

# FAIRVIEW NEWS



Center For Medicare and Medicaid Services

5 Star Facility Rating



## OCTOBER, 2017

The Latest Fairview News,  
Announcements, Special  
Event Dates & much more.



faith strength courage



**Phone: (718) 263-4600**



**Address: 69-70 Grand Central Pkwy,  
Forest Hills, NY 11375**

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**THIS NEWSLETTER  
IS DEDICATED TO  
OUR DEAR  
SHANEEZA KHAN  
MAY SHE REST IN  
PEACE**



**WE'RE ON THE WEB**  
**WWW.fairviewrehab.com**

# WELCOME FROM THE EDITOR

Dear readers, welcome to the month of October!

In this issue, you will find many interesting articles and information regarding our incredible program. Fairview Nursing Care Center is a 24-hour rehabilitation and nursing care facility located in the heart of Forest Hills, New York. Our dedicated team provides skilled nursing and outpatient rehab care to adults and seniors in the region. We focus our services on restoring individual independence in our residents, using specifically tailored plans to help them develop skills essential for complete rehabilitation.

With our top quality clinical services, exceptional rehabilitation activities and award-winning recreation therapy program – we aim to restore physical independence to our Nursing Home residents one patient at a time. We provide a warm atmosphere for health, wellness and superior care.

## Avi Pleshtiyev

Fairview Rehabilitation & Nursing Care Center offers excellent services to individuals coming from an acute-care setting. We also put a special emphasis on reducing the number of hospital re-admits through our unique Re-Hospitalization Prevention Program.

Our Forest Hills based rehabilitation center is equipped with the latest technology that is used by our physical therapists, occupational therapists and speech therapists to restore patients' basic motor skills and the ability to perform daily activities.

We are very passionate about providing the best care achievable for our patients. Their high-quality care and comfort is our main priority. Contact us or visit our facility to become part of the Fairview Family.



**Contact Our Admissions Office Today!**  
**718-263-4600 Extension: 218**



# A Note from The Desk of the Administrator

## - Ms. Bein

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# EVERY THING HAPPENS FOR A REASON

When Aleks Patete and her husband, Dominic, found out she was pregnant last November they were excited. But that joy suddenly turned into fear. During a routine ultrasound, hospital staff noticed a cyst on her ovary and diagnosed Aleks with ovarian cancer.

She told People.com, “The cancer could have progressed a lot further, and we would have had no idea if I wasn’t for my pregnancy.”

Doctors recommended that she terminate the pregnancy so she could undergo aggressive chemotherapy and surgery. But that was not for this mother.

She told People.com, “He saved my life. Now it was my turn to save his life.” So doctors at University Hospitals in Ohio started her on a chemo course that would maximize both her and the baby’s chance of survival. Over the next five months, both Aleks and her unborn baby would battle the cancer together.

In April, Aleks gave birth to DJ, a beautiful healthy baby boy. After the delivery, Aleks had surgery, finished chemo, and is officially in remission. She said, “I think about the things that could have happened and what could have gone wrong and there’s no other reason than the grace of God that everything worked out and we are both alive. I truly think God was watching over us.”

# 3 Nursing News

It's That Time Again  
**FLU SHOTS**  
are in!



Dear Team,

Welcome to the month of October! Summer has completed its short stay with us and we welcome fall with beautiful foliage. Along with the fall season comes the flu and upper respiratory infections. Our Flu Vaccine Campaign started on September 15, 2017 when we distributed Consent/Declination Forms to all our staff. You are encouraged to get your vaccines from your doctor and submit the information to Ms. Jennifer Depass, (Infection Control Preventionist) by October 30, 2017. Our residents will be offered the Flu vaccine and provided with education if refused. Please do not come to work if you become ill with the flu or any respiratory infections. You must receive clearance from your physician to return to work.

The Centers for Disease Control and Prevention (CDC.gov) states that the single most effective way to prevent the spread of infections is proper HANDWASHING. We are committed to strict Infection Surveillance, and will monitor for any instances of breaks in protocol.

## NURSING DEPARTMENT HIGHLIGHTS

- Congratulations to our "Frontline Employee" for the month of August: Sabrina Maria Callingsan, LPN who exhibited dedication, loyalty, and perseverance during our recent DOH Survey. You shine bright like a diamond! We celebrate you! Keep up the great work!
- Honorary Nursing Staff with Special Mention from Residents/Family:
- All Nursing Staff/all shifts for our success with the recent Department of Health Inspection. Together we strive towards professional excellence and quality patient outcomes. Fairview is where we work. Let's promote a positive, professional culture.
- We welcome all new employees to our Fairview Team, and wish you a long professional journey with us.

"The heights by great men reached and kept were not attained in sudden flight but, they while their companions slept, they were toiling upwards in the night." Henry Wadsworth Longfellow

Happy October!

Nadene Lewis-McCook, RN, MSN.

Your #1 Fan







# Wash Your hands



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Infection control refers to policies and procedures used to minimize the risk of spreading infection in health care facilities. Fairview Nursing Care Center along with its discipline follows U.S. Department of Health and Human Services, Center for Disease Control and Prevention guidelines to prevent the spread of infectious diseases. These diseases are usually caused by bacteria or viruses and can be spread by human to human contact, animal to human person to person or human contact with an infected surface airborne transmission through tiny droplets of infectious agents suspended in the air, and by such common vehicles as food and water. At present, we will talk about the simplest way to spread germs. Can anyone guess?

We should all know by keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

## Here are some guides for hand washing:

- Wash your hands before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After the use of the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste.
- After handling pet food or pet treats
- After touching garbage.



## STEPS FOR HAND WASHING

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds singing the "Happy Birthday" song from the beginning to end twice.
4. Rinse hands well under clean, running water.
5. Dry hands using a clean towel or air dry them.

