

**H**appy Summer from all of us at Sarah Reed! We certainly *earned* summer this year. Many of our residents can be seen regularly enjoying the outdoors at the main entrance, the new courtyard, and of course the patio!

It's a busy time here as usual. Now that the Reed House renovation is complete, other areas in our buildings are getting a "facelift". Updates to the Main Lounge in Reed Terrace and the Reed Terrace corridors are underway. Residents and staff are busy participating in informative programs, and preparations for the Fall Fling have begun.

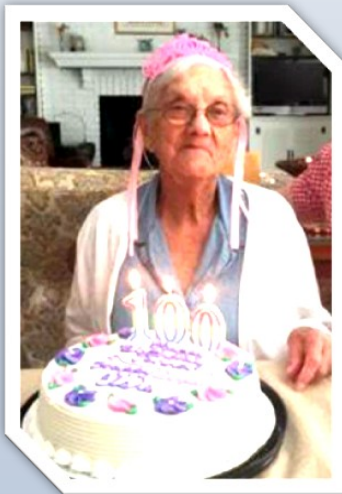
Erie Gives Day and the 24th Annual Fall Fling are coming up soon. Learn more details about these events by "liking" our new Facebook Page, Sarah Reed Senior Living.

Thank you for nominating Sarah Reed for Erie's Choice! We have made it to the final round and now need your votes to win. You can vote one time per email address by going to [www.erieschoice.com](http://www.erieschoice.com). Voting ends August 24th. Please tell your friends and family and share on your social media.



Enjoy this Reeder and the rest of the Summer!

## Celebrating 100 years!



Reed Terrace resident Elsie DeFazio, who has lived at Sarah Reed for 4 1/2 years, celebrated her 100th birthday in July. She enjoyed the day at the home of her son, Frank and his wife, Diane, along with her granddaughter, Jenna, and friends and family. Elsie had her favorite, "Sunday Supper", meatballs, pasta and sauce. It reminded her of all the years of "Sunday Suppers" she had made for her family. Later, her son, Frank hitched up the wagon to the tractor, and everyone went for a ride around the country property, an activity she enjoys every birthday. Her other son, David and family, came from out of town the next day, so Elsie celebrated twice!

Born in Rochester, Elsie was raised in a silent home, as her mother and father were both deaf and communicated in sign language. Elsie and her husband, Frank moved to Erie in the early 50's for his job as manager of the GE foundry. Elsie volunteered at St. Vincent's Hospital for 45 years. She retired at 85 and was highlighted in the Erie News for her volunteerism. Elsie also taught the Red Cross swimming program at the downtown "Y" and was part of their synchronized swimming and water show.

Happy 100th Birthday, Elsie!



# Residents & Staff Expanding Their Knowledge

## Resident Shares Sarah Reed's History

When it comes to information seeking and sharing, our Reed House resident, Bill Walker is always on the scene! Bill, a retired Professor of Biology, Presbyterian Pastor, and self-proclaimed history buff, recently gave a presentation on the life and work of one of our founders, Sarah A. Reed.

Bill came to live at Sarah Reed in April of this year. He said that he was immediately impressed by the loyal and caring nature of the staff which sparked a curiosity in him about the organization's namesake. He asked Activity Assistant, Camille for more information about our history.

Camille took Bill for a visit to the Period Room in Reed Manor, where he was able to see pictures and memorabilia. She also provided him with a book about Sarah Reed, and how she, along with 30 other women, founded the area's first social service agency to help women and children. Bill compiled that information, along with internet research, into a presentation for his fellow residents during a "History Corner" activity program. He shared that he observes currently in our organization the same attitude of care and compassion as that of our founders.

