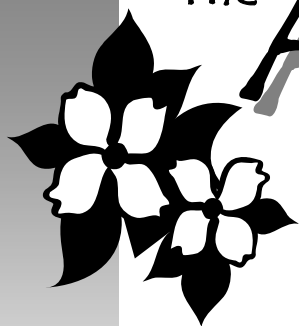


Orchard Manor Presents...



The

# Apple Blossom

June 2010 724.458.7760 www.orchardmanor.org Vol. V Issue 6

## A Note from the Administrator

### Getting to Know the Dietary Department

**Diane Robinson, NHA**  
Administrator

**Amber Morian-Gowetski,**  
Assistant Administrator

**Cyndi DiBiase, RN**  
Acting Director of Nursing

**Tara Michaels, MSW, LSW**  
Social Services/Admissions

**Denise Armstrong**  
Social Services/Admissions

**Joe Berringer**  
Human Resources

**Emily Robinson**  
Activity Director

**Judy Boyd**  
Controller

**Verlynda Moyers**  
Business Office Clerk

**Marlene Gaggini**  
Billing Office Assistant

**Donna Roberts, CDM**  
Dietary Supervisor

**Rich Tallis, CDM**  
Assistant Dietary Supervisor

**Brian Begley**  
Housekeeping/  
Laundry Director

**Scott Anderson**  
Maintenance Director

**Linda Garner**  
Receptionist

**Bonnie Hamilton**  
Transportation Coordinator

**Cyndi DiBiase, RN**  
Quality Assurance  
Coordinator

**Susan Crevar, RN**  
A-Wing Manager

**Peggy Falla, RN**  
B-Wing Manager

**Margaret Bowers, LPN**  
Sunshine Way Coordinator

While everyone is "stumped" once in awhile as to what to fix for dinner, how about planning 3,000 meals a week? And while we all dread hearing the total at the checkout in the grocery store, how about over \$400,000.00 a year for groceries and supplies? The Dietary Department at Orchard Manor is worthy of review, as there are many facets of our food service of which many people may not be aware.

Donna Roberts, Dietary Manager, and Rich Tallis, Assistant Dietary Manager, are both Certified Dietary Managers. Donna and Rich are responsible for menu planning, ordering food and supplies, and the overall operation of the Dietary Department. Both Managers bring unique and specialized experience to their positions, as Donna Roberts had worked at "The Old Home", as many lovingly call Wayside Inn. Donna continued to work at Orchard Manor for a number of years, however even when she left to work as a Dietary Manager in another facility, she stayed involved by serving as the President of the Board of Directors. Eleven years ago, Donna returned to Orchard Manor.

Rich Tallis, who has been with Orchard Manor for six years, is our Executive Chef, as he graduated from the PA Culinary Institute. Rich carries out "Chef Stage Center" once a month, as well as "Made to Order" breakfasts. Two of both the Resident and Staff favorites are Rich's omelets and Belgian Waffles. You may not be aware that a Registered Dietician, Rachel McGurk, assists Donna and Rich, via her presence in our Home as well as on an "as needed" basis. Sodexo, the food service company from which Orchard Manor contracts the managerial services, employs Donna, Rich and Rachel.

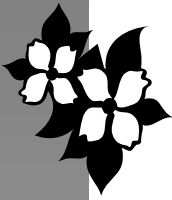
Of course, Donna and Rich cannot do the job alone! There are 16 full time and 1 part

time employees in the Dietary Department, which operates in two shifts, from 6:00 AM to 7:30 PM. Gloria Royer, who has been with Orchard Manor for 28 years, and Lucy Weckerly are both Cooks, while Ruth Ann Ferringer, who has worked at Orchard Manor for 18 years, Glenda Hites and Amy Knight are Cook's Helpers. Pat Acheson, who has been with Orchard Manor for 18 years, as well as Geraldine Hodge, Kim Grossman, Melissa Surrena, Hulda Heister, Jade Hilliard, Sheryall Frasl, Theresa Forrester, Brian Robinson, Tina Levy, Billie Forrester and Jessi McFeaters are all Dietary Aides.

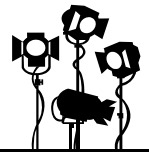
Did you know that the Staff prepares 25 different diets per meal? Each one of the meals and the "extensions", as the various diets are called, are planned, approved by the Dietician, reviewed for food orders and the recipes that are needed, etc. In addition to the overall operation of the Dietary Department, Donna and Rich are responsible for a great deal of paperwork, including documentation on Residents' charts. The Dietary Managers and Dietician are also actively involved in a number of "Nursing" issues, such as Residents with a weight loss or weight gain, gastrointestinal tube feedings and pressure ulcers, to name a few.

