

Times To Remember

Resident Spotlight on Dr. John Terres

Bird Expert & Naturalist Still Making the Headlines

By
Marc D. Kutner



MARC & JOHN IN FRONT
OF COMMUNITY BIRD
HABITAT

John Terres is known throughout our community as a highly intelligent gentleman with an unrivaled caring disposition. Fortunately, as John approaches his 100th year, I am able to say that he has been able to touch the lives of literally millions of people in countless communities through his work as a scientist, author, and naturalist. To aptly discuss the life of John Terres requires that special attention be paid to his remarkable career.

Included amongst the world's foremost ornithologists, John has achieved notoriety for his accomplishments for nearly 70 years. Born in Philadelphia, Pennsylvania in 1905, John spent most of his childhood on a farm in New Jersey. In his youth John enjoyed fishing, hunting, and trapping, but admitted that "eventually I came to be against these activities," leading him toward a life of science and environmental protection. The author, co-author, and editor of over 50 books, countless scholarly articles, and winner of numerous awards including the highly prestigious John Burroughs Medal (1971), a list of John's professional credits could exist as a stand-alone publication. Dr. Terres also served as the Editor of Audubon Magazine for 12 years (1948-1960). During that time, John was able to achieve national prominence as an advocate for wildlife conservation. While editor of

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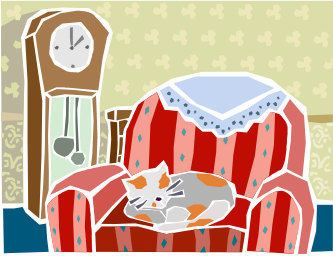
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ATTENTION FAMILIES AND LOVED ONES!

WE NEED YOUR HELP!



As part of her ongoing effort toward resident **Room Personalization**, Community Coordinator, Barbara Mullins is soliciting meaningful personal items to be used to make each resident's room feel more like home. Room personalization is one of the processes at the very heart of our culture change initiative. We are asking you to be creative, and include things with special meaning and sentimental value...things that tell visitors something about the individual calling that room home. If you have any questions regarding specific items that you have in mind, feel free to contact Barbara!

Resident Spotlight on John Terres

(Continued from page 1 - Resident Spotlight)



IVORY-BILLED
WOODPECKER

Audubon in 1958, John actually managed to convince the management of the Empire State Building to turn off its massive beam of light between the months of September and November in order to protect migrating birds. Blinded by the light and unable to navigate around the skyscraper, this action prevented the deaths of thousands of birds, and is but one example of John's ability to influence others to the benefit of animals. Dr. Terres also authored the monumental one-million-word Encyclopedia of North American Birds which took him approximately 21 years to complete. Considered a crowning achievement, in its first year of publication (1981), the Book of the Month Club sold some 65,000 cop-

ies in the month of April alone! The encyclopedia remains in print and continues to be a major seller and important reference.

Earlier this month, I came across yet another example of John's continuing contribution to science in an article regarding the existence of the Ivory-billed Woodpecker, a species thought to extinct (<http://www.birds.cornell.edu/ivory/>). After some additional reading, I discovered that John had in fact identified an Ivory-billed Woodpecker south of Homosassa Springs, Florida in 1955, but had kept it a secret for 30 years. Immediately intrigued by John's 50 year old discovery and the motives behind his secrecy, with the publications in hand, I went to see John during his breakfast. I sat down with John and asked him if he had ever seen an Ivory-billed Woodpecker. John quickly replied, "Yes, but how did you know that?" I went on to inform him about recent articles related to the bird's existence, to which he replied, "Well I'll be. I saw a pair in Florida, in 1955, but I kept it a secret. They flew right over my car, and I recognized them by their size and coloration." Having already known that he had kept his citing a secret, I asked him about what kept him from telling the world. Characteristic of putting his love for nature above personal glory, John replied, "I didn't want them to be captured and used as specimens. It was better that they be untouched in the wild where they belonged." I then asked John about what he thought about all this publicity, to which he answered, "I find that the most amazing thing about all this is that I was able to keep a secret for 30 years!" Because of the professionalism of John Terres and others like him (other experts have since reported observing the bird), the federal government is in the process of preserving the Ivory-billed's habitat in Arkansas, the location of the most recent citations (CNN, May, 2, 2005). Needless to say, our community is thrilled to see that the work of Dr. John Terres continues to be acknowledged at the top-tier of the science community. We remain proud of both his local and global contribution to both academia and humanity!

