

From Our Heart

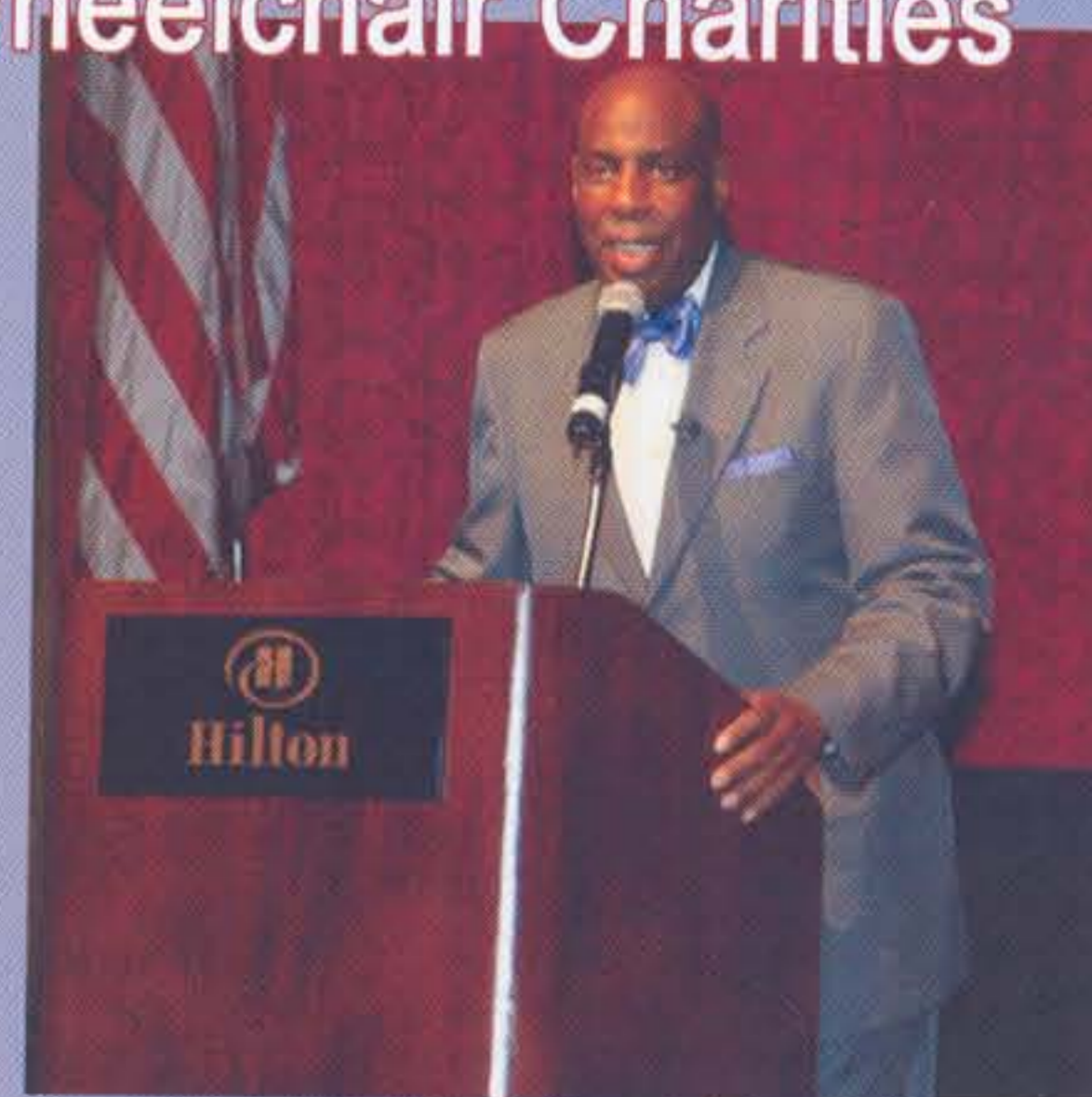
Summer 2008



Coler Goldwater's

Medical Student Externship Program

Employee Recognition Day - Employee BBQ - Wheelchair Charities



Published for the Employees, Patients, Residents, and Friends of
Coler-Goldwater Specialty Hospital and Nursing Facility

“LIVE OUT LOUD”

The Angelica Patient Assistance Program has launched “Live Out Loud” to provide free entertainment and special events to both campuses of Coler-Goldwater, using talents from local schools and community organizations. With the assistance of Jill Alcott, of Alcott and Partners, Inc., various groups are recruited to perform for patients and residents. The program was launched in February 2008, with the Tap City Youth Ensemble. Their performance was highlighted in From Our Heart’s previous issue.

On April 14, 2008, Moore Catholic High School performed Frank Loesser’s “Guys & Dolls,” based on the story by Damon Runyon. It was directed by Jose Luis Diaz, Jr., Moore Catholic’s Director of Performing Arts, who also conducted the music. More than 30 students came to the hospital dressed as gangsters, hat box dancers and/or “Save a Soul” missionaries, to perform this musical theater classic. A live band brought the Broadway production to life. For nearly three hours, the cast and crew of “Guys & Dolls” had us grinning from ear to ear. The show

was smashing. Hats off to these talented young actors, actresses, singers, dancers and musicians.

