

MAY 2011

Message from Michelle: I would like to share an intriguing story.....



In 1883, a creative engineer named John Roebling was inspired by an idea to build a spectacular bridge connecting New York with the Long Island. However bridge building experts throughout the world thought that this was an impossible feat and told Roebling to forget the idea. It just could not be done. It was not practical. It had never been done before.

Roebling could not ignore the vision he had in his mind of this bridge. He thought about it all the time and he knew deep in his heart that it could be done. He just had to share the dream with someone else. After much discussion and persuasion he managed to convince his son Washington, an up and coming engineer, that the bridge in fact could be built.

Working together for the first time, the father and son developed concepts of how it could be accomplished and how the obstacles could be overcome. With great excitement and inspiration, and the headiness of a wild challenge before them, they hired their crew and began to build their dream bridge.

The project started well, but when it was only a few months underway a tragic accident on the site took the life of John Roebling. Washington was injured and left with a certain amount of brain damage, which resulted in him not being able to walk or talk or even move.

"We told them so."

"Crazy men and their crazy dreams."

"It's foolish to chase wild visions."

Everyone had a negative comment to make and felt that the project should be scrapped since the Roeblings were the only ones who knew how the bridge could be built. In spite of his handicap Washington was never discouraged and still had a burning desire to complete the bridge and his mind was still as sharp as ever.

He tried to inspire and pass on his enthusiasm to some of his friends, but they were too daunted by the task. As he lay on his bed in his hospital room, with the sunlight streaming through the windows, a gentle breeze blew the flimsy white curtains apart and he was able to see the sky and the tops of the trees outside for just a moment.

It seemed that there was a message for him not to give up. Suddenly an idea hit him. All he could do was move one finger and he decided to make the best use of it. By moving this, he slowly developed a code of communication with his wife.

He touched his wife's arm with that finger, indicating to her that he wanted her to call the engineers again. Then he used the same method of tapping her arm to tell the engineers what to do. It seemed foolish but the project was under way again.

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For 13 years Washington tapped out his instructions with his finger on his wife's arm, until the bridge was finally completed. Today the spectacular Brooklyn Bridge stands in all its glory as a tribute to the triumph of one man's indomitable spirit and his determination not to be defeated by circumstances. It is also a tribute to the engineers and their team work, and to their faith in a man who was considered mad by half the world. It stands too as a tangible monument to the love and devotion of his wife who for 13 long years patiently decoded the messages of her husband and told the engineers what to do.

Perhaps this is one of the best examples of a never-say-die attitude that overcomes a terrible physical handicap and achieves an impossible goal.

Often when we face obstacles in our day-to-day life, our hurdles seem very small in comparison to what many others have to face. The Brooklyn Bridge shows us that dreams that seem impossible can be realized with determination and persistence, no matter what the odds are.

Even the most distant dream can be realized with determination and persistence.

This story can pertain to both your personal life and in your career. It is through determination and persistence; we can positively impact the lives of each individual seeking our services.

MAY IS...

**National Stroke Awareness Month
National Mental Health Month
Arthritis Month
Better Sleep Month**

"Devote today to something so daring even you can't believe you're doing it."

- Oprah Winfrey

EMPLOYEE SPOTLIGHT

Brandi Stone-Evans
Care Coordinator

1. **Hometown:** Mt. Vernon, IN
2. **How long have you worked at Brentwood Meadows?**
Began interning in January 2010, hired in July 2010
3. **Favorite part of working at Brentwood Meadows:**
working with a great team who truly care about the patients...and Mexican food day!
4. **Favorite food:** pizza
5. **Favorite beverage:** Dr. Pepper or Sunset Wheat Beer, depends on what day you ask me ☺
6. **Favorite TV show:** How I Met Your Mother
7. **Top 5 movies of all time:** Grandma's Boy, Inception, Poolhall Junkies, The Hangover, Almost Famous
8. **Favorite color:** Green
9. **If I wasn't doing this, I'd be...**living as a hippie or beach bum in California
10. **What was on your grade school lunch box?** Strawberry Shortcake
11. **Favorite type of music:** Classic Rock
12. **Favorite activities or things to do when not working:**
spending time with my son, swimming, yoga, reading, Facebook stalking
13. **Something most people would not know about you:** that I've been arrested twice and been in jail once
14. **The world would be a better place if...**everyone wouldn't be so judgmental
15. **If you could meet one person (living or dead), who and why?** Jim Carey. He'd be fun to hang out with and to do movie quotes with



Welcome New Hires!!

Karen Townsend – PHP RN
Leslie Waddell – Gero Marketing Rep
Kristie Bell – Controller
Megan Wathen – RN
Patty Altman - Therapist
Ruth Ann DeAngelis – Care Coordination
Jason Huff – DON
Jennifer Kuss - Therapist
Sarah Galante – PCA
Jerry Hodges – PCA
Earika Fussner – Housekeeping

Recipe of the Month

Special K Bars

Ingredients:

1 cup brown sugar
½ cup granulated sugar
1 ½ cups corn syrup
1 ½ cups peanut butter
6 cups Special K crisp rice cereal
12 oz package semisweet chocolate chips
1/3 cup peanut butter



Preparation:

In a large microwave safe bowl, combine sugars and corn syrup and mix well. Microwave on high for 2 minutes; meanwhile, rinse the spoon off with hot water.

Remove bowl from microwave and stir mixture, scraping down sides of bowl. Return to the microwave and heat on high for another 2 minutes, or until mixture begins to bubble and boil. Again, rinse that spoon!

