



# SEA VIEWS

Opening the door to news at  
Sea View Retreat, an Extended Care Community

Mansion Drive, Rowley, MA  
December, 2009

## Sea View plans major expansion

**F**or more than 50 years, Sea View Retreat has offered care and comfort to the older adults as well as their families. With its array of long-term care and rehabilitation services, the skilled nursing facility continues to serve the community under the guidance of third-generation owner and administrator Stephen Comley II. Much has changed, however, since Comley's grandparents founded Sea View in Rowley's elegant Fenno mansion.

With alternatives like assisted living centers, adult day programs, and independent living facilities, Sea View is no longer the "retirement home" it was in 1954. Some residents seek short-term care after an illness or serious accident. And with people living considerably longer, Sea View's long-term care residents are typically much older and frailer now.

To help return to his grandparents' original mission, better meet the needs of the area's growing number of aging baby boomers, and create a campus where older adults could seamlessly age in place, Comley is proposing a comprehensive plan to expand and improve Sea View.

Now in the development stage and pending

necessary approvals, the first phase of the expansion program would focus on the existing skilled nursing facility. Comley plans to add twelve beds to Sea View's current 62 beds and provide more intensive short-term, subacute care. Providing a bridge between the hospital and home, the additional beds would give patients recovering from hip surgery, strokes, and other ailments the opportunity to recuperate, regain strength, improve mobility, and become independent with the help of an expanded rehabilitation department. Outpatient rehabilitation services would also be offered.

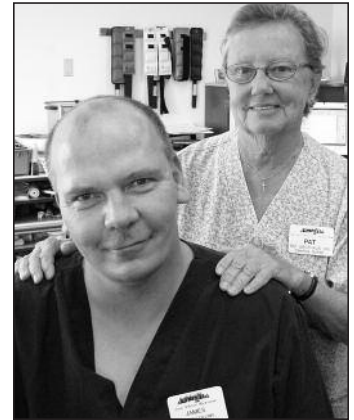
Other changes and enhancements would be made throughout the facility to improve the quality of life for Sea View's residents.

### *Assisted living center*

As the skilled nursing facility is being expanded, Sea View proposes to concurrently build a 45-apartment assisted living center. Intended for older adults who are largely independent but seek some support as well as a community of their peers, Sea View's assisted living facility would offer recreational and social activities along with dining services and help with activities of daily living.

Amenities would include a library, fitness center, chapel, dining room, activity areas, beauty salon, wellness center, and pub. The facility would also offer a multi-purpose meeting room that would be made available to both Sea View residents and seniors in Rowley and nearby communities for social,

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James Collins, CNA, with Pat Grothaus, RN.

## Quick-thinking nurse helps coworker

With 40 years of medical experience, Pat Grothaus, RN, recognized the signs of cardiac distress, including shortness of breath, elevated vital signs, and chest discomfort. But it wasn't a resident in her care that had her concerned. It was her colleague, James Collins, a CNA at Sea View. And Pat's steady and assertive response may have helped avert catastrophe for James.

It was mid-June 2009, and James was on his way to visit a resident. But since he had been sweating profusely and had chest pressure that wouldn't go away, he thought it might make sense to check his blood pressure and instead headed to the nurses' station. That's when Pat, a charge nurse on the first floor who has been at Sea View for ten years, entered the picture.

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SEA VIEW'S INDEPENDENT LIVING COMPLEX is now open. It offers support services such as activities and meals as well as spectacular views of the ocean.



Welcome to these recently appointed members of Sea View's staff

#### CNAs

Michael Cipolletta  
Melissa Devlin  
Lisa Gauvin  
Andrea Graffam  
Bianca Graffam  
Annamarie Iannazzi  
Libby Marshall  
Kayleigh McIlveen  
Natalie McLaughlin  
Connie Nicholson  
Jenny Oliveira  
Ivy Perez  
Adrian Ricketts

#### Nurses

Nancy Soucy, LPN  
Samantha Schaejbe, RN

#### Business Office

Bethany Moskevitz

#### Dietary

Kristen Kelly  
Laurie Santos

#### Housekeeping

Angelica McLaughlin

## Xmas plans

Please join us at Sea View on Friday, Dec. 4 from 10 a.m. to 2 p.m. for the annual Christmas Fair. Proceeds will go to the Residents' Fund. Your donation of Christmas crafts would be most appreciated.

And on Wednesday, December 23, we will be holding the residents' Christmas party at 2 p.m. Families can send along a present to place under the tree. Call Candy Wood at 978-948-2552 for info.



**ALL HAIL THE QUEEN** Laureen Steelman was Queen for a Day at Sea View.

## The royal treatment

In the 1950s and 60s, the television show, "Queen for a Day," chose a lucky person among its contestants to wear a jeweled crown and sable-trimmed red velvet robe (since this was in the days of black-and-white TV, you'll have to take my word on the red velvet) as the titular winner. Sea View has revived the concept with its own version of Queen for a Day.

