

February 2022

# The Falls Home

117 Schuyler Street, Montour Falls, NY 14865 | (607) 535-7165 | [www.thefallshome.com](http://www.thefallshome.com)



## Celebrating February

**Message from the  
Administrator**

**Message from the Activity  
Director**

**Dietary Note**

**Note from our Case Manager**

**New Staff & New Residents**

**Upcoming Events**

## Dates of Focus

**Chinese New Year:  
Year of the Tiger**  
*February 1*

**Groundhog Day**  
*February 2*

**Winter Olympics Begin**  
*February 4*

**Valentine's Day**  
*February 14*

**Presidents' Day (U.S.)**  
*February 21*

## Message from the Administrator

Happy New Year Everyone! I wish you all a wonderful 2022. May this year be filled with peace and joy for each of you, even during this trying season. I thank you all for your continued patience as we work through the many changes in our setting due to COVID-19. I remain hopeful that someday things will return to life as usual. In the meantime, thank you for working with us through the many things that have been impacted by this situation.

I would like to welcome Tammy Dunn to The New Falls Home as our new Activities Director. She brings many years of experience to us and has a genuine heart for working with our residents. If you haven't had a chance to chat with her, please make sure you come to the next activity so you can get to know her.

I wish you all a happy Valentine's Day and I hope that you feel a little extra love and kindness this month!

*Julie Everhart*

## Activity Department Note

Hi! My name is Tammy Dunn, and I am the new Activity Director and am happy to be a part of the team! I am from Newfield, NY and attended Ithaca College and got my B.S. in Health Services Administration with a minor in Gerontology.

I have worked in activities in several skilled facilities. Most recently I come to you from Lifelong, a senior community center in Ithaca. I live in Newfield with my husband, beautiful daughter and three amazing grandchildren. I am an animal lover and have (4) dogs, (1) cat, (3) horses & don't forget the goldfish!

I look forward to getting to know everyone and providing meaningful, fun-filled, and engaging activities!

*Tammy Dunn*

## Resident Christmas Party

THANK YOU to all the staff from each department who came together to make this a fun-filled afternoon for our residents.

The event was held at the Montour Falls Fire Hall. We had music, bingo, door prizes, and great food!

There were 46 residents who got out and enjoyed the afternoon. Staff enjoyed serving the meal and residents even had the opportunity to visit with SANTA!



## The Falls Home

The Falls Home has been serving the needs of the elderly since 1973. Our home-like setting meets the needs of individuals who are relatively independent as well as those who would otherwise qualify for home care, but would benefit from added socialization, assistance, a variety of activities and continual health monitoring that can be assured in a secure environment.

It is our goal to provide our community with a professional, caring, dedicated staff, respecting the dignity and individuality of those we serve while at the same time enriching the quality of their lives.

**Care** that will LAST FOREVER



### New Staff

You will see some new faces in the building as we continue to hire new team members! Be sure to extend a warm welcome to them and others as they become familiar with you and their new position with The Falls Home. We are happy to have the following new staff as part of our team:

#### Activities

Tammy Dunn, Activities Director

#### Dietary

Brooke Usher  
Nicole Williams

#### Housekeeping

Megan Mattison

#### Front Desk

Gail Blencowe, Reception

*Welcome to the TEAM!*



## New Residents to the Falls Home

### Cynthia ("Cindy") Fuller

I came to The Falls Home in December. I was born in Corning, NY and lived in the Watkins Glen area for years as well as North Carolina. I have two daughters, one son, (19) grandchildren and (23) great-grandchildren! I worked as an RN for 36 years and enjoy animals of all kinds, and love helping others.



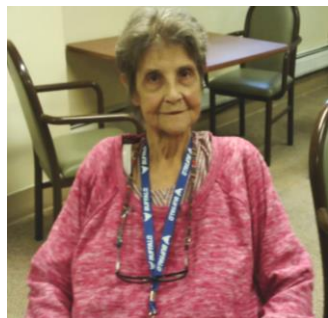
### William Williams

I came to The Falls Home from Elmira where I lived for the past six years. I have (6) children and (8) grandchildren. A fun-fact about me is that I used to be Boxer! I enjoy R&B music, crime shows, some board games and like to play spades!



