

## “My Backyard” Project at St. Francis Commons Offers Safe Access to Outdoors– And All the Health Benefits That Can Follow

St. Francis Commons Assisted Living Residence in Oswego is putting the final additions on a project that has added physical improvements to the residence and uses new technologies to enhance the Memory Care at St. Francis program. The memory care program serves residents with early to mid-stages of a dementia-related illness like Alzheimer’s disease.

Called “My Backyard”, the project is funded through a \$298,000 dollar grant from the New York State Department of Health - Special Needs Assisted Living Capital Improvements program.

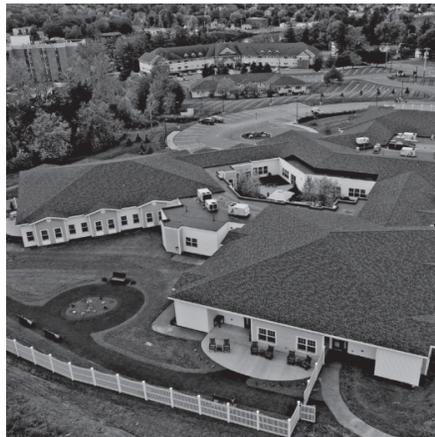
The first part of the project involved the use of Personal Activity Monitors worn voluntarily by residents to record activity levels as well as sleep and mood state data. Using the data, staff will develop the most effective and engaging activities on a resident-by-resident basis, leading to improved wellness and better management of chronic health conditions.

“We know from experience how important it is to create new opportunities for residents to exercise and engage in physical activity that can be integrated into individual routines,” said Julie Chetney, Director of St. Francis Commons. “The unique outdoor space created through this project will increase opportunities for fitness while providing purposeful and engaging activities for our residents affected by dementia.”

Renovations to the outdoor area around the residence have seen the installation of new walking paths including plants, planters, a garden, and other opportunities for engagement. Monitoring technology will provide an added safety feature.

The new “Backyard” areas are already being used by residents and their families. The new courtyards are open as weather permits and accessible from the Memory Care neighborhood and other neighborhoods at St. Francis Commons.

Those interested in arranging a tour or more information, can contact St. Francis Commons by phone at (315) 326-0870, or by email [info@stfranciscommons.com](mailto:info@stfranciscommons.com).



Pictured is an aerial view of a new courtyard area, one of two at St. Francis Commons Assisted Living Residence in Oswego. St. Francis Commons is putting the final additions on their “My Backyard” project. The project included the installation of new and enhanced courtyard areas with fencing and landscaping, which will provide residents with safe access to the outdoors via enhanced walking paths and features such as planters and other elements to engage the community.

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# St. Luke Caring for our Community

The St. Luke Family of Caring is an affiliation of not-for-profit healthcare providers serving the Greater Oswego County community since 1975.

## Cornerstone Club Social Day Program Opens - Serving Older Adults and Their Families

A new program designed especially for older adults is now serving our community. The Cornerstone Club Social Day Program offers members a comfortable place to socialize and take part in activities. Staff is available to provide supervision, health and nutrition monitoring, all in a safe location that is easily accessible.

The club is located at the newly renovated Catholic Charities site at 808 West Broadway (State Route 3) in the City of Fulton. Club members can arrive as early as 7:30 a.m. and stay until closing time at 5:30 p.m. weekdays. Attendance options are flexible; members will be able to attend the program based on their preferences, either in full-day or half-day increments.

Developed by St. Luke Health Services, The Cornerstone Club is a structured, comprehensive day program that provides a safe place to socialize and receive personal care and nutritional services.

The Club’s professional staff can provide personal care to members that includes hands-on assistance with mobility, eating, medication supervision and other activities of daily living. A nutritious lunch and snacks are included each day. Those benefiting from the program may be experiencing limitations due to a functional impairment such as a stroke, or cognitive impairments such as Alzheimer’s disease or other dementia-related illnesses.



Members can arrange for their own transportation or Cornerstone Club staff can help arrange services as needed.

Enrollment can be paid for privately, funded through Managed Long Term Care Plans, or other local programs. Rates are based on full or half-day visits. “We know from experience that being a family caregiver of an older adult can at times be a difficult and demanding responsibility,” said Nicole Greenier, the program’s new director. “We are here to help. The Cornerstone Club provides a respite that can help alleviate stress by providing caregivers a place to bring their loved one that offers a structured program and at the same time promotes social interactions that help enhance quality of life.”

A grant from the Richard S. Shineman Foundation assisted The Cornerstone Club and helped equip the new program (see related story inside).

The program is now enrolling members. Enrollment begins with an initial interview and assessment that helps staff to understand each person’s interests and expectations. Each participant has their own individualized person-centered service plan developed by club staff in collaboration with participants and their caregivers.

Those interested in arranging a tour or wishing to enroll can contact Nicole Greenier, Program Director at 315-592-2001. On the web at [www.cornerstoneclubfulton.com](http://www.cornerstoneclubfulton.com)

## Two Recognized For Outstanding Care and Service



Karen Murray, Executive Director of Bishop's Commons at St. Luke in Oswego received the 2017 Carl S. Young Advocacy Award from LeadingAge New York.

The award recognizes a member of the statewide organization who has demonstrated exceptional advocacy and leadership on behalf of aging services, commitment to advancing the association's legislative goals and actively encourages others to advocate for the elderly. As Executive Director, Murray oversees the operations at both Bishop's Commons and St. Francis Commons Assisted Living Residence.