The Brooklyn High School Chorus came to the Coler campus on Thursday, May 15, 2008 and performed a wonderful assortment of great music. Patients and residents sang along and requested more shows like this. The “Live Out Loud” program provides an opportunity for talented students to perform outside their school setting, and creates a Win-Win collaboration. Thanks Angelica – we look forward to more great shows in the future.



VIVA! el CINCO DE MAYO!!

Mexican culture was celebrated on May 5, 2008, when the Robin Greenstein duo, courtesy of Hospital Audiences, Inc., filled the Goldwater Auditorium with Latin music and rhythm. Cinco de Mayo is not a celebration of Mexican independence, as many believe. The annual event marks the 1862 victory of the Mexican army over invading French troops at the Battle of Puebla. It has become a popular holiday in the American Southwest, even surpassing its importance in Mexico. The auditorium was filled with bright colors, posters, and Mexican flags to celebrate this wonderful culture and country. Delicious Mexican food was provided by Food & Nutrition. Patients and residents received a complimentary memorabilia cup and beaded necklaces, provided through the Goldwater Auxiliary, to remember the event, which was coordinated by Cloraine Benoit and Rose Smith of Therapeutic Recreation.

Hospital Audiences, Inc. brought Excitement to the Irish Cultural Celebration

Irish eyes were smiling again at this year’s Irish Festival, which was held on March 19, where patients and residents were invited to share in the Celtic fun. Activity Therapist, Christopher Wittman and Music Therapist, Paul Sachs, hosted this year’s festivities. They both turned into extra-sized leprechauns for the day. To get the audience in a jovial mood, Irish trivia and jokes were read before the live entertainment, which was provided by Hospital Audiences. “Danny Boy” and “My Wild Irish Rose,” as well as contemporary folk music, was performed as Irish Soda bread was passed out for all to enjoy. At the end of the show, everyone’s luck increased as they received cups and necklaces that each said “Kiss Me I’m Irish.” The mementos were provided by the Goldwater Auxiliary.

JAZZ AT LINCOLN CENTER

Lincoln Center for the Performing Arts sponsored an afternoon of jazz performed by the group, Matt Wilson's Arts & Crafts, on both campuses on Wednesday, April 9, 2008. This great music was made possible through the Programs and Services for People with Disabilities and "Jazz at Lincoln Center." This annual event is always very well attended. Patients and residents enjoy the unique improvisational sounds the musicians create. In addition to the beautiful music, Matt Wilson and the group shared insights and education as to what makes jazz a special kind of music. The audience got to participate as they select various moods and themes for the artists to convey through their instruments. Special thanks go to Bobbi Wailes, Director of this program at Lincoln Center, who coordinated this special event with Therapeutic Recreation.



Mozart visits Coler-Goldwater

The soothing and dramatic music of Mozart, Bach and Schumann filled the Atrium at Coler and the Activity Room at Goldwater on Tuesday, May 13, 2008. This music was provided through the generosity of "R & R Concerts." Ralph Allen on the violin and Iris Jortner on the cello played selections from an anticipated performance, which they provided on Saturday, May 17th, at the Good Shepherd Church on Roosevelt Island. R & R Concerts reached out to our community, because they realized that many patients and residents would not be able to attend the Saturday night performance at the church.

After the performances on each Hospital campus, the musicians visited several units to bring classical sounds to those who could not attend. Both events were well attended and were such a success, R & R will be arranging other performances for our community in the fall. We very much appreciate that R & R Concerts included us in their cultural outreach program.

Melange of Art

Coler's annual art show, entitled, "MELANGE OF ART" opened on May 21, 2008. Melange means hodgepodge, mixture, potpourri, variety, and medley; this was the best of the best of interesting mixtures. A group of Coler residents explored a *mélange* of artistic techniques and visions during an eight week time frame.

During the first four weeks they experimented with a variety of materials and techniques including working in pencil, paint, collage, monoprint and mandalas. In the second four weeks the units gathered together to contribute their learning to each other and to collaborate on a final project that reflected the knowledge they had gained. Also on display was the talent of our many independent artists who have a personal vision and work year round on their art work

The audience was welcomed by Theresa Chamberlin, Mistress of Ceremonies, coordinator of the arts festival. The celebration began with piano and flute music by Eleonora Shneyder and Rodrigo Bermudez-Diaz. Opening remarks were made by Ron Becker, Director of Therapeutic Recreation Services and Claude Rittman, Executive Director, Coler-Goldwater Hospital.

Our guest speaker was Harriet Taub, Director of Materials for the Arts, an organization that for many years has supplied valuable supplies and materials free



of charge to the Recreation Therapy Department for various events and art projects. Ron Becker presented Ms. Taub with the gift of a plaque to thank her and Materials for the Arts for the many years of assistance and donations from the organization. A slide show of Coler residents working on their creations was shown as Mr. Becker sang "The Colors of My Life."

