



# Volunteer Times

VOLUME 3, ISSUE 1

MARCH 31, 2019

## SPECIAL POINTS OF INTEREST:

- **Communication: Working with Residents**
- **Silver Spoons—Feeding Assistant Program**
- **Dates to Remember**
- **WWII Veterans**

## Construction Updates

The Long Island State Veterans Home continued to improve facilities through the winter months. We have completed renovation on the 3rd floor, and will be returning to unit 2B from 1 North on Tuesday April 30th. In light of 2B's completion, that brings us to our next unit for renovation, 2A will move to 1 North on Thursday May 2nd. For more information on how you can help us on either day please see Samantha in Volunteer Services.

LISVH also updated the Fire Alarm System, you may notice subtle changes in how fire drills are announced. The new system will chime 3 bells and then an-

nounce the fire location 3 times in plain language. Keep in mind during drills volunteers can assist the staff by



moving residents and equipment from common areas to an area behind a fire safe door. Staff will offer direction during the drills. It is important to note we can not use the elevators during drills or move about the hallways, it is important that we keep ourselves behind a fire safe

door!!!

The parking lot renovation continues...on behalf of Administration we thank the volunteers for their support during this process. Parking in the first two bays in the front of the building are reserved for volunteers, visitors and families. Staff should be parking in the back lot or behind the first two bays in the front lot. Keep in mind if it is necessary to park in the front lots we do have a time clock for volunteers located in the staff lounge on the first floor.

Thanks to all of our volunteers who have been helpful and understanding during these transitions!

## Golf Outing Preparation Begins

It is that time of year again! Keep an eye on your postal mail over the next few weeks. Volunteer Services is beginning to organize the volunteer staff for the 18th Annual Golf Classic.

We will be back at Willow Creek on Thursday, September 19th, 2019. This event requires assistance from approximately 90

-100 volunteers. There is something for everyone! We have positions selling raffle tickets, assisting with challenges on the course, helping with the set-up of tents/tables, serving food on the course or you can be a hole in one spotter. Whatever your interests are please note

them on the form we will be sending home in the coming weeks.

Not available the day of the event, but still want to help out? Let Samantha in Volunteer Services know and you can assist stuffing golf bags or assembling center pieces!

## Communication: Working with Residents

Communication is key in providing great care to our residents. It can be very difficult to care for individuals who have difficulty understanding us and expressing themselves. Here are some tips for working with residents who have difficulty communicating due to a Dementia related diagnosis.

Set a positive mood for interaction. Your attitude and body language communicate your feelings and thoughts more strongly than your words do.

State your message clearly. Use

simple words and sentences. Speak slowly, distinctly, and in a reassuring tone.

Ask simple, answerable questions. Ask one question at a time; those with yes or no answers work best. Refrain from asking open-ended questions or giving too many choices. For example, ask, "Would you like to wear your white shirt or your blue shirt?" Better still, show them the choices—visual prompts and cues also help clarify your question and can guide a response.

When the going gets tough, distract and redirect. If a resident becomes

upset or agitated, try changing the subject or the environment. For example, ask him for help or suggest going for a walk. It is important to connect with the person on a feeling level, before you redirect.

Remember the good old days. Remembering the past is often a soothing and affirming activity. Many people with dementia may not remember what happened 45 minutes ago, but they can clearly recall their lives 45 years earlier.

*"Volu-nesia— The moment where you forget you're volunteering to change lives, because it is changing yours."*

## National Volunteer Week

The Volunteers of LISVH are irreplaceable. On behalf of Administration and the LISVH, **Thank You** for your dedicated service.

Each and every contribution is appreciated;

spending time with a resident who is lonely, offering someone assistance to a program or helping to answer the phones in one of our offices. No act is too small. In recognition of Volunteer Week 2019,

Volunteers are invited to have lunch in the MPR from 12-1pm on Thursday April 11th. Please remember to stop by the Volunteer Office the week of April 8th-12th for your Volunteer Week Appreciation gift.