Tara Searor is a 2017 LeadingAge New York Long Term Care Employee of Distinction Award recipient.

Searor, who has been a Certified Nursing Assistant at St. Luke Health Services in Oswego for eleven years, received the award from James Clyne, CEO of LeadingAge NY, during a reception held at St. Luke in her honor. The Employee of Distinction Award acknowledges the extraordinary efforts of front line staff working in long-term care settings like St. Luke Health Services, all across New York State. LeadingAge NY Employee of Distinction award recipients from across the state, including Searor, were recognized in a resolution passed earlier this year by the entire New York State Legislature.



About LeadingAge New York- Founded in 1961, LeadingAge New York, formerly the New York Association of Homes & Services for the Aging (NYAHS), represents not-for-profit, mission-driven and public continuing care providers, including nursing homes, senior housing, adult care facilities, continuing care retirement communities, assisted living, community service providers and managed long term care plans. Leading Age New York's more than 600 members employ 150,000 professionals serving more than 500,000 New Yorkers annually.



Representatives of The Richard S. Shineman Foundation toured the new Cornerstone Club social adult day program located at 808 W. Broadway in the City of Fulton recently.

The Cornerstone Club thanked the Shineman Foundation for grant funding that helped equip the new program, making it possible for older adults to have a place to socialize and take part in activities. Staff is available to provide supervision, health and nutrition monitoring, in a safe and easily accessible location.

Pictured (left to right) is Nicole Greenier, Program Director of The Cornerstone Club; with Shineman Foundation representatives Penny Halstead, Senior Administrative Assistant; Kathy Fenlon, Chair of the Board of Directors; and Karen Goetz, Executive Director. Joining the group is Jan Rebeor, representing the Board of Directors of St. Luke Health Services.



Pictured (left to right) is 2017 St. Luke John Foster Burden Award recipients Rev. James Tschudy; Kathleen Dyer with St. Luke CEO and Administrator Terrence Gorman; and Richard Stephenson, accepting the award posthumously on behalf of his brother, the late Rev. Robert Stephenson.

## John Foster Burden Award Recognizes Community Leaders

"Caring", "generous" and "dedicated to our community" were phrases heard often during a reception at Bishop's Commons Enriched Living Residence in Oswego, honoring the 2017 John Foster Burden Award recipients.

The St. Luke Family of Caring presents the John Foster Burden Award to an individual or group in our community who has demonstrated integrity, creative ability, and has served selflessly with dedication in working towards achieving a lasting positive contribution to our aging population in the Greater-Oswego County community.

Receiving awards were Kathleen Dyer, Rev. James Tschudy and the late Rev. Robert Stephenson. Each have shared their time and talents on behalf of not only those served by the St. Luke organization, but throughout our community.

The John Foster Burden Award is named in memory of the late Dr. Burden, an Oswego physician and community activist who for decades gave selflessly of his time and talents. Among the many organizations in which he played a leading role, Dr. Burden was the first president of the Board of Directors of the St. Luke Nursing Home, today known as St. Luke Health Services.

## Charity Raffle Supports Resident Programs

Our 2018 "Bundle of Bucks" Charity Raffle drawing is set to take place on Saturday, May 5 at the Elks Club in Oswego. Proceeds from this event benefit those served by our local healthcare organizations - St. Luke, Bishop's Commons, and St. Francis Commons.

The entry fee for the raffle is \$50 dollars per ticket and only one thousand tickets will be sold. The raffle features a prize pot of up to \$25,000 with fifteen cash prizes including a top prize of up to \$10,000 to a lucky winner! Every raffle ticket is eligible for all of the cash prize drawings. Enclosed you will find two ticket applications. Just fill them out and mail your completed application and entry fee. Your 2018 event ticket(s) will be mailed to you.

Each raffle ticket will admit two adults to the 16th annual "Bundle of Bucks" Charity Raffle Drawing Party. This event features food, beverages, entertainment, and fantastic prize drawings. You must be 18 years or older to participate. You do not have to be present at the raffle drawing to win. If less than 1,000 tickets have been sold by the day of the drawing, prizes equal to 60% of the ticket sales will be awarded.



"Early Bird" Drawing – Everyone who purchases a raffle ticket before February 14, 2018 will be entered in our "Early Bird" Drawing! We will be drawing for five \$100 cash prizes on February 14. So don't wait – 2018 could be a very lucky year for you!



Doing Their Part for Hurricane Relief Efforts. Bishop's Commons resident Florence Filby (center) is seen here collecting donations on behalf of storm relief efforts from volunteers Gabrielle Trivigno (left) and Katelyn Gurney (right). The Funds were donated to American Red Cross disaster relief efforts.

## Bishop's Commons Resident Lends Her Help On Behalf of Hurricane Relief Efforts

Bishop's Commons resident Florence Filby decided it was time to take action after seeing an image on television of a mother wading through knee-deep waters clutching her two small children, after a devastating hurricane flooded her neighborhood.

For the 104-year-old Filby, that scene and many others streaming to us from the storm-ravaged areas of the Caribbean, Texas and Florida over the course of the last few weeks made her want to help. "I just had to do something," said Filby, "and a collection from among my friends here at Bishop's Commons, families and visitors seemed like a way I can help make a difference in this horrible situation."

She began accepting donations on behalf of American Red Cross disaster relief.

"In the big scheme of things," observed Filby, "it may be only a small contribution, but every little bit helps. And if we can do anything to help all the mothers, children and their families who have been impacted by the storms in recent weeks, then it's worth the effort."