



The Homes News

A quarterly publication of the Fairport Baptist Homes Caring Ministries

The Fairport Baptist Home
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Reverend Garth Brokaw, President

The Homes News is a newsletter established in 1912, and published quarterly by the Fairport Baptist Homes Caring Ministries, "Continuing a Community of Healing and Hope."

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Seeing "Stars" At Fairport Baptist Homes

Once again, stars graced the red carpet. But the carpet was not a plush one, and the stars were not Hollywood celebrities. They were staff members who were nominated, then chosen as an FBH Superstar and attended the annual Red Carpet Event in their honor.

This was the second year for the event, which was sponsored by the FBH Recognition Taskforce and held on January 29, 2010 in the McKnight Room at Fairport Baptist Homes. It featured a "movie theater" theme with decorations and snacks such as punch, nachos, and a variety of soda, movie theater popcorn, and candy.

In addition to these treats, a golden "Emmy" statuette and a keepsake "Walk of Fame" star, similar to that found on the sidewalks in front of Grauman's Chinese Theater. The names of the Superstars were also entered into a drawing to win movie-themed gift baskets that contained such goodies as movie tickets, microwave popcorn, popcorn variety buckets, DVDs, and a variety of movie munchie snacks.

Linda Kachel, Director of Laundry/ Housekeeping and chairperson of the event said, "We like to show our staff that we appreciate them going above and beyond in their job duties."

That is the premise behind the FBH Superstar Program, which began in February of 2007. Staff members who make a difference in someone's day and/or go above and beyond in their expected job role can be nominated by Residents, visitors, and/or co-workers to become an FBH Superstar. Every two weeks a staff member is chosen from all the nominations, earning the title of the FBH Superstar for a two-week period. Superstars have their name published in the internal staff newsletter, *The INSIDER*, and receive a prime parking space for that time period. In all, twenty-two staff members received an invitation to attend the event.

Nathan Winder, laundry aide, attended the event after having been nominated—and chosen—as an FBH Superstar back in May, 2009. Winder was nominated for going above and beyond the call of duty to help deliver mail to the households

when the BOCES students were all on vacation for a week. Adding this task to his normal job duties was a great time saver and help to all.

"Nate is such a nice guy and a good worker," said Kachel. "He's always willing to help somebody out. I'm not surprised he was nominated."

However, for Winder, it was totally unexpected.

"I was surprised," says Winder of his nomination and subsequent FBH Superstar title. "They needed help, and I was there to help them. I thought I was just doing my job."



FBH Superstar and laundry aide Nathan Winder poses with his self-autographed Walk of Fame star.

It was a job that was well done, and did not go unnoticed, thanks to his moment on the Red Carpet. ~KG/
 THN



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Dear Readers,

As always, this issue is dedicated to and about the many people who live and work here at Fairport Baptist Homes Caring Ministries. The Homes' is made up of many individuals whose time and talents help us to make strides in remaining in the forefront of longterm care - its goals, options, and trends. We also strive to continue to make those changes which will enhance our caregiving philosophy, enable our Residents to assist in their daily care decisions, and encourage our staff to go above and beyond their job duties. We pride ourselves in our Home, and we welcome you to read about the many things that set us apart, and from which we rise above.

Kathi Gunio, Editor

A Bounce in Her Step, and a Passion in her Heart

Erin Howe is one of those people who walks down the street with a bounce in her step. She walks that way in the halls of the Fairport Baptist Homes, too, her exuberance and passion for what she does clearly evident.

Howe has been a full-time Nurse Practitioner at the Homes for three years now. Like many other employees, she started working here at a younger age, starting as a volunteer when she was twelve. Working at FBH then became her first job, where she worked on and off as an HRA (Household Resident Assistant) throughout high school and college.

"I've cleaned every bathroom in this place," she laughs.

But it wasn't polishing the porcelain that kept Howe's interest in FBH, or the medical field. She credits that to her mother. "My mom went back to school (to be a nurse) when I was in seventh grade," recalls Howe. "All that medical stuff was fascinating to me." So much so, that Howe's mother suggested that she, too, become a nurse. The younger Howe took it one step further and became a Nurse Practitioner.

After receiving her BSN from SUNY Binghamton, Howe went on to complete her MSN at University of Rochester. She became nationally certified as a Nurse Practitioner in 2005. It was no surprise then, that Howe came full circle. "I've loved geriatrics from the start," she says enthusiastically. "They're a specialized population whom I believe are vulnerable due to our lack of understanding."

Just watch any television show, and you'll know what she means. And that she's right. The elderly are often portrayed as crabby ("Frank Barone" in *Everybody Loves Raymond*), silly ("Rose Nylan" in *The*

Golden Girls), or not portrayed at all. We are a society that does not revere its elders. Instead of giving back to these individuals who have already made many contributions to our society, we continue to take things away from them: government aide, jobs, dignity.