And everyone knows that the Dietary Department works with the Activity Department to plan special functions such as the Monthly Birthday Party, Theme and Seasonal Parties and of course, the Annual Picnic, which is being held on July 10th this year. From the Annual Picnic serving 500 - 600 people, to Holiday Dinners and Catered Meals for the Gideon's and other civic groups, to individualized courtesy trays, the Dietary Department strives to accommodate an array of food and nutritional needs.

Diane Robinson, NHA  
Administrator



# Employee Spotlight



## Shari Mazon, CNA



Shari Mazon started as a CNA at Orchard Manor in June of 2008.

One of seven children, Shari has four brothers and two sisters. Growing up in Polk, she attended Franklin High School.

In her spare time Shari likes to garden, crochet and read. She also loves spending time with her two grandchildren.

Shari enjoys working with the elderly and thinks that Orchard Manor is special because our staff is more caring than other homes.



## Our Dedicated Staff

### Service Anniversaries for June

James Kentz, CNA—36 years

Ruth Ann Ferringer, Cook's Helper  
—18 years

Tina Sterner, LPN—17 years

Bea Bonzer, LPN—14 years

Judy Boyd, Controller—14 years

Jim Pittock, RN—12 years

Donna Roberts, Dietary Manager—11 years

Kelly Hulings, LPN,  
Restorative Coordinator—7 years

Deb Houghtaling, LPN—6 years

Linda Chisholm, LPN—3 years

Shari Mazon, CNA—2 years

Heidi Kepner, CNA—1 year

Tina Levy, Dietary Aide—1 year

Jessica Little, CNA—1 year

Emily Robinson, Activity Director—1 year

Kayla Yarian, RN—1 year

## New Employees

Tracy Locke, CNA

Heather Bowser, CNA

Paula Ross, RNAC

## Muscular Dystrophy Association

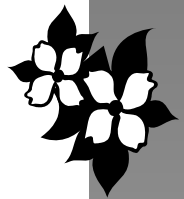


I will be participating in the Muscular Dystrophy Association's Lock-Up fundraiser. Help me raise money to help children and others affected by this disease. 100% of your donation will be sent to the MDA. Monies raised go for the purchase of wheelchairs and other devices and send children to special camps. There will be a jar in the mail room to collect donations. Thank you for your support!



# Chaplain's Chatter

Pastor Stephanie Thompson



## Why Not Today?

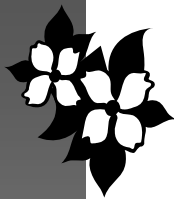
When we think of “June”, we typically think of weddings and graduations. June is about beginnings isn't it? Obviously, we most times acquaint those “beginnings” with youth and vitality, goals and dreams. My husband and I will be attending graduation ceremonies for his granddaughter Hannah in a few days. I can just imagine those graduates' excitement can't you? In fact, if I think back *really* hard, I can remember my own excitement on a very-hot Sunday in late June when I processed in with 200 other graduates to my own; and, although 33 years have passed by since then, I think the graduation speech I will hear in a few days will probably sound a lot like it did way back then, for you see, I am guessing that Hannah and her classmates' goals are not too different than my own were – to be happy, successful, prosperous, and to somehow make a mark in the world, among others. If you think back, yours were probably similar.

In retrospect, I was young and naïve and had a lot to learn. Much has happened since that Sunday all those years ago. Yes, I have aged, but I am also more mature. I have failed, but I have also succeeded. I have loved and lost, but I have also loved and gained, and though I am not rich by the world's standards, I am rich in memories, in relationships with family and friends, and in my relationship with God. By the world's standards, I don't think I have left too much of a mark, certainly not what I envisioned I would make all those years ago, but I have also learned along the way that from little comes much, and that the measure of success is not so much how big something is “seen”, but how well something is done.