Reasoning that all ladies deserve to be queen, at least for a day, Cheryl Jurek, RN, came up with the idea for the program. She and her committee choose an honoree among Sea View's residents to wear the royal crown. In place of the robe, the queens receive a scepter as well as a Queen for a Day badge. The organizers escort the winners through the facility to exchange a "queen wave" with staff members, residents, and family members. The queens then get served a royal treat of cupcakes.

Cheryl's criteria for choosing the honorees? "They had to have lived a full life and have wisdom," she says. "That basically includes all the women," she notes with a laugh. In fact, if she can secure enough crowns and scepters, Cheryl is hoping to organize a facility-wide Queen for a Day in which all of the female residents will get the royal treatment.



Workers put the finishing touches on Sea View's new conservatory. The glass ceilings and walls will provide a bright and cheery setting year round.

## Sea View expands for the future

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educational, recreational, and other purposes. Each apartment would have a full bath, limited kitchen, and living room. The assisted living center would be built adjacent to the existing skilled nursing facility and residents would have easy, indoor access to both facilities. A separate Alzheimer's wing would offer specialized care for residents with dementia and memory impairment.

Sea View recently completed a five-unit independent living facility. Residents will be essentially independent and will not receive any day-to-day care. They will, however, have full access to the activities offered through the assisted living center and would have the option to eat up to two meals daily in the assisted living center's main dining room. Light housekeeping and monitoring systems will be included, and personal aides and nursing services will be available.

"As a family-owned and -operated home, we've always taken great pride in offering the personal, individualized care that my grandparents started in the 1950s," says Comley. "With this expansion, we'll be able to carry on that tradition, but on a multi-

faceted campus designed for 21st-century needs. We want to continue to touch the lives of older adults and their families in the community, offer our residents a wide range of services, and allow them to age with dignity and without worries in one place—a continuum of care."

Sea View's expansion program would create a large number of construction jobs at a time when construction projects are scarce. Once built, the new facilities and programs would offer an additional 20 to 35 permanent jobs. The new facilities would also add to Rowley's tax base and bring more business to local merchants.



**THE STUNNING BALCONY VIEWS** from Sea View's new independent living units include a horse paddock and the ocean.

## Sea View nurse honored at Boston Globe event



**CHERYL JUREK, RN, was honored for outstanding work**

**“I**t’s important to provide love, attention, reassurance, and affection,” says Cheryl Jurek, RN, when describing the key qualities she brings to her

### Pat showed James some heart

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According to the nurse, James, 41, didn’t look as bad as he said he felt. But she did know that her coworker had a family history of cardiac problems, and that James had been diagnosed a few years earlier with an irregular heartbeat. Drawing on her clinical skills, including a stint at Beverly Hospital where she was a critical care nurse, Pat told the CNA that he had to immediately go to the hospital. When James objected, Pat laid down the law. “I hate to do this,” she said, “but, in good conscience, I can’t let you stay at work.” When James relented and said that he would drive himself to the hospital, Pat wouldn’t allow him to do that either. That’s when she called an ambulance.

It’s a good thing Pat was so insistent. Anna Jaques Hospital admitted James, sent him to the critical care unit for observation, and administered a stress test the next day. “My heart stopped during the test,” said James. “They coded me.”

The Newburyport hospital sent James to Portsmouth Regional Hospital, where they discovered a blocked major

artery, performed angioplasty, and inserted a stent. After recuperating, the CNA was back at work in three weeks and says that, thanks to early detection, there is no damage to his heart.

Her upbeat attitude and warm personality has earned the respect and trust of the residents in her care. And it caught the attention of Michele Gormley, whose mother, Helen, is a resident at Sea View. Michele was so impressed, she nominated Cheryl for the Boston Globe’s Salute to Nurses awards program. At the seventh annual breakfast event held earlier in the year which honored individuals for their outstanding work in the

position as charge nurse at Sea View. “And every day, I make it a point to smile,” she adds.

Sea View’s Director of Nursing, Sue Forni, wasn’t surprised by Pat’s quick and insightful thinking. “She’s a mentor to many nurses who leads by example,” Sue says. “When she says something, you don’t mess around.” Had James been at home when he started feeling discomfort, Sue speculates, he might have taken a couple of antacids and ignored the signs. “James was a time bomb,” she adds. “And Pat was able to diffuse the bomb.”

Upon returning to Sea View, one of the first things James did was seek out Pat to give her a hug. Before the incident, James had told Pat that Father’s Day was going to be particularly special for him this year, since he is a first-time dad of twin baby boys. As it turned out, he and his young family celebrated Father’s Day in the hospital. “That’s a Father’s Day I’ll never forget,” said James. “And I’ll never forget Pat.”

nursing profession, the Globe presented Cheryl with an honorable mention.