"It's bittersweet," explains Howe of being old. "When you're young, you don't think how uncomfortable it is to be constipated or have urinary incontinence. These are basic functions that work well when you're young and healthy. But when you become old, you often become a shadow of your former self."

This passion that Howe feels for the geriatric population will be the subject of a quarterly article she will be writing in the Living Section of the *Democrat and Chronicle*. Her first article will appear on Monday, April 14.

"I love to write, and the idea of writing and raising awareness in an area where there's a lack of understanding and I'm passionate about."

And passionate she is. In fact, Howe feels we under serve the geriatric population, claiming that while children need a special doctor, the elderly do, too. However, often times, instead of switching to a geriatrician as one ages, he/she will remain with their personal care provider who may not be well



Above: Erin Howe, MSN, NP has been taking care of Fairport Baptist Homes' Residents for three years.

versed in the intricacies of elder healthcare. In addition, the current elderly population appears to be excessively complacent. That won't be the case, says Howe, with the current Baby Boomers.

"The boomers are coming from an age of technology. They're going to be more aware and demanding."

Boomers have become self-advocates. No longer do doctors hold the lease on medical knowledge. Now, with the Internet, healthcare information is at your fingertips. It can also be found in television shows, exercise videos, commercial ads, and magazine articles.

Still, while there may be different ways of acquiring medical knowledge these days, doctors are essential to the hands-on medical care needed by this specialized population. Unfortunately, there is a huge lack of providers for the

number of Baby Boomers—a segment of the population estimated at approximately 78 million.

"We've extended the quantity of life, but we don't have the resources to meet those needs," says Howe. Therefore, the quality of life for our elderly may be in question. This concerns Howe, who spends her days at the Fairport Baptist Homes caring for its Residents with a compassion, dedication, and understanding surpassed by none.

It is part of her commitment to provide the best individualized geriatric care to her Residents, who, says Howe, are a piece of history—a piece of history she'd like to make sure is well taken care of. It's what brings her to work each day, with a determined bounce in her step. ~KG/THN

Telling Tales Out of School

Our Lady of Mercy High School junior and senior students participate in "Senior Stories" Project in conjunction with SOFI (Senior Options for Independence)

I sat waiting in the McKnight Room for the presentation, facing windows that looked out onto Whitney Road. It was another cold, gray, and perpetually snowy Rochester Wednesday afternoon, but I was hoping to be warmed by the stories I was about to hear from thirteen young women, all students at Mercy High School, as part of a Writer's Workshop Assignment.

The assignment—or "Senior Stories" project, if you will—grew out of the "Helping Hands" program with SOFI (Senior Options for Independence) Program at the Fairport Baptist Homes and The Sisters Of Mercy Senior High School, in which students from Mercy spend time with senior citizens in the Fairport/Perinton community and/or assisting them with small household chores. However, Writing Workshop teacher, Susan Bielat said this project gave students the opportunity to not only hone their writing skills, but spend some time with senior citizens, learn a little bit about their lives, and "write their story."

As I waited, I wondered what type of stories these young women would write. The young women had been paired with a senior citizen from the community, a Resident of the Fairport Baptist Homes or a tenant from one of our Senior Housing Units (DeLand Acres, Fairport Apartments). There was certainly a difference in their ages. Would these students be able to bridge the proverbial gap? Would they see beyond the gray hair grandparent-like exterior? Would they understand that these senior citizens have lived lives that have affected others? After all, Rosa Parks once said, "Memories of our lives, of our works and our deeds will continue in others." Would these young students add to this continuation?

So here we were: Residents, tenants, students, teachers, members of SOFI, and a spattering of other notable individuals who came to hear what the girls had written. And we were all blown away. The students met with their senior citizen for an hour and in sixty minutes gathered their information for their writing project. Through various essays, stories, and poems, these young women captured the essence of the lives of senior citizens sixty-plus years older than themselves. I wondered how they did it.

The young women's stories told of the individual trials and tribulations of these senior citizens. They told of their weddings, lost loved ones, hobbies, hometowns and native countries. We heard about how one senior citizen remembered exactly what she was doing when President Roosevelt died, and of another's recollection of what it was like having to get a job at the age of sixty. And there was more.

Caroline Nemeschek, 17, did not write about the first thing she heard when she met with Josephine Ricotta, a senior citizen in the Fairport/Perinton community, but rather, the first thing she saw – a Nativity Scene.