The audience was then entertained by the Coler chorus under direction of Eleonora Shneyder. We acknowledge the hard work of the chorus/ residents who are Edward Guerrier, Edward Luther, Jerome Dilibert, Edward Howard, Angie Sylvain, Felipe Martinez and Javier Villanueva. Everyone then enjoyed refreshments of fruit, cheesecake and cream puffs. Our residents worked very hard to create a wonderful, thought-provoking and beautiful show.

..... Spring Is In The Air

Earth Day is a celebration of the beautiful world around us. This was acknowledged as patients and residents visited the Goldwater Greenhouse during an Open House on Wednesday, April 23, 2008. Residents were welcomed with beautiful roses that were provided by Brian Luebcke of Empire Flowers, of West 28th Street, Manhattan. Each visitor selected their favorite flower and had the opportunity to pot a small plant to take with them.

An educational aspect of the day

was a viewing a bulletin board on recycling. Then the sound of music provided by Paul Sachs, Activity Therapist, beckoned everyone to the outdoor patio for fresh air and refreshments.

Everyone left the celebration with a plant, a beautiful rose and an awareness and appreciation of nature and our role in taking care of the planet. Special thanks go to the Goldwater Auxiliary, whose ongoing funding keeps the Horticultural Program alive and vibrant.

Spring Arrivals from Angelica

The Angelica Patient Assistance Program is a charitable group that continues to focus on patients and resident's quality of life. It funds new programs and resources and supports Therapeutic Recreation Services' efforts to provide innovative and quality programming.

Because of the success and positive outcomes for patients and residents through the "Duet Bike Program," a second Duet Bike was purchased by Angelica for the Recreation Therapy Program. Last year both campuses shared a bike that was donated by Angelica. Now each campus has a Duet Bike to use each day, weather permitting. Activity Therapy staff have observed that the use of the bike has improved residents' moods, social interactions and has affected their ability to engage in more purposeful and enjoyable activities on their units. The bike has been very effective in helping to reduce inappropriate behavior in residents diagnosed with dementia. Enjoying the outdoors, riding along the water's edge with a view of Manhattan, leaves riders wanting another ride.

Angelica has provided several donations to the Coler Dementia units, C13/14. These have enhanced the environment and expanded quality programming. A new 180-gallon fish tank sits in the middle of the dayroom. Residents relax and enjoy the beauty and serenity of the fish and aquarium. A full assortment



Regenia Anderson, Activity Therapist III, admires the aquarium and the cooking equipment donated by Angelica for her "Healthy Start" program.

of equipment was also provided to begin a "Healthy Start" Cooking Program on the unit. This program will allow the residents to select recipes, help prepare snacks and meals and work together in a collaborative way, facilitating tasks to help maintain cognitive functioning, motor skills and social interaction. Fruit smoothies, desserts, fresh salads and assorted entrées will keep many hands and minds busy while enjoying the results for a healthier, happier community.

We are very thankful for the generous support and commitment of Angelica, which improves the lives of our patients and residents.

Angelica Receives State Award & Goldwater Auxiliary Award

April 2008 was a month in which the great work of the Angelica Patient Assistance Program was acknowledged on two very special occasions. First, Angelica was the proud recipient of the "Organization of the Year" Award from NYS-TRA (New York State Therapeutic Recreation Association). This award was presented to Angelica at NYSTRA's annual conference in Saratoga Springs on April 6, 2008. To be nominated, an organization must meet specific criteria, which include: support of Therapeutic Recreation through funding and/or other supportive services and promotion of Therapeutic Recreation to those typically underserved, regardless of race, religion or sexual preference.

Because of Angelica's generous funding of many therapeutic programs at Coler-Goldwater, Ron Becker, Director of Therapeutic Recreation Services, nominated the organization for consideration. Programs funded include: The Duet Bike Program, Healthy Start Cooking Program, Horticultural Therapy, Hip Hop Program and the Coler Art Studio, as well as sponsorship of several special events and guest entertainment. Because of these programs, positive resident/patient outcomes have included: improvement in cognition, social skills, mood and sense of self, physical

functioning and opportunities for creative expression. Empowering the residents by giving them the opportunity to coordinate this year's Sweetheart Ball, was also an important factor in enhancing patient/resident quality of life.

Then, on April 24, 2008 Angelica received the Goldwater Auxiliary Volunteer Award for their consistent support of programming and the creation of strong relationships with the community through their volunteer efforts. Nicole Break, an Angelica Board member, accepted the award. In her acceptance speech, Nicole shared the story of Tameka. Tameka was a patient who inspired visitors from the NYC Junior League to create the Angelica organization. Tameka's love of life and ability to get the most out of life, despite her medical conditions, gave testimony to the value of everyone's life and the importance of sharing what you can with and for others.

Angelica is very proud to have received these awards. It is validation of their efforts to meet their mission, which is to enhance the lives of economically disadvantaged patients who are in need of long term medical care and to support long-term care medical facilities.