



Community Updates: The Preserve Hires Kelsey Daniell as Life Enrichment Director

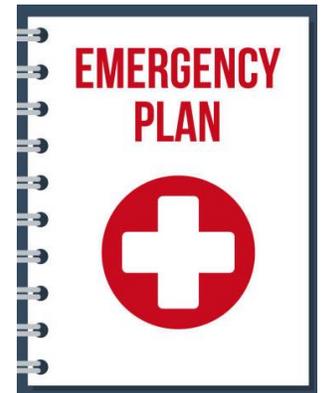


The Preserve, a skilled nursing, assisted living and memory care community in Fort Myers, has hired Kelsey Daniell as the life enrichment director. In this position, Kelsey will develop and deliver daily programs of individual and group activities so residents can engage in cultural, spiritual, environmental, physical, intellectual, emotional, social and civic activities. This will help sustain and promote each resident’s potential, happiness and sense of usefulness to self and others. The Preserve, which is operated by the nonprofit Volunteers of America National Services, offers private skilled nursing suites for senior residents with specialized or advanced health care needs, as well as boutique assisted living apartments and memory support suites. Kelsey graduated from Florida International University and is a certified recreational therapist, which has led her to equestrian work, dance and fitness training. She has over seven years of experience working in healthcare.

“We know Kelsey will provide our residents with quality care and enriching activities, which is a key goal of our community,” said Ryan Keller, executive director at The Preserve. “We are happy to welcome her to our team and know she will be an asset at The Preserve.”

Preparing for Hurricane Season

With hurricane season upon us, our team and residents are once again, well prepared. The Preserve has a Comprehensive Emergency Management Plan (CEMP) in place that addresses risk assessment, communications, policy and procedures, and training and testing, with preparations beginning well before the start of the storm season. Behind the scenes, our teams prepare by stockpiling generator fuel, medications, food, water and other critical supplies in anticipation of potential power loss and other needs. Communication and human resources plans are revisited annually, and property vulnerabilities are addressed. Back-up plans are created in the event of failure of any part of the plan. Once a hurricane warning is issued for our region, The Preserve activates our Emergency Command Center (ECC) and preparations go into full effect. Residents are advised of emergency preparedness plans, as well as staff and family members. Should evacuations be necessary, families will be notified. Throughout the storm, the leadership team and essential personnel remain on-site to continue to provide quality care to residents, a true testament to their commitment.



As Volunteers of America National Services communities, we have the support behind us of a national nonprofit faith-based organization dedicated to helping those in need rebuild their lives and reach their full potential. Throughout these storms, The Preserve team truly reflected the mission of Volunteers of America National Services, helping the most vulnerable during a time of great need. As always, at **The Preserve the safety of our residents and staff is our highest priority.** Hurricane Ian really showed us what it means to be good neighbors, and we remain committed to supporting the entire community as recovery continues and preparations for this year’s hurricane season begin.



Resident Spotlight: Barbara



Barbara was born in Massachusetts- “New England lady and proud!” she stated as she held her hand over her heart. Barbara’s hobbies include reading novels and water coloring. Barbara was a dedicated cheerleader at Boston University. She majored in business administration. When Barbara became a senior in college she met her husband, Stan. Stan was from Virginia and was in a fraternity while Barbara was in a Sorority. Stan and Barbara dated as seniors. “He was a real gem” said Barbara “I’m a very lucky lady.” Barbara and Stan got married in 1959 and had two lovely girls. Their oldest daughter lives in Framingham as a hospice chaplain. Suzy their youngest daughter resides in Sanibel close to The Preserve. Barbara enjoys visiting Sanibel with her daughter Suzy every Sunday and attends Sanibel’s Church. After graduating from college Barbara taught High School at Midland Park, NJ as a civics major and minor in economics for a year and a half. In 1972 Barbara was a real estate broker and had seven offices. Her farthest office was in Pittsville, Massachusetts. Barbara loved volunteer work. She taught special needs children at South United Methodist Church in Manchester, Connecticut. One of her favorite memories volunteering was frying donuts at the Church’s fair! After volunteering, Barbara ran for town council and she won! She was a member of the Board of Directors for 12 dedicated years and reelected as a member. Barbara was the top vote recipient. “Men did not like that” said

Barbara “They expected us women to be keeping the home.” Barbara became the Mayor! “In politics people need to trust you. Live the talk if you’re going to talk” she says sternly. She really enjoyed being the Mayor because she loved talking to the public and making sure they will be well taken care of. Barbara loves living at The Preserve. She not only loves the residents but the workers who work here. “The Preserve employees are so special because I know in my heart they genuinely love what they do for us.” We are lucky to have you, Barbara!