"I think Josephine said her father gave it to her when she was around one year-old, and I just related to it," said Nemeschek. "It reminded me of a stuffed animal my father bought me before I was born. We both kept things that were given to us as babies. That just struck something in me." Indeed, it was part of closing the proverbial Generation Gap, and a realization that there are many commonalities between the young and the old.

Seventeen year-old Dominique Donadelle understands that parallel. "When they were our age, they still went through the same basic stuff, just in a different era. There's not much difference." That is, of course, except for the age difference of these Mercy High School juniors and seniors, and that of their community seniors partner. Still, it didn't make a difference when it came to learning about someone's life.

Donadelle was partnered with Elizabeth Pennington, a Resident of Fairport Baptist Homes for three years. She says she would like to continue the relationship that began with an hour-long interview, and helped her to realize that there is more to a seventy or eight year-



Above: (Left) Fairport Baptist Homes' Resident Elizabeth Pennington poses with Dominique Donadelle, a senior at Our Lady Of Mercy High School and her partner in the "Senior Stories" Project.

old than just wrinkles and wheelchairs. They were once 17 and 18; they have traveled, gotten married, worked, retired. They continue to contribute to their community; have hobbies, friends, and much to offer. They have loved and lost.

However, many times their stories remain lost unless someone is willing to listen them. Taylor Mandell, an eighteen year-old senior at Mercy said she came to that realization because of the Writing Workshop Senior Stories Project. "My great-grandmother died and I really never sat down with her to learn about her younger life. This (project) has changed my mind about taking more of an interest in really getting to know my grandparents now."

That's just what Fairport Baptist Homes' President, Reverend Garth E. Brokaw told the audience after the presentations, emphasizing that it would be such a shame if someone left this world without having his/her story told. This project helped to get those stories told. What culminated from this event were appreciation, respect, and understanding for the elderly and their life journey. Now told, their life stories will have a chance to be remembered and passed on. They will fill the gap in our society that widens because of a tendency to put more importance and emphasis on youth, often dismissing our elderly and their life's journey.

StoryCorps is making strides to

make sure that no longer happens. StoryCorps is an independent non-profit project whose mission is to honor and celebrate one another's lives through listening. According to its Web site (www.storycorps.org), "since 2003, over 50,000 everyday people have interviewed family and friends through StoryCorps. Each conversation is recorded on a free CD to share, and is preserved at the Library of Congress. StoryCorps is one of the largest oral history projects of its kind."

While the students at Mercy did not record their stories, what they did was listen these stories. For those who did the telling, they felt pleased and humbled. For those who wrote about them, they felt surprised and appreciative. For those of us in the audience, we felt privileged. And as far as writing workshop teacher Bielat, she felt pleased.

"This is definitely something I would consider doing again," said Bielat.

Nancy Gaillard, Community Caare Manager, agrees. "We feel this was such a successful project that we hope to have it continue. I think the seniors in our community really enjoyed being interviewed and sharing their story for a classroom project."

After all, it was notable television commentator Andy Rooney who once said, "The best classroom is at the feet of the elderly." I think he was right.~KG/THN



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Nurses Get Fit at FBH

Nursing staff at Fairport Baptist Homes are getting fit, but not in the traditional sense. Rather, RNs, LPNs, and HRACs (Household Resident Assistants-Certified) are getting fit for masks to protect themselves against the H1N1 virus and spreading the infection to others. Masks will be worn by these caregivers during all routine care of a Resident who has contracted the virus. "Of course, nothing prevents the spread of the virus better than hand washing. It's still the best defense," said Mary Pat Adams, Director of Resident Health Services.

The fit testing is conducted to determine how well the seal of a respirator mask "fits" on an individual's face in order to provide adequate protection. Masks that do not seal properly will not be considered protective or preventative.

According to Clinical Coordinator, Melanie Falzoi, the Occupational Safety and Health Administration (OSHA) and the New York State Department of Health (NYSDOH), have mandated this fit testing for all health care providers and must also be trained on the use of the respirator masks. Falzoi has been coordinating and conducting fit testing clinics to accommodate all nursing shifts. The clinics consist of a short presentation to educate nursing staff on the necessity and proper usage, inspection, donning, removal

and storage of these masks. Nurses and HRACs are instructed how to examine their masks for tears/creases, soil, and to make sure the ties to the mask are intact every time the masks need to be worn.

Next, the caregivers go through the actual process of being fit with one of three styles of respirator masks for a proper fit and tight seal. This three-step process starts with the caregiver donning a hood that is injected with an aerosol sucrose (sugar) solution. The care giver is asked whether or not he/she can detect the solution's sweetness. Once they are able to, a respirator mask is put on along with the hood, positioned and placed for comfort. Once again, the solution is injected into the hood. If the sweetness is not detected by the caregiver, the mask is fitting properly and is providing a tight seal.