Staff Spotlight: Bella Joson, RN



Our Communities of Caring would like to take this opportunity to welcome Bella Joson, the new primary nurse for Southwest II. A Sarah Neuman employee since 1993, Bella is known throughout the building as a warm and caring individual... a JOY to work with! Prior to joining the community, Bella most recently worked in Sarah Neuman's Weinberg Pavilion caring for short-term care patients. In making the change from the Weinberg Pavilion, Bella is excited to get the opportunity to "build long-term relationships with both families and residents." By simply watching Bella at work, it is clear that she truly enjoys her work. According to Bella, "The culture change program in place in the unit has emphasized team building and a strong sense of staff cohesion. I am very happy about having the chance to be an integral part of this initiative."

Bella's attentiveness, clinical ability, and gentle disposition are among the many attributes that make her presence a direct benefit to resident life. Community Coordinator Barbara Mullins is very excited about Bella joining the community. "Her professionalism and affable personality have proven to be essential to our team." Residents have also taken notice of the new addition to our community. Resident Norma K. remarks, "Oh she's lovely, a sweetheart." According to resident Violet W., "She's new, but so far I think she's great." Judging from the reactions of co-workers and residents alike, praise for Bella is unanimous and we're thrilled to have her!

On a personal note, Bella is a native of the Philippines, where she also worked in nursing. She is the mother of both a little boy and a little girl, and family life is extremely important to her. When a solitary moment makes itself available, Bella loves to go shopping. Again, we welcome Bella, and thank her for her commitment to our residents!

Residents Enjoy Sephardic Concert & Experience A New Culture



This month many community residents enjoyed a very special concert devoted to the music of the Sephardic Jews. Featuring the musical group *Alhambra* led by Isabelle Ganz, it was interesting to experience these exotic tunes. Many of the songs were sung in the ancient Ladino language, a Jewish derivative of Castillian Spanish. Following the concert, residents Fred, Norma, Carmella, Anne, and Helen enjoyed cookies and fruit with Recreation Therapists Lorraine Thomas and Vicki Struss in the Winter Garden...A good time was had by all. You can learn more about Alhambra and their music at www.alhambragroup.com.



Under Construction: Our New Spa Bather Nears Completion!

As our dedicated construction crew lay the final designer tiles and install the latest innovations in personal hygiene technology, our new Spa Bather moves closer toward completion. Included in this fabulous new addition to our community are heat lamps in the ceiling of the shower areas, a hydraulically operated sink that will enable all residents to be able to have their hair washed at the



beauty salon in our village. There will be new beautiful lighting, professional blow dryers, a portable manicure table that can be used anywhere in the community, and a washing machine and dryer among the items included in the amenities. When complete, the spa will provide a totally relaxing and enjoyable spa experience for all our community residents.



Resident Poetry Aficionados Embark Upon New Literary Journeys



Community residents Jim, Norma, Miriam, and Eileen continue to enjoy a favorite activity away from this summer's record breaking heat. In collaboration with Celeste Dynan, Sarah Neuman's Director of Food, Nutrition, and Environmental Services, our monthly afternoon "Poetry Club" met recently over pitchers of iced tea and snacks to discuss the timeless works of acclaimed author Shel Silverstein. Of particular interest to club members was the well known *A Light in the Attic* collection of wonderful poems. Inspired by memories of reading to her own children, Celeste particularly enjoys Silverstein. According to Celeste, "The residents enjoy the illustrations that accompany each poem as well as the rhythm and flow of the poetry. Reading has proven to be very soothing." Additionally, because many of the poems are rather short, club members are able to get through many of them during

the one-hour meeting. Leading the poetry club has proven to be a very special role for Celeste outside of her typical responsibilities. On a personal level, she derives a sense of reward from the appreciation of club members. "They always thank me at the end."

Reactions from poetry club members echo many of Celeste's sentiments. Norma states, "I like poetry. It gives me a nice feeling. It's nice to listen to...it's relaxing." Miriam, an elementary school teacher for many years, has fond recollections of Shel Silverstein's books in particular. "Shel Silverstein wrote a lot of things, not just poetry. It was nice to hear a few of the poems. When I was a teacher, I certainly read some of them to the kids." Eileen, like Celeste, is drawn to memories of reading to her own children. "I used to read to my kids, and I like being read to now."