Perhaps the most important observation I have made along the way, however, is that goals and dreams are not just for the young and the vital. They are for the old and the frail too. Many of you reading this have helped me to better understand that. In fact, I have come to believe that it is our very goals and dreams that *keep* our spirits young and vital no matter whether we are 25 or 95, or somewhere in between. If we want to be happy, successful, prosperous, to make a mark in the world we can still do it! In fact, I think we can do it *much* better now!!! How? The very same way we went from being naïve all those years ago to being more mature now -- from trying and failing, from falling and getting back up, from letting go of what is no longer ours to have, and by holding onto the things that are; and, praise God, from having the wisdom to know the difference.

My goals of 33 years ago are still my goals, aren't they yours? I want to challenge us all that if June is a month of beginnings, then in June we need to begin to dream again that our goals can be realized and they can be accomplished by sharing a smile, losing that weight, building a better relationship with a child, a spouse, a friend or roommate, restoring a relationship with another, taking time with God every day, reading a book, telling the truth, taking a class, becoming healthier, telling someone “thank you”, being faithful, finishing something, asking for forgiveness, praying for someone who needs it more than you, letting go of something, holding tightly to that which is better. Why not begin today?

*Pastor Stephanie*



# Family Picnic

It's time for Orchard Manor's 19th Annual Family Picnic! This year we will be having a theme for the picnic, Red, White and Blue.

Family members and friends are invited to participate in this special afternoon of food, music, fun and fellowship. The date for this event is Saturday, July 10th. The picnic will begin at 11:30 a.m., with the meal being served at noon. We will be having hot dogs,

hamburgers, chicken, baked beans, macaroni & potato salads, coleslaw, corn, green beans, fruit salad and beverages. We invite families attending the picnic to bring their favorite dessert, Jell-o salad or fruit salad.

The Auxiliary will be holding their craft and bake sale and we will be holding our traditional "Chinese" Auction (see the article at right). There will be a Picnic Raffle and a 50-50 drawing! New to the picnic will be the "Pie-in-the-Face" event (see page 3). The picnic promises to be a lot of fun for everyone!



## "Chinese" Auction

One of the most popular traditions at our Annual Family Picnic is the "Chinese" Auction. Items donated will be on display in the Hobby Room during the week of July 5th. Tickets for the auction will be 3 for \$1 or 20 for \$5. They can be purchased from any member of the Activities Staff. Best of luck to all who participate and thank you to all our vendors and friends in the community who donate for this event!

## Salute to Our Military

Orchard Manor would like to acknowledge family members of Residents and Staff who are currently serving in the Military.

- ☆ SSG. Jarett Buchanan,\* brother-in-law of Stacy Saeler, Speech Therapist
- ☆ Spc. Steve Fox, Army National Guard, son of Wanda Fox, CNA
- ☆ Pfc. Jeremy Fry,\* Army, cousin of Amy Bailey, CNA
- ☆ Pfc. Jonathan Hogue,\* brother of Stacy Saeler, Speech Therapist
- ☆ E5 Sgt. Adam Reddinger,\* Army Infantry, cousin of Amy Bailey, CNA.
- ☆ Sgt. Justin Robinson (Maintenance), Army National Guard, son of Diane Robinson, Administrator, brother of Emily Robinson, Activity Director
- ☆ Spc. Jacob Sydlik and
- ☆ Spc. Matthew Sydlik, Army National Guard, grandsons of Resident Norie Young
- ☆ Senior Airman Josh Winder and
- ☆ SSG Matt Winder (Maintenance), Air Force Reserves, grandsons of Gloria Kaufman, Housekeeper.
- ☆ LCpl. Nathaniel Yarian,\* U.S. Marines, husband of Kayla Yarian, RN.

\*Currently serving overseas

If you have a family member you would like to recognize in the Apple Blossom, please call Laura Cook at 724-458-7760.

## Our Deepest Sympathy

Everyone at Orchard Manor extends our heartfelt thoughts and prayers to the family and friends of the following Resident who recently passed away.

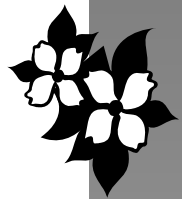


Mrs. Phyllis Koah, 5/17

When you are sorrowful, look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.

~Kahlil Gibran

# Pie in the Face Fundraiser



HOW MUCH FUN WOULD IT BE TO  
THROW A PIE AT YOUR "FAVORITE"  
MANAGER????

Tickets will be available from the Activity Staff starting June 7<sup>th</sup>. The tickets can be purchased for \$1.00 each, or six tickets for \$5.00. There will be a jar for each of the six staff members. The person buying the tickets can choose which jar to put their tickets in. The Manager's jar with the most money is the "winner" and will get the pie in the face!