The nurse or HRAC is then put through a series of exercises to simulate activity in a Resident's room, since the mask will be worn at all times during Resident care. The seal of the respirator mask remains a successful fit if the staff member still does not detect the solution's sweetness during and after these exercises.

Anne Marie Torres, an HRAC at Fairport Baptist Homes, was recently fit tested for her respirator mask. "It's hot with the hood on," laughed Torres, "But other than that, the testing



Above: Anne Marie Torres, HRAC, (left) is fitted and tested with a mask to help protect against the H1N1 virus by Mary Pat Adams, Director of Resident Health Services (right).

was okay. If we have to go through this to keep protected and not spread anything, it's fine with me."

That's pretty much been the sentiments of the nursing staff. While the testing may take a little bit of time, "Staff response has been quite positive. They want to be protect-

ed. And we've had a little fun with it too," remarked Falzoi, who also clarified the fit testing is not a one-time thing. Fit testing will be done annually, or if the style of a respirator mask changes or is discontinued.

"Until then, things are looking good," she said.~KG/THN

A Bronze Award for Members of Girl Scout Troop 443

In Girl Scouts, many girls dream of a sash full of badges of good deeds done, rewarding experiences, mastered skills, and high achievements.

The Girl Scout Bronze Award is one of these badgest and is the highest award a Junior Girl Scout can earn. This award has three requirements, one of which requires the junior girl scout to learn the leadership and planning skills necessary to follow through on a project that makes a positive impact on her community.

Therefore, when it came time for Cassie Proctor-White and Vienna Buscher of Girl Scout Troop 443 to undertake the required community project for this award, they decided they would like to pay a friendly visit to some senior citizens in the Fairport-Perinton Community around Christmastime and deliver prepared tins of homemade Christ-

mas cookies and handmade cards. "There are always opportunities for groups to work with us," said Ellen O'Connor, SOFI (Senior Options for Independence) Community Resource Specialist at Fairport Baptist Homes. "Intergenerational activities like these, chores like shoveling driveways or raking leaves, and friendly visits—these are always appreciated by our seniors in the community."

That's what 443 Troop Leader Heather A. Proctor was hoping for when she contacted O'Connor to make the connection possible for her girl scouts and seniors in the community.

As a result, the girl scouts visited seniors in the Pines of Perinton, DeLand Acres, the Naturally Occuring Retirement Community (NORC), Fairport Apartments, and Jefferson Park. One resident at Jefferson

Park was so thrilled to visit with the girls that they spent almost a half-hour with her and were treated to a tour of the facility.

"This was a really great experience for the girls as the recipients really seemed to appreciate all their time and effort," said Proctor.~KG/THN



Above: Senior community member Betty Wilson (left) is visited by Cassie Proctor-White (middle) and Vienna Buscher (right). The two girls are members of girl scout Troop 443 who were working on a community service badge.



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At The Heart of The Homes

Hilda Thompson agreed to work for Fairport Baptist Homes for \$2.90 per hour. Of course, that was thirty-five years ago, and Thompson, who started at the Homes as a nurse's aide, is now the Director of Resident Life Enhancement. She laughingly recalls, however, that she was holding out for \$3. "I was used to working at state facilities and making \$3 an hour." So, she was promised the 10 cent raise in three months at a job she planned on staying at for only a few years.

Working in a nursing home brought to mind a stereotype that Thompson didn't particularly like. However, she ultimately found that Fairport Baptist Homes was not a stereotypical nursing home, and that it was willing to take risks and try new things to get that mindset changed.

Indeed, a lot has changed since Thompson's arrival back in 1974. Back then, there were no social workers, no unit clerks, no secretarial support, and only one doctor who came Monday, Wednesday and Fridays to examine and check on 196 Residents. There was no air conditioning, and only one physical therapist. She can you tell the location of the hairdressers on the 2 West Wing, and that her current office used to be the controlled drugs room, and remembers how staff used to smoke in the staff café as well as in meetings.

She also remembers how the gift shop was run by both the Women's Service Board and Residents, who recorded transactions in a ledger with a pen or pencil, and how the nursing home floors were designated by level of care. "There was no aging in place," says Thompson. "If you lived on the first floor, you got around by yourself pretty well. When you started to fail, you moved to the second floor, and so on." Eventually, the third floor—where there was no phone service—was the place people found themselves near the end of life. "We used to say you were getting closer to Heaven," she says.

But aside from the physical changes of Fairport Baptist Homes' campus, there have also been significant changes in its way of thinking. The 1999 renovation that took Fairport Baptist Homes from "hallways to households" incorporated both. It was this renovation that took away the traditional style of a nursing home, with its hallways and separate nurses' station, to a more home-like environment that

included a kitchen, living room, and dining room combination with rooms interspersed throughout.

