

Happy Summer!

I'd like to congratulate the team at Concord Healthcare & Rehabilitation Center for quickly adapting as both staff and residents have courageously fought the COVID-19 pandemic. Special thanks to our families for their ongoing support as we all work together to keep our residents safe.

With safety top of mind, our staff has gone above and beyond to find creative ways to offer meaningful activities and fun treats to residents, keeping their spirits up and spreading positivity throughout our community. Thank you for your ongoing professionalism and commitment during these challenging times!

We are excited to once again open our doors to visitors for socially distanced visits! Outdoor visitation is now available by appointment only Monday through Friday, between 9 am to 4 pm. Please call Social Services at 732-367-7444 x 121 to make your appointment and receive instructions as to our safe visitation protocols.

Isaac Sonenblick

ISAAC SONENBLICK, ADMINISTRATOR



#Adopt-A-Window at Concord

Our staff's vibrant artwork & upbeat messages really put a smile on our residents' faces!



She beat COVID!

We'd like to take a moment to honor Lucy Bolognese, our amazing COVID-19 SURVIVOR! Lucy is 102 years young and has been a long-term resident at Concord Healthcare, where for the past five years she's been an inspiration to everyone she meets.

Strong-willed, Lucy is never one to give up a fight. She's been working diligently in physical therapy to build her strength and has been doing so with a positive outlook on life. We asked Lucy's grandson, Peter Bolognese to share a few words about this wonderful woman:

"To know her is to love her and I am thankful that she is alive. Lucy is my Grandmother. She has three grandchildren and five great grandchildren.

It is hard to put into words what our Grandma Lucy means to us. Born and raised in Brooklyn, NY this spitfire of a lady has made her 100+ years count in this life and then some!

As our girl has gotten older and life has gotten harder, we are thrilled to have found a place like Concord to care for her everyday needs when life with our young

family does not allow for it.

We have loved watching her flourish at Concord. She has made friends, enjoyed the activities and most of all, been well cared for. Then, welcome 2020 and COVID-19. Much like many families in America, we were so worried for Grandma catching this virus. One day in April, we got the call. She was positive. No one could have predicted how our spunky girl would react and we braced ourselves for the unthinkable.

Through God's grace and the amazing staff at Concord, she was able to come

through (relatively unscathed) to the other side. We realize she is one of the lucky ones and cherish every day we have with her. As many families suffered great loss, we were able to climb the mountain.

We would like to praise and thank the staff at Concord for their continued, round the clock care of our precious Lucy.

We look forward to another amazing century with our Grandma. If you see Lucy in the halls