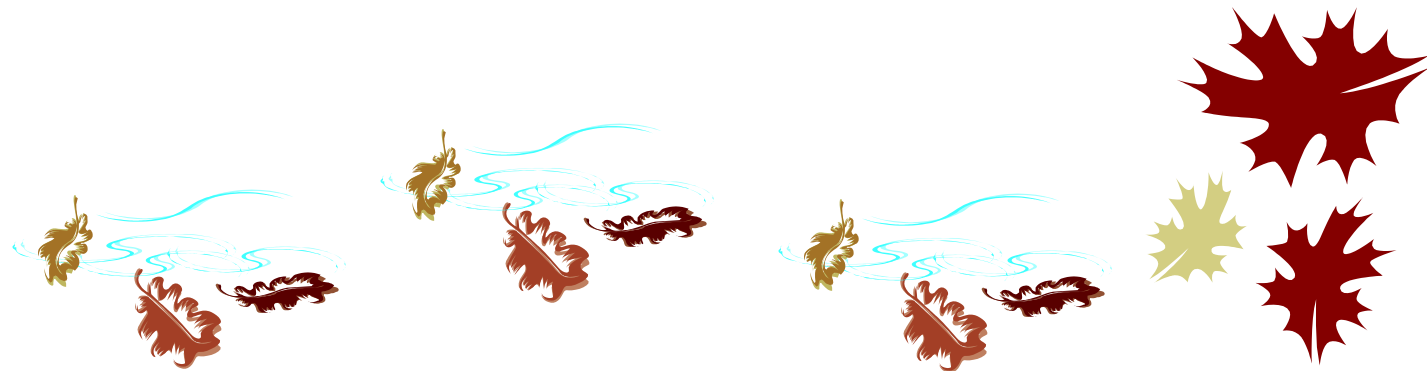


Mt Macrina Manor Resident Service Schedule

Monday	Prayer Service - 10:00 a.m. Followed by In-Room Communion
Tuesday	Rosary - 10:00 a.m. In-Room Communion
Wednesday	Prayer Service - 10:00 a.m. Followed by In-Room Communion
Friday	Divine Mercy Chaplet - 10:00 a.m. In-Room Communion Non-denominational Church Service Town Hall - Every 3rd Friday
Saturday	Byzantine Liturgy - 2:30 p.m. Followed by In-Room Communion
Sunday	Hymn Sing - 10:00 a.m. Town Hall
Confession	1:15 p.m. every 4th Tuesday of the month



Mt. Macrina Manor
520 West Main Street
Uniontown, PA 15401



MT. MACRINA MANOR NEWSLETTER

VOLUME VIII, ISSUE III
THIRD QUARTER 2018

A Newsletter for the Residents of Mt. Macrina Manor

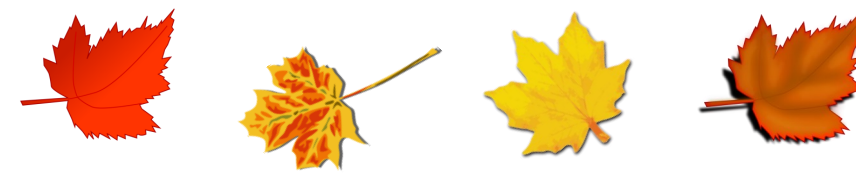
2018 Charity Golf Classic

Annual Manor Fundraiser

On September 14th, the annual Mt. Macrina Manor Charity Golf Classic was held at Uniontown Country Club. Sixty-four golfers enjoyed a beautiful day on the course followed by an early dinner.

Team and skills prizes for the tournament were awarded at the dinner. Guests also had the opportunity to win many wonderful prizes through the gift basket raffle. The raffle started two weeks prior to the event, which gave residents, visitors, and staff the chance to purchase tickets for a variety of donated prizes. Thanks to generous local businesses and Mt. Macrina Manor employees over 30 prizes were donated. Winners were announced at the golf outing dinner.

All proceeds from the annual golf outing will benefit the residents of Mt. Macrina Manor. The total raised for this year's event was \$20,707.34. Heartfelt thanks go out to everyone who participated or helped in any way to make this event a success.