"It changed the whole philosophy of care," recalls Thompson. "The household approach moves away from the traditional medical model where if you were efficient at what you did, there was better Resident care. The household model provides Residents with a sense of home, and a voice in their daily choices," explains Thompson.

The household model was introduced first through the Eden Alternative, a non-profit company which is working to replace the institutionalized nursing home. The basic principle of the Eden Alternative states that by changing the physical and social environment of nursing homes, loneliness, helplessness and boredom—the main causes of suffering for elders in an aged care environment—can be eliminated. This is done through embracing and incorporating the presence of children, plants, and animals in the nursing home environment. Couple that with the philosophy of the Pioneer Network, a non-profit organization founded here in Rochester that supports a more "Resident-directed" type of care, and the traditional stereotyped nursing home institution turns into an environment that "creates home."

"When we went to the households, we found that some Residents, whom we thought were not aware, were. Once we started to individualize Resident care, and included Residents in the decisions of their daily care, we found more life here, and Residents found a home environment where they felt comfortable personally and socially."

It was certainly a new way of thinking, and one that Fairport Baptist Homes continues to embrace. However, years ago, giving a nursing home Resident a choice or a voice in their daily care was unheard of, but Thompson remembers a time when this approach was used—unofficially—years ago. "We had a woman on the third floor who was just a bear to get to breakfast. She hated getting up early, but that was the time breakfast was served. She'd be miserable for quite a while afterwards. When we started to let her sleep in, her whole attitude changed. I don't know why we didn't do it sooner. We just didn't think that way back then."



Above: Hilda Thompson, Director of Resident Life Enhancement has been with FBH for thirty six years, and has seen many changes in the Homes—and her job roles—throughout that time.

Yet it's what sets Fairport Baptist Homes home apart from many nursing homes now, along with people like Thompson, who work here, and the many people whom Thompson has seen living here. And there are hundreds of them, many of whom have made an impact on Thompson. There was "Ruthie," who knew Susan B. Anthony and the discriminations plagued by the early feminists first-hand as the first female English professor at the University of Rochester. "She brought the struggles that women went through back then to me," recalls Thompson. "She brought history to me."

Thompson also vividly remembers the gentle soul of "Mary," an RN, who was responsible for starting the Visiting Nurse Service, and whom Thompson credits as being the person who patiently taught her how to weave. It helped with Thompson's role back then as the Director of Activities. "We did a lot of weaving," laughs Thompson. However, as things changed and evolved, so did Thompson's job roles.

"I've had ten job titles in all," she announces proudly, with her most current one acting as a consultant in regards to required activities, survey regulatory compliance, and always as an advocate for the many Residents she has encountered. Thompson does not plan on stopping that any time soon, but rather; she would like to continue to part of a continuum of care that specifically addresses the true needs of

the aging. She feels we will need to make even more changes in the future, especially when it comes to the Baby Boomers. Thompson feels that this generation will want more for their money. Bigger room sizes, more services, newer technology, WIFI, massage therapy, yoga, and virtual reality activities are just some of the things that Thompson sees for the future of nursing homes. And in terms of new trends and phases happening in long term care, Thompson feels that long term care should be able to flex with a person's need.

"We should not be so rigid that we forget what it's like to old," she says. It's important to get away from those old stereotypes, because, as Thompson would like everyone to know, "There's life here. Our Residents are not those poor old souls who live in a nursing home. They do more than people give credit for. They don't come here to die; they come here to live and to finish out life as comfortably as possible."

Thompson has seen this first-hand for several decades. She's seen the landscape change, the building change, the philosophy of long term care change, and yes, she's even seen her salary change!

But one thing that hasn't changed at Fairport Baptist Homes is the commitment and compassion of the people who work here, like Thompson, to take care of the people who live here.~KG/THN

My Generation is a new monthly magazine published by Messenger Post Media. The first issue hit newsstands on February 10, 2010 and replaces the popular Golden Times magazine. A monthly column called, Dear SOFI, features questions from seniors throughout the Monroe and Ontario Counties about senior healthcare concerns, options, trends, programs and services. The questions are answered by members of the SOFI (Senior Options for Independence) team at Fairport Baptist Homes. Check out the column (and the magazine) by picking it up at any local Wegmans, Tops Friendly Markets, library or YMCA.



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Wedding Day Memories

Even when you're 91, you can still remember your wedding day. "My mother and grandmother both wore blue, so I did, too," recalls Doris Eleoff, a Resident at Fairport Baptist Homes. It was not the traditional color for the day, but Eleoff remembers how pretty she felt in the dress. "It wasn't too fancy, but I loved it." Her husband, Sam, was married in his Coast Guard uniform. "There is something about a man in uniform that makes him even more handsome," she smiles.