For more detail visit CDC's handwashing website at [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

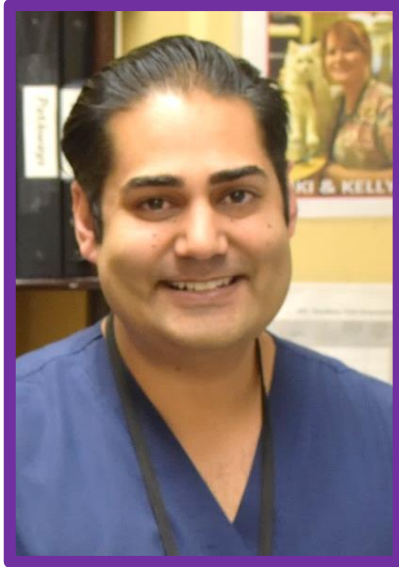
Thank you, until next time!  
Jennifer DePass RN, MSN, EDUCATOR/ICP



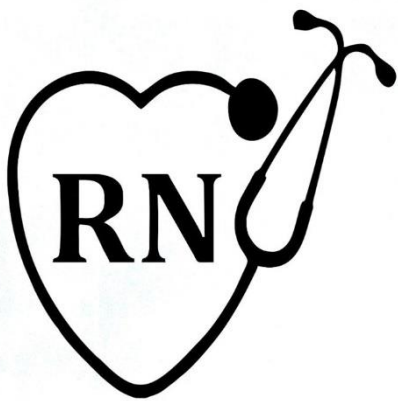


# Nursing

## PERSONNEL



Gurbinder Singh, RN



**Hello! Fairview residents, staff & friends.**

**My name is Gurbinder Singh nicknamed Soni. I am taking this opportunity to introduce myself to the Fairview family. I have recently started working in the MDS department on the second-floor office with Tiki, the therapy cat as one of my co-workers. My role as a MDS RN is to conduct interviews and complete assessments accurately to make sure they are submitted on time to the appropriate agencies for billing. I have worked as a nurse for few years at various facilities and I have begun to enjoy being at Fairview for its friendly environment & warm, welcoming staff. I believe working as a team makes the job enjoyable and promotes a positive atmosphere to learn & grow. I will do my best to come meet with the residents to introduce myself and prove to become a valuable addition to the Fairview team. I am thankful for the opportunity to be here & open to suggestions and offer my help.**

**I am able to communicate in Hindi, Punjabi, Urdu & English and some knowledge of Spanish. I am glad to be a part of every resident's stay & recovery process at the Fairview Nursing Care Center.**

**Thank You,  
Gurbinder Singh, RN**



# Does My Elderly Parent

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## Really Need



# In-Patient Rehabilitation?

When elders suffer a serious fall, injury or medical trauma, they may need to live at a rehabilitation center for some period of time. Fairview Nursing Care Center offers inpatient rehabilitation. Inpatient rehabilitation is a rehabilitation service offered to elderly people in a residential setting, rather than to people who travel to a clinic for rehabilitation appointments. Our facility provides around-the-clock treatment and supervision. Each residents progress is continuously monitored by our incredible team. Patients who attend inpatient treatment programs stand a better chance of success. The types of ailment that might be best treated:

- Fracture or broken hip
- Joint injury or replacement
- Aneurysm
- Parkinson's Disease
- Neurological conditions
- Stroke
- Arthritis of the spine and other joints
- Brain injury
- Tumor/Cancer
- Multiple Sclerosis
- Nerve impingement
- Amputation



The goal is to help each resident return to his/her maximum functional potential after suffering a life-altering event.

Fairview Nursing Care Center is well equipped to conduct various therapies. Therapies are conducted by health care workers such as rehab physicians, physical therapists, occupational therapists, speech therapists, rehab nurses, social workers and therapeutic recreation staff.

Treatments can range from re-gaining communication skills, improving mobility, strength training for using wheelchairs and walkers, carrying out daily activities (such as bathing and dressing), improving muscle function and emotional support to help the elderly patients cope with the alterations in their life.

Treatments are broken down into three main categories:

- **Physical Therapy (PT)**
- **Occupational Therapy (OT)**
- **Speech-Language Pathology (SLP)**

Our residents typically have a very structured day. Part of the day is devoted to follow-up medical care which is designed to address ongoing physical issues, and part of the day involves physical and occupational therapy to help the patient build up strength and skills.



# GIVING HOPE

## *and* CHANGING LIVES

### *One resident at a time...*



**Director of Social Work**  
**John Mackay, LCSW**

My name is John Mackay, LCSW. I have been a Social Worker for more than 20 years. I attended Adelphi University and received my M.S.W. in 1996. I have never written about my career before and I am happy to share this with all of you. I have worked with all types of people, some with Mental illness, Developmental Disabilities, some with incurable disease and illness children, the elderly, and the poorest of poor. I have worked in 4 out of 5 boroughs as well as Long Island.

I find that Social Work is a great profession that brings out my best quality, empathy for others. In the years I have worked, I have spent most of them in the Nursing home field as a Director of Social Work.

In all the years of working with so many people, the one quote that stands out in my mind is that we don't help people as much as we help people help themselves. A person can feel a great sense of satisfaction when they make a small amount of progress socially, mentally, physically or spiritually. I have been very proud to have been there when joy comes to one's life after much challenge has prevented this before.

I do find The Fairview Center for Nursing and Rehabilitation to be a place of happiness that puts the resident in control of the plan of care they will follow. I find the nature and attitude of the staff and leadership is very inviting and warm. I also know that as a dog owner myself, the pet therapy can and will bring happiness to many residents and family members.

I am happy to be part of the team and Fairview and I am looking forward to our future.



Laughter  
is an  
instant  
vacation 😊

# Humor Therapy

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**Director of  
Psychotherapy &  
Communications  
Avi Pleshtiyev, LMSW**

## **What is humor therapy?**

Humor therapy (sometimes called therapeutic humor) uses the power of smiles and laughter to aid healing. Humor therapy helps you find ways to make yourself (or others) smile and laugh more. When you think of humor therapy, picture clowns in the children's ward of a hospital cheering up sick children. Some hospitals now have humor carts that provide funny materials for people of any age. Many nurses have learned the value of providing a good laugh to those they care for.

Scientists have been researching the relation between the mind and the body, especially in connection with the body's ability to heal (a field called psychoneuroimmunology). Laughter appears to change brain chemistry and may boost the immune system.

Humor may allow a person to feel in control of a situation and make it seem more manageable. It allows people to release fears, anger, and stress, all of which can harm the body over time. Humor improves the quality of life.