Engagement Recap: Children Playgroup

The second Thursday of every month, a local neighborhood playgroup of children and their parents spend the morning at The Preserve. Not only are the residents greeted by tiny smiles, the children experience the joy they bring to our residents. Each month, the group comes with an activity for everyone to partake in together. Sometimes they do arts and crafts, sing, dance, or have both the residents and children play with the parachute pictured here.



Ryan Keller, Executive Director, is among one of the parents whose daughters come to play each month.

“It’s wonderful to watch the two worlds collide. My daughters are growing up with friends of all different age groups.

Intergenerational programming is something I feel very strongly about, and hope to expand upon in the future. I am glad we are able to support this program at The Preserve. It’s a win win for both populations”.

Engagement Recap: Betty's 100th Birthday Party



Betty moved into The Preserve a few months ago at a mere 99 years old. She spent her lifetime as a “Domestic Engineer”, the most valuable career one could have. Back in June, Betty turned 100. It was only fair we made an effort to celebrate her in a BIG way in her new community. She had representatives from the South Trail Fire Dept, Lee County Sherriff’s Office, and Mayor Kevin Anderson attend her party, along with her close family and friends here at The Preserve. Betty is truly a blessing to have here in our community. She is full of light, laughter, kindness, and joy for all people and animals. Betty enjoys spending her time playing cards with friends here at The Preserve, attending happy hours, and chatting with others in the dining room.

“It was an absolute honor to plan and be a part of Betty’s 100th birthday party! Betty is an amazing woman. My favorite moments with Betty are when we are chatting and having great conversations and also reminiscing about her wonderful life story and how the world has changed over the years. Betty has a wonderful spirit and great personality. I am so honored to be able to care for her everyday.”

- Jennifer Geske, Assisted Living Clinical Director



Memory Support

Resident Spotlight: Sandy the Calendar Girl!



The Calendar Girls are a dance group of women 65 and older, dedicated to entertaining communities and raising money for The SouthEastern Guide Dogs Organization. Guide Dogs provides service animals to veterans and children with disabilities. These women dance in many communities in the area, they just ask for donations for the Guide Dog organization. One of our residents, Sandy, was a Calendar Girl! Sandy danced in communities like ours before she was a resident at The Preserve. She loves all things glitz, music, and entertainment! Whenever the Calendar Girls come to The Preserve, they make an extra effort to acknowledge Sandy in the audience. Sandy gleams with pride and usually dances with them!



To support The Calendar Girls and The Guide Dogs Organization, visit www.Guidedogs.org and www.Calendargirlsflorida.com

Engagement Recap: Men's Group



We are so grateful to be surrounded by this great group of guys in our Harbor community. We love learning about their life experiences and the history they've lived through, as each one has their own unique story. Many have served our country, raised beautiful families, and contributed to the working community as a careerman. If you see these guys around, give them a nice warm hello!

Memory Support Training and Education: Do's and Don'ts of Memory Loss

There are certain things you can do or say that helps support someone living with cognitive impairments. This brain change isn't easy for the person experiencing the memory loss or the family and friends helping care for this person. Here are a few Do's and Don'ts when communicating with someone with Memory Loss as written by Rachel Byrd, Certified Dementia Practioner:



Do:

- Give step by step instructions as you go along
- Accept what the person says as “their truth”
- Respond to the feelings and emotions, not the words
- Be patient and step away as needed
- Understand the difficulty they are having
- Allow time to comprehend
- Forgive them, always

Don't:

- Don't give multiple instructions before starting the first task
- Don't Argue!
- Don't carry on when emotions are high
- Don't stay present if tensions are high, this can escalate things
- Don't take things personally
- Don't try to force someone to remember
- Don't blame them for their forgetfulness

Rehabilitation: Outpatient Therapy

The Preserve has an outpatient clinic to treat Southwest Florida seniors needing therapy services to maximize their wellness. Outpatient services help patients achieve a variety of treatment goals, including achieving a heightened sense of wellness, increased functional ability and independence, improved communication ability, reduced risk of falls and injury prevention.