This recollection was among many at a Wedding Party, held on the 2F Household on Thursday, February 11, 2010. Pat Pilgrim, Community Life Specialist, came up with the party theme last year and decided to do it again after it was well-received by Residents and their families. "It's nice to relive those memories and share those stories," Pilgrim said. As Residents gathered at tables with pink table cloths and heart-shaped decorations, they took turns looking at the wedding photos and photo albums of each other. It was well-timed, in lieu of the upcoming Valentine's holiday.

"I got engaged on Valentine's Day," Helen Vandermallie says. She mar-

ried Lewis Vandermallie, a boy who lived across the street from her. "I wouldn't say we were childhood sweethearts, but I knew he was there," she laughs. Vandermallie graduated from high school in 1940. A year later in September, Vandermallie then 20, married Lewis, 21 in her mother's home in Fairport, with her sister and his brother standing up for them. "We had a flower girl, too, but that was all. Afterwards, we just had a party." There was no honeymoon, says Vandermallie, because they didn't have the time or money. Lewis went to war in the Pacific in March. "He was in the service for four years," she said. Long years, she remembers.

But that was the era in which many of the Residents of Fairport Baptist Homes were married. It was a time of war for the country, and because of that, a time when men in the armed forces sometimes had only a few days to spare for the event. Such was the case of Helen Sacheli, who married Sam Sacheli in 1942. They had a three day honeymoon in New York City, and then Sam went back to his station in Virginia, eventually leaving to overseas. Still, she recalls her wedding day with a smile on her face and a sparkle in her eye.



Above: FBH Resident Helen Sacheli poses with her candlelight ivory colored satin wedding dress she wore when she married Sam Sacheli in 1942.

To her, it seems like yesterday, even though she laughs when she says, "We were married in Holy Family Church in Rochester. The church is gone, but I'm still here." And so are the memories and the stories.

As the Residents enjoyed punch, cheese and crackers, they also enjoyed looking at each other's wedding photos and photo albums, comparing their dates of marriages and how many years of marriage. They talked about where they were married and what they wore. Sacheli even had her wedding dress brought in; a candlelight satin ivory dress with cloth buttons, somewhat yellowed with time. They talked about their wedding cakes, some of whom had none.

But today, they all had cake, thanks to Monica Jenks, an HRAC who has worked at Fairport Baptist Homes for seven years on the 2F and 2G households. Monica and her daughter Melissa made 50 individual heart-shaped red velvet cakes for the event. Residents and family members in attendance were presented with the cakes, topped with white fondant and a pink rose, and packaged in a box with pink or red ribbon.

"I used to be a pastry chef before coming here," Jenks said. She continues to make cakes, and enjoys making them for the Residents for their birthdays, or for special events such as this. The Residents truly appreciated her special talent and gift.

"These are just beautiful," said FBH Resident Janice Robinson. "Almost too good to eat, but I'll eat it anyways!" she laughed as the Residents continued to reminisce about a very special time in their life. Gone, but certainly not forgotten.~KG/THN



Above: A myriad of memories depicting the weddings of many of the Residents at Fairport Baptist Homes during their recent "Wedding Day Celebration."

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Kathi Gunio, *The Homes News* editor at kgunio@fbhcm.org

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Don't delay! Sign up today!



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Hitting the Ground Running

As one of the newest Chaplains at the Fairport Baptist Homes, Jennifer (Jenny) Castle hit the ground running, and in early January, continued with that running when she participated in the Disney Half Marathon in Orlando, Florida. Castle says it was a perfect time to run. "There's a lull in the church calendar and I chose the Disney marathon because it's warm in Florida, but while we were there, it snowed!" She laughs.



Above: FBH Pastor Jenny poses with her Disney Half-Marathon (13.1 miles) Participation Medal.

Still, Castle says it was a great weekend away. Although the 13.1 miles she ran at Disney World were more for fun – taking pictures with the Disney characters along the way and dressing up as a princess to run the course – she has run three other half-marathons and also runs on a daily basis, claiming most of her sermons come to her when she runs.

Those sermons are what she presents to her congregation of the Walworth United Methodist Church where she has been a pastor since July 2009. With each church service and ser-

mon, she has been enjoying the opportunity to serve the members of her church as they get to know each other. The fact that she is so young – a mere 27 years-old – often has people skeptical, says Castle, "But once they hear me preach and pray I think they hear the message behind my words, and I get respect." One important message that Castle likes to share with people on a daily basis is that, "God loves everyone, regardless of mistakes we've made. It's a simple message, and we need to stop dwelling on those mistakes,

A Mardi Gras in the McKnight Room at FBH

It may not have been the streets of downtown New Orleans, but it looked like it as Residents, staff, and volunteers paraded through the decorated halls of Fairport Baptist Homes for the annual Mardi Gras celebration held on February 16. Donning gold, green and purple beads and festive hats, the Residents blew their noisemakers as they were escorted to the McKnight Room for a Fat Tuesday Feast.