## **What is humor therapy used for?**

Anyone can use humor therapy, either preventively or as part of treatment for any disease. People commonly use it in the treatment of long-term (chronic) diseases, especially those that are made worse by stress (such as heart disease and asthma). Chronic diseases have a negative effect on mood and attitude, which can make the disease worse. Humor therapy helps reduce the negative effects of feeling unhealthy, out of control, afraid, or helpless, which are common problems for those with cancer or chronic diseases.

Humor therapy is also valuable as a preventive measure for the caregivers of people with chronic diseases. Caregivers are at high risk of becoming sick themselves, and humor therapy can help release the stress that comes from being a caregiver. Caregivers and those they care for can practice humor therapy together, and they both are likely to have better health as a result.

## **Is humor therapy safe?**

Humor therapy is completely safe. Your doctor is likely to approve of any efforts you make to use humor therapy, even if he or she is not aware of specific medical benefits that may result. Because it is inexpensive, risk-free, and readily available, there is little reason not to try practicing humor therapy.

Always tell your doctor if you are using an alternative therapy or if you are thinking about combining an alternative therapy with your conventional medical treatment. It may not be safe to forgo your conventional medical treatment and rely only on an alternative therapy. (WebMD)



### Chief Clinical Registered Dietitian

- Nella Shaulov



**Nella Shaulov,  
Chief Clinical RD**

#### October is Breast Cancer Awareness Month!

#### How can diet help to prevent breast cancer?

A nutritious, low-fat diet (30 grams or less) with plenty of fruits and green and orange vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth.

#### What are some green vegetables?

- Spinach
- Kale
- Lettuces (romaine, arugula, butterhead)
- Collard greens
- Broccoli
- Cabbage
- Swiss chard

#### What are some orange vegetables?

- Carrots
- Orange pumpkins
- Butternut squash

#### What are some low-fat alternatives to high-fat foods?



#### Higher Fat Foods

#### Lower Fat Alternatives

|                                                                   |                                                                                                           |
|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Ice cream                                                         | Sorbet, sherbert, low-fat or fat-free frozen yogurt                                                       |
| Pasta with cheese sauce                                           | Pasta with vegetables (primavera)                                                                         |
| Cold cuts or lunch meats (bologna, salami, liverwurst, etc.)      | Low-fat cold cuts (95-97% fat-free lunch meats, low-fat pressed meats)                                    |
| Chicken or turkey with skin, duck, or goose                       | Chicken or turkey without skin (white meat)                                                               |
| Oil-packed tuna                                                   | Water-packed tuna (rinse to reduce sodium content)                                                        |
| Whole eggs                                                        | Egg whites or egg substitutes                                                                             |
| Frozen TV diners containing more than 13 grams of fat per serving | Frozen TV dinners containing less than 13 grams of fat per serving and lower in sodium                    |
| Sour cream                                                        | Plain low-fat yogurt                                                                                      |
| Cookies                                                           | Reduced-fat or fat-free cookies (graham crackers, ginger snaps, fig bars) (choose lowest calorie variety) |
| Donuts, sweet rolls, muffins, scones, or pastries                 | English muffins, bagels, reduced-fat or fat-free muffins or scones (choose lowest calorie variety)        |
| Nuts                                                              | Popcorn (air-popped or light microwave), fruits, vegetables                                               |
| Custards or puddings                                              | Puddings (made with skim milk)                                                                            |
| Oils, shortening, or lard                                         | Nonstick cooking spray or applesauce/prune puree in baked goods                                           |



# Healthy Candy Options for Halloween

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**With Halloween around the corner, there are many sweet and chewy candy options. Eating too much candy may affect your teeth and your health. Fortunately, there are a lot of healthy candy options that will satisfy your sweet tooth.**

**Sonya Shamalov**  
**Dietitian Assistant**

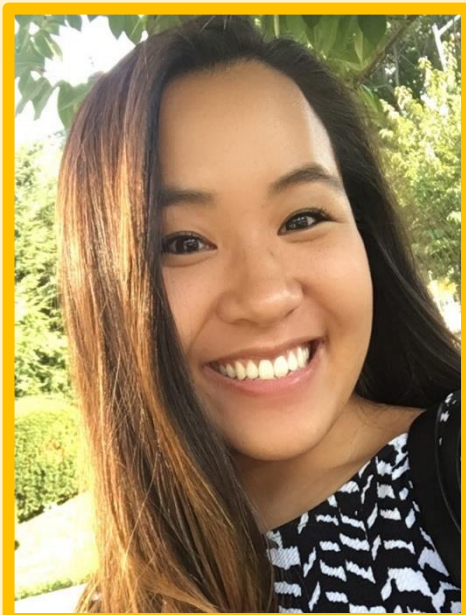
1. **3 Musketeers Mini:** Fun Size bar contains 63 calories, 2 grams of fat, 11 grams sugar Instead of chocolate bars filled with caramel or peanuts, choose this lighter, chocolaty snack that has far fewer calories and fat than other chocolate bars.
2. **York Peppermint Patty:** 1 full-size bar contains 165 calories, 3 grams of fat, 27 grams sugar This light, refreshing treat is also lower in calories and fat than heavier chocolate treats. Added bonus? It leaves you with minty-fresh breath.
3. **Peeps Pumpkins:** 1 marshmallow contains 16 calories, 0 fat, 3.5 grams sugar A handful of these marshmallow treats contain very few calories, though keep in mind, they are pretty much all sugar.
4. **Tootsie Roll:** 1 small Tootsie Roll contains 50 calories, 1 grams fat, 10g sugar Try this old favorite that offers a chewy, chocolate fix in moderation. But beware, at 50 calories each, the calorie count can really add up.
5. **Peanut M&Ms:** 1 Fun Size Pouch contains 90 calories, 5 grams fat, 9 grams sugar Peanut M&M's aren't a bad choice when you think about the fact that their peanuts contain protein, which provides a small boost of energy. The portion-control pouch is an added advantage for weight-watching candy lovers.
6. **Jolly Ranchers:** 3 Jolly Rancher candies contain 70 calories, 0 fat and 11 grams of sugar Jolly Rancher candies offer lasting flavor and a low calorie count (if you don't chew on them!). A few of these sweet treats will ward off any sweet tooth goblins.
7. **Charms Blow Pop:** One Charms Blow Pop contains 60 calories, 0 fat, and 13 grams of sugar. Lollipops are a great way to keep your mouth busy (and not eating other high calorie foods). With only 60 calories and gum included, you can't lose.