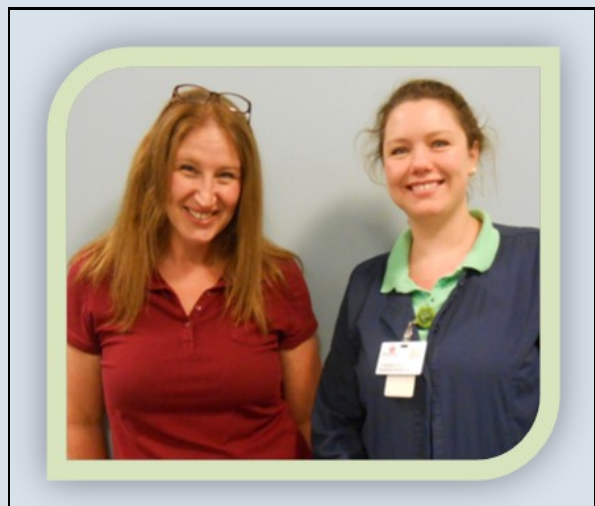
Bill is no stranger to an attitude of care and compassion. As a Pastor in Eastern PA, he was called to Ground Zero in 2002 after 9/11. He joined with other pastors, and offered support to the Port Authority Police Department, who he reports lost more of its force that day than any force in history.



With volumes of history books, journals, and magazines in his room, Bill is compiling information about Erie's history, and involvement during war times. He would like to offer a presentation on these topics in the future!

## Nurses Earn Special Certification

Congratulations to two of our nurses for earning WCC designation - Wound Care Certification - from the National Association of Wound Care & Ostomy providers (NAWCO). Lindsay Chludzinski, RN, and Tracy Fuerst, LPN, recently completed the Wound Care Education Institute's Wound Care Certification (WCC) course. The course consisted of 32 hours of lecture and material in 4 days (from 6/25-6/28), followed by the 120-question examination on 6/29 to finish out the week. The course was held at HVA Senior Alliance in Erie. Lindsay and Tracy developed a greater knowledge and expertise on the anatomy and physiology behind wound healing, wound etiology and assessment, and wound care treatment plans developed on evidenced based practice, along with much more valuable information. They have already been utilizing their training in their nursing practice here at Sarah Reed.



# Employee Skills Fair

Earlier this month, Sarah Reed's nursing care staff attended an on-site skills fair which was organized by Jamie Shatto, RN Quality Coordinator. As part of continuing staff education, Jamie created a forum for staff to practice competencies, and utilize equipment necessary for their jobs. Representatives from Vantage Medical Equipment were present to exhibit wound vacs, IV pumps, and portable oxygen concentrators. The staff enjoyed the hands on opportunity to demonstrate proficiencies that are used in their daily job routine. Many snacks were enjoyed as well!



Sandra and Richard are taking a quiz on indentifying potential hazards.



Envera at the Tracheotomy Station.



Mevliha at the PEG Tube Station.

## A Fan-tastic Time

Many of our residents enjoy learning about history, trivia, collections, and trends. With this in mind our activities department actively pursues interesting and innovative programs. The residents were recently treated to a presentation on the history and use of fans, by local collector, Nancy Manning. Nancy exhibited a variety of fans from her collection from practical use, decorative use, fans used as souvenirs, and fans used for advertising. She talked about the history of fan usage dating back to Egyptian and Roman times by servants fanning their masters with palm leaves. People today are still using hand fans. Nancy showed a fan she recently received as a wedding favor, which commemorated the Bride & Groom's wedding day, and listed the bridal party.

Each of the residents received a Patriotic fan to keep, and then the group enjoyed root beer floats.

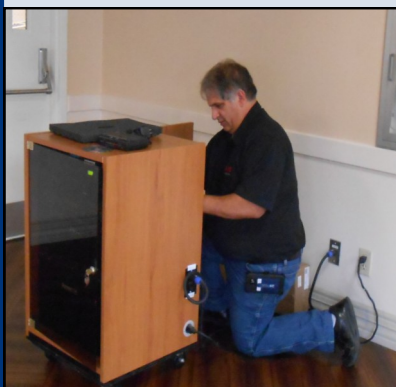


## Audio & Visual System Upgrade

We are in the process of enhancing the listening and viewing experiences for our residents at Sarah Reed Senior Living on a whole new level!