Although next month's selection has yet to be decided, both Celeste and members of the poetry club are looking forward to their next afternoon immersed in prose!

Strength-Based Care Planning: Coordinating Quality Care By Cheryl Gallagher



As part of the on-going culture change initiative, the care planning process in our communities is undergoing a significant change. In coordination with families, the interdisciplinary team is adopting a "Strength-Based Care Planning" model. This model emphasizes each resident's strengths instead of a problem, or weakness-oriented, approach. Essential to this model is its reliance upon acknowledging what a resident can still do

rather than what he or she cannot.

According to Community Social Worker Cheryl Gallagher, "With residents who have a diagnosis of dementia, there is so much attention paid to deficits that the strengths of the individual are either forgotten or overlooked. When the focus is shifted to the residents' strengths we often see an improvement in the residents' self-esteem, confidence and a decline in what are often considered 'problem behaviors' (such as wandering, yelling or repetitive verbalizations.)" Working from a strengths perspective, the focus shifts to positive aspects of the residents' lives. The interventions and goals are based on skills that the residents are still able to maintain. Residents' strengths can include: a specific leisure activity (i.e. reading large print books or painting,) or physical or cognitive skills (i.e. still being able to comb one's own hair, brush one's own teeth and/or make his or her needs known to family or to staff.)

Families are an integral part of this process from the day of admission. They help the staff to identify on-going strengths and the family members help to reinforce the identified strengths. Ms. Gallagher believes that "reinforcement by the team and by family members is a powerful tool in helping to maintain abilities, to de-emphasize losses and, thereby, enhance the residents' lives. It also helps to incorporate the family members as part of the care giving team." Strength-Based Care Planning is yet another way for our communities to move forward in their mission to improve the quality of life for our residents.

He's Waiting for his Wife, Shopping Day, They Enjoy Life, That's Good, The Happy Family

By

Tess, Helen, Miriam, Norma, and Anne
A Time Slips Story



Here is this week's story picture. We're going to tell a story about the man posing in this picture. What name do you think fits him? Tess says, "Sonny is the man." "He's waiting for Jay," says Norma. Anne thinks, "He's waiting for his wife. They're going shopping for groceries." Helen explores what they might be buying, "They're going to buy meat." Miriam thinks that "Cheese and bread" are included in the purchase. Anne suggests "Fruit and milk," while Norma adds "Vegetables." Tess, leaning toward the sweeter end of the spectrum, thinks their list includes "Dessert." Norma agrees, "Candy or cookies for the kids." Anne exclaims, "Ice cream and bananas." Tess comments on ice cream, "I never think of ice cream as dessert. That's food, and I love it!" With that settled, Norma thinks that "Marie is his wife." Back to food, Miriam believes that "They'll have a sandwich for lunch." According to Anne, "When they get

home they'll unload the car," and "They'll meet their children when they get home." Miriam decides that "The kids will eat when they get home. Cheese sandwich." Norma favors a different lunch item, she states "I like hot dogs," to which Tess replies, "Frankfurter." The group then begins to think about how many kids the couple may have. According to Miriam, "Four or five kids." Tess thinks, "Four kids." Anne then says, "We were seven." Miriam continues to talk about her family. "We had eight. Three brothers and five sisters." Tess also describes her family. "I had four. Three brothers. I was the baby." Miriam continues to describe her childhood, "We had a big house in Brooklyn. We had help. A woman slept in the house. She would cook dinner." According to Norma, "My mother did the dishes." In Anne's family, "The brothers will help. Afterwards, they'll go to the living room and play music and cards. They'll sit around." Back to the family in the picture, Tess states, "They'll need a baby sitter if they want to go out. They should enjoy life." Helen thinks, "They'll play sports." Perhaps, "They'll get together with friends, have coffee and cake and talk," says Anne. Or maybe, "They'll go dancing," says Norma. Tess thinks, "They'll have nice clothes to go out dancing." Miriam believes, "They'll dance all night."

We have been telling a wonderful story today. What title would you like to give it? Tess says, "They enjoy life," and Miriam says, "That's good." Anne suggests, "He's waiting for his wife. Shopping day." Helen concludes with, "The Happy Family."

