



BRADFORD  
MANOR

August • September 2009

## Bradford Manor Welcomes New Care Community Coordinator



*Alyssa Goodman,  
Care Community  
Coordinator*

Hello All,

I would like to take a quick moment to introduce myself as the new Care Community Coordinator at Bradford Manor. My name is Alyssa Goodman and I became the new CCC on May 1, 2009. I am responsible for the admission process and also part-time social work. I have always enjoyed working with the elderly population and welcome this opportunity to work closely with the residents and their families.

I look forward to working with you and your loved ones.

## Health Brief

We all know that drinking plenty of water is important to keep our bodies properly hydrated, but do you know how to be sure you are getting enough? The following tips may help you figure out if you are getting enough fluids or if you are at risk of dehydration. Ask yourself the following questions that I read in a recent article. Since everybody is different, these are just a few guideline questions.

- Do you often feel thirsty?
- Is your urine bright yellow or have a strong odor?
- Do you exercise or do strenuous work?

If you answered yes to any of these questions, you may want to consider increasing your water intake. If you have any concerns about your fluid intake, you may want to contact your physician.

## Senior Expo 2009



Bradford Manor participated in the Senior Expo which was held at UPB. We were represented by Mary Jones, our Community Liaison, and Susan Hughes, our Administrator. Pictured here you will see Susan with the winner of our door prize, Pauline Mackey.

## Upcoming Events

November 7 - Annual Harvest Dinner - Please be sure to call for reservations  
December 12 - Annual Christmas Tea - Please watch for further details



## Bradford Manor Care Team

Administrator .....	Susan Hughes .....	susan.hughes@bradfordmanor.com
Director of Nursing .....	Lori Mawn .....	lori.mawn@bradfordmanor.com
Resident Services Coordinator .....	Christine Eschrich .....	christine.eschrich@bradfordmanor.com
Office Manager .....	Randi Smith .....	randi.smith@bradfordmanor.com
Food Services Supervisor .....	Jennifer Fuller .....	jennifer.fuller@bradfordmanor.com
Environmental Services .....	Jim Cawley .....	jim.cawley@bradfordmanor.com
Activities Coordinator .....	Julieann Grover .....	julieann.grover@bradfordmanor.com
Community Liaison .....	Mary Jones .....	mary.jones@bradfordmanor.com
Care Community Coordinator .....	Alyssa Goodman .....	alyssa.goodman@bradfordmanor.com

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yourself...**

**To be just as  
enthusiastic  
about the success  
of others as you  
are about your  
own**



# BRADFORD MANOR

*a tradition of caring*

50 Langmaid Lane  
Bradford, PA 16701



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## Bradford Manor Fair



## News from Activities

As you are all aware, our activity department is always busy coming up with new ideas that engage and stimulate our residents' minds, enhance quality of life, and improve their motor skills. This month they have done it again, with the first

## August 2009



annual "Bradford Manor Fair". The Fair began on August 19<sup>th</sup> and continued through August 21<sup>st</sup>. As part of our opening day ceremonies, we had a parade with the Bradford Manor King, Mr. Frank Ross, and the Queen, Gwen Covert. Other exciting activities that took place throughout the fair days included a dunk tank, food stands with sno-cones, cotton candy, caramel apples, and funnel cakes, games, and closing entertainment by Rhinestone Cowboy.