Thanks to ever expanding technology, we are now able to offer improved listening experiences through numerous new speakers placed throughout our campus. The systems in the Chapel, Atrium, Multi-Purpose Room, and Meeting & Training Room are all being upgraded. The system will also be implemented soon in the Reed Terrace Main Lounge.

Wonderful additions are newly installed cameras in the Atrium and Chapel, which will enable residents who are unable to attend programs in these areas, to watch from the comfort of their room or apartment via our in-house TV channel 8.



Another benefit of the sound system is that residents who are hearing impaired will be offered ear buds or headsets with their own volume control in the Atrium during performances/programs.

All of our new equipment is high definition and wireless; a wonderful step into the world of the latest sound and video technology!

This endeavor was funded by the Special Purpose Fund to enhance the daily lives of Sarah Reed Residents. All of the proceeds from the annual Fall Fling are contributed to this fund. Please consider participating in this fun event so that our residents can continue to benefit!

### Trivia Tidbit: Why Are They Called the “Dog Days” of Summer?

The phrase **Dog Days of Summer** describes the most oppressive period of summer, between July 3rd and August 11th each year. But where did the term come from? And what does it have to do with dogs?

Many people believe the phrase stems from the fact that dogs tend to be sluggish during the hottest days of summer (aren't we all?), while others still say the days are so hot it causes dogs to go mad. But the name is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star.



In the summer, Sirius rises and sets with the Sun. On July 23rd, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun's warmth, accounting for the long stretch of sultry weather. They referred to this time as *diēs caniculārēs*, or “dog days.”

Thus, the term Dog Days of Summer came to mean the 20 days before and 20 days after this alignment of Sirius with the Sun – July 3 to Aug. 11.



## Don't Miss The Fall Fling!



Reservations are now being accepted for Sarah Reed's 24th Annual Fall Fling to be held on Saturday, October 27<sup>th</sup> from 10 am to 2 pm at the Ambassador Crystal Ballroom. Tickets are \$30 and can be purchased from Debbie Redditt in the main office, or by calling her at 878-2612.

This is such a fun event and we hope residents, families and staff will attend!! This major fundraising event benefits the Special Purpose Fund for Residents at Sarah Reed. The fund pays for things above and beyond operating expenses; extra items that will enhance the daily lives of the residents. The new audio/visual system, the van, the Never 2 Late system, musical equipment, and enhancements to resident common areas are some examples.

The event is a luncheon with a style show by Chicos. **Come and support the Sarah Reed Models!** There are shopping vendors, a themed basket raffle with great prizes, special auction items, door prizes, and a 50/50. There are usually around 60 baskets valued at about \$100 or more.

### How you can help:

- **Come to the event and bring people with you!** The tickets are only \$30 and include a full sit down meal and entertainment. It's a great "girl's day out" for families and friends with the opportunity to start your holiday shopping from our vendors.
- Get a group together and donate a basket or items to include in a basket. Several staff departments and resident families already do this, **but it would be great to have even more!**
- If you frequent a business or restaurant often, consider asking them to donate an item or gift card for the basket raffle. (check with Debbie Redditt first to make sure we haven't already asked them)
- Buy 50/50 tickets from the receptionist at Sarah Reed in advance of the event.
- Sell 50/50 tickets for us. The receptionist will have tickets available to sign out in September.
- Give us ideas for basket themes (see Dina Scribner or Debbie Redditt)
- Donations are needed of large baskets, ribbon, tissue paper and basket fill.

**Reservations & payments are being accepted now! Contact Debbie Redditt at 878-2612 to register.**

## Save the Date for ERIE GIVES

We want to share a reminder that Erie Gives Day will be held on August 14<sup>th</sup> this year. If you have ever considered donating to Sarah Reed this is most certainly the best day to do it, as the Erie Community Foundation will match donations of \$25 + by a designated percentage based on the amount of donations received. Last year we were so grateful to receive \$9,837.14 in donations on this special day. Please help us to top that amount and break the record!