King Cake, cookies, cheese, crackers, and punch were just a few of the foods on hand at the celebration, along with toe-tapping and hand clapping New Orleans jazz music. Ninety-two year-old Marguerite Cicero, a Resident of the Fairport Baptist Homes for a little under five

years now, was queen of the Mardi Gras, and sported a feather boa with the tri-colors of the holiday and matching parasol. Marguerite used to live in New Orleans and attended the FBH event with her daughter, RoseLynn Burnett, who had authentic Mardi gras beads shipped from New Orleans to Fairport Baptist Homes for the festivities.

"Everyone always seems to look forward to this event," said Pat Pilgrim, Community Life Specialist, who has coordinated this event for the past three years.

FBH Resident Rita Strowe was one of almost one hundred people at the event. "I'm ready to party!" she said. ~KG/THN

ask for forgiveness, and carry on." Carrying on is something that she saw first hand as a student teacher in the inner city of Los Angeles, California.

"I had students who didn't care about social studies or science. They didn't care about school in general," recalls Castle. In addition, Castle says the school didn't have funds to provide programming for the kids, so the churches helped."

Castle soon found herself getting involved in the church to help the kids, and eventually into youth ministries, where she could use her teaching skills. It was then that Castle says she got the call to ministry, and left student teaching for the seminary at Boston University. For a year, Castle worked at a church outside of Boston before moving to Colorado where she became the Chaplain at a local hospital. From there, Castle transferred to Strong Memorial Hospital where she served as a pediatric Chaplain.

"It was very intense," says the Chaplain of her ministry there. "I walked families through the worst days of their lives." Indeed, Castle spent much of her time at Strong with families as they learned of their children's diagnoses of Leu-

kemia and other terminal diseases, or as they said final good-byes to a child they would never see grow to adulthood. "It was very difficult," she says solemnly. Yet Castle is thankful that she was able to be a source of comfort for these families.

"There's a lot of uncertainty and fear with death," says Castle, who likes the way FBH approaches the end of life. "We lift it up; we honor it and the life the Resident has lived." That, she says, is a beautiful and sacred thing."

Now as one of the Chaplains at Fairport Baptist Homes, Castle finds a lot of similarities in the two ministries which help her to reach out to the families and Residents of FBH.

"Both the elderly and children find joy in the little things, and they are more comfortable with who they are. That makes working with these age groups really enjoyable," says Castle, who also enjoys working more closely with staff. She likes that they become part of the Residents' "family," too. I like the whole family and home-like atmosphere at FBH. I think it helps to make things run smoothly.

And if anyone should know about running, it's Castle. ~KG/THN

Reverend Alvin C. Foster Commorative Photo Display

A commemorative photo display honoring FBH's former President Rev. Alvin C. Foster (1925-2006) has been installed on the south wall of our lobby, differentiating the skilled nursing wing of Fairport Baptist Homes from the new assisted living community. Rev. Alvin C. Foster was a dear friend and generous supporter of the Fairport Baptist Homes for most of his long life.

In 1943, Al, a first year student at the North American Baptist Seminary, was asked to lead worship at the Fairport Baptist Home, thus beginning a ministerial relationship with FBH lasting sixty years. He became Interim Executive Director in 1958, while serving FBH as

volunteer Chaplain and as Pastor at Fairport First Baptist Church. After serving on the Board of Directors as a member of the Building Committee and chairing the 1964 Capital Campaign, he became President and Chief Executive Officer in 1968, retiring in 1990. Under his leadership, FBH's East Wing, Fairport Apartments, Deland Acres, and ElizAl Court were built. He transformed Fairport Baptist Homes from a retirement home into a Health-Related and Skilled Nursing facility.

In recognition of his steadfast, dedicated, and visionary leadership, this building is proudly named the Alvin C. Foster Residential Health Care Facility. EB/THN





The Homes News

A Mother's Love

The mother-daughter bond is one of the strongest bonds on earth. In fact, a 2009 Pennsylvania State University study conducted by researcher Karen Fingerman, Ph.D., found that despite conflicts and complicated emotions, 80 to 90 percent of women at midlife still reported a good relationship with their mother. The adolescent angst is over, and many daughters have moved on to be mothers themselves. But even late into their lives, mothers continue to mother, and daughters still seek mother's approval and attention. It's a mother's love, and it's a deep emotional tie that psychologists have been trying to explain and explore for centuries.