"The group enjoyed creating a story about the man standing by his car. When talking about large families, they wondered how their own mothers managed to do all the housework and look after the children simultaneously. The group decided that in today's world, people don't tend to have very large families, and that a lot of the housework has become easier through modern technologies including washing machines and dishwashers." - Brenda Bloom

Our Communities Continue to Expand Across Cyberspace!



"Far away families can know that Sarah Neuman is providing quality care even though they aren't able to visit very often. A picture speaks a thousand words, and families are able to see their loved ones dancing, singing, participating in leisure activities, and socializing with their peers."

Although our families, loved ones, and friends maintain a constant presence in each of our communities, sometimes barriers of geography limit the number of in-person visits one can make throughout the year. In response, our community therapeutic recreation staff continues to utilize the internet and email as a means of sharing community life. Recreation Therapist Lorraine Thomas continually makes use of her digital camera to capture both special community events as well as daily resident life. With the use of digital photography software and email, she is able to share those special images and reach many out-of-town children, grandchildren, and even great-grandchildren! According to Lorraine, "Far away families can know that Sarah Neuman is providing quality

care even though they aren't able to visit very often. A picture speaks a thousand words, and families are able to see their loved ones dancing, singing, participating in leisure activities, and socializing with their peers."

Diane Sabia, daughter of community resident John Korsak, has been a beneficiary of Lorraine's use of the internet. She has received pictures of her father enjoying life, and she has been able to forward those images to her sister in North Carolina. According to Diane, "I think it's great! I love to be able to just send an email!"

Staff also feels as though they too are a part of that resident's family when they pose for a picture with a community member. Community Coordinator, Mercey Isaac acknowledges that "Email has become a part of community life. It is a valuable tool for me to communicate with families about community life and I encourage it!" Community Coordinator Barbara Mullins agrees, and she encourages her staff to share special moments with families whenever possible, including via email. "We're creating an addition to the family album and that's important."

If you would like to receive snapshots of your loved one in between visits, be sure to email Lorraine Thomas at Lthomas@jhha.org. Please call first to discuss the details, 914-777-6192. Thank you Lorraine for capturing and sharing what makes our community so special.

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Please submit all articles for publication in the Times To Remember Newsletter to Debbie Kahn by the 2nd Friday of each month. Your contributions are appreciated! Please write your observations of "magic moments" and place in box outside 2nd floor dining room.
Thank you.



“Magic Moments”

Norma & Miriam A Community Friendship Bound By A Shared History



Norma Kurlander and Miriam Blechner, both community residents for nearly two years, have become known around town as quite the pair! Perhaps as a result of their both being raised in Brooklyn? Or maybe it's their shared sense of humor and keen intellect? For whatever the reason, the two

have become great friends and enjoy spending much of their time together. Miriam was one of seven siblings, could you believe? Perhaps it was only logical that she became an elementary school teacher! In discussing what it takes to be an effective school teacher, Miriam believes that patience is a critical virtue when teaching the young. When a

child is able to enjoy school making learning easier. Miriam has always been a "people person," and she enjoys writing poetry, reading, and making her own clothing.

Norma shared her childhood household with her two brothers, and is now a proud grandparent and great-grandparent, along with her loving husband, Joe. Norma is a very social being, and enjoyed caring for her grandchildren. Caring for plants, doing handiwork, and late night television (with snacks of course) are some of the things Norma likes to do best.



Norma and Miriam's friendship can be witnessed at meal times where they share a corner table for two. After lunch, they can be seen working together as true teammates on various different projects. They have spent many hours helping Brenda Bloom to cut out magazine pictures for their Memory Books. While cutting out the pictures, they often comment on the latest fashions, particularly men's fashion! The clippings often fuel all sorts of discussions on what men should and shouldn't wear, what types of women men should date, and other various categories of "girl talk." Without a doubt, these conversations have brought laughs to all that partake in them.

Norma and Miriam are also active participants in Time Slips, a creative story-telling activity based on a picture, led by Brenda Bloom. The Time Slips stories often lead participants into the details of their own lives, something Norma and Miriam both share without hesitancy. This month, the pair spent time with Brenda constructing GORGEOUS collages entitled, "What August Means To Me." The collages document some of Norma and Miriam's favorite summer pastimes. Stay tuned as we update you throughout the coming months on the latest greatest goings on with Norman and Miriam!