## Feeding Assistant Program

The LISVH Silver Spoons (feeding assistant volunteers) are out in full force! Please congratulate our latest graduates from the NYS 16-hour certification course!!!

For information on how you can join the team, See Samantha or Diane in Volunteer Services.

**Here is a list of all of our graduates:**

**Hayley Bingham**

**Nicole White**

**Kumkum Bhasin**

**James Braunreuther**

**Carol Rios**

**Krystal Callahan**

**Godstime Nwatu-Ugwu**

**Ann Pop**

**Janet Ruggiero**

**Sam Sesenton**

**Ray Stein**

**Patricia Westlake**

**Ed Litts**

**Linda Abramoske**

**Renee Yarmoff**

**Renata Walicka-Zeh**

**Lillian Grasso**

**Bud Schlosberg**

**Gerry Fitzpatrick**





# IMPORTANT DATES



- Volunteer Week Appreciation Lunch- Thursday, April 11th 12-1pm**
- Spring Fling Children's Party- Saturday, April 13th, 2019 2-3:30pm**
- Volunteer Recognition Lunch- Tuesday, June 4th 12-3pm @ LISVH**
- Concert Under the Stars- Friday, August 16th 6-9pm**
- Golf Outing- Thursday, September 19th all day**
- Volunteer Holiday Party- Wednesday, December 4th 12-3pm @ Willow Creek Golf and Country Club**

## Heart Healthy Foods

Want to feel good and keep your heart healthy and strong? Try adding some of these five heart-healthy foods to your diet, which can help lower your blood pressure, inflammation, bad cholesterol levels, and triglyceride levels.

1) Leafy green vegetables: These include spinach, kale, and collard greens, all of which are high in vitamin K and nitrates. Leafy greens can help reduce blood pressure and improve arterial function, which will lower your risk of heart disease.

2) Berries: Including strawberries, blueberries, blackberries, and raspberries, all of which are rich in antioxidants. These can help reduce multiple risk factors for heart disease.

3) Dark chocolate: Dark chocolate is high in antioxidants, which lower the risk of developing calcified plaque in the arteries and coronary heart disease. In a study where the participants ate chocolate at least twice per week, they had a 32% lower risk of having calcified plaque in their arteries.

4) Beans: They are good for your heart. The more you eat the more you will lower your levels of cholesterol and triglycerides, lower blood pressure, and decrease inflammation.

5) Almonds: Loaded with fiber, good fats, a long list of vitamins, and minerals, almonds are the perfect snack. Eating them can significantly decrease bad cholesterol, which reduces plaque buildup and keeps your arteries clear.

Written by: Mark Goldstein

## New Program Updates

The Long Island State Veterans Home staffs more than 350 active volunteers. The Volunteer Department equals over 22 full time employee equivalents per year. In 2017, we had not implemented the feeding assistant program and the unit assistance program was brand new. The feeding assistants in

one year have contributed over 350 hours of service assisting residents during meal times on the units. The Unit Assistance Program started off strong in 2017 with over 500 hours donated, in 2018 we donated over 700 hours to assisting residents on the units, engaging them in programs and spending one on

one time with them.

Thanks to our volunteer base our residents are well cared for and engaged each and every day.

Welcome to our new volunteers, keep up the great work!



# World War II Veterans

The LISVH is Home to more than one hundred World War II Veterans. In honor of one of the greatest generations, remember to thank a WWII Vet for their sacrifice.

The German invasion of Poland on September 1, 1939, marks one of the most destructive wars in history. WWII would go on to cost more money, damage more property, kill more people, and cause more far-reaching changes than any other war in history.



The United States joined the war on December 8, 1941, the day following the attack on Pearl Harbor, "A day that will live in infamy."

May 8, 1945 is known as V-E day, or "Victory in Europe day," is the day Germany surrendered.

On September 2, 1945, WWII officially ended with the surrender of the Japanese.

Our WWII Vets are living history. Ask them about their experiences and remember to treasure their stories.

## Long Island State Veterans Home



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Visit us on the Web: [www.lisvh.org](http://www.lisvh.org)

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EVENT PHOTOS!**

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**Serving those who have served.**