



SEA VIEWS

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

Mansion Drive, Rowley, MA
Spring, 2008

Carolyn returns to Sea View— 32 years later

With Sea View Retreat's high quality of care, hard-working and friendly staff, and agreeable environment, many of its employees remain working at the facility for many years. Their dedication and longevity, in turn, help contribute to Sea View's quality care. Few staff members, however, can match the longevity of Carolyn Ilsley, LPN.

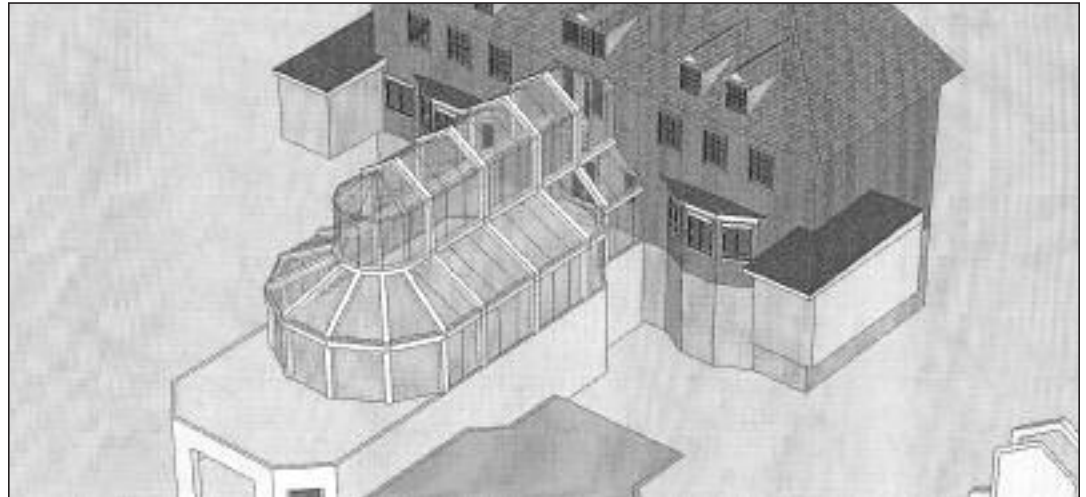
Her tenure with Sea View goes back to the mid-1970s. But, Carolyn left in 1976 to pursue other work. In 2008, her career path led her right back to Sea View.

As Carolyn explains, she enjoyed working at Sea View back in the Gerald Ford era, but the 4 p.m.-to-midnight shift was difficult for her, and she wanted a day job. In the inter-

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Carolyn Ilsley, LPN



LET THE SUNSHINE IN The greenhouse that served Sea View and its residents well for many years is gone, but echoes of it will reverberate in the new solarium addition that is planned to take its place. As the rendering shows, the two upper stories will be virtually transparent and will provide delightful settings to enjoy the sun and panoramic views of the outdoors year-round. The conservatory will use special glass manufactured in the UK specifically for solariums. The main floor will be a multipurpose room for uses such as dining, activities, and meetings. Owner and administrator Stephen Comley II says that the community will be invited to use the space as well. The top level will serve as a sitting area. A new sub-ground area under the structure will offer storage space. Pending approvals, work is expected to start this spring and the solarium will be finished around the fall.

We'll return after this message from Sea View

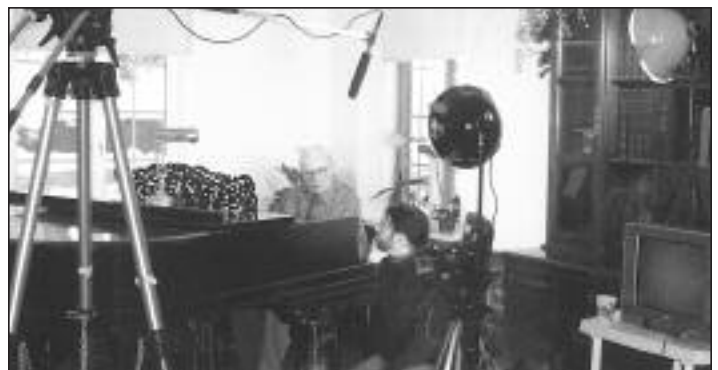
Don't be surprised if one of your favorite television shows is punctuated with an ad about Sea View. Spots promoting the facility are now running on cable TV systems in communities spanning from S. Hampton, NH to Gloucester.

Videographer Micgael Surawski shot and produced the commercial by asking residents and staff to describe, in their own words, what makes Sea View special. The result is a heartfelt endorsement of the unique facility. The ad ends with the slogan, "Let our family help yours."

Participating in the video shoot were the following resi-

dents: Katherine Gould, Elda McAnulty, Arthur Griffith, Eleanor Lancaster, Mary DiBiasco, Helen Gormley, Mildred Roberts, Shirley Pettengill, Don Brewer, Mary Bergeron, and Ruth Tullercash.

Staff members included: Bernadette Maliszewski, Judy Dionne, Amanda Chapman, Laurel White, Sharon Auclair, Rhonda Caram, Cheryl Jurek, Emily Childs, Debbie Morse, and Madeleine Wood.