Combine chocolate chips and 1/3 cup peanut butter in small microwave safe bowl. Heat on medium power for 2 minutes; remove and stir. Return to the microwave for another 30 seconds if necessary to melt chips. Stir until smooth, then spread over cereal mixture. Let cool completely, then cut into bars. Store, covered, at room temperature. Makes 36 bars

HEALTH TIPS

Summer is upon us!! Here are 8 steps for healthy living during the summer:

1. **Give Your Diet a Berry Boost** – If you do one thing this summer to improve your diet, have a cup of mixed fresh berries (blackberries, blueberries, strawberries) every day.
2. **Get Dirty – and Stress Less** – To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots – indoors or out.
3. **Floss Daily** – You know you need to, now it's time to start: floss every single day. Do it while reading on the patio or when watching TV – and the task will breeze by.
4. **Get Outside to Exercise** – Pick one outdoor activity – going on a hike, a nature walk, playing games with your kids, cycling, roller blading, or swimming – to shed that cooped-up feeling of gym workouts.
5. **Be Good to Your Eyes** – Wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays.
6. **Vacation Time!** – Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind.
7. **Alcohol: Go Lite** – Summer's a great time to skip drinks with hard alcohol and choose light, chilled alcoholic beverages.
8. **Sleep Well** – Resist the urge to stay up later during long summer days. Instead, pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule.

Please remember to sign for your meal if you eat in the cafeteria, and don't forget to clean up your dishes. **DO NOT LEAVE THEM IN THE BREAK ROOM!!!**



PATIENT COMMENTS

“The staff was awesome!”

“They took the time to care for me when no one else knew what to do.”

“I felt comfortable and safe here and that is important to me. The education of each class was insightful and very knowledgeable and has helped me with recognizing myself. This will help me with my road to recovery.”

“I would refer anybody here. Everyone was very caring and loving, groups and meetings were amazing. Thank you all so much!!”

“Most of the staff was very nice and understanding. Especially Kim, Brian E, Andrea, and Don. You should give them a raise!! They were the most caring and considerate and professional.”

“I think this facility is great. It gives us just what we need to know to go back to the real world, then it's our decision what we do with the info once we leave.”

✦ April AA Highlights:

- ❖ Charlotte – Thank you for coming in with no notice and saving the day!! ☺
- ❖ Thanks to Mari Lyn for helping in the business office!
- ❖ Thanks Mary for picking up shifts at last minute. You rock!
- ❖ To Tyler for taking great care of our patients!
- ❖ Byron – Great job on such a crazy day! Thanks!



Dear Kassi,

How do you choose which bathroom to use while you are working? - Nicole P.

Dear Nicole,

What a great question! Yes, public restrooms seem to cause a panic in most human beings. Choosing a restroom at work, however, is completely different from choosing a restroom at the mall. The people at the mall are fleeting and discretion isn't nearly as important. However, when you're sharing the toilet with a bunch of co-workers, you probably prefer to be a bit stealthier.

Foot traffic plays a very big role in my decision. A lot of people use the toilets by the reception desk. I prefer to use those toilets in the morning, when I know no one else has used them and there aren't a bunch of people walking through the hallway. I also use these restrooms if I have no time to choose a bathroom. Usually I choose the restroom closest to the reception area because the other one flushes SO loudly and it frightens me a little. I only turn to that one in extreme cases (urine on the toilet seat, a weird smell after someone else just used it, etc.)

During the weekends and on evening shift (when we are normally less busy up front) I like to use the outpatient bathrooms). These toilets, at these particular hours offer far more privacy than any other restrooms in the building. Going to these restrooms makes you feel like you're in another world almost. They are quite nice and both toilets offer a non-intimidating flushing experience.

I try to avoid the bathroom in the employee lounge at all costs. It isn't because there is anything physically wrong with it. It is probably the safest (as far as knowing who else has used it) restroom you can turn to. It is just hard to be alone in there. You always have an assuming co-worker sitting right outside the doors. It is just too hard to perform knowing they are sitting out there and can hear everything you are doing. I only use this restroom in extreme circumstances or to change clothes.

In summary, my choice is fairly simple most of the time. I usually turn to the restrooms closest to me because it is always so busy. If there is a little more time to choose and no one is around, I go to outpatient (my favorite bathrooms), and in dire circumstances I use the staff lounge restroom. This subject may not seem too pressing for some, but people really do struggle everyday with the anxiety of using a public restroom.

Whatever the reasons may be for your choice, just remember that it has to be a decision you are comfortable with. No one wants to come pick you up off of the bathroom floor because you couldn't handle the stress of tinkling in public. Thanks for the question Nicole!

Send your Dear Kassi question to kassi@brentwoodmeadows.com, and see your answer in next month's newsletter!

Birthdays

- 2nd – Denise
- 10th – Andrea
- 12th – Gayle
- 17th – Kim M
- 20th – Sarah
- 27th – Jason

Anniversaries

10th – Susan, Brian, Jenn, and Amanda – 1 YEAR!



ERC NEWS

May Events

May 3rd – Biggest Loser Begins

May 7th – Arthritis Walk

May 9th-15th –

Nurse Appreciation Week

May 22nd – Great Strides Walk

May 24th – Free Lunch Day

May 27th – Jeans Day

With summer quickly approaching, the Employee Relations Committee is busy planning fun and exciting events for the coming months! We already have a date and venue for our Summer Picnic, as well as some fun fundraising events over the next few months. If you have any interest in joining the Employee Relations Committee or assisting on any future projects or events, please let Wendy know. We welcome your comments and suggestions!

****Mark your calendar for our Summer Picnic: Saturday, August 13 @ Burdette Park**



Congratulations!!

April Employee of the Month:

Jennifer Harwood