



Neighborhood Culinary Program Kicks Off

It was just one year ago when Steere House embarked on a new facet of culture change, an important development in the nursing home sector over the past decade. The expansion of our “plated” or restaurant-like meal delivery process (recently renamed our Neighborhood Culinary Program) was a new effort to transition an essential part of our daily meal delivery routine to reflect a more person-directed approach.

Research shows that residents’ dining experience is improved when a “plated meal” program is part of everyday life. As a result, the entire Steere House team embraced the task at hand, playing an important part in a successful implementation – from service, to cleaning, to evaluating feedback and to continually adjusting our changing resident profiles. To prepare for our kick-off, we mapped out our planning meetings, work flows and scheduled training sessions with a much anticipated “go-live” timeframe of early spring.

There is no doubt that this program was significant in its scope, as nearly \$70,000 was spent to do the following:

- Purchase equipment similar to that of the catering industry to completely outfit all three floors, allowing us to offer greater food choices with appetizing aromas
- In light of going to a “table service” model, new tables with smaller table tops were purchased for improved seating opportunity and flow between tables for the staff and residents
- Beyond serving meals in a leisurely, less overwhelming fashion, we wanted to further entice our residents to enjoy an extended mealtime experience, so we refreshed our dining rooms with a fresh coat of paint and updated amenities.

“We want residents to love their new culinary program, enjoying a bit of social time in refurbished dining spaces,” says Executive Director Julie H. Richard. “The culture envisioned here is one of community, where each person’s capabilities and individuality are affirmed and celebrated, yet there is more that we can do.”

Our Thanks

Steere House would like to thank everyone within the Steere House Community who supported this effort. Steere House would also like to recognize those who provided grant funding: \$15,000 grant from The Royal Little Family Foundation; a \$10,000 grant from The Horace A. Kimball and S. Ella Kimball Foundation; and a \$4,000 grant from Ocean State Charities Trust.

What’s Inside

- A Letter from Julie Richard
- TCU News
- Nursing Home Week Events

A Letter from the Executive Director



Julie H. Richard
NHA, MA

Community

At Steere House, we often talk about the Steere House Community – a community of which you are an important part. If you’ve visited a friend or loved one here recently, you might have taken advantage of some of our common areas (we call them “kitchenettes”) to cut a slice of cake to celebrate someone’s special day, to warm up a little something in a kitchenette microwave to share, or to just sit and have a quiet conversation (or even a hearty laugh).

Today, we have three kitchenettes located on the first and second floors. From the kitchen located in our first floor Activities Room, to the first floor unit kitchenette and last but not least, the café or kitchenette near the second floor porch, each serves multiple purposes – such as storing resident snack supplies to holding afternoon activities to staff breaks. As we find more folks using these areas, we’ve thought of ways that we would like to improve them, making them more useful and pleasant for everyone.

It is our goal to refresh these areas with new cabinetry, countertops, paint and tiled backsplashes for a touch of elegance. While a project this size can be considered significant, I think you’ll agree that based on the number of people who will benefit from using and enjoying these spaces, it is going to be money well spent.

To fund this project, I anticipate securing funding through a combination of individually donated gifts, grants and event proceeds. I hope I can count on you because whenever we have pulled together, we have accomplished so much. And once our projects are complete, I hope that I will see you enjoying these spaces with that someone special.



Mission Statement – *Steere House is an independent non-profit organization, serving adults who require skilled, restorative and long-term care services within a secure and caring environment. Steere House also provides education and research experiences that enhance the care of those we serve.*

GO STEERE HOUSE GREEN

Steere House is taking steps to reduce, reuse, recycle wherever we can. You can help by sending us your e-mail address so that whenever possible, we can communicate to you online. Just send your address to mail@steerehouse.org. We will not share your address and you can request to be taken off our list at any time.

Steere House

NURSING & REHABILITATION CENTER

If you, or someone you know, is interested in placement at Steere House Nursing and Rehabilitation Center, please call for information. Admission packets are available.

100 Borden Street
Providence, Rhode Island
Phone: 401-454-7970 • Fax: 401-831-7570
www.steerehouse.org



Steere House is now accepting nominations for this year's Steere House Legacy Award. The Legacy Award was established in 2011 to encourage and honor an individual or corporation for their achievements and contributions through public and community service, especially in the areas of health, social services and the elderly, as well as to inspire volunteering in Rhode Island. Eligibility includes volunteers as well as paid professionals who go well above and beyond their expected service. Nominations for this year's award will be accepted until May 15, 2017. Visit www.steerehouse.org for more information.