READY FOR HIS CLOSE UP. Resident and piano player Arthur Griffith is featured in the television commercial. Videographer Micgael Surawski is shown providing direction to Arthur.



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

CNAs

Eliana Zardo
James Collins

Nurses

Susan Cavalieri, RN
Emily Childs, LPN
Carolyn Ilsley, LPN
Lisa Noyes, LPN
Aseda Aborgah, RN
Alicia Attarian, RN

Rehab

Rosemary Koch
Maureen Potter
Maryann Shepard

Dietary

Anastacia Graves
Richard Caraway
Stephen Nichols
Mark Sullivan

Housekeeping

Beverly Chapinski
Kristine Garcelon
Mabel Kiepez
Christine Lecraw
Janelle Mackenzie
William Phillips

Theresa gets famed cane

Theresa L'Italien, a resident at Sea View, is the recipient of Rowley's Boston Post Cane. The 102-year-old has the distinction of being the town's oldest woman.

The *Boston Post*, a newspaper which is no longer published, created its namesake canes to honor the oldest living residents in communities throughout the Boston area.



SOMETHING FISHY IS GOING ON HERE. The family of Carolyn Cramphin, who was a resident at Sea View, donated a fish tank in her memory to the facility.



REVEREND BOB Hagopian, shown with his wife, Ann, and Ann's mother, resident Mimi Blain, conducts services at Sea View. Reverend Bob is the pastor at the First Congregational Church in Rowley.



TAILGATE PARTY Tom Brady and the Patriots may have fumbled at the Super Bowl, but Sea View nonetheless celebrated the event with an indoor tailgate party. The menu included hot dogs, hamburgers, strawberry shortcake, and fake beer.

Another resident regains independence, returns home

The community has long heralded Sea View Retreat for its outstanding long-term care. Elders and their families still turn to Sea View for long-term care, but the facility has been gaining a reputation for the intensive short-term rehabilitation work it does with patients who require therapy after a hospitalization or following an illness.

With stays lasting a few weeks up to a few months, the short-term residents receive therapy from Sea View's in-house rehab department as well as the services of the entire facility. The goal with short-term residents is to help them regain their strength and skills and return home.

Sarah S. (an actual resident's story is used in this article, but not her real name) had broken her shoulder and had a slightly fractured pelvis when she came to Sea View. The 89-year-old woman hailed from Ipswich and had lived on the North Shore her whole life.

A homemaker whose husband had died, Sarah had worked in a shoe factory in her younger years. She also had an interesting side job as a shoe model, and her famous feet had appeared in department store ads and catalogs. Sarah was anxious to get home so that she could continue making meals and caring for her son who lived with her.

Upon her arrival at Sea View, Sarah was unable to bear any weight on her arm, which was in a sling, and she used a wheelchair. Among the skills she worked on with the rehab team were bathing, dressing, feeding, and toileting. According to Katie Pearson, COTA/L, and former Rehabilitation Department Manager/Admissions,

since Sarah was left-handed and had broken her left shoulder, the therapists taught her to use her right hand. They also developed upper-extremity exercises to keep her right arm strong, and worked with her to help her become more independent in a wheelchair.

"She bounced back remarkably quickly," Katie says. A proud woman of Greek descent, Sarah credited her heritage with helping to make her strong and determined. Two weeks into her stay at Sea View, she was able to remove her sling and could bear weight on her left arm and shoulder. Sarah stood—and then walked—in the parallel bars. Soon, she was able to forego the wheelchair. Sarah continued to receive individual therapy sessions and participated in group activities, working with weights, a therapy ball, and other items.

Her son came in for visits and played card games with Sarah (who initially learned to use her right hand for card playing). Her son also participated in a family meeting to help determine all of the skills Sarah would need to return home. For example, the Sea View team learned that she would have to tackle a flight of stairs at her house. Before being discharged, the therapists arranged services with a home health agency to help ease the transition.

"She loved it here," says Katie. Sarah was considering staying at Sea View, but she was determined to get home so that she could be with her son. "We want to get everybody home," Katie says, referring to short-term residents, "but it was difficult to say goodbye to Sarah. She was so loveable."

Better late than never for Carolyn

Continued from p. 1

vening years, Carolyn's work included stints at a pharmacy that specialized in long-term-care facilities and hospice. She describes the 1970's Sea View as "B.C." "That's before carts," says Carolyn with a laugh. In the days prior to mobile medication carts, nurses would administer medications from a room on the facility's first floor.

In the mid-1970s, Sea View hadn't yet completed its second-floor expansion, and there was only one nurse's station, located on the first floor. The facility had about half the number of beds. The administrator at the time was Stephen Comley, Sr., the current administrator's father.

Carolyn says that for 17 years, she was the primary caretaker for her elderly aunt, Melba Kazhal. When her aunt required residential nursing care at the age of 103, there was no decision about which facility to choose. "She had to come to Sea View," Carolyn says. Based on her positive experiences from three decades ago and the facility's longstanding reputation, she felt confident that her aunt would receive the best care. And she did. "I was so impressed by the way everyone treated my aunt. I was re-impressed with Sea View."