Outpatient services focus on three core areas:

- **Physical therapy:** evaluation and assessment; gait and transfer training; pain management; therapeutic exercises to increase function and strength; orthopedic and musculoskeletal rehabilitation; and vertigo and other balance deficits.
- **Occupational therapy:** assessment and instruction of daily living and self-care; therapeutic exercise to increase range of motion, function and strength of upper extremities; hand therapy and fine motor rehabilitation; instruction and assistance with splints and orthotic devices; and functional training with adaptive equipment.
- **Speech therapy:** assessment and identification of speech, hearing and language disorders; instruction to improve verbal and nonverbal communication skills; assessment and treatment of dysphagia and other swallowing disorders; assessment and treatment of cognitive and memory disorders.



“Our residents have benefited from these services since we opened three years ago, and they have seen remarkable improvements in their overall health and wellbeing,” said Ryan Keller, executive director at The Preserve. *“Our team of therapists have the capacity to serve additional seniors wishing to benefit from these vital services,”* If you are interested in receiving outpatient services, please contact 239-264-4411 to see if you are eligible!

Read more about our program by visiting thepreservevoa.org/outpatient-services/

Long-Term Care

Engagement Recap: Happy 4th of July!



Residents, staff, and patients gathered in the dining room to celebrate Independence day! The event had sandwiches, chips, fruit, pasta salad, and more. Of course, we ended the meal with a red white and blue popsicle and other sweet treats. We celebrate our freedom as Americans every July 4th and are grateful for this beautiful country we live in.



Engagement Recap: Student Worship Ministry



The Student Worship Ministry put on the most heartwarming show for our residents. It was truly a blessing to hear them sing! We love when young people take interest in our community.

Resident Spotlight: Ed Weinrich's Bakery



Ed comes from a family of bakery professionals who have kept the magic of the **Weinrich's Bakery** alive for over 104 years! Ed's dad moved to the United States from Germany in 1913. In 1918, he opened the first Weinrich Bakery in New Jersey. A few years later, they upgraded spaces and moved to Pennsylvania in a bigger and better building. Weinrich Bakery was known for their wedding cakes, Petit Fours, cookies, and other fancy cakes. *Ed worked in the bakery for over 50 years!* Ed attended Villanova College and earned a B.S. in Economics. After graduating, he was drafted into the army and spent 6 years in Fort Jackson, SC in the 25th infantry reading morse code. After leaving the Army, he went to work in the Weinrich Bakery where he held positions ranging from management, to baking, to decorating, and much more. Ed was married to Kippie for 59 years. They had 5 sons who all worked at the bakery at some point in their lives. As big Villanova fans, Ed remembers attending 2 basketball championships and 3 of his sons attended Villanova. Ed worked in a lab in NY in 1964 to develop the buttercream icing recipe that Weinrich bakery still uses today!



Visit <https://weinrichbakery.com/> to read more about the beautiful family tradition!

ASSOCIATE APPRECIATION EVENTS: Nurse's Week and CNA Week!



National Certified Nursing Assistant Week was celebrated June 15th- June 21st this year. To show our neverending appreciation for The Preserve's caregivers, the nursing leadership team hosted a special evening event to acknowledge how our aides are the "STARS" of the show. They work tirelessly when it comes to making sure their patients and residents are safe and taken care of. We hope they recognize that it is them that keeps our community running the way it should be. Without them, we would not be able to do what we do. Our CNA's are unstoppable!



National Nurse's Week was celebrated May 6th- 12th this year. Nurses are recognized for their service and dedication for others and improving the health of their patients and residents. Without our nurses, we would not be able to provide the quality of care needed to ensure the safety of those in our community. To show our support, the nursing leadership team hosted a special ceremony to honor the nurses of The Preserve. Thank you to every nurse here in our building and all the nurses around the world.

It truly takes a special person to be a nurse!