Charity Golf Classic Memories



Decoration Guidelines for Mt. Macrina Manor

- Decorations/décor includes pictures, art, crafts, holiday décor, wreaths, glass vases, knickknacks, religious figurines, etc.
- All electrical decorations/décor must be UL or FM certified. Certification sticker should not be removed from the product.
- Extension cords and power strips are not permitted to be used in resident rooms.
- Decorations/décor cannot obstruct the corridors, stairwells, or any other form of egress.
- Decorations/décor cannot obstruct the view of exit signs, fire panels, call bell system lights located above resident rooms, emergency lighting, or emergency and firefighting equipment.
- Decorations/décor cannot come within 18 inches of any sprinkler head.
- Open flame candles are not permitted.
- Decorations/décor cannot obstruct self-closing doors from closing and cannot obstruct any fire rated door from completely closing. No over the door hangers are permitted.
- Fire rated doors are not to be penetrated with nails, screws, etc. Adhesive hooks are permitted to be attached to doors for the purpose of hanging small wreaths and other decorations.
- The facility will retain fire ratings for all commercial products purchased for decorations/décor including window treatments, blinds, interior paints, etc. The central supply person will retain these files.
- Highly flammable decorations/décor should be avoided or used in very small limited quantities inside the building. This includes fresh cut pine, straw, hay, large amounts of dried cornstalks, vines, etc. Fresh cut flowers are permitted.
- Handrails cannot be obstructed.
- Residents and family members are encouraged to decorate their rooms to produce a homelike environment with their personal items within reason. Self-release hooks and small nails can be used to hang personal items. Excessively heavy items that could fall and injure a resident or staff member are not permitted.
- Residents are not permitted to utilize offensive decorations including such items as posters displaying nude images or images with graphic sexual content. No holiday decorations that could cause emotional distress to confused residents (i.e. dementia residents) such as monsters, demons, witches, etc. are permitted. Administrator reserves the right to determine what is acceptable and unacceptable.
- Residents are permitted to bring items of a religious nature (Bibles, pictures, icons, figurines, etc.) to utilize in their own room but must remove all items from the facility upon discharge.
- Any resident causing excessive damage to walls or doors will be responsible for the cost of repairs.

NOTE FROM THE ADMINISTRATOR



Dear Family and Friends of the Manor:

This rain filled summer seemed to go by so quickly, but fall is always a welcomed season in our area. We have been lucky with the weather so far, as the temperatures have been more like summer during the first month of Autumn. The turkeys are beginning to make more of a presence throughout the grounds and the leaves are finally starting to change colors.

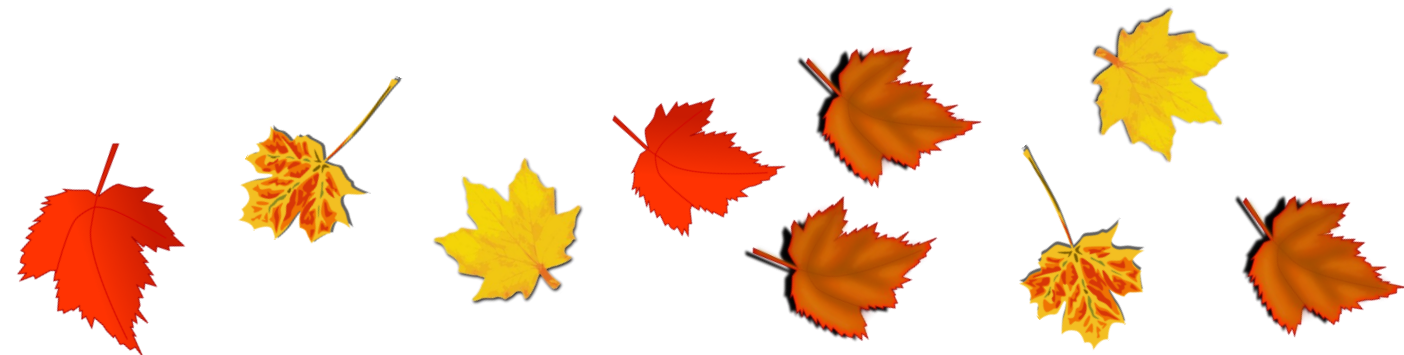
As colder weather approaches, I must share important fall and winter reminders. Please refrain from visiting the Manor if you have flu or cold symptoms. Our residents suffer greatly when they contract illnesses and always seem to share their symptoms with each other and the staff. Please take precautions to avoid the flu; wash your hands often, get the flu shot, and try not to touch your face, especially your mouth. These simple steps can greatly decrease your chances of getting the flu.