All tickets purchased for the "winning" Manager will go into a drawing to see who gets to throw the pie at the Annual Picnic on July 10<sup>th</sup>.

THE MORE YOU BUY, THE MORE CHANCES YOU'LL HAVE TO THROW THE PIE! All proceeds will benefit the Activity Department.

YOUR CHOICES FOR THIS YEAR ARE:

1. Scott Anderson, Maintenance Supervisor
2. Brian Begley, Housekeeping Director
3. Amber Morian-Gowetski, Assistant Administrator
4. Donna Roberts, Dietary Manager
5. Rich Tallis, Assistant Dietary Manager
6. Diane Robinson, Administrator

## Best Wishes

Best wishes to the following Residents who were discharged from Orchard Manor.

Mrs. Helen Snyder, 5/20

Mr. Larry Hanford, 5/29

## New Residents!

Mr. Joseph Humphrey, 5/12

Mrs. Theresa Plichta, 5/28

Mrs. Sadi Miller, 5/28

## Support Group

The monthly CAREgiver's Support group will be held on Wednesday, June 16<sup>th</sup> at 10:30 am in the Front Solarium. If you have any questions, please contact Mary Jo Palmer at 724-458-4456.

## Senior Snickers

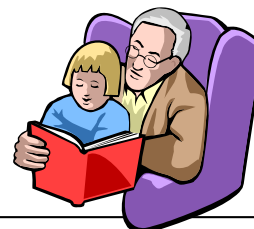


Great Truths That Children Have Learned

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's lap.

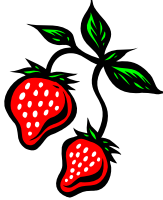
Great Truths That Adults Have Learned

- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy.



# Calendar Highlights

- June 6 Outing to the Car Cruise in the Park
- June 7 Music with Patty and Grandma
- June 8 Music with George Castlebury
- June 10 Music with Don Young
- June 11 Strawberry Days begin
- June 17 Outing for Ice Cream  
Music with Dick Fisher
- June 22 Music with Denny Gaillo
- June 28 Barry Spiker & Friends
- June 29 Music with Jim Hutcheson

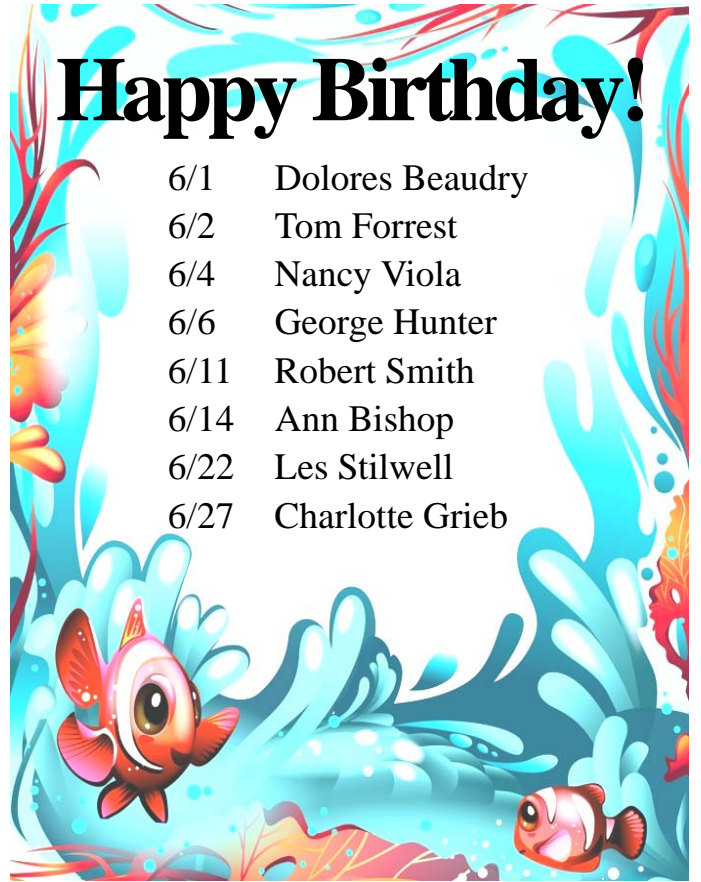


July 10 19th Annual Family Picnic

*For a more thorough list of activities and times,  
please see the calendar on pages 2 & 9.*

# Happy Birthday!

- 6/1 Dolores Beaudry
- 6/2 Tom Forrest
- 6/4 Nancy Viola
- 6/6 George Hunter
- 6/11 Robert Smith
- 6/14 Ann Bishop
- 6/22 Les Stilwell
- 6/27 Charlotte Grieb



20 Orchard Drive  
Grove City, PA 16127

Orchard Manor, Inc.





