

# Village Views

SPRING 2010



## THE HEALTH CENTER AT GOOD SHEPHERD VILLAGE AT ENDWELL

The final component of Good Shepherd Village at Endwell is complete. The Health Center offers multiple levels of care in a unique and spectacular setting that is redefining people's expectations of long term care. To start, there are four dining rooms serving chef-prepared meals to no more than sixteen residents per dining room.

The Health Center offers three separate levels of care: Adult Care, Adult Care Memory Support and Skilled Nursing Care. The Adult Care program features sixteen two-room suites, each with a private



bath and shower. Residents receive assistance with medication management, activities of daily living and coordination of all medical care. Physician and dental services are also available on site.

The Adult Care Memory Support program features sixteen private rooms in a safe and secure setting. The Memory Support unit features specialized programming designed for individuals with Alzheimer's disease and other forms of memory impairment. The Memory Support program also has direct access to a private outdoor wandering garden, allowing residents with dementia to enjoy an afternoon or evening in the garden. By addressing cognitive needs at the adult care level, admission to the skilled nursing facility can often be delayed.

The Health Center also features a 32-bed Skilled Nursing Facility consisting of all private rooms with private bath and shower. The Skilled Nursing Facility serves residents on two 16-bed wings, each with its own dining area. There are large recreation areas and activities always taking place.

The Health Center at Good Shepherd Village is small and intimate. Eventually it will serve only residents from the independent living units. Because the independent residents will not utilize health services for several years, New York State is allowing admissions from the greater community for a limited period of time. If you or a loved one needs health care services, contact The Health Center at (607) 757-3102. At the Health Center, hospitality and health care go hand in hand.

## MIKE KEENAN RECEIVES PRESTIGIOUS AWARD

In a recent letter from Tom Holt, Chairman of the Board of the New York Association of Homes and Services for the Aging (NYAHS), personal congratulations were extended



to Mike Keenan on being selected to receive the NYAHS 2010 James W. Sanderson Memorial Award for Leadership. This award honors the late Jim Sanderson, NYAHS's longtime counsel and friend. The prestigious award is given to an individual dedicated to the long term care field and its residents; someone admired and respected by colleagues; and who is creative, practical and demonstrates personal leadership and strong values. Board members, department heads and local representatives submitted nominations for the award.

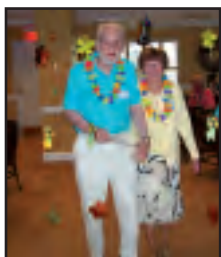
Mr. Holt presented the award to Mike at NYAHS's Spring Training Institute on Wednesday, May 26 at The Saratoga Hilton Hotel and Conference Center in Saratoga Springs as colleagues, friends, relatives and conference participants looked on. Congratulations Mike, on this well-deserved award for your outstanding contributions to senior services.

## WHAT'S THERE TO DO AT GOOD SHEPHERD VILLAGE? EVERYTHING!

You will never be lacking for something interesting to do when you live at Good Shepherd Village at Endwell. Take a look at the offerings at Rita's reception desk and you will find off-site options like the Opera, the Moscow Festival Ballet, Riverdance, Tioga Downs Casino & Raceway, Black Bear Winery and The Bronx Zoo. Nearby Endwell Greens offers special discount rates to residents of Good Shepherd Village...leagues or casual golfers can take advantage on an as-needed basis. And if you're new to golfing, private lessons and golf clinics are available!

On-site special activities and regularly scheduled events are endless. Join the Wine Tasting Class with Chef Mark to learn wine tasting basics while sampling white wine, red wine, Italian wine and French wine. (Wine pairing dinners are also a periodic feature at Center Stage, the Village's prime location for fine dining.) Take the AARP Defensive Driving Course to hone your driving skills and maybe even earn a 10% discount on your car insurance. Participate in a Murder Mystery Dinner and uncover the mystery behind the Chicago Caper. Learn a new craft, take a fitness class, join a walking group, join the book club and bring your discussion questions to the group. If you just want to relax, take the complimentary shuttle bus to the Village Center to see a movie in the social hall or play bridge with some friends.

Like the pub atmosphere? In the Village Pub, there's live music every Thursday evening, happy hour every afternoon and a daily menu of pub favorites, including burgers, fries and boneless chicken wings. Feel free to watch TV, join in on a round of team trivia or play a game of Yahtzee or Scrabble. Recent special events in the Pub have included monthly liquor samplings, Kentucky Derby Day, and a Cinco De Mayo Fiesta.



