

# Life LifeTimes

## WOODBROOK

Where Past and Future Meet

Spring 2010  
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LifeTimes is published biannually by Woodbrook Assisted Living Residence, Inc., to carry news from our busy world to yours.

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## WOODBROOK

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### Salutations...

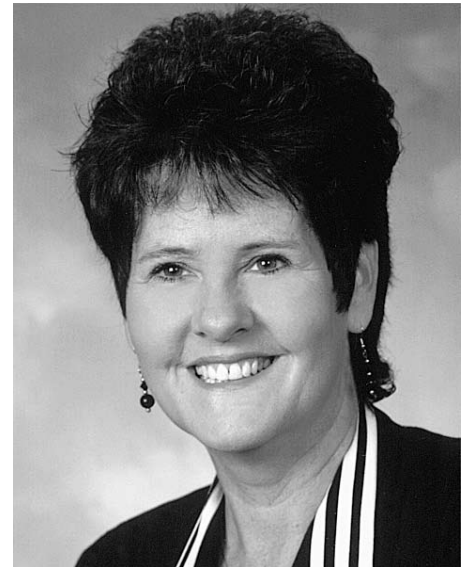
from Laurie Sweeney, RN, MSN,  
Executive Director

*"We turn not older in years, but newer every day."* —Emily Dickinson

The minute I read this quote, I just loved it. To me, it's all about perspective, the way we see ourselves and our surroundings. At Woodbrook, age is just a number, not a definition. Here, we foster new beginnings, we encourage new friendships and we provide new experiences for our residents, staff and volunteers each and every day.

Even our beautiful grounds reflect this spirit of renewal. The lawns and trees are greening, the garden bulbs and perennials have returned. It's so easy once again to enjoy the simple pleasure of time spent outdoors. This spring, we christen our brand new putting green and enter the initial phase of our newest amenity – a full-scale park with a nature trail, picnic pavilion, wellness stations and a playground for the grandchildren (page 2).

One day soon, artist-in-residence, Jean Segatto (page 3) may watch her



granddaughter play "out back" and capture the moment forever on canvas. Her lovely paintings give us a glimpse at the people, places and things that have filled her life with joy. From her perspective, life looks very sweet.

When you think about it, there is no reality in life, only perception. So why not perceive the joy, the happiness, the newness of each day? I'm so grateful to be here at Woodbrook where the staff, volunteers and especially the residents and families remind me to focus on the simple joys each and every day. Come for a visit. It's contagious!

## News & Information...



Bob Schoonmaker, Dorothy Deluca and Dave Ridenour enjoy a glass of wine in the Little Sipper Tavern.

### Big Dipper Becomes Little Sipper

Four days a week, Woodbrook's coolest ice-cream parlor hang-out transforms into an afternoon hot-spot. Responding to current trends in assisted living, Woodbrook is pleased to announce The Little Sipper Tavern. Each Sunday, Monday, Thursday and Friday at 4 P.M., the venue provides a comfortable place for residents to gather informally and enjoy a drink before dinner. This is in addition to the Happy Hours every Wednesday and Saturday.

### Outdoor Fun & Fitness

Woodbrook is turning over another section of under-utilized lawn. The newest amenity for active residents will be a full-scale park that includes fitness facilities, walkways, benches, picnic pavilion, a nature trail and even a playground for the grandchildren. During the first phase of construction, Woodbrook will install the 100% PVC-free LifeTrail® Advanced Wellness System, an integrated series of full-body fitness stations, specifically designed to meet the functional exercise needs of older adults.

### Venerable Volunteers

*"When we go out from this world to a better one, the only things we will be able to hold in our hands are those things we have given away."*

—Fr. Thomas McCarthy, O.S.B.

By this measure, the hands of Woodbrook's volunteers will be overflowing. Each year they unselfishly share their time, talents, energy, knowledge, compassion, caring and especially their love to make Woodbrook the best it can be for staff and residents. On April 22<sup>nd</sup>, Denise Benjamin, Activities Director and her staff coordinated the celebration event and Gary Durfee, Woodbrook's Dietary Director prepared a gourmet lunch to thank them all. The Board of Directors, as well more than 50 volunteers received gifts from Ray Jewelers.



Jim Nixon

### Farewell to One of "Woodbrook's Finest"

In March, Jim Nixon, Woodbrook's bus driver extraordinaire retired. During his thirteen years of service Jim displayed integrity, dedication, caring and a quiet, gentle strength every day. Always the gentleman, he will be deeply missed by residents and staff alike. Settling into the driver's seat is Tim Sweeney, to whom Woodbrook wishes a warm welcome and best of luck.

### Such Talent

The 6<sup>th</sup> Annual Talent Show was held March 19<sup>th</sup>. Activity aides and residents had practiced since January and it showed! Along with a variety of songs and skits, the audience was delighted by "Second Hand Rose" herself, resident Rose MacFeiggan.



Rose MacFeiggan

### Fabulous Fifties

On April 28<sup>th</sup> residents and staff donned neckerchiefs, swinging skirts, saddle shoes and bobby socks for an evening of 50's music by local band, The Mystics. The sock hop themed event included hot dogs, milkshakes and pink poodle door prizes.

### Opening Day

It's official. In May, Woodbrook residents will christen the newest "green" initiative, a beautifully groomed putting area. Safety clubs are provided so no one has to bend over to retrieve a ball.

## Generations...

Jean Segatto lives down a lovely, plum-colored hallway with contrasting shades of green and beige. The real beauty of her dwelling, however, resides just inside her door. There, a visitor is treated to an exhibit of Jean's artwork – a variety of oil paintings, pastels, and pen & ink depictions of the people, places and things that have brought her joy over the years. From her cats to her kids, her travels to her truest love, Peter, Jean has rendered them with a keen eye and capable hand. There is the first portrait she ever painted of Claudia, the girl next door. There is the German streetscape into which she inserted herself and Peter walking away down the sidewalk. There is something to delight the senses on every wall in the room.

Jean herself is a delight as she graciously shares the details of her life. Born and raised in Bellerose, Long Island, Jean admits education was a priority in her household. "My father had a PhD in economics from Columbia," she says. More importantly, she says her mother never scolded her. "Rather than be angry with me for not knowing something, she showed me how to do things correctly." Jean went to college to pursue art, but her temperament was unlike that of many of the other art students. She found herself at home in the biology and chemistry labs instead. It was in the chemistry lab at Adelphi College where lab partners became life partners. "That was Peter's sneaky way of getting close," Jean laughs.



Jean Segatto

"We graduated together and he went on to Rutgers for graduate school." Like her father, Peter eventually earned a PhD. His work as a technical chemist for Corning, Inc. brought them to the Southern Tier.

Here, Jean raised three "different as salt and pepper" daughters – Patty lives in Elmira, Linda lives in Baltimore and Helen lives in Washington, DC. Jean has two grandchildren – Brian, 20 and Sophia, 7.

At Woodbrook Jean says she likes to walk "a mile a day, every day" on the paved pathways. "It makes me feel wonderful." She has also been moved to make pictures for many other residents, as well as to craft Christmas cards from her sketches. Jean's philosophy is inspiring: "Sending my pictures to others helps me share the joy I feel in creating them." Woodbrook is grateful for your generosity.

## Congratulations...

### Exceptional Employees

On Thursday, March 4<sup>th</sup>, Woodbrook recognized, honored and celebrated employees for their significant years of service and/or attendance success. The celebration featured a delicious lunch provided by Global Gourmet and gifts from Ray Jewelers.

#### One Year of Service

Sylvia Force, *receptionist*  
Sherry Sutton, *resident care aide*  
Bill Youngblood, *dietary aide*  
Debbie Haner, *resident care aide*  
Judi Kerr, *resident care aide*  
Brian Manning, *seasonal maintenance*  
Steve Manning, *seasonal maintenance*  
Brittanie Moyer, *resident care aide*  
Lizzie Sanders, *housekeeping aide*  
Donna Silvia, *resident care aide*  
Courtney Burns, *resident care aide*

#### Five Years of Service

Joyce York, *activities aide*

#### Ten Years of Service

Melissa Sempler, *resident care aide*  
Laurie Sweeney, *executive director*

#### Perfect Attendance

(from 1/09 – 12/09)

Patti Quillinan, *resident care aide*  
Polly Robert, *resident care aide*  
Melissa Sempler, *resident care aide*  
Donna Silvia, *resident care aide*  
Sherry Sutton, *resident care aide*  
Mary Howland, *receptionist*  
Jennifer Stadelmaier-Lynch, *cook*  
Linda Campbell, *housekeeping aide*  
John Gordon, *maintenance*

## Eggs-cellent!

On April 3<sup>rd</sup>, Woodbrook's residents and staff along with their families enjoyed 80° weather and tons of sun with their holiday fun. Special guest, Ian from Tanglewood Nature Center & Museum brought along a big white rabbit, as well as a turtle, an owl and hedgehog for all to admire. Crafts, snacks, raffles and the annual Easter egg hunt rounded out the day.



*Liam Patrick Morrissey collecting Easter eggs.*

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## Seasonal Celebrations...

### May

Fabulous Sgro Brothers Concert  
Mother's Day Tea  
Kentucky Derby Party  
Memorial Day Picnic

### June

Father's Day Luncheon  
Pot-Luck Picnic  
Drive-in Movie Night  
Fishing

### July

4<sup>th</sup> of July Picnic  
Outdoor Carnival

### August

Beat the Heat Summer Picnic  
Drive-in Movie Night

### September

Labor Day Picnic

### October

Fall Spectacular Bus Tour & Luncheon  
Halloween Party

### Ongoing

museum visits, concerts, luncheons

### Executive Staff

Laurie Sweeney, RN, MSN

*Executive Director*

Judy A. Kennedy, BA

*Human Resources Director*

Bonnie Hart, CPS

*Administrative Assistant*

Patricia E. Stone

*Finance Director*

Ruth McDonough, RN, BS

*Case Manager*

Denise Benjamin, BS

*Activities Director*

Michael VanWert

*Director of Buildings and Grounds*

Gary R. Durfee

*Dietary Director*

Lori J. Moyer, LPN

*Director of RCAs/Case Manager*

### 2009–10 Board of Directors

Denis Sweeney, *President*

Sheila Giovannini, *Vice President*

Bill Hodel, *Treasurer*

Ann Mortimer, *Secretary*

Nancy Battersby

Michael Collins

Carol Eberhard

John Maloney

Michael S. Smith

Jerald Stemerman

Peggy Streeter

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