NO LEMONS. Resident Millie Roberts tries her luck at one of three slot machines that her family offered as a gift for the residents. Millie says that she never visited a casino, but enjoys playing the slots.

She was so impressed, Carolyn decided to apply for a position and rejoin the staff. "It's the best thing I ever did," she says. "It's such a wonderful place to work."

Carolyn has cut back her work to two days per week. With the extra time, she says that she's looking forward to tending her half-acre garden of vegetables this season. And she looks forward to spending more time with her husband.



SMILE! Resident Angelina Peyton with Milie, a 7-month-old pug. The dog belongs to Sue Forni, Sea View's nursing director, and visits the facility two times per month for unofficial pet therapy sessions. Mostly, the adorable pug cuddles with residents and exchanges affection. During the holiday season, Milie donned a festive jacket and posed with residents for photos that were used as holiday cards. "All of the residents love Milie," Sue says. "And the feeling is mutual."

www.seaviewretreat.com



E-mail us at
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Letters



Dear Friends:

There comes a time when we are at a loss for words, and this past month has been such a time for me. I want to thank you all for the great care that you have given my mom during her time at Sea View.

Mom loved you all and called you all family. She had a lot of stories for you. I know that she kept you on your feet, because you never knew what she would come out with next. The care in all departments was beyond reproach, and I'm sure that no other place would have been so loving and caring—so very concerned about all of the residents.

Like you folks, I find it hard to believe that she is gone. We realize that when you lose someone, it is a loss for the entire family. As the holder of the Boston Post Cane, mom was special to the town. We did not realize how special she was until we saw the town's flag at half-mast.

Mom cared for people her whole life, and I'm sure she would have been busy in your kitchen cooking, if you had allowed her. To everyone at Sea View, a great big thank you.

Sincerely,

Name withheld due to confidentiality

Dear second floor staff,

Thank you for the wonderful, loving care you provided my mother while she was a resident at Sea View. My mother always felt safe and secure and was very happy being a resident. That she was in such good hands made our burden lighter.

Not only were you all so capable, but also it was evident that you made an emotional connection with her. Your personal comments to us about your fondness for my mother and your sensitivity to us after her death were very much appreciated.

You are very special people, and we were so glad to have known you.

With gratitude,

Name withheld due to confidentiality



ROCKIN' AROUND THE CHRISTMAS TREE A Perfect Fifth performed during the holiday season. The ensemble included oboe, bassoon, clarinet, French horn, and flute.

Multitasker Jamie Yalla takes over rehab department

Sea View's rehabilitation department has a new director. Jamie Yalla, RN, BSN, began overseeing the rehab staff at the start of 2008. While the role is new for her, Jamie is no stranger to Sea View. She has been working at the facility since 2001 and had been its staff development coordinator as well as the staff person in charge of employee orientation, accident reports, and the federally required Minimum Data Set (MDS) records that Sea View submits to the Massachusetts Department of Health as part of its Medicare and Medicaid requirements. The busy Jamie will continue to handle her previous duties as she integrates them with the responsibilities of the rehab director position.

Jamie says that her goal is to make sure the department meets the residents' rehabilitation needs and to help them reach their maximum level of functioning and greatest degree of independence. As the new director explains, Sea View's rehab program has evolved through the years. "Today, we're seeing many more short-term residents," she says, referring to patients who come to Sea View as a bridge between being discharged from a hospital and returning home. Sea View has also been welcoming residents for short-term care who have been weak at home and work on strengthening with the rehab team. "Our program has been growing by word of

mouth," she adds. "People in the community hear that Sea View is a great place to come and recuperate. And therapists are hearing that it's a great place to work as well."

Sea View's rehab staff includes four physical therapists, one physical therapy assistant, one speech therapist, one occupational therapist, and one certified occupational therapy assistant. "We have a very willing, capable, and happy staff," says Jamie. "They do wonderful work with our short-term and long-term residents."

Among the services that the rehab team provides are paraffin wax treatments and ultrasound for residents with painful joints due to arthritis. They also work with a hydroculator to offer deep heat treatments. Using the parallel bars, weights, and other equipment in Sea View's gym, the therapists develop personalized exercise programs for residents. And they work on activities for daily living, or ADLs, to help residents become independent in dressing, grooming, and other home skills.

Jamie took over the department from Katie Pearson, who had served as Sea View's rehab director for many years. Katie was married last year and wanted to take some time off from work.



Jamie Yalla, RN



KATIE PEARSON, a longtime employee, married Kevin BelFiore last year. Katie started in her teens working in Sea View's kitchen, got her COTA license in 1995, and was the head of the rehab department. She is taking time off to enjoy married life and pursue other endeavors. Everyone at Sea View thanks Katie for her years of service and wishes her the best of luck.

Sea View Retreat is an equal opportunity employer.

E-mail us at info@seaviewretreat.com

www.seaviewretreat.com

Visit our web site

Administrator: Stephen Comley II

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