However, all you have to do is come to Fairport Baptist Homes and meet Leah Syracuse, 98, and her daughter, Alice Carroll, 76, and no explanation will be needed.

Syracuse and Carroll have both been Residents of the Fairport Baptist Homes since 2005. Prior to coming to FBH, the two women lived at Baywind Assisted Living until it was decided that Carroll, who suffers from Alzheimer's and Parkinson's disease, needed more skilled nursing care. Determined not to be without her daughter, Syracuse followed one month later. They share a room on what was once a secured unit because Carroll had a tendency to wander. That is not the case anymore. Carroll's diseases have progressed to the point where she is wheelchair-bound.

"Her legs spasm something ter-

rible," says Syracuse, who gets up in the middle of the night to massage them, and gently lays a blanket over Carroll's cold extremities that unknowingly and unwillingly kicked it off.

"I used to be able to do more," Syracuse says in a voice that tells you she wishes that were still true. Syracuse explains how she used to feed her daughter, but now because of a procedure Carroll had, she doesn't find it easy or safe to do anymore. Still, the mothering instinct is there. Perhaps it is even stronger, as Syracuse has watched her daughter – who loved to dance – become more and more dependent on the nurses and HRACs of Fairport Baptist Homes.

While Syracuse gives high praise



Above : Leah Syracuse (right), and her daughter, Alice Carroll (left) share the bonds of mother and daughter everyday at the Fairport Baptist Homes.

to the nursing staff, there is still nothing like a mother's touch, and that is why she continues to tuck her daughter in bed every night, and brush her daughter's hair every morning. It's a mother's love.

"To me, she seems like a little girl, like a little baby," admits Syracuse since Carroll can no longer walk or talk, and requires total care. She is not sure why her daughter is the one who suffers from these illnesses, as she herself is in pretty good health, and admits to being saddened that her daughter no longer can speak. But that doesn't stop their conversations. Syracuse talks to her daughter all the time, explaining who has come to visit, or what the weather is like outside. Syracuse realizes that because of the nature of Alzheimer's that Carroll doesn't always recognize her either, but even though Carroll's cognitive ability is impaired, she smiles when she hears her mother's voice and turns towards her. It's a mother's love; a love that is instinctual, uncon-

ditional, and forever lasting. But Syracuse claims it goes both ways.

"Alice has always been good to me," Syracuse says of her only daughter. Syracuse also had two sons, but they are both deceased now, which left the two women as the only remaining members of their family. Syracuse divorced from her first husband, but was married to her second husband—a milkman—for 45 years. He has since passed away. Carroll was married to her first husband for 31 years, until they divorced, which was devastating to her. A subsequent marriage for Carroll ended shortly, and was not a happy or healthy one according to Syracuse, who feels her daughter "went downhill" from that moment on. It was then that the bond between mother and daughter intensified as Syracuse began tending to her daughter's physical needs when Carroll began to falter. Syracuse never thought of it as a chore or a duty. She just thought of doing it because she is Carroll's mother and

they were always very close. It's that mother-daughter bond that remains so strong.

Syracuse will continue to be strong for her daughter. She declares, "I'm old now, and my time's getting short, but I hang on for her." Syracuse reaches out to hold her daughter's hand. Immediately, Carroll turns towards her mother and a smile crosses her lips.

It's a mother's love, indeed.~KG/THN

FBH Calendar at a Glance

March

- 5th:** World Day Prayer, 10 a.m. Chapel
- 9th:** Birthday Dinner, Noon, McKnight Room
- 17th:** Whole House Bingo
- 22nd:** Kodak Band, 7 p.m., McKnight Room

April

- 1st:** Maundy Thursday, 10:30 a.m., Chapel
- 2nd:** Good Friday Service, 10:30 a.m., Chapel
- 13th:** Birthday Dinner, Noon, McKnight Room
- 16th:** Women's Service Board Party, 2 p.m., McKnight Room
- 27th:** Perinton Senior Chorus

May

- 18th:** Birthday Dinner, Noon, McKnight Room
- 20th:** Sunshine Luncheon, TBA

Help Support the Women's Service Board of Fairport Baptist Homes!

Purchase a Tops Gift Card for \$25, \$50, or \$100 and the Women's Service Board will earn a percentage of the cash value to help offset costs of programs, services and events for the Residents of the Fairport Baptist Homes.

The card has no expiration date, and may be used at any Tops Friendly Market location.

**Cards can be purchased by calling
Jan Teitge,
(585) 388-0283**

Thank you for supporting the Women's Service Board at FBH!