*Good Shepherd Village at Endwell hosts special events for residents on a regular basis. The mere change of seasons was cause for celebration! This May we asked all residents to get into a summer frame of mind and join us for a Hawaiian Luau. The colors were vivid, the music was tropical and the food was superb.*



*Bob Dealaman hosted a hike at Tuscarora Scout Reservation in recognition of Earth Day. Early signs of spring were evident throughout the woods as Trillium and Columbine blossomed and "Fred," the resident peacock, basked in the sun. Have you met Lisa Morrisey, the new Social Director at GSV? That's her in the crevices of "Bear Caves."*



## A GREEN WAY TO GET AROUND

Duncan Finlayson can be seen zipping around the Good Shepherd Village campus on his Segway, a zero emission personal transportation system. This green method of transport is battery operated and totally wireless. The Segway has only two wheels, yet stays upright and intuitively moves by Duncan simply leaning slightly forward, backward, right or left. Amazing!

## COOKING WITH MARK CRESCENT



*Cocoa nibs (where chocolate begins!)*

What does hot cocoa have in common with chili? If you ask Chef Mark, he'll say chocolate, of course. February's cooking demonstration theme was chocolate and he carried through the use of chocolate in ganache, truffles, hot chocolate and chili.

Attendees learned a lot about this versatile ingredient. Ganache, a liquid form of chocolate, can be poured over a cooked cake as a delicious topping that looks fancy but is very easy to do (the butter makes it shiny). Cool it and it becomes a paste that can be used as a filling. Whip it and it becomes a rich frosting. The possibilities are endless and don't be afraid to change it up by adding different flavorings – liquors, honey, red wine, cinnamon, or sea salt.

Chef Mark's cooking demonstrations take place monthly. The theme for March was tea and healthy cooking, April was cooking with beer, and May was antioxidant super foods.

### **CHOCOLATE GANACHE** *Serves: Several*

8 oz Chopped semisweet or bittersweet chocolate  
 ¾ cup Heavy Cream  
 2 Tblsp Unsalted butter  
 1 Tblsp Liqueur of choice (optional)

Tip: Ever had your chocolate turn thick and lumpy when trying to melt it? If water comes into contact with chocolate at the wrong temperature, it will cause it to seize.

Bring cream and butter to a boil. (Add liqueur.) Pour hot cream over chopped chocolate. Stir slowly until a smooth dark mixture is formed. Use as a glaze while warm or pour into a shallow pan and chill for fillings, frostings or truffles.

## RESIDENT ASSOCIATION UNDERGOES TRANSFORMATION

Residents have a right to self organize and to have choices in what they want to do. The Good Shepherd Village at Endwell Resident Association has a goal of relaying a positive sense of community with inclusion of all residents.

The initial unstructured Association meetings gave all residents the opportunity of an open forum to voice their questions or comments. Specialized resident interest groups have since been formed and are meeting for the short term until bylaws are developed, standing committees formed, and a final structure created.

The *Fellowship Group* details ideas of how residents can support each other and welcome newcomers. The objective of the *Social/Lifelong Learning Group* is to assist with the planning of events and educational opportunities. The *Lifestyle Group* provides input on the dining, nutrition and wellness programs. The *Environmental Group* assists with ideas on grounds, maintenance and housekeeping. The residents involved in the interest groups represent the community at large and the goal of all groups is to have a line of communication between residents of the community and the management team of Good Shepherd Village.



Please send me more information about Good Shepherd Village at Endwell.

Your Name \_\_\_\_\_

Your Address \_\_\_\_\_

Your Phone Number \_\_\_\_\_

Your E-mail \_\_\_\_\_

Share our exclusive active retirement community with family and friends! Who do you know who would also enjoy the benefits of a fulfilling lifestyle at Good Shepherd Village?

Referral Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

E-mail \_\_\_\_\_

Mail to: Good Shepherd Village at Endwell,

32 Village Drive, Endwell, NY 13760

Return this card, call 607.757.3100

or visit [www.GSVillage.com](http://www.GSVillage.com) for more information.



## ASK MARY KAY



***We have heard that very few apartments and cottages are left. What do you have remaining at the Village?***

This is a question that I hear frequently. Although we have been extremely busy, we do have some very nice cottages and apartments to choose from. There is one remaining 1350 sq. ft. cottage and one 1800 sq. ft. cottage. We have a selection of the 1550 sq. ft. cottage with either a one or a two-car garage.

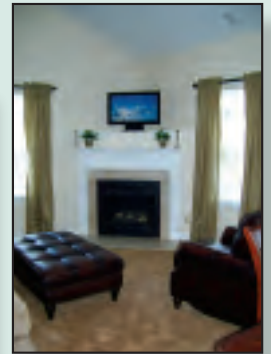
In the independent apartment building we have multiple floor plans of two-bedroom units including the largest two-bedroom which features a den.

The popularity of the Village is in large part due to the fabulous dining services, the host of social and recreational activities, the upscale accommodations and the wonderful group of residents that live here.

Don't miss out on this opportunity to be part of the area's premier retirement community!

Call today to schedule a tour and see what we have to offer.

Mary Kay McKinney  
Director of Sales & Marketing  
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607 757-3104



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