

# The Hearth Times

## Hello Friends & Neighbors!

Spring has finally arrived. We are anticipating an exciting Spring, and are really excited to start getting the Community feeling alive with lovely Spring blooms. We will be looking for your help and suggestions in getting some flowers planted out front. Please see Bri in Activities if you're interested in helping! For those that are enjoying the monthly staff cooking challenges, please feel free to offer suggestions for the coming months for what you'd like to see staff compete in. We are very much enjoying a little friendly competition, and hope you are as well. On April 13<sup>th</sup>, we will be hosting an Easter Egg hunt for staff's children at 10:30 AM followed by small crafts for the kids. We'd love for you to see the smiling faces we go home to when we leave here, so please- if you're interested in handing out candy to our littles on that day, please see myself or Bri. We will have appetizers and cookies available that day for all to enjoy. My own sweet Harriet will be joining in the fun, and cannot wait to meet you all!

Warm wishes,  
Kellie Martin, Executive Director



The next **Food Council Meeting** will be held on **Thurs. 4/11/19, at 3:00pm.**

The next **Resident Council Meeting** will be held on **Thurs. 4/25/19, at 3:00pm.**

All residents are encouraged to attend.

**Transportation Schedule**  
**Monday - East 8:30am-3:00pm**  
Manlius, Fayetteville, Dewitt, Widewaters, Brittonfield

**Tuesdays - South & Downtown 8:30am-3:00pm**  
James Street, East Genesee St. VA Hospital, Crouse Ave., Irving Ave., Downtown, Erie Boulevard, St. Joseph's Hospital

**Wednesday - West & North 8:30am-3:00pm**  
Community Hospital, Camillus, Liverpool, North Medical, Rte 11, Baldwinsville

**Thursday-Downtown 12:00-3:00pm ONLY**  
James Street, East Genesee Street, VA Hospital, Crouse Avenue, Irving Avenue, Downtown, Erie Blvd, St. Joseph's Hospital

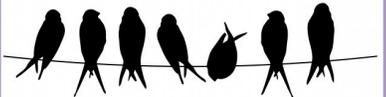
Only 10 appointments per day so call the front desk ASAP to coordinate.

Please Join us in Welcoming our Newest Residents to the Hearth on James:

Rodney D.  
Bill H.  
Frank L.  
Maryellen M.

Do you know someone who could benefit from moving to The Hearth on James? If so, you could earn up to \$2,000 through our referral program!

**Referrals Welcome**



Contact our Director of Community Relations, Alexis Colton to learn more.

Beginning April 1st, the non-smoking hours under the covered patio out front are:



10-11:30am,  
2-4pm and 6-7pm.

We thank you for your cooperation!

## HAPPY BIRTHDAY



Josephine W. 4/3  
Harmanna B. 4/4  
Charles M. 4/7  
Nancy E. 4/8  
Rodney D. 4/19

Amanda C. 4/1  
Margaret C. 4/6  
Kelsey S. 4/26

The Hearth on James  
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The *Hearth*  
on  
*James*  
Premier Senior Living



WE'RE ON THE WEB  
[WWW.THEHEARTH.NET](http://WWW.THEHEARTH.NET)

Kellie Martin— Executive Director  
Alexis Colton— Director of Community Relations  
Brienne Bos— Director of Activity  
Amanda Cardinal— Director of Nursing  
Alex Dawley— Director of Food Service  
Shaun Paetow— Director of Environmental Services  
Christi Buffum— Business Office Manager

### **Because “It always seems too early until it’s too late”**

Did you know that National Health Care Decision Day (NHDD) has expanded to become a whole week to spread knowledge and awareness regarding this important topic? It starts on April 16<sup>th</sup> which is the day used to get your resources together. NHDD exists to educate the public and providers about the importance of talking about their wishes for end of life. Before we can gather our resources, however we must understand some of the terms when making Health Care Decisions such as Advanced Directives and Living Wills. An Advanced Directive is a living will that allows an individual to choose and document his/her wishes concerning medical treatment. It can be completed by a healthy individual or someone who may have been diagnosed with a serious health issue. A Living Will is a legal document that informs family, caretakers, friends and health care professionals of decisions made regarding end of life care. It is not an extension of a personal will and only addresses health matters. Advanced Directives (Health Care Proxy, Do Not Resuscitate, POST, or MOLST forms) are legally valid throughout the United States. It does not require a lawyer; however, the witnesses must meet the requirements in your state. They do not expire and remain in effect until changed by the individual. Witnesses should not be related by blood or marriage or entitled to any portion of the person’s estate. So, on April 16<sup>th</sup>, seek out and utilize our nurses in our Wellness Office as a resource of the different choices available to you in order to complete the appropriate forms. On April 17<sup>th</sup>, the theme for the day is “Start with yourself”. ON this day, think about your own healthcare decisions based upon your individual preferences and beliefs. It is about Family, Friends, and Loved Ones on April 18<sup>th</sup>. This is the day to discuss your wishes with others and learn their wishes too. This discussion may not be easy because it can evoke feelings of sadness to imagine we might need to make life decisions for our loved ones. However, decisions are always easier when you know the person’s wishes and have talked about it beforehand instead of under duress. Spread the word is on April 19<sup>th</sup>. Use this day to tell others that you’ve engaged in advance care planning and encourage them to do the same. Make sure you inform your physicians of your wishes/preferences so they can be your advocate and abide by your wishes too. Taking place on April 20<sup>th</sup> is Facilities Focus; which is a day for healthcare providers to promote advanced care planning. Information can be found at [www.nhdd.org](http://www.nhdd.org) or The Will to Love Project which provides state specific forms for designating an agent and stating healthcare wishes. Our Nurses in our Wellness Offices can provide the advanced care planning forms. Professional Preparedness Day is on April 21<sup>st</sup>. This day is dedicated to ensuring all professionals such as physicians and other healthcare professionals, clergy, attorneys, and legal professionals understand Advanced Care Planning. It is the hope that they will promote and aide in the discussion of advanced care planning. Lastly April 22<sup>nd</sup> is a day of Reflection and Readiness. We will all reflect on what worked well, file/share your advance care plans so they will be available if/when needed.

There are many difficult decisions and conversations to be had when looking at your healthcare decisions. It is well worth all of our time and effort to make sure these decisions are made in a calm environment and not under stress. It is important that we advocate for not only our wishes but the wishes of our loved ones. You can follow this discussion on Twitter @NHDD and @Convoproject.

By: Janet L. Haynes R.N., Vice President of Clinical Services

**Sign up! Activity outings are first come, first serve.  
Be sure to sign up at the front desk and save your spot for any outings you wish to go on.**

