



Please be
sure to visit
our website

at www.edinboromanor.com. Click on
"Guest Connect" to send a message and we
will deliver it for you. This is a great way to
brighten your loved one's day!

New Aging Expert Series

Edinboro Manor is proud to present our new Aging Expert Series. We are partnering with a number of agencies and local experts to provide educational seminars each month to the community. We have found that there is a need in our community for education on the aging process. From birth to death, we are all aging. You can help this effort by placing information about this new series in your newsletters, church bulletins or posting them at your location. We would appreciate your help in spreading the word about this. Each month we will present you with a new flyer and information to post.

The purpose is to learn more about preventing and managing common diseases, stress, and issues involved with aging. Area physicians and health professionals will present programs on a wide range of health and wellness topics so older adults and their loved ones can make informed decisions about healthcare.

Upcoming Educational Topics:

April 22 - 7 to 8 pm
Enriching Life, presented by
Heartland

May 27 - 2 to 3 pm
Managing Stress During Difficult Times, AseraCare

June 17 - 4 to 5 pm
Caregiver Assistance, presented by Maxim

July 15 - 6:30 to 7:30 pm
Dare to Learn, presented by Janice Mullen



Successful Rehabbed Resident Donates Paintings

Gary Jackson, a prior resident, donated three paintings that he painted to Edinboro Manor for resident and staff enjoyment. Gary was here for a short term rehab stay and was able to return to his wife and home.



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Edinboro Manor Staff

Dan Bucci	Administrator
William Getson, MD.....	Medical Director
Melisa Peckham, RN.....	Director of Nursing
Debbie Feldmiller.....	Business Office Manager
Melissa Scobey	Community Liaison
Beth Thomas	Care Community Coordinator
Pam Pinney, BSW	Resident Services Coordinator
Nicole Inan, CTRS.....	Activities Coordinator
Kevin Tharp	Environmental Services Supervisor
Melissa Lloyd.....	Food Services
Debbie Oliver, RN.....	Staff Development

New Care Community Coordinator

My name is Beth Thomas and I am the new Care Community Coordinator at Edinboro Manor. I reside in Cranesville with my husband and two children, Jordan (16 yrs) and Jacob (14 yrs). I grew up in Springfield, graduating from Northwestern High School and then receiving my Bachelors of Science degree in Social Work from Edinboro University in 1987. My passions in life include (but are not limited to): my children, scrapbooking, and taking pictures. Please feel free to stop by my office to say hi and look at my pictures anytime!!



I started my work career at Case Management Support Services working with the dually diagnosed population, and most recently was a discharge planner at Saint Vincent Health Center.

Thank you to everyone for such a warm welcome. I am looking forward to becoming a part of the Edinboro Manor family.

New Environmental Services Supervisor

My name is Kevin Tharp. I'm not new to Edinboro Manor, just recycled. I've been in long term care for almost 13 years. I celebrated my 16 year anniversary with my wife Jane. Kyle is the name of my son, who keeps me actively running from sport to sport. I enjoy hunting, fishing and spending time outdoors. I'm a firm believer that you can have fun at work. The quote that I try to instill in my son, as well as any one that wants to listen is... "Treat people the way you want to be treated."



New Physician on Staff

Dr. Hansen is a board certified Internal Medicine Specialist with MAE, Vice-President of Acute Care Services at Millcreek Hospital (MCH) and Clinical Assistant Professor of Internal Medicine at the Lake Erie College of Osteopathic Medicine (LECOM). She received her medical degree from LECOM and completed her internship and residency at MCH. She is the 2008 recipient of the American College of Osteopathic Internists Humanism and Excellence in Teaching Award, and past recipient of the Alice J. Coppola Internal Medicine Award. In addition, Dr. Hansen has served as representative for the Pennsylvania Osteopathic Medical Association's Young Physicians Committee. We are pleased to have her on staff here at Edinboro Manor.



CNA Class Graduates

The class graduated April 23, 2010 after 104 hrs (3wks) of participation. All were eager to learn, using new opportunities to increase their knowledge and they worked well with other team members. All students completed assigned duties, had perfect attendance, were never tardy, displayed excellent organizational skills and maintained a professional attitude. Our residents received great care from them. From Debbie, the instructor, "I love and respect to administer care to the elderly, knowing our residents live out their lives accepting our help with open arms. It's a privilege to see each individual student grow to love and appreciate taking care of the elderly".



From Top Left Clockwise: Melinda Poole, Kimberly Grago, instructor Debbie Oliver, Onesmus (Kymer) Mwangi, Christina Senger, Danielle Ester

Fun Ways to Live Longer

Drink red wine - it is packed with antioxidants that protect your body against the effects of aging.

Eat dark chocolate - it also contains a large amount of antioxidants that protect your body from aging.

Smile - it is a great way to change your attitude, connect with people and give benefit to your body. Smiling can work to counteract the effects of stress. By forcing ourselves to smile, we trick our body into believing that everything is good, thereby reducing stress. Like a switch, smiling can actually change your mood.

Touching - touching is an essential part of good health. Touch helps you bond with others, strengthens relationships, and increases your own self worth.

Relax - relaxation is the opposite of stress. While stress brings harmful health effects, relaxation helps our bodies rest, heal and function better. By practicing daily relaxation techniques, you can train yourself to turn off your stress and replace it with calm energy.

Make exercise play - physical games and sports are a great way to keep both your body and mind healthy. Simple exercise routines are great for maintaining balance, flexibility, endurance and strength.

Sleep - is an essential body function. Most Americans do not get enough sleep. Medications, stress, illness and poor sleep habits all can prevent you from getting

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Edinboro Manor hosted a Community Egg Hunt this year. Residents participated in stuffing eggs for the hunt on March 27th. Edinboro University Fraternities and Sororities donated over 2000 filled eggs. The egg hunt was an awesome success and a lot of fun. The Easter Bunny also found time to hop out for pictures and fun. Over 50 children from the community enjoyed the sunny weather.

Community Egg Hunt



Upcoming Events at Edinboro Manor

May 8Health Fair with theme of "Keeping Your Life In Motion". We will be hosting a variety of health screenings which will be open to the public from 1 to 4 pm

May 9 - 15....Nursing Home Week - festive activities planned for each day

July 10Resident and Family Picnic - save the date

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between 7 and 9 hours a night. Health benefits of sleep include more energy, better immune function, and more.

Spend time with loved ones - relationships are an important part of health. Not only do strong bonds with other people mean you will have help when you need it, being connected also means protection from loneliness, depression, and mental illness. Spend time cultivating your relationships with friends and family to improve your health and your life.

Solve puzzles and play brain games - mind games are a great way to stay involved and engaged in the world. Games can exercise different parts of your mind and entice curiosity

Be positive - having a positive attitude about aging can add more than seven years to your life. Avoid the cultural push to glorify youth and regret each passing year. Find ways to find pleasure in your increasing age and enjoy great learning, experience, and control in your life.

Managing your loved one's belongings

Just a reminder to our families and residents that at this time of year the weather changes and it would be a good time to make sure your loved one has the appropriate clothing. It is a great idea to acclimate yourself to what your loved one needs and has. Some resident rooms need to be minimized and cleaned free of items that no longer fit or are in use. Please let staff know about any items that are removed so that they can be taken off the inventory sheet. If any staff assistance is needed, then please let us know and we will try to assist in any way that we can. Also as a reminder, if families are doing resident laundry they must provide a container with a lid and a plastic liner inside.