

JANUARY



The Hearth at Greenpoint 2021

Sending
Warm Wishes, Love,
Health & Hugs



Please refer to the weekly and the boards to see the latest and greatest updates for the day. All activities are subject to change during this time. If you are feeling lonely or just feel like a visitor please call the Activities Department and we will schedule a social visit! We can also schedule a FaceTime, Zoom or Skype call visit with your loved one!

Live More Corner!

Setting New Year's resolutions can be a positive way to begin the year. It can be especially beneficial for older adults as setting goals to focus on throughout the year can boost feelings of self-esteem and independence. The following are some suggestions for New Year's resolutions that every seniors should consider.

1. **Take Up a New Activity** – It's important for seniors to stay active. Even if an individual has certain physical or cognitive limitations, there are still fun and worthwhile activities that he or she can pursue. A good resolution might be to take a class – from art to dancing to exercise, there's something for individuals of all abilities and interests to enjoy.
2. **Keep Up with Technology** – The latest gadgets have the potential to keep seniors in touch with friends and family members. However, many older adults have fallen behind when it comes to technology. Learning how to use computers, smartphones and social media can be very helpful. Families should encourage their senior loved ones to become more tech savvy and give them help the area if necessary.

Do Some Traveling – As seniors often have quite a bit of free time, this can be a chance to see more of the world. Whether this means taking day trips to the next city or taking a weeklong vacation, travel can enhance the lives of seniors. There are many tours that are especially designed for older people.

4. **Be More Social** – Staying in touch with people helps seniors maintain a positive attitude. Research shows that socializing can even postpone Alzheimer's or help manage its symptoms. Seniors should therefore be encouraged to maintain friendships and to stay in touch with the people in their lives.

Absorb New Information – One of the best ways for seniors and elderly to stay sharp and alert is to absorb new information. Reading is an activity that can be enjoyed by people of all ages and today's books can be either read or listened to. Movies and videos are also easily accessible online or at the local library. Seniors should be encouraged to maintain their interest in the world and to keep learning.



A Note from our Executive Director



Dear Residents, Families and Friends:

Happy 2021! I am sure you agree with me that 2020 is better left behind us and let us bring on 2021!! I know the last several months have been beyond difficult and I am so hopeful for this vaccine and what it will mean for keeping both residents and staff healthy and safe as well as re-opening our community. As we welcome 2021, I would like to take this moment to thank all our Greenpoint residents and families for being patient and understanding with the changes and restrictions we have had to implement over the last several months. There is an end in sight – hang in there!!

Additionally, I would like to express my sincere thanks for the generosity you and your families showed for our Holiday Appreciation Fund. The monies donated for this fund were given to staff right before Christmas. This made the season for our employees that much brighter in what has been a very difficult year – thank you so much!

I am beyond excited for 2021 and the challenges and opportunities it will bring. I look forward to being able to re-open our community to visitors again and to be able to offer the senior living experience that Greenpoint is known for. I look forward to working with all the staff and residents to make Greenpoint an even more wonderful place to live!

**Warm Regards,
Paula Cerio, MS**



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Resident Spotlight *Gwynn Morey*

Gwynn has been part of our Greenpoint Family for over 7 years!!! He is quite a GEM. He is a local guy that was the owner of Morey Cider Mill and he was very involved in the Onondaga Hill Historical Society. He is a wealth of knowledge and truly a gentleman. Every time I see him he has another interesting fact or story to share. Can you believe he just turned 102 years young. Wow !!! Make sure to wish him a happy birthday and say hello next time you see him :)



Welcome
Friends

"I'm Okays"

I wanted to make sure that all of you are aware of the "I'm Okays" program.

When you wake up in the morning, please turn your sign to say "I'm Okay".

If your sign is not turned, we will knock and then

enter your apartment to make sure you are okay. If you have any

questions please feel free to contact me.

Julie @ (315) 453-7911 ext. 234.

New Neighbors

Julia Chiriazia
Paul Young
Linda Beardsley

Apt #601
Apt # 503
Apt #141



MEDICAL DIRECTOR:
DR. SHARON BRANGMAN

EXECUTIVE DIRECTOR:
PAULA CERIO

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MANAGER:**
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TOM ALUZZO
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**1/1 Peg O'Brien
1/2 Vera Grecfi
John White
1/3 Mary Lamanche
1/8 Ruth Maas
1/12 Manny Ranieri
1/13 Monna Allen
1/15 Peg Walrich
1/16 Renate Sinclair
Rose Rossi**

**1/17 Michael Murphy
1/19 Marion Pikarsky
Ron Ward
1/20 Brian McLaughlin
1/30 Jean Falk
1/31 Jim Aust
Ron Comstock**

Staff Birthdays!

**1/3 Jeff Palms
1/9 Charlesha Paige
1/10 Suzanne Hamm
1/13 Phyllis Brown
1/20 Dana Brown
1/21 Lonya Moore
1/31 Samuel Chambers**



**BEAUTY SALON
Monday & Tuesday
9:00 - 1:00
Wednesday - Friday
9:00 - 4:00**

**Call Haley @
(315) 453-7911 ext. 236
to make an appointment**

**COUNTRY STORE HOURS:
MONDAY - FRIDAY
1:00 - 3:00 PM**

HEARTH TRANSPORTATION

**MONDAY 1:00 PM - 4:00 PM
THURSDAY 9:00 AM - 4:00 PM
LIVERPOOL & NORTH AREA**

**TUESDAY & WEDNESEDAY
9:00 AM - 4:00 PM
DOWNTOWN AREA
EAST & WEST**

**PLEASE MAKE ALL
APPOINTMENTS WITH THE NURSING
DEPARTMENT AT LEAST 48 HOURS
PRIOR**



**THE HEARTH AT
GREENPOINT**

150 OLD LIVERPOOL ROAD
LIVERPOOL, NY 13088

PHONE: 315-453-7911

FAX: 315-457-5602

WWW.THEHEARTH.NET

HAVE YOUR FRIEND
BE YOUR NEIGHBOR!
AND RECEIVE \$1,000.00
FOR A
RESIDENT REFERRAL!
CALL 315-453-7911
ASK FOR TOM ALUZZO OR
NINA PURHENN

