

# Sweet Home Augustana



**Lutheran Augustana Center**  
Extended Care and Rehabilitation.

**Spring 2005**



## **IN SEARCH OF GOOD WILL AMBASSADORS!**

Are you an individual who enjoys...

- helping others
- learning new skills
- staying active and involved
- meeting new challenges
- empowering yourself & others

Are you a retired adult or teenager who appreciates...

- using untapped skills
- meeting new people
- building self-confidence
- being a winner?

Consider becoming a volunteer at Lutheran Augustana Center. Contact Stephen Aliberti, Volunteer Services Coordinator, at 718-630-6080 or e-mail at [saliberti@lmcmc.com](mailto:saliberti@lmcmc.com).

## ***From the desk of the Executive Director...***

We are all well aware from personal experience that costs for daily goods and services are increasing at an alarming rate. As a provider of healthcare services, Augustana has become painfully aware of the escalation in the cost of performing its daily business of caring for those in need of care as evidenced by the sharp increase in the cost of prescription drugs, utilities, insurance and labor related benefits. Unfortunately, the appropriation of federal and state dollars has been limited by other demands that appear to take priority over the pressing needs of the healthcare community.

As we prevail and confront the challenges facing healthcare, Augustana reaches out to the community it serves. In remaining mindful of the pleasant and plentiful environment that we provide to those entrusted to our care, I ask you to consider the Lutheran Augustana Center in your charitable giving. While you cannot control the inequity of our payments nor the reductions to the money we make, you can most definitely have a positive influence on our programs and services and in so doing, positively effect our efforts to maintain a high standard of care.

The emphasis in our mission will not waiver – high standards of consistent performance results in positive outcomes in service provision and quality of life for our residents.

We are forever grateful to Augustana employees for their faithful efforts and to our friends for their kind support.

David Rose

## **A PICTURE SAYS A THOUSAND WORDS**

Lutheran Augustana Center for Extended Care and Rehabilitation is pleased to announce the production of a DVD which beautifully captures the professional atmosphere and warmth of the Home. This DVD will serve as a practical and easy marketing tool for prospective residents and their families. Prior to the release of the DVD in the spring, Augustana will host a special screening for all the residents, staff, family members and volunteers who participated in this exciting project.

Coming also, in the spring, is a brand new Augustana website which will provide a comprehensive look at Augustana online.

## Ouch, that hurts!



“Should I use a heating pad or ice it?” This is one of the most common questions we, as physical therapists, are asked regarding orthopedic injuries.

A sprain occurs when the ligaments which connect the bones in our body are either stretched, partially ruptured, or completely torn. In the foot and ankle, this happens when weight is applied while the foot is on an uneven surface causing the foot to “roll-in”. Many patients report hearing a pop or snap at the time of injury. Pain, swelling, and black and blue discoloration around the ankle usually follow.

Most ankle sprains involve the lateral (outside) ligamentous structures and occur with the foot flexed (or pointed) and inverted (or turned inward). Picture the all too common ankle in a high heeled shoe stepping off a curb and twisting. Ouch! The prevalence of lateral sprains has to do with the anatomy of the foot; very stable and strong ligaments on the medial (or inside) part of the ankle make medial sprains a rarity.

Ankle sprains are graded by severity for classification: first degree ankle sprains are most common. Here, ligaments are stretched but not torn, mild swelling may be present and the patient can bear weight immediately after injury. A second degree sprain involves partial tearing of the ligaments. Swelling and pain are more significant and partial weight bearing is likely to be necessary. Some ankle function may temporarily be lost. A complete tear is classified as a third degree ankle sprain. Present is extensive swelling, pain and bruising. There is a complete loss of ankle function and the patient is unable to weight bear.

Initial treatment for all three degrees of sprain is the same, all focusing on decreasing pain, inflammation and swelling. The most effective regimen is best remembered by the acronym RICE:

**REST:** Rest from all activities and remain non weight bearing on the involved leg for the first 24 hours or longer depending on severity. Crutches or a walker will allow a patient to walk without putting the injured foot on the floor.

**ICE:** Apply ice packs to the painful area intermittently (15-20 minute intervals) for the first 48-72 hours. This helps decrease pain, inflammation and swelling. A damp towel is recommended between skin and ice pack to prevent cold related injuries. **NOTE:** heat is contraindicated at this phase of injury and will increase swelling.

**COMPRESSION:** Wrap ankle with an elastic bandage to control swelling and give added support (criss-cross or figure 8 wrapping technique prevents a “tourniquet” effect).

**ELEVATION:** Elevate the injured ankle higher than heart level so that gravity can assist in swelling reduction.

Ligaments generally take at least six weeks to heal and swelling may exist for months. During this time a physical therapist can help regain ankle function by prescribing specific exercises to gradually increase range of motion, strength and balance. A therapist will also help in decreasing pain associated with the injury and educate the patient regarding the nature of the injury, home exercises, and injury prevention. Finally, an ankle splint or wrap may be necessary upon return to activity until the weakened ankle musculature is normalized.

Chances are you’ll experience an ankle sprain at some point in your life and those chances increase if you enjoy playing sports. If you think you’ve sprained your ankle, see your physician for a proper diagnosis, remember the acronym RICE, and

visit your local physical therapist in order to maximize your chances for a speedy recovery.

## Music Bridges the Generations



Lutheran Augustana Center was awarded a grant from the Brooklyn Home for Aged Men to establish a *Youth-Senior Connection*. This program will be a structured intergenerational program where, participating residents and students will engage in the creating and sharing of music.

Augustana is excited to announce a partnership with Fontbonne Hall Academy in achieving the objectives of this program which is to allow the residents to feel empowered and good about themselves through meaningful intergenerational musical participatory activities.