With the changing season, now is a great time to take your loved one's summer clothes home and switch them with the fall and winter wardrobe. Storage space is limited, so this helps out a great deal.

We continue to hold our Family Council meetings on a quarterly basis. This forum is the perfect opportunity to provide suggestions and ideas. The next meeting is scheduled for October 23rd at 6:00 p.m. in Town Council on the main floor.

As we move into our busiest time of the year, there are many functions scheduled to celebrate the upcoming holidays. Please save the dates for the following events: the Annual Live Nativity, Sunday, December 2nd, 5-7 p.m.; Resident and Family Christmas Buffet, Tuesday, December 4th, 5:00 p.m. for the Memory Care and Rehab Units, and Thursday, December 6th, 5:00 p.m. for the Long-Term Care Unit. The Activities Department has many other seasonal events planned so check the activity calendars that are posted in each of the nursing units throughout the facility. Families are always welcomed to join our residents for the regular activities and special occasions.

Rich



50'S SOCK HOP

A Fabulous 50's Party was held in the Town Hall on July 26th. Employees and residents dressed up for the special occasion. Poodle Skirts, Saddle Shoes, and pony tails were the predominant attire for the day for the ladies, while Activity Assistant Zack wore a black leather "T Birds Jacket" with a white t-shirt and jeans. The Town Hall was decorated elaborately to replicate a 50's diner and soda shop. Residents loved taking a seat in the red convertible which offered the perfect photo op for those who attended. Root beer floats were served in the lobby. The "Rockin Robbins" provided doo-wop music that had everyone clapping and singing along to their favorite oldies.



Summer Picnic at Ohiopyle

A group of residents traveled to Ohiopyle in August for a summer picnic. They were accompanied by Activity Staff and some family members. Before lunch the group enjoyed a spectacular view of the falls from the scenic overlook. They also toured the Ohiopyle State Park Visitor Center where they took part in an indoor scavenger hunt. Staff members grilled hamburgers and hotdogs to serve with potato salad, chips, watermelon, and drinks. Ice cream from the Falls Market topped off the delicious lunch. This is the second year in a row that the residents decided they wanted to travel the Summit to the beautiful Pennsylvania State Park. It was a wonderful afternoon for all as they enjoyed the sights and sounds of the panoramic Youghiogheny River.



Mt. Macrina Manor Resident Council An integral part of the Manor's Commitment to Care

Part of the mission of Mt. Macrina Manor is to provide holistic and specialized care to our Residents. To help us understand the changing needs of our residents, a resident council was formed many years ago and has evolved into an important tool for both residents and staff.

The Manor Resident Council meets monthly to discuss pertinent topics that involve the members of our community. The meeting is opened with prayer and the Pledge of Allegiance is recited. The group reviews the minutes from the prior meetings along with any old business. New business is then addressed. Council members discuss opportunities in Activities, Building Services, Dietary, Laundry and Housekeeping, Nursing, and Social Services.

Council members help to decide on future activities based on the likes and dislikes of their peers. Ideas include planning socials, off site outings, and choosing outside entertainment. The group also decides upon a "Resident Choice" meal, which Nutritional Services staff then add to the future month's menu.

New members are always welcome to join. Residents who are interested in joining the council should contact Angie Slaughter or one of the activity aides.



Mt. Macrina Manor Family Council

Family members are an essential piece of the puzzle that helps the staff at Mt. Macrina Manor succeed in providing the best care possible. It's imperative that the residents, employees, and family members communicate and collaborate as a team.