### ERIE GIVES DAY

*The Erie Community Foundation is hosting a day of giving to eligible Non-Profit organizations. They will match donations of \$25.00+ to Sarah Reed Senior Living and other Non-Profits by a designated percentage based on the amount of donations received.*

**How: Via the website: [www.ErieGives.org](http://www.ErieGives.org)**

**When: AUGUST 14, 2018 8:00 a.m. – 8:00 p.m. E.S.T.**

*Maximize your gift to Sarah Reed by donating on Erie Gives Day. Consider a gift in honor or memory of a friend or relative. Please help us continue the legacy of providing quality care, housing, and supportive services to seniors. Master Card, Visa and Discover are accepted. Call Debbie Redditt at 878-2612, if you need assistance. All donations are tax deductible to the fullest extent of the law.*

As always, donations of any amount, at any time, can be made directly to Sarah Reed if you do not wish to participate in this event.

[www.sarahreed.org](http://www.sarahreed.org)



## Staff Anniversaries



Rudy Lipinski, Dietary Department celebrated his 20 year anniversary with supervisor, Jim McAndrew.

**15 Years!**

Louanne Welsh

**5 Years!**

Richard Belifore

Maria Montano

## How To Enjoy A Salmonella-Free Summer

Summer is the perfect time for cookouts and barbeques. The best way to enjoy your cookout is to follow food safety instructions, thus preventing foodborne illnesses like *Salmonella*.

*Salmonella* bacteria are a common cause of foodborne illness. Foodborne illness is sometimes called "food poisoning." One in six Americans gets sick from eating contaminated foods. The resulting infection from *Salmonella* bacteria is called Salmonellosis, which develops within 6-48 hours. People most likely to develop a serious infection include the elderly, young children, and those with already weakened immune systems.

### Identifying a *Salmonella* Infection

Contact your doctor if you have any of the following signs and symptoms of a *Salmonella* infection: Diarrhea and a fever over 101.5°F, Signs of dehydration, Bloody stools, Diarrhea that lasts 3 or more days without improvement, Prolonged vomiting where you cannot keep liquids down. The CDC estimates that *Salmonella* causes about 1.2 million illnesses and 23,000 hospitalizations in the United States every year. Food contamination can occur in cucumbers, chicken, eggs, raw tuna, sprouts, and many other foods. Therefore, practicing recommended food safety procedures is important for all foods, not just raw meat.

Salmonellosis is most common during summer months because of warm temperatures, delayed refrigeration, and foods-associated with summer. Most recently, you may have heard of pre-cut melon being recalled due to *Salmonella*. Melons can become contaminated through the cutting process when bacteria such as *Salmonella* on the outside of the melon get into the flesh of the melon.

### How to Avoid *Salmonella*

Clean your hands often. Keep kitchen surfaces and utensils clean. Wash fruits and vegetables before you cut or peel them. Use separate cutting boards and knives for uncooked meats and uncooked produce. Keep hot foods hot and cold foods cold. Cook food to recommended internal temperatures: whole meats 145°F, ground meats 160°F, and poultry 165°F. Refrigerate perishable food (including melon) within 2 hours. Discard food that sits out longer than 2 hours. In general: clean, separate, cook, chill, and report.

*APIC, Spreading knowledge, Preventing Infection 7/18/2018*

# News Around Sarah Reed

## Sarah Reed Board Elects New President

Mitchell Kalkhof, CPA was elected President of the Board of Directors of Sarah Reed Senior Living, at the recent stated meeting of the Board of Directors on July 10, 2018. Mitch has served on the Board of Directors for the past five years and most recently served as Sarah Reed's Treasurer. Mitch attained his bachelor of science degree from the Pennsylvania State University in 2000 and also earned his Master of Business Administration degree in 2010. Mitch is currently employed as a Managing Director for BKD, CPAs & Advisors and has over 15 years of experience in performing and supervising audit, review, and compilation engagements for his firm. Mitch resides in Greene Township with his wife, Kelly, and their two children.



## Congratulations On A Job Well Done!



Debbie Mann, Director of Environmental Services, and her husband, Donny are proud of their grandson, Jaiden Dixon, who graduated from Erie High School on June 6, 2018 at Erie Insurance Arena.

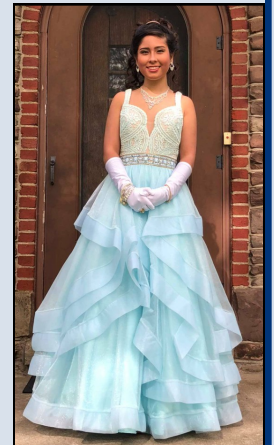
Jaiden also received a Career/Technical Gold Key Award for Machine Trade. Debbie is proud to say, that Jaiden was offered a job before graduating, with a local Machine Shop to continue his education with machines.



Lauren Nicole Dreyfus, daughter of Marie Dreyfus, Accounting Department, has had a busy spring. Lauren attended her prom in May and recently graduated Magna Cum Laude from Collegiate Academy in June. She

received a scholarship from the New York Film Academy. In the fall, Lauren will be heading to Hollywood, California to pursue a career in film editing and directorship, which will include acting classes.

**Good Luck, Lauren!**



## Sarah Reed Welcomes New Human Resource Director



Lori Radziszewski joins the Sarah Reed Senior Living team as the Director of Human Resources. Born and raised in Southern California, Lori relocated to Pennsylvania in 2001 to attend Allegheny College. After graduating with a Bachelor's Degree in Psychology and Art & Technology, Lori began her career in Human Resources. Having worked primarily in manufacturing facilities, Lori is excited to be part of an environment that focuses on helping people instead of making things.

Outside of the workplace, Lori is often on an adventure with her husband Geoff, and boys Jacob (16) and Reese (2). Jacob is a passionate athlete, especially with baseball, while Reese keeps everyone on their toes with his boundless energy! In her free time, Lori enjoys cake decorating and playing music with Geoff.

## Board of Directors

### President

Mitchell Kalkhof

### Vice President

Jane Carney

### Secretary

Mary Lou Neithamer

### Assistant Treasurer

Penny Qualls

### Past President

Terrence Carlin

### Directors

Jeanne Baker

Marybeth Baran

William Coleman

Janet Dean

Camilla Decker

Mary Lou Edgett

Barbara Johnson

Linda Liken

Carol Lee Restifo

Denise Rewers

Marilyn Russell

Sid Smith

Cheryl Wiegler

## Resident Council

### Reed Manor Representatives

First Floor Millie Kuntz

Second Floor Marilyn Stansbury

Third Floor Marilyn Detzel

Fourth Floor Paul Ostergaard

### Reed Terrace Representatives

First Floor Theresa Steadman

Second Floor Open

Joe Habas

### Members-At-Large

Reed Terrace—Mary Ostrum

Reed Manor—Lorraine Sliker

### Reed House

Chairpersons: Betty Butler

Georgette Pius

## We appreciate your referrals!

If you know anyone in need of our services feel free to share our contact information:

### Tours and Information for Residential Apartments, Personal Care & Memory Support

Carey Vieira – 814-878-2651

[CareyVieira@sarahareed.org](mailto:CareyVieira@sarahareed.org)

### Tours and Information for Skilled Nursing Care

Dina Scribner – 814-878-2626

[DinaScribner@sarahareed.org](mailto:DinaScribner@sarahareed.org)

### Readers:

If you would like to receive future editions of The Reeder via Email, or if you have news that you would like to share, please email Debbie Redditt at [debbieredditt@sarahareed.org](mailto:debbieredditt@sarahareed.org) or call 814-878-2612.

**The Reeder** is a quarterly publication of Sarah Reed Senior Living. Chartered as Erie's First Welfare Agency in 1871, Sarah Reed is a private non-profit corporation.

### Mission Statement:

Sarah Reed Senior Living will provide quality healthcare, housing and associated services to residents in a caring and trusted environment.



*Trusted for Generations*