RESIDENT/FAMILY TESTIMONIAL:

“I spent several weeks in the rehab section and can certainly vouch for that area! The staff was wonderful. Very professional and caring. The only thing, the food...too delicious and too much! Even the presentation of the meals was attractive. One more thing, the cleaning staff...they did a great job, moved furniture to get behind places while meanwhile being very friendly.” -Joan D



“Choosing an assisted living facility for an elderly loved one is a process that most people have little to no experience. The challenge is recognizing the difference between the level of care and service committed verses what is actually provided. December 2021 my family made the difficult decision to move my then 94-year-old mother from another assisted living facility to The Preserve. We gained commitments from the Executive Director, the Director of Nursing and all the way down the line. Due to our previous experience, we were still skeptical. It turned out to be the best decision we could have made for mom’s wellbeing and our state of mind. The Preserve sets high standards for the comfort and medical care of all their residents, then lives up to them. Our mom experienced a variety of health problems throughout her stay. Every one of them was discussed with the family, addressed and resolved with the utmost of care. At the age of 96, mom declined to a point where she couldn’t walk. She was moved from assisted living to the 3rd floor, long-term care. During her short stay, several of her previous nurses and aides came to visit her demonstrating genuine concern and compassion for her. While there, she was monitored and provided excellent care 24/7 until her passing. We cannot adequately express our gratitude to the Preserve team. There are too many to name and I fear leaving anyone out. The leadership sets the tone and their commitment and compassion for their residents is truly first class. I would highly recommend them to anyone. Thanks to for taking such great care of our precious mom” -The W Family

“I love this place! My husband and I have both been to the Preserve twice for rehab. Such a great place. They do such nice things for their residents. Birthdays, happy hour, holidays, such a great place!” -Barbara J

If you would like to share your experience with The Preserve, we’d love to hear from you! These experiences can take the form of a Written Testimonial, C.A.R.E. Card, Video Testimonial, Google Review, or even just a verbal thank you.

Please contact Rachel (239)-264-4444 or email preservemarketing@voa.org to share!

COMMUNITY RESOURCES:



Isenhour Senior Services

Christine Isenhour is the President of Isenhour Senior Services. She is a Certified Senior Advisor specializing in Medicaid representation. Christine has over 26 years of experience representing people to obtain Medicaid benefits including Nursing Home Medicaid, assisted living, and home care. She received her bachelor's degree in Psychology with a minor in Gerontology from the University of New York at Plattsburgh and has resided in Lee County for over 30 Years. Christine provides support to non-profit programs that benefit the elderly community in Lee County through her involvement with the Dr. Piper Center, where she serves as President of its board of directors and is a long-time member of the CAMEO organization. Isenhour provides a free initial consultation to those seeking Medicaid assistance. Additionally, if you are accepted as a client, Isenhour will provide you with a written guarantee that you will be approved for Medicaid benefits, or Isenhour will refund the fee.

To learn more visit <https://isenhourseniorservices.com/> or contact 239-542-7366

The Lean Box



Your Health is our priority. The Lean Box has been providing fresh meals, made from scratch and delivered right to your door for the past 14 years throughout SWFL. We are a meal prep service designed to make eating healthy easy and affordable. Meals are fully cooked, simply heat and enjoy. Full nutritional label is included with every meal as well as a best by date. Meals may also be frozen if needed. Menus are rotated monthly. Use code "HEALTH" for 20% off your order!



Visit our website for current menu selections theleanbox.com or contact us 239.656.0358 or info@getleanbox.com



Silver Line Travel Companions

Silver Line Travel Companions provides round trip or one way travel/relocation assistance through medically trained professionals for all intrastate or international travel needs. This is a concierge service which manages all commercial air and ground transportation needs related to long distance travel. Frequently requested journeys include visits to family for special events or holidays as well as snowbird travel to/from other states. Silver Line Travel Companions has been assisting seniors relocate and travel to and from Florida and around the world since 2006. More recently, clients are requesting assistance to relocate out of Florida during peak hurricane season and return home when the weather is cooling and the coast is clear. Owners, Danielle Vance and Amber Lyon are occupational therapists and have a well-travelled team including nurses, physical /occupational therapists, nurses, EMT's and CNA's to meet any mobility or cognitive challenges which are presented for optimal safety and peace of mind for those we love.



To learn more visit www.Silverlinetc.com or Contact: (941)-685-8753 OR (941)-724-6100 silverlinetravelcompanions@gmail.com

Quarterly Newsletter

If you, or someone you know, would like to be featured in our next quarterly newsletter, please call our Marketing Department at (239)-264-4444 or email preservemarketing@voa.org. We would love to hear about your experience here at The Preserve, listen to your resident story, or share a community resource that might be valuable to other residents and families in our community.