Our Administrator saw the need for a structured platform for families to gather information and voice any concerns regarding residents. Since its inception in January 2015, the meeting has provided a great deal of insight and many favorable recommendations and improvements for the residents.

Family council meetings are normally held in January, April, July, and October. Family members are welcome to attend. The Administrator reports on important events at the Manor as well as industry and healthcare related topics. He is also available to field questions from attendees. Concerns and issues may be presented at the quarterly meeting however, family members are encouraged to discuss individual resident concerns right away with the RN Unit Manager so that issues are resolved in a timely manner.

The next scheduled meeting will be held on Tuesday, October 23, at 6:00 p.m. For more information please call 724-430-1021.



REUNITED



One of our beloved residents, Sister Gertrude Martin recently received a letter from her younger brother that triggered a series of events that would end in a very happy reunion. After reading the letter, she communicated to R.N. Supervisor Shaanee Trump that she wanted to see her brother George, whom she affectionately refers to as “Buster”. Shaanee contacted Angie Slaughter, Manager of Recreation regarding the request. Angie was able to reach out to a couple who are very close friends of the Martin family. Lew and Rozanne Voisey. Rozanne had written the letter that George sent to his sister.

Several phone calls and texts were made to plan a trip from Hermitage, Pennsylvania, which is located over two hours northwest of Uniontown, close to the Ohio state line.

On October 9, Lew and George made the journey along with George’s son Leonard, who resides in Pittsburgh.

Hugs were exchanged among the group and there were many tears of joy from the excited siblings. It had been over ten years since the pair has seen each other due to the distance between them.

Sister Gertrude and George reminisced of childhood memories and family events as the group enjoyed a delicious private lunch.

Afterward George played the piano while Sister Gertrude hummed along. It was a sincerely heartwarming reunion for the pair who were truly happy to reunite.



GRANDPARENTS DAY SOCIAL

Since 1978, National Grandparents Day has been held on the first Sunday after Labor Day. This special day serves to honor and recognize the contributions of the grandparents in our lives. Grandparents are the ties to a family's past as they carry on important values, beliefs, wisdom, and traditions to future generations. A special celebration was held to honor grandparents at the Manor. Residents, families and special friends gathered together and enjoyed cake, coffee, and punch. It was a lovely afternoon for all.





STEELER NATION!



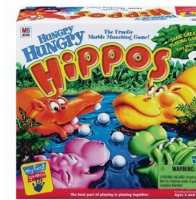
Throughout western Pennsylvania, Steeler Nation cheers the “Black and Gold” faithfully from August until the playoffs in January. Mt. Macrina Manor is no exception. Steeler parties are held throughout the season. Win or lose—residents love their favorite team!



Sweet Treats!



Since 1967 Vinny’s has been a popular drive-in restaurant in the Uniontown area. It offers a variety of fast foods but ice cream is probably the most requested item on the menu. Going to Vinny’s for ice cream has been a local summertime tradition for generations. In August a group of residents took a road trip to enjoy Vinny’s delicious ice cream on a sunny afternoon. Residents are pictured below with families and Manor staff.



HUNGRY HUNGRY HIPPOS!

The Activity Department at the Manor is constantly working together to brainstorm new ideas and activities for the residents. This time they may have outdone themselves. They put together a life size game of Hungry Hungry Hippos. This creative idea was based on the popular board game that was introduced in 1978 by Hasbro®. The residents and staff divided into four groups which consisted of the Red Team, the Blue Team, the Yellow Team, and the Green Team. The teams competed against each other to try and gather the most balls in their baskets. The team with the most balls won the round. This was not only an exciting activity for participants but also the spectators had just as much fun watching the fast paced competition. A video along with pictures were posted on Mt. Macrina Manor’s Facebook Page and the response was overwhelming. Over 17,000 people viewed the video and expressed their gratitude for this unique idea. This was definitely an event that will be placed on the future activity calendars. It brought a tremendous amount of fun and excitement to the Manor. The residents, families, and staff had a blast!