It is important to remember to not fill up on junk this Halloween. Instead, treat yourself to some yummy fruits and vegetables.



# Nutrition in the News

## - Christina Chan



Hello Fairview Residents! I would like to take this opportunity to introduce myself. My name is Christina Chan, but you can call me Tina! I have completed my Bachelor of Science in Dietetics at the University of Delaware and I am currently a Dietetic Intern from Hunter College.

I will be a part of the Dietary Department for the next few months and will be closely working with the dietitians. I am excited to enhance my knowledge in the clinical field and look forward to diving headfirst into this experience!

I have already met and spoke with some of the amazing residents here and I am looking forward to getting to know everyone else. I would be happy to meet with anyone who has any questions or concerns so feel free to reach out to me at 718-263-4600 ext. 234. Thank you!





*Soft and Chewy*  
**Peanut Butter**  
*... Cookies ...*



# Celebrate Halloween with this Peanut Butter Cookie recipe!

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## Ingredients:

- 1 cup peanut butter, smooth or crunchy
- 1 cup brown sugar, packed
- 1 egg

## Instructions:

- Place ingredients in a bowl and mix to combine. It will be soft, too soft for scooping. Refrigerate for 10 minutes.
- Meanwhile, preheat oven to 180C/350F (standard) or 160C/320F (fan/convection).
- Line 2 trays with parchment paper.
- Place 1 tbsp scoops of the dough onto the trays 2 inches apart.
- Dip a large fork into a bowl of hot tap water (stops fork sticking to dough). Press down on the dough, then press 90 degrees the other way so the cookie is 1cm/ 2/5" thick. Re-dip fork in water as required.
- Put both trays in the oven and bake for 10 minutes, swapping the trays halfway through, or until light golden on the surface and golden on the edges.
- Leave to cool on the tray. Store in an airtight container for up to 4-5 days.



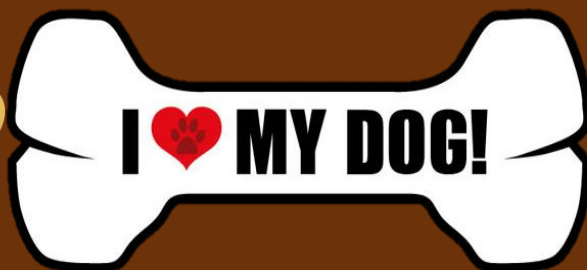


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# Animal Assisted Therapy

A therapist with a wagging tail...







## Hi everyone! This is Tiki!

Did you miss me? Cause I know I sure missed everyone here! I was out because I had to have surgery, but I'm feeling much better and am so glad to have been given the ok to come back. OMG, was I miserable having to wear that silly looking cone on my head! Tao didn't even recognize me when I first got home. I looked so weird he didn't want to hang out with me. I was really bored, so I figured out how to get the cone off. After that they put me in this bodysuit thingy that did absolutely nothing for my fur, it was horrible! So, I figured out how to get that off too. I drove everyone in the house crazy. 😊

Now that I'm past all that, I'm trying to figure out what I should be for Halloween...maybe Toto or maybe a witch. I'm not sure yet but whatever I decide I'll be sure to come in & model it for everyone!

I'm so glad to be back! See you soon!

XOXO,

**Tiki**





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Fairview Nursing Care Center Welcomes



# CHARLIE

To The Pet Therapy Team

Mini  
Rex









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# The Day Fairview Residents Went On A Trip



Real Money Casino





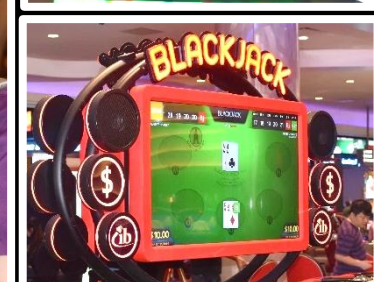




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# PROMISE THERAPY

TEAM  
WORK



## *“Cheers to our Luxury Sip and Paint”*

Creative Expression is a universal language both spoken and understood by all. The idea of being able to release, be inspired and to create a physical art piece which was transferred from our inner most emotions to a canvas is nothing short of amazing. To experience a group of individuals interpreting one inspirational form of art which is then transformed to the way they see it through their own eyes, telling a story with the same ending but a variation in the plot and theme is moving and humbling. It teaches us the value in all of our unique differences. It brings us together and shows us how exciting and important it is for the world to be made up of different people, from different places with different views, different thoughts, different ideas, different experiences and different ways to view life.





Promise Therapy believes in the power of creativity. They bring out the therapeutic benefits of creativity to motivate and engage all of their participants. On Monday September 18, 2017 Promise Therapy facilitated an exclusive Luxury Sip and Paint at Fairview. Guest of this esteemed therapeutic session were pampered and invited to loose themselves in an hour of relaxation and self-expression. Lavender and Vanilla filled the air as Fairview's residents enjoyed the calming effect of Promises Aroma Therapy. The session began with a few minutes of mediation and deep breathing to open our hearts and minds. At the sound of Promise Therapy's first transition bell residents went into a relaxing trance. At the final sound of Promises transition bells residents opened their eyes and spoke of memories and their past experience with painting. Residents then lifted their champagne flutes filled with sparkling cider as glasses clanked in a toast as we celebrated the start of our session. The excitement in the room was overflowing as the program director of Promise Therapy explained the benefits of canvas painting. "Painting has many therapeutic benefits.



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*Keep it  
Glassy*  
SIP. PAINT. PARTY.