# Residents of the Month



Don't forget to look at the pictures of our Residents of the Month!  
They are on the bulletin boards located on each wing.

## Ella Jones—B-Wing

Ella Jones was born January 22, 1922 in New Castle, PA to parents Preston and Carrie Baily Jones. Ella has two brothers and seven sisters. One of her sisters is Resident Carrie Basham.

Ella loves to play the harmonica and sings alto. She loves being around people and singing hymns. She also likes to do puzzles, color, cook and bake.

## Char Grieb—SSW

Charlotte Grieb was born Chloe Constanza Boggie on June 27, 1923 in Coral, PA, Indiana County. She is the first generation born in America. Her parents, James and Theresa Binando Boggie moved to the U.S. from Italy. One of six children, Char has three sisters, Estella, Christiana, Dominca and twin brothers Domino and Victorio.

On August 30, 1946, Char married her first husband, Clarence Robert (Bob) Rudiatis. The couple had three children, Linda, David and Gayle. After nearly twenty years of marriage, Bob passed away on March 13, 1966.

Char married her second husband, William Grieb on April 29, 1978. There were four more children added to the family by marriage, Rich, Karen, Billy and Terri. Bill passed away on June 16, 2000. To date, Char has a combined total of 14 grandchildren and 18 great-grandchildren.

For many years, Char worked as a waitress at Paule's Lookout in West Mifflin and the Twin B's Restaurant in Penn Hills. She is a life-long member of St. Agnes Church in West Mifflin.

An avid bowler, Char and Bill belonged to a bowling league for many years. She traveled back and forth across the states between marriages then she and Bill made several cross-country road trips after he retired. Char also enjoyed trips to Spain, Tangiers, Africa and Hawaii. Another hobby she liked was gardening. Char loved planting vegetable gardens, harvesting, canning then passing out all the goodies. She was a wonderful baker. One of her specialties was homemade mincemeat made with green tomatoes. Awesome!

Char loved entertaining. Thanksgiving and Christmas were always huge family events, as well as summer picnics and family reunions. If someone said "party," Char would start cooking!

# Patchwork of Memories Quilt

Over the past month several new squares have been added to our memory quilts.

Resident Lois Heister's square displays a bouquet of flowers and hummingbirds. John Graham's quilt proclaims him as the King! Dee Dee Beaudry has chosen a purse along with several pretty flowers. Norma Schwerin, who used to be a model, shows a female figure in high fashion. Carrie Basham's image of hands being held says it all for her—love. In her younger days, Florence Nerone was active in the roller derby, earning her the nickname "Flo Jo." Melva Pelton grew up near Niagra Falls and often enjoyed swimming in the Niagra River! Sewing was a great hobby for Stacia Moore. She has shown a sewing machine and a pattern. Myra McCorkle was an RN and worked at the Presbyterian Hospital in Pittsburgh for several years. Her square displays a nurse's uniform and cap. Eunice Bickel loved to hunt and fish. She also enjoyed painting and bowling. Each of these is illustrated on her square.

Dietary Aide Jessi McFeaters shows a picture of herself with her grandmother, Mary Brown. She is also a fan of Marilyn Monroe and Disney's Tinkerbell. Patty Harkless, LPN loves dogs. Photos of her "boy," Chihuahua Dexter (aka Choopie) and her husband's dog, Dagger, decorate the square. Donna Grossman, Activity Aide is a country girl at heart. Pictures of farm animals, dogs and a cat adorn her patch. Dianna Patterson, Payroll Manager, displays her favorite things—her grandchildren and lighthouses. Volunteers Jim and Lorie Jack have colored their mutual square with Lorie's love of butterflies and a map of the U.S. to show their travels. Karen Richards, Activity Aide, has stripes showing her favorite things—the Pittsburgh Pirates, Texas, cats, shopping, and dancing, to name but a few.

To Mel Surrena, thanks for reminding us that we've been forgetting to put the hidden name for a candy bar in the newsletter. Stop in and see the Administrator for a candy bar. You are the winner, Mel!