“All nurses work hard,” Cheryl says. “I was grateful for the award and humbled, but I felt that I accepted it on behalf of Sea View and other nursing homes.”

To nominate Cheryl, Michele wrote a letter to the event’s organizers that stated, in part, “My mother can be extremely challenging to care for. But Cheryl never gets frustrated, never gives up. There is no better advocate for my mother’s physical and spiritual well-being. She is equally dedicated to all of her patients. Cheryl consider them part of her extended family, and I consider

her part of ours.”

Cheryl used to sell cosmetics and started working as a CNA to supplement her income. She discovered, however, that she loved the work. “I found my calling later in life,” says Cheryl. She went to school to get her nursing degree and never looked back.

Sue Forni, Sea View’s director of nursing, says that Cheryl is dedicated to all of the residents and always gives it her all. “It was such an honor for Michele Gormley to acknowledge Cheryl and for the Globe to give her the award. I feel that it reflects on the whole building,” Sue adds. “All of our nurses are wonderful.”

## Letters



Dear Steve (Comley II, Administrator),

I cannot begin to express my appreciation to you and the entire staff of Sea View for the welcome you have extended to my mother and me. I must tell you that I was very anxious at the prospect of Mom transitioning from her home where she had lived independently for 75 years to a nursing facility located 1000 miles away. Sea View, however, has exceeded my expectations.

As my mother’s health declined, her insecurity and stress increased. And, of course, my own sense of discomfort grew as I saw her failing. It was of grave concern to see this gracious hostess, who had been a notable member of her community, become increasingly withdrawn and reclusive.

Since she came to Sea View a month ago, Mom has made dramatic improvements, and I am hopeful that she has many months and years of quality life ahead. Your clinicians, nurses, aides, and administrative staff have been more than kind to her; they have been strategic in addressing her underlying anxieties and medical conditions. The result: Mom is living in the four Ss: stable, settled, safe, and serene.

Furthermore, as you know, Mom used to be attended to by aides. Now she is making it on her own with the assistance of your staff. This is good for her and for my budget.

Of course, nothing is perfect. But Sea View has created a loving environment that is allowing Mom to live with dignity in the final chapter of her life, just as she would want.

Best regards,

Michael Sales, Ed.D.

Sea View Retreat  
Mansion Drive  
Rowley, MA 01969

### May we send you Sea Views?

If you want to receive our newsletter or if you want your name removed from our mailing list, please call or write.  
(978) 948-2552

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Administrator: Stephen Comley II

Visit our web site  
[www.seaviewretreat.com](http://www.seaviewretreat.com)  
E-mail us at [info@seaviewretreat.com](mailto:info@seaviewretreat.com)

Sea View Retreat is an equal opportunity employer.

## Sea View residents enjoy singing along with Janet

For her day job, Janet Hilton owns Remax Country Crossroads Realty Associates in Rowley. When she's not selling property, however, she can sometimes be found volunteering at Sea View with a feather boa, a microphone, and a library of songs from the past.

Janet's karaoke sing-alongs, featuring such resident favorites as "Embraceable You" and "Get Me to the Church on Time," have become quite popular. The lively performer incorporates some dance moves as she sings the tunes. By gently encouraging residents to belt out the songs, her appearances at Sea View are as much about rekindling memories and making connections as they are about entertainment.

"I'll see their lips start moving and their toes start tapping," Janet says. Even residents with Alzheimer's disease and other forms of dementia get engaged in the music. "They may not remember what happened a few moments ago, but they remember these songs. Music is a way to reach them."

Music and performing are in her blood, says Janet. Two of her grandparents were in vaudeville, and her parents both played piano and sang. Janet always enjoyed singing as well, but never performed until her husband, George, surprised her a few years ago and purchased karaoke equip-

ment. Now the retired firefighter, who was a lieutenant in the Lynn department, accompanies his wife to Sea View and helps set up and run the equipment.

The residents often amaze her, says Janet. She recalls one gentleman who didn't appear to be paying much attention. As she was leaving, however, he met her in the lobby to thank her for coming. "He told me that he especially enjoyed the choreography," she says with a laugh. "And here I thought he wasn't really interested."

As much as the residents enjoy Janet, she says that it's truly a treat for her and George to volunteer at Sea View. "It's a wonderful feeling. It's really worth it to put everything down and do something for others."



**TAKE IT AWAY, ELDA.** Janet Hilton, who volunteers at Sea View by bringing in her karaoke equipment, shares the microphone with resident Elda MacAnalyt.



**ROLLING ON THE RIVER.** Resident Terry Sales and members of her family joined a group from Sea View for a boat ride along the Merrimack River.



Harriet Olmstead enjoys a visit with a pony that's been trained as a therapy animal.