We have learned through past programs that linking cultures and generations fosters positive attitudes and regard for people of varied ages. Under the music directorship of Mrs. Mary Carmoscino, the *Youth-Senior Connection* will strive to provide an enriched environment supportive of the emotional, intellectual and creative growth across the ages through music.

The *Youth-Senior Connection* will culminate in a spring concert on June 6<sup>th</sup> and a winter holiday performance on December 12<sup>th</sup>.

### CUSTOMER SERVICE – PALLIATIVE CARE INITIATIVE

Augustana has been awarded funding through the Health Care Worker Retraining Act for customer service training sessions for caregivers. The joint customer service training effort of

Augustana and the League/1199 SEIU Training and Upgrading Fund, has introduced a palliative care customer service initiative. Having entered into a collaborative partnership with Calvary Hospital Hospice – one of New York's premier hospice service providers – Augustana has established a palliative care program for the terminally ill. The goal of the program is to enhance the quality of life for each resident for the remainder of their lives.

Some major facets of the training include enabling caregivers to understand and respond to the physical, psychological, social and spiritual elements of suffering; identifying and addressing anxiety, delirium and depression; understanding the principles of interdisciplinary teamwork as they apply to end-of-life care; addressing bereavement and grief with survivors and Augustana's caregivers.

The customer service training is designed to give caregivers practical experience, knowledge and skill in palliative care thereby improving the care being delivered.

We thank the League/1199 SEIU Training and Upgrading Fund for supporting our goals and wish success to the many staff members who will participate in this very meaningful program.



The first Palliative Care Customer Service Class graduated in November 2004 and are shown from left (front): Françoise Ferjuste, Katherine DiSiervi, Sara Rivera and (back) Marie Desamour, Yonette Thomas, Niyeka Ford, Eileen McKenna and Maria Loumakos.

## Ongoing Events...

Khadijah Matin, Associate Director of Organization and Learning at Lutheran Medical Center, a seminary student meets with several residents on a bi-weekly basis to help them reaffirm and strengthen their personal spiritual awareness and identity through discussions and readings.



Musician and strolling minstrel, Roy, who has been singing and playing the acoustic guitar for the residents at Augustana on all units and at bedside since February of 1997. Roy's repertoire of familiar songs evokes memories, smiles and tears. He brings comfort and joy and a sense of calmness and peace as he strolls through the Home.



Country western singer and guitarist, Don, who encourages residents and staff to sing-a-long to familiar tunes while they clap their hands and play instruments. Don's warmth and enthusiasm prompts everyone to feel invigorated when he visits the units at Augustana.



The Latin Corner Club, which is composed of Spanish speaking residents from various units who gather together each month to socialize in a warm, friendly atmosphere. Time is spent together watching Spanish films, playing dominoes and cards, or singing along to familiar Spanish melodies. As the residents share common interests in their native language, they dine on delicious Spanish appetizers delivered from a local restaurant. Spirits are high and plenty of laughter can be heard as they capture moments similar to those shared in their community.

***There is not a short life or a long life. There is only the life that you have, and the life you have is the life you are given, the life you work with. It has its own shape, describes its own arc, and is perfect.***

- Anonymous

## A Happy New Year- the Year of the Rooster



Lutheran Augustana Center for Extended Care & Rehabilitation, celebrated the Year of the Rooster. David Rose, Executive Director, presented residents and staff with special gifts to promote good health and prosperity in the New Year. Refreshments, prepared by Lutheran Medical Center's Chinese chef, were served. For more information about Augustana's Asian Initiative, please call the Admissions Department at 718-630-6112.

***Augustana's 11<sup>th</sup> Annual Walkathon which took place on Saturday, October 2<sup>nd</sup> was a big success!***

***A heartfelt thank you to all those who supported this annual fundraising event by raising \$57,238 to be used for the redecoration of the six resident dining rooms.***

Augustana gratefully acknowledges the generous financial support of the following contributors of \$100 and more to the 11<sup>th</sup> Annual Walkathon:

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\* Contributions of \$1,000 or more  
 \*\*Contributions of \$5,000 or more

A very special thank you to the Katherine Hassett Foundation for Charitable Purposes, Inc. for their very generous grant of \$20,000 .

## Celebrate and honor a loved one and leave a legacy...



There is perhaps no more thoughtful way to perpetuate the names of those we love than to establish a living permanent tribute in their honor. Through the years, the Lutheran Augustana Center's "Tree of Life" will remain a prominent display in the main lobby of the Home.

Your contribution will be used to make a positive difference in the lives of the residents at Augustana. Gifts, so designated, may be given in memory of a departed loved one or as a living tribute in honor of a person. As a friend of Augustana, consider the following giving options:

\$2,000 will purchase a **leaf**  
 on the "Tree of Life"

\$5,000 will purchase an **acorn**  
 on the "Tree of Life"

\$15,000 will purchase a **stone**  
 below the "Tree of Life"

Your name or the name of your loved one will be forever inscribed and displayed on the ornament you purchase on the "Tree of Life."

## Other Giving Opportunities

- Gifts of cash are fully tax-deductible as allowed by law.
- Matching gifts are available through companies who participate in a Matching Gift program. You need to determine if Augustana is an eligible recipient of your program and submit the forms to us which are available from your company.
- Stock property, gifts of remembrance and planned giving opportunities such as bequests can result in significant individual and estate tax savings.

For further information on giving opportunities, please contact the Development Office at 718-630-6136.

### **Sweet Home Augustana**

*is published two times a year by*



**Lutheran Augustana Center**  
 Extended Care and Rehabilitation.

A Caring Tradition  
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