8:30-10:30am

Trans Care Podiatry appointments TBD, starting at 9:00am

Upcoming Trips

3/7 Shopping: Wal-Mart @ 1:15pm

3/29 Shopping: Wal Mart @ 1:15pm

Special Events

3/1 - Cooking with Chef John - 2:00pm

3/14 - St. Patrick's Day Bingo & Root Beer Float Bash - 2:00pm

3/16 - St. Patrick's Day Name That Tune - 2:00pm

3/20 - Shaving Cream Easter Egg Coloring - 2:00pm

3/23 - Spring Peanut Auction - 2:00pm

3/27 - Helen's Birthday Bash - 2:00pm

3/28 - March Birthday party with Wayne Paige - 2:00pm

3/29 - Card Crafting with Dee - 2:00pm

Hey, Thanks!

Janice P. for her donation of Valentine chocolates for resident prizes during Random Acts of Kindness week!

Don B. for his giant box of Valentine candy for the staff!

Christy Hunt for her donation to the Resident Activity Fund!



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March 2023



Happy St. Patrick's Day! So much more than an Irish celebration, this is a marker that we have made it through another New England winter! When I am joining all of you in some fun, food and festivities, I'll be thinking about warmer, longer days and all of us getting outside in short order. Let us celebrate, as we are all Irish for the day!

We have a new member of our HWC Team. Kathleen will be working as our Transitions Coordinator, helping prospective residents navigate the journey into our community. She has been looking to join our team for a while, and we are all excited to have her here. You will be seeing her around, so be sure to introduce yourselves. Spring is coming - we will be seeing flowers, robins and baseballs very soon!

-Tom

TIME FOR SPRING CLEANING OF MEDICATION CABINETS:

Spring has sprung and it is essential that Resident Representatives remove old/excessive medications from your Resident's medication supply as soon as possible, including medications that are no longer needed, expired, or have damage to the seals, if bubble packed. We ask that you do monitor medication supplies for your resident on a regular basis. Medications that are no longer needed can be taken to the Gardner Police Station for safe disposal. If you have any questions, please contact Rheana Rodriguez, Resident Service Manager. Thank you for your cooperation.

Welcome to Heywood Wakefield Commons!

Kathleen, Resident
Transitions Coordinator

Mathias, Utility Worker

We're glad you're here!