New TCU Equipment Introduced

Steere House recently incorporated new equipment into our therapy department to better serve our patients and long-term residents suffering from chronic pain and needing rehabilitation. As the pressure to control healthcare costs increases, hospital "length of stay" for medically complex and functionally impaired patients is decreasing. As a result, our role as a skilled nursing facility is evolving from "long-term care" to the management of higher acuity patients. ACP, our new equipment provider, is the nation's leading source of integrated clinical programs for sub-acute and long-term care rehabilitation providers. Equipping our therapy department with treatment modalities, such as those offered by ACP, play an important part to decrease pain, inflammation and edema associated with a broad range of prevalent conditions, as well as treat more complex conditions, decrease muscle tissue disuse atrophy, enhance soft tissue healing through increased circulation, and improve neuromuscular control in patients with orthopedic and neurological diagnoses.

Specifically Steere House has assimilated three pieces of equipment into our treatment options. These include:

Omnisound® 3000 Pro Therapeutic Ultrasound

Omnisound uses sound waves to create a gentle healing effect in muscles, joints and tissues. This equipment helps to better manage pain, increase local circulation to assist healing and increase movement and flexibility in stiff muscles and joints.

Omnistim® FX² Pro (PENS) Patterned Electrical Neuromuscular Stimulator

Omnistim generates an electrotherapy waveform that replicates normal neuromuscular movement patterns for motor re-learning and neuromuscular re-education to address an injury or disease state. It addresses conditions such as urinary incontinence, stroke recovery, joint replacement and other neurological or orthopedic conditions.

Megapulse® II Shortwave Diathermy

Using safe electromagnetic waves, Megapulse creates a gentle healing effect in muscles, joints and tissues, helping to alleviate pain and increase local circulation to assist with healing.

It addresses edema, pain, inflammation, joint stiffness and muscle spasms in such areas as knees, hips and backs while increasing movement and flexibility in stiff muscles and joints.

The various modalities offered at Steere House help post-surgical patients manage their pain sooner so they are able to fully participate in therapy, maximizing their rehab while minimizing the length of their stay. "The word that comes to mind when using the diathermy is *soothing*," said Amelia Drowne, a recent patient. "It helped relieve my shoulder pain better than any pill I've taken."

The programs offered by ACP help skilled nursing facilities, like ours to raise our standard of care, improve treatment outcomes and enhance quality-of-life for aging adults and others in the community.

BOARD OF DIRECTORS

Linda M. Cannistra, B.S., MBA, CCRC
President

Paul S. Astphan, RN, MBA
Vice President

Norma J. Owens, Pharm.D., BCPS, FCCP
Treasurer

Diane Steere Nobles, Ph.D.
Secretary

David Dosa, MD, MPH
Robert Kohn, MD

Carol C. McMahon, M.Ed.
David M. Mullen, J.D., MPH
Timothy J. Reiner
Andrew C. Spacone, Esq.
Immediate Past President

LEADERSHIP TEAM

Julie H. Richard, NHA, MA
Executive Director

Aman Nanda, MD, CMD
Medical Director

Nadia Mujahid, MD
Medical Director, TCU

Dianne Bourget
Director of Finance

Nicole Plante, RN, BSN
Director of Nursing

Gina Williamson
Activities Director

Stephanie Dean
Admissions and Marketing Coordinator

Jill Fallon, MBA
Director of Development

**NATIONAL
NURSING HOME
WEEK**

MAY 14 - MAY 20

• MAY 14 •

MOTHER'S DAY DESSERT BUFFET
1:30-2:30 PM

• MAY 15 •

SPRING FLING

with Janine Andrews • 2:30 PM

• MAY 16 •

BINGO BONANZA

• MAY 17 •

CELEBRATING THE 90s

Honoring our residents 90 years and older
Special cake for Jill Dube's 100th birthday

• MAY 18 •

EMPLOYEE MILESTONE

**CELEBRATION and
OUTSTANDING STEERE HOUSE
EMPLOYEE AWARD CEREMONY**

2:00 PM

• MAY 19 •

EVENING OF MUSIC

with 2wyce as Nyce

SAVE THE DATE

• JUNE 26 •

ANNUAL MEETING

4:00 PM

• SEPTEMBER 16 •

7TH ANNUAL

ROB CARNEVALE GOLF OUTING

1:30 PM

• SEPTEMBER 22 •

**AUTUMN'S PROMISE
DINNER & AUCTION**

6:30 PM

100 Borden Street
Providence, Rhode Island 02903
www.steerehouse.org
(401) 454-7970

Non-Profit Org.
U.S. Postage
PAID
Permit #2610
Providence, RI



WE NEED YOUR HELP!



Custom Song List Request

Our program is well underway, but many of our residents don't have a personalized playlist. Will you help us make one for your loved one? Please fill out the fields below for a Music & Memory iPod for your loved one. Just list their favorite songs, singer or genre. The more info you provide, the better their playlist!

Resident Name: _____

Form Completed by: _____

Favorite Music Genre(s): _____

Favorite Songs: _____

Favorite Artist(s): _____

Wedding and Songs of Meaning: _____

Mail your completed request or leave it with our receptionist. Questions?
Please contact **Gina Williamson, ext 538** or gwilliamson@steerehouse.org