These benefits include reducing stress and anxiety, being able to express ourselves, reducing feelings of sadness, creating feelings of joy and happiness, motivating us, increasing concentration, building brain function and improving strength in our fingers and hands". Participants indulged in gourmet treats including Godiva dipped chocolate covered strawberries, Raspberry Cream/ oatmeal cookies and butter cracker biscuits with cheese. The glasses glittered with apple and sparkling grape cider as we all sipped and waited for what was to come next. Participants sat in front of table top easels and canvas, as they used their paint brushes to explore their own personal pallet filled with dabs of rich creamy colors. Participants were all given the same picture to draw inspiration from and asked to dissect the color wheel creating unique colors out of the primary colors given. It was wonderful to see the unique variations of the colors created by our participants from dusty green to lilac, rose, burgundy and even taupe! Participants followed step by step instructions as they all created what Fairview Residents named the Tree of Promise. The hypnotizing sound of music from Kenny G's classical clarinet to the sweet sound of love songs gently played in the background adding to the warm ambience. With each stroke of a brush Fairview's residents became uplifted. They were expressing and creating magic. Magic was the theme inspired by Promise Therapy and mastered by Fairview's residents.





At the end of our Sip and Paint we all looked around at all of the colorful and vibrant trees we created. We saw how different they were. How they all told a different story but at the same time shared an ending alike. The trees were dipped in gold dripping of passion and life. They brightened the room and as residents added their signatures to their one of a kind works of art a peace reigned over Fairview Nursing and Rehab Center. Our first of many Luxury Sip and Paints with special guest Promise Therapy was successful and sure to have left lasting, sweet memories. Cheers to our Luxury Sip and Paint...Cheers to Fairview...Cheers to Promise Therapy....Cheers to Us! Special Thanks to our Adaptive Specialist Patrick, and senior peer advocate Marilyn for making this session a therapeutic success.

Promise Therapy is dedicated to working with the elderly, disabled and anyone in need of participating in meaningful activity. They provide in home therapeutic recreation and support services as well as therapeutic recreation activities to individuals and groups in hospitals and nursing/rehabilitation facilities. They also facilitate community classes. \*Ask about our adaptive tools that can be personalized from our adaptive Specialist which makes painting, using scissors, eating and personal grooming possible and our program "Remember Me" which uses special techniques dedicated to Alzheimer's, Autism, Dementia, Parkinson's and Traumatic Brain Injury care.

**If you or someone you know could benefit from Promise Therapy please contact us at 516 309 6345 and visit us on the web at [www.promisetherapy.org](http://www.promisetherapy.org)**



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# Painting with a Twist



GOOD  
VIBES  
ONLY

ART IS THE  
JOURNEY OF  
A FREE SOUL.

- ALEV OGUZ







“Tree of Promise” Art Inspiration used by Fairview sip and paint participants



# Employee Spotlight

## Francisco Martinez

Director of Housekeeping & Grievance Officer

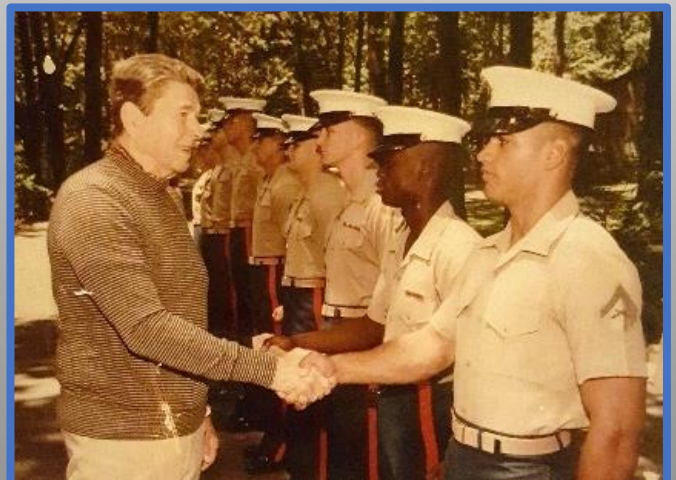
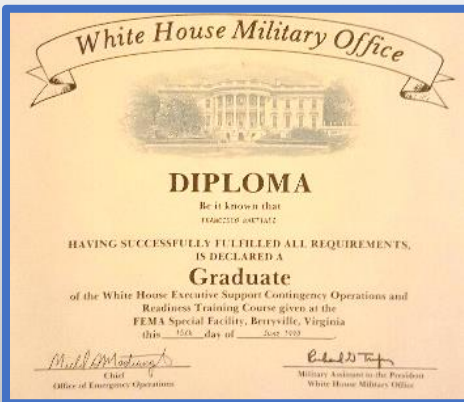


**Francisco Martinez**  
Director of Housekeeping  
& Grievance Officer

Hi friends, I'm Fransisco. Here's a little about me and my interesting life journey. I was born in 1968 in the beautiful island of Puerto Rico. Growing up in a farm taking care of so many different animals and playing all types of sports. I began playing baseball at the age of 10 and I can always remember my mother being my biggest fan. As I was growing up, I constantly noticed my mother's selfless character traits. She was the type of person who would help anyone in need even though we didn't have much for ourselves. My mother would feed and shelter strangers while always have a warm smile on her face. Growing up in such a compassionate household, I have learned the true meaning of "loving thy neighbor as you love yourself." My mother's motto was "do for others without waiting to receive anything in return." This type of positive attitude has been etched in my heart till this very day. Thank you, Mother.

In 1984, I immigrated to the US and settled in Brooklyn NY. I attended Thomas Jefferson high school and graduated with honors. At the age of 19, I decided to join the United States Marine Corps and was assigned to the 3rd battalion. During my time at the United States Marine Corps I worked really hard. I truly gave it my all. Shortly after, I was selected to be a squad leader upon graduation from boot camp. I received the highest marksman award and was selected to work for presidential detail at Camp David for Ronald Reagan and George Bush, receiving the presidential medal and other awards during my assignment.

In March 1991, as the gulf war ended, I completed my assignment and was honorably discharge as a war veteran. For the past 26 years, I have devoted my life helping those in need in nursing care facilities. I have worked many jobs and various positions in nursing homes and hospitals. The underlining factor is that till this very day I have the image of my mother helping others in need. My goals in life always has been, and still is, to serve protect and care for those that can't care for themselves. A wise leader is one that leads with his mind and heart.







**Shaneeza Khan**  
**1977-2017**

*With a heavy heart, Fairview Nursing Care Center extends their deepest condolences to the Khan family. May Shaneeza's soul be at peace with our Heavenly Father.*

*We will never forget the kindness and devotion Shaneeza showed to all the residents and staff members. We will surely miss the presence of a truly lovable and caring person.*





# Get <sup>to be</sup> ready inspired!



There was a blind girl who hated herself purely for the fact she was blind. The only person she didn't hate was her loving boyfriend, as he was always there for her. She said that if she could only see the world, she would marry him. One day, someone donated a pair of eyes to her – now she could see everything, including her boyfriend. Her boyfriend asked her, "now that you can see the world, will you marry me?" The girl was shocked when she saw that her boyfriend was blind too, and refused to marry him. Her boyfriend walked away in tears, and later wrote a letter to her saying:  
*"Just take care of my eyes dear."*

**Moral of the story:** When our circumstances change, so does our mind. Some people may not be able to see the way things were before, and might not be able to appreciate them. There are many things to take away from this story, not just one.

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There once was a little boy who had a very bad temper. His father decided to hand him a bag of nails and said that every time the boy lost his temper, he had to hammer a nail into the tree. On the first day, the boy hammered 37 nails into that tree. The boy gradually began to control his temper over the next few weeks, and number of nails he was hammering into the tree slowly decreased. He discovered it was easier to control his temper than to hammer those nails into the tree.



Finally, the day came when the boy didn't lose his temper at all. He told his father the news and the father suggested that the boy should now pull out a nail every day he kept his temper under control.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the tree.

"you have done well, my son, but look at the holes in the tree. The tree will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there."

**Moral of the story:** Control your anger, and don't say things to people in the heat of the moment, that you may later regret. Some things in life, you are unable to take back.







## LIBRA

Born **September 23 – October 22.**

People born under the sign of Libra are peaceful and fair, and they hate being alone. Partnership is very important for Libra -born, and with their victorious mentality and cooperation, they cannot stand to be alone. The Libra is an Air sign, with intellect and a keen mind.

# Fairview Nursing Care Center Wishes a Happy Birthday to:



## SCORPIO

Born **October 23 - November 21**

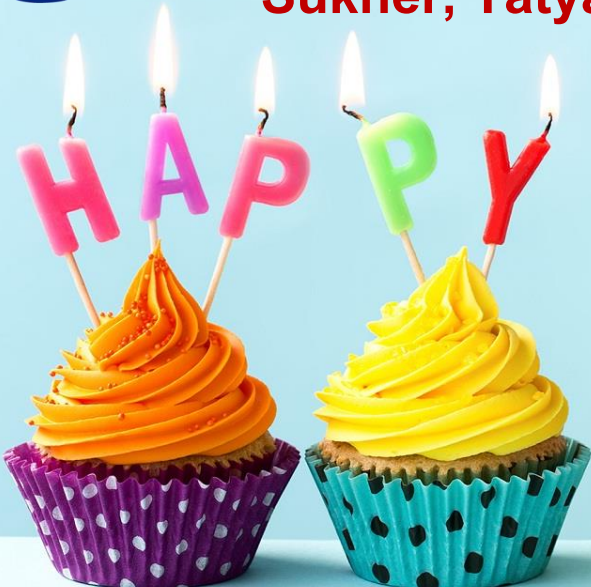
Scorpios are known by their calm and cool behavior, and by their mysterious appearance. People often say that Scorpio-born are fierce, probably because they understand very well the rules of the universe. The element of Water is associated with the Scorpio sign.

30



**Balash, Ellen  
Moloney, Ronald  
Cruz, Daria  
Panteloudis,  
Efthemios  
Gicala, Joseph  
Weber, Dorothy  
Donohue, Timothy  
Zhang, Jin Y  
Labi, Edgardo  
Sukher, Tatyana**

**Santiago, Ramon  
Baldwin, Rufus  
Keating, Anne  
Smith, Catherine  
Williams, Ruth  
Vovsi, Bella  
Lange, Beatrice  
Goldstein, Bess  
Leibowitz, Cheryl  
Armstrong, Clintos  
Drayton, Cyrie**





# Halloween Jokes

## **Werewolf Junior**

Q: Mummy, why do all the other kids call me a hairy werewolf?

A: Now stop talking about that and brush your face!

## **Fruit Bats**

Q: What is a vampire's favorite fruit?

A: A necktarine!

## **Dancing Monsters**

Q: What kind of monster loves to disco?

A: The boogieman.

## **Obese Pumpkin**

Q: What do you call a fat pumpkin?

A: A plumpkin.

## **Dieting Scarecrow**

Q: Why didn't the scarecrow eat dinner?

A: He was already stuffed.

## **Honest Ghosts**

Q: Why are ghosts so bad at lying?

A: Because you can see right through them!

## **Superstitious Rodent**

Q: When is it bad luck to be followed by a black cat?

A: When you're a mouse.

## **Witch's Spell**

Q: How do you make a witch itch?

A: Take away the W.

## **Vampire Love**

Q: What's it like to be kissed by a vampire?

A: It's a pain in the neck.

## **The Dumb Skeleton**

Q: Why didn't the skeleton want to go to school?

A: His heart wasn't in it.

## **Vampire Talk**

Q: What did one thirsty vampire say to the other as they were passing the morgue?

A: Let's stop in for a cool one!

## **Sickly Vampire**

Q: How can you tell if a vampire has a horrible cold?

A: By his deep loud coffin!

## **The Skeleton Gourmand**

Q: What do skeletons say before eating?

A: Bone Appetit!

## **Thirsty Vampire**

Q: Why did the vampire get fired from the blood bank?

A: He was caught drinking on the job!

## **The Guest**

Q: Who did the scary ghost invite to his party?

A: Any old friend he could dig up!

## **The Scariest Monster of All**

Q: What do you call a man who lures women into his place and turns them into ghastly freaks?

A: A 1980's hairdresser!

## **Good-Humored Monster**

Q: What goes Ha-ha-ha-ha!, thud!!! and keeps laughing?

A: A monster laughing it's head off!





Halloween is a celebration observed in a number of countries on October 31<sup>st</sup>, the eve of the Western Christian feast of All Hallows' Day and Reformation Day. It begins the three-day observance of All Hallowtide, the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed.