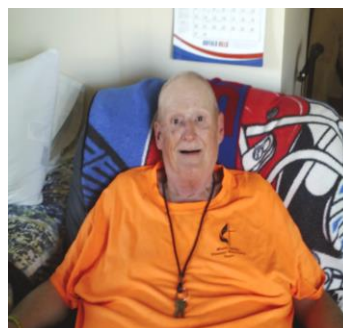
### Marjorie Carson

I am a new resident to the Falls Home just the end of January. I married, had one son and lived in Elmira a short time, but I have lived in Bath, NY most of my life. Some family is about 1 ½ hours away and another sister lives in Georgia. I have one granddaughter. My occupation was primarily in the clerical field and in my leisure time I enjoy reading and playing games on my tablet.



### Neil Simpson

I came to The Falls Home in December from Dansville, NY. I was married to my wife Marlene for thirty-one years. We have two boys and seven grandchildren. I worked for NYS Road crew and was a heavy equipment operator. I also worked for years in a nursery where I enjoyed caring for trees, shrubs, flowers, and various plants. I absolutely love football and am a huge fan of the Buffalo Bills. I also enjoy Nascar, hockey, and the Yankees!



Should you have any questions or concerns, meet the Administrative Team:

Administrator – Julie Everhart  
Activity Director – Tammy Dunn  
Bookkeeper/Human Resources – Irene Wilson  
Case Manager – Sarah Paul  
Dietary Director – Wendy Kosty  
Housekeeping Director – Joanne Lewis  
Maintenance Director – Bob Sharp  
Director of Nursing – Jeanne Vangalder, RN

We are here to ensure you feel comfortable as you make the transition to your new environment This is your home, and we want you to feel at-home!

**Welcome to The Falls Home!**

## Birthdays

### December Birthdays

Larry E. (Dec. 7)  
Scott K. (Dec. 13)  
Francis P. (Dec. 15)  
Brenda R. (Dec. 16)  
Elaine W. (Dec. 18)  
Paul W. (Dec. 21)  
Frederick H. (Dec. 29)  
Robert T. (Dec. 31)



### January Birthdays

Paul B. (Jan. 1)  
Eleanor R. (Jan. 14)  
Alice H. (Jan. 14)  
George B. (Jan. 21)  
Patricia B. (Jan. 21)  
Barbara S. (Jan. 22)  
Joseph R. (Jan. 24)



### February Birthdays

Cindy K. (Feb. 1)  
Dainey H. (Feb. 3)  
Neil S. (Feb. 12)  
Alton L. (Feb. 15)  
Dianna S. (Feb. 17)  
Luella P. (Feb. 19)  
Helen F. (Feb. 23)  
James V. (Feb. 24)

## Note from the Case Manager

Hello Everyone! I hope you all had a safe and enjoyable Holiday Season. With the New Year comes New Year Resolutions. One of my goals in the new year is to reduce stress, and I thought that I would share some ideas with you all. Some effective ways to minimize stress are exercising, writing things down, spending time with friends & family, and listening to soothing music. I look forward to another great year working with you all.

~Sarah Paul

**Shopping Reminder:** Shopping will be done at the beginning of each month. However, shopping is not going to be for drinks and food, but rather personal item necessities. Also, Quinlan pharmacy will also assist you with personal items and bill you for those things. There are many ways for you to access food items. We provide all basic needs for you, but if you feel you need other options, there is a gas station down the street or online shopping options. We are discussing some other options as well!

## February Events



**"Mellow Duo"**  
February 9, 2:00pm

**Music Trivia & Valentine's Day Celebration**  
February 14, 2:00pm



**Happy Hour**  
February 18, 2:30pm

**Coffee & Donuts with Julie!**  
February 21, 2:00pm



**"TuTu & Tat's" – February 22, 1:00pm**

Let's celebrate this "play on numbers" (2/22/22) day with **TuTu's & TaTTOO's**



**Resident Council**  
February 8, 1:30pm



**Birthday Party**  
February 25, 1:30pm

## Dining Department Note

### **What is a Liberalized Diabetic Diet?**

A Liberalized Diabetic Diet allows the resident to make the choices and follow a less restrictive diet with being able to make more choices throughout the day. In most nursing home and adult care settings, they would get what a REGULAR diet person would get but with a sugar-free dessert. This enables the resident to make that choice without an increase in blood glucose or A1C levels.

~Wendy Kosty