

The Hearth Times

Hello Friends and Families,

This month we are introducing new activities to the calendar, including Bridge, Yardzee, Around the World, Shut the Box, Put-Put and Ladder Ball. We'd love to see some new (and old!) faces joining us at activities. In the warmer weather, we are hoping to take these activities outside. We are needing your assistance in Gardening Club—we wish to bring new life and new colors to The Hearth on James this Spring and Summer! Please do not forget to join us for Party on the Patio on Friday afternoons—as the weather continues to warm we'd like to see great use of the patio area outside of the dining room.

This month you will see the beginning of the dining room renovations, with wallpaper coming down and fresh wallpaper and paint going up mid June. The tentative dates we've scheduled for work to begin are June 16th and 17th. The work will commence late evening and the painters will be working on the overnight so as to cause minimal disruption to mealtimes. Following the painting, we will be installing flooring and demolishing the beverage station. Please anticipate small hiccups to your normal dining routines during this time, as we will not be able to service from beverage station during this transition. While we anticipate having most products available, we greatly appreciate your patience and understanding during the renovations. The small disturbances and disruptions will be worth it when you see the newly renovated dining space.

You may have noticed the piano is no longer located on the second floor. We are brainstorming ideas for the vacant space, and will likely be expanding the library, which is getting a great amount of use off the elevator on the second floor.

This month, we welcomed two new receptionists who you likely have already met, Bianca and Antionetta. If you've not met them already, please introduce yourself!

With the warmer weather, please make sure you're staying hydrated. As a reminder, the hydration stations are located on the second floor and in the parlor.

To our smokers, please be sure to be utilizing the designated smoking areas, as well as the cigarette butt receptacle—we want all to be enjoying a clean, sanitary entranceway.

Wishing you all the best, Kellie Martin, Executive Director

The next Food Council Meeting will be held on Thurs. 6/6/19, at 3:00pm.

The next Resident Council Meeting will be held on Thurs. 6/27/19, 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:

**Belindo Butler
Catherine McConnell
Jeanne Carpenter**

Do you know someone who could benefit from moving to The Hearth on James? If so, you could

Referrals Welcome ^{earn}



up to \$2,000 through our referral program!

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

HAPPY BIRTHDAY



Fran B.	6/2
Bob B.	6/3
Don P.	6/7
Lloyd G.	6/12
Everett C.	6/15
Anna T.	6/27

Darlene	6/3
Felecia	6/5
Jessica	6/6
Kei	6/7
Antoinetta	6/27
Henderson	6/13

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!

The Hearth on James
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The
Hearth
on
James
Premier Senior Living



WE'RE ON THE WEB
WWW.THEHEARTH.NET

Kellie Martin— Executive Director
Alexis Colton— Director of Community Relations
Brianna 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

Excited for the Sun?!

By: Janet L. Haynes, RN, VP of Clinical Services

Are you excited for the warm rays of the sun after the long winter season? Are you tired of the dismal rain that we have been experiencing? Are you feeling impatient to bask in the warm rays of the sun? Therefore, taking precautions to protect our skin and eyes from damaging rays of the sun are extremely important before our impatience takes over.

Did you know that the sun emits radiation in 2 different forms known as UV-A and UV-B rays (UV stands for Ultraviolet)? Exposure to these rays without protection can cause vision problems, damage to the eye, suppress your immune system, cause premature aging of the skin (age spots, leathery skin, wrinkles) and skin cancer.

Our skin is the human body's largest organ. It can, and will, protect us from heat, sunlight, injury and infection. We have several, everyday steps we can take to protect us from the UV rays of the sun:

Wear proper clothing: Wearing protective light-colored clothing such as long-sleeved shirts and pants are good examples.

Protecting your head with a wide brimmed hat is also a good idea and wearing UV-resistant sunglasses. Remember, on cloudy winter days you can also fall victim to the sun's powerful rays so take heed.

Avoid the burn of the sun: Repetitive sunburn can greatly increase your risk of developing skin cancer.

Find the shade: Peak hours, according to the CDC (Centers for Disease Control and Prevention) and the WHO (World Health Organization) are between 10 am and 4pm. You can find the shade to stay under or create your own with protective clothing, wide brimmed hats and umbrellas.

Use caution when around reflective surfaces such as snow, sand and water: These reflective surfaces as well as the reflection of the rays through a window can increase your risk for sunburn.

Be cautious when traveling to higher altitudes: You increase your exposure to these UV-rays because there is less atmosphere to absorb these rays and therefore they are stronger.

Medications: Remember that certain medications may *increase* your skin sensitivity to the sun. You should receive handouts from your pharmacy regarding medication side effects. Or stop in our Wellness Offices and they can help you obtain more information regarding your specific medication questions.

Hydration: Remember to take, or have available, plain water to hydrate as the sun's rays can cause you to either dehydrate or over heat. Remember sweetened beverages and alcoholic beverages can increase the sun's effects. Take advantage of Hearth's Hydration stations located throughout our communities to maintain your hydration. The recommended daily water intake is 8 eight-ounce glasses or 2 Liters a day.

Apply a broad-spectrum sunscreen: A broad spectrum sunscreen will protect you from both UV-A and UV-B rays from the sun. Apply at least 1 ounce (a palm full) of sunscreen to exposed skin areas. The FDA recommends using a sun protection factor (SPF) of at least 15 or higher for protection against sun induced skin conditions.

The proper use of sunscreen: Apply sunscreen at least 20 minutes prior to going out into the sun to all exposed body parts. Even though there are "water-proof" and "water resistant" sun screens that come in creams, lotions and sprays it is important to re-apply at least every 2 hours even on cloudy days but especially after sweating or swimming. Remember a whole day in the sun may require a whole tube of sun screen.

Protect your eyes: Cataracts, Macular degeneration, and Pterygium (non-cancerous growths of the conjunctiva that obstruct vision) can be caused by the UV rays of the sun, according to the CDC. Therefore, a wide brimmed hat can not only shade the skin of your face but your eyes as well. The best sunglasses to wear for protection will not only block glare but should block 99 to 100% of UV rays. Wrap around styles will protect the eyes from all angles of the sun's glare.

Resources: When planning to be outdoors, you can decide your protection needs by checking the Environmental Protection Agency's (EPA) UV index. The index measures the daily intensity of the UV rays on a scale of 1 to 11. A low number requires minimal protection whereas a high number would suggest maximum protection.

Contact your Healthcare provider or our Wellness Office if you are experiencing any problems after being in the sun.

So, enjoy the outdoors this season but remember to follow these steps of precaution to protect not only your skin but your eyes as well!

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.