It is widely believed that many Halloween traditions originated from Celtic harvest festivals that may have pagan roots, particularly the Gaelic festival Samhain, and that this festival was Christianized as Halloween. Some academics, however, support the view that Halloween began independently as a solely Christian holiday.

Halloween activities include trick-or-treating (or the related guising), attending Halloween costume parties, carving pumpkins into jack-o'-lanterns, lighting bonfires, apple bobbing, divination games, playing pranks, visiting haunted attractions, telling scary stories and watching horror films. In many parts of the world, the Christian religious observances of All Hallows' Eve, including attending church services and lighting candles on the graves of the dead, remain popular, although elsewhere it is a more commercial and secular celebration. Some Christians historically abstained from meat on All Hallows' Eve, a tradition reflected in the eating of certain vegetarian foods on this vigil day, including apples, potato pancakes, and soul cakes.

The word Halloween dates to about 1745 and is of Christian origin. The word "Hallowe'en" means "hallowed evening" or "holy evening". It comes from a Scottish term for All Hallows' Eve (the evening before All Hallows' Day).





# Word Search



ACORN  
APPLE  
AUTUMN  
CHESTNUTS  
CHILLY  
CIDER  
COBWEB  
FALL  
FOOTBALL  
GOURD

HALLOWEEN  
HARVEST  
HAY BALE  
HAYRIDE  
LEAVES  
MAIZE  
NOVEMBER  
NUTS  
OCTOBER  
PUMPKIN

QUILT  
RAKE  
SCARECROW  
SEPTEMBER  
SLEET  
THANKSGIVING





# HAPPY HALLOWEEN





# OCTOBER 2017

| Sunday                                                                                                                                                                                                                  | Monday                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Saturday                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1 World Vegetarian Day</b><br><b>EUCARISTIC VISITS</b><br>10am- <b>Arts &amp; Crafts 3FL</b><br><b>Wii Bowling RR</b><br>2pm- <b>Guitar w/ Bob 4FL</b><br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>Table Games 1FL</b>     | <b>2 National Worker Day</b><br>10am-Victor on the Violin<br><b>3FL &amp; 5FL</b><br>Hands on Painting Program 1FL<br><b>Bible Class 4<sup>FL</sup></b><br>2pm- <b>BINGO - 5FL</b><br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>Chess/Checkers 4FL</b> | <b>3 National friends Day</b><br>10am-Coffee Clotch 2FL<br>Beauty Culture 4FL & 5FL<br>2pm-Alex on the Sax RR<br><b>MOVIE CH. 37 FLS</b><br>6pm-Dominos Game 1FL                                                                | <b>4 Sukkot Holiday</b><br>10am-Randys Clothing Sale ML<br><b>MASS RR</b><br>2pm-MUSIC w/ SILVERS 5FL<br><b>MOVIE CH. 37 FLS</b><br>3pm - JEWISH SERVICE<br>Sukkot Holiday Program<br>On the Patio in the Sukkah (hut)<br>6pm- <b>Bunco 3FL</b>                       | <b>5 World Teacher's Day</b><br>10am-BAKING CLUB RR<br>(Chocolate Brownies)<br>Strolling Music w/ Jean FLS<br>2pm- <b>Arts &amp; Crafts 2FL</b><br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>POKENO 2FL</b>                                   | <b>6 World Smile Day</b><br>10am- <b>Painting FLS</b><br><b>Puzzle Mania FLS</b><br>2pm-JEWISH SERVICE RR<br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>Table Games 2 FL</b>                                                                                                                                                                                                                                                                                                                                                         | <b>7 Card Making Day</b><br>10am- <b>Current Events &amp; Trivia 1FL</b><br>2pm-JEWISH SERVICE RR<br><b>MOVIE CH. 37 FLS</b><br>2:45 - <b>Trinhaitia Bijoux RR</b><br>6pm-CARD GAME 2FL               |
| <b>8 Oktoberfest</b><br><b>EUCARISTIC VISITS</b><br>10am- <b>Horseracing 4FL</b><br><b>Discussion Group 2<sup>FL</sup></b><br>2pm- <b>Music w/ LANA RR</b><br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>Wii Bowling RR</b>     | <b>9 Columbus Day</b><br>10am - <b>Arts &amp; Crafts 2FL</b><br><b>Bunco 1FL</b><br><b>Bible Class 4<sup>FL</sup></b><br>2pm-MUSIC w/ SILVERS 5FL<br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>BINGO - 3FL</b>                                         | <b>10 National Cake Day</b><br>10am- Coffee Clotch 3FL<br>Beauty Culture 1FL & 2FL<br>2pm- Aerobics Class w/ Tommy<br>4FL & 5FL<br><b>MOVIE CH. 37 FLS</b><br>6pm-Dominos Game 2FL                                              | <b>11 Nurses Day</b><br>10am-Jean Strolling Music FLS<br><b>Prayer Service RR</b><br>2pm-Trumpet Show w/Gary RR<br><b>MOVIE CH. 37 FLS</b><br>3pm - <b>Center One</b><br>Group Therapy RR<br>6pm- <b>POKENO 4FL</b>                                                   | <b>12 National Gumbo Day</b><br>10am-BAKING CLUB RR<br>(Chocolate Chip Cookies)<br><b>Bunco 3FL</b><br>2pm- <b>EXTREME BEAUTY MAKEOVER RR</b><br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>Music w/ Steve RR</b>                              | <b>13 Skeptics Day</b><br>10am- <b>Painting FLS</b><br><b>Puzzle Mania FLS</b><br>2pm-JEWISH SERVICE RR<br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>Table Games 1FL</b>                                                                                                                                                                                                                                                                                                                                                            | <b>14 National Dessert Day</b><br>10am- <b>Current Events &amp; Trivia 2FL</b><br>2pm- JEWISH SERVICE RR<br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>CARD GAME 3FL</b>                                      |
| <b>15 Safety Day</b><br><b>EUCARISTIC VISITS</b><br>10am- <b>Horseracing 4FL</b><br><b>Wii Bowling RR</b><br>2pm-Protestant Service RR<br><b>Guitar w/ Bob 2FL</b><br><b>MOVIE CH. 37 FLS</b><br>6pm-PIANO w/ BELLA 3FL | <b>16 Bosses Day</b><br>10am - <b>Arts &amp; Crafts 5FL</b><br><b>Bunco 1FL</b><br><b>Bible Class 4<sup>FL</sup></b><br>2pm-Drumming Circle w/ Robert<br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>BINGO - 3FL</b>                                     | <b>17 National Pasta Day</b><br>10am-Coffee Clotch 1FL<br>Beauty Culture 3FL & 4FL<br>2pm-Dominos Game 3FL<br><b>MOVIE CH. 37 FLS</b><br>6:15pm-Music w/Isaak RR                                                                | <b>18 BEAUTY MAKEOVER DAY</b><br>10am - Shanna's Clothing Sale ML<br><b>MASS RR</b><br>2pm- <b>EXTREME BEAUTY MAKEOVER RR</b><br><b>MOVIE CH. 37 FLS</b><br>3pm-Center One<br>Group Therapy RR<br>6pm- <b>Music w/ Alex RR</b>                                        | <b>19 SUPERSTAR DAY</b><br>10am-BAKING CLUB RR<br>(Marble Pound Cake)<br>Strolling Music w/ Jean FLS<br>2pm- <b>LAW &amp; ORDER, ACTING RR</b><br><b>YOUR CHANCE TO BE A STAR</b><br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>POKENO 2FL</b> | <b>20 Fruit Day</b><br>10am- <b>Painting FLS</b><br><b>Puzzle Mania FLS</b><br><b>Accessories Sale With Valerie ML</b><br>2pm-JEWISH SERVICE RR<br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>Table Games 3FL</b>                                                                                                                                                                                                                                                                                                                    | <b>21 National Pumpkin Day</b><br>10am- <b>Current Events &amp; Trivia 3FL</b><br>2pm-JEWISH SERVICE RR<br><b>MOVIE CH. 37 FLS</b><br>2:45 - <b>Trinhaitia Bijoux RR</b><br>6pm- <b>CARD GAME 4FL</b> |
| <b>22 National Nut Day</b><br><b>EUCARISTIC VISITS</b><br>10am- <b>Horseracing 1FL</b><br>2pm- <b>Wii Bowling RR</b><br><b>MOVIE CH. 37 FLS</b><br>6pm-PIANO w/ BELLA RR                                                | <b>23 Be Creative DAY</b><br>10am - <b>Arts &amp; Crafts 3FL</b><br><b>Chess/Checkers 4FL</b><br><b>Bible Class 4<sup>FL</sup></b><br>2pm-MUSIC w/ SILVERS 4FL<br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>BINGO - 2FL</b>                            | <b>24 United Nations Day</b><br>10am-Coffee Clotch 4FL<br>Beauty Culture 1FL & 2FL<br>2pm- Aerobics Class w/ Tommy<br>3FL & 4FL<br><b>MOVIE CH. 37 FLS</b><br>3pm -Promise Therapy RR<br>6pm-Dominos Game 4FL                   | <b>25 World Pasta Day</b><br>10am - <b>Bunco 3FL</b><br><b>Prayer Service RR</b><br>2pm- <b>Resident Council RR</b><br><b>MOVIE CH. 37 FLS</b><br>3pm - <b>Center One</b><br>Group Therapy RR<br>5pm- Candle Light Dinner<br>Electric Guitar w/ Jean                  | <b>26 Friendship Day</b><br>10am-BAKING CLUB RR<br>(Philly Pond Cake)<br>2pm- Victor on the Violin<br>4FL & 5FL<br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>POKENO 2FL</b>                                                                   | <b>27 Frankenstein Friday</b><br>10am- <b>Painting FLS</b><br><b>Puzzle Mania FLS</b><br>2pm-JEWISH SERVICE RR<br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>Table Games 5FL</b>                                                                                                                                                                                                                                                                                                                                                     | <b>28 Animal Lover's Day</b><br>10am- <b>Current Events &amp; Trivia 4FL</b><br>2pm-JEWISH SERVICE RR<br><b>MOVIE CH. 37 FLS</b><br>6pm-CARD GAME 1FL                                                 |
| <b>29 Music Appreciation Day</b><br><b>EUCARISTIC VISITS</b><br>10am- <b>Horseracing 1FL</b><br>2pm- <b>Wii Bowling RR</b><br><b>MOVIE CH. 37 FLS</b><br>6pm-PIANO w/ BELLA 3FL                                         | <b>30 Birthday Celebration</b><br>10am - Drum Circle w/ Jodie RR<br><b>Bible Class 4<sup>FL</sup></b><br>2pm-Monthly Birthday Party<br>Karaoke Event w/ Russell<br><b>MOVIE CH. 37 FLS</b><br>6pm- <b>BINGO 1FL</b>                             | <b>31 Halloween</b><br>10am-Pumpkin Carving & Coffee Clotch RR<br>Beauty Culture 3FL & 5FL<br>2pm-MEGA HALLOWEEN BASH<br>COSTUME CONTEST RR<br>Musical Performance by Conroy<br><b>MOVIE CH. 37 FLS</b><br>6pm-Dominos Game 5FL | <b>Patio Daily Smoking Hours</b><br>Morning Hrs. 9am - 9:30am<br>Afternoon Hrs. 1pm-1:30pm<br>Evening Hrs. 7pm - 7:30pm<br><br><b>PATIO OPENED DAILY</b><br><b>9:00am-8:00pm</b> | <b>WORD KEY</b><br>RR=RECREATION ROOM<br>FLS= ALL FLOORS<br>ML= MAIN LOBBY<br>9:30AM-DAILY ROOM<br>VISITS, NEWSPAPER, MAIL<br>& PACKAGE DELIVERY                                                                                       | <b>PET THERAPY SCHEDULE</b><br> <b>Therapy Dog Sophie 3<sup>rd</sup> Floor</b><br>Monday - Thursday<br> <b>Therapy Cate Tiki 2<sup>nd</sup> Floor</b><br>Monday, Wednesday, Friday<br> <b>Therapy Bunny Charlie 3<sup>rd</sup> Floor</b><br>Monday - Thursday |                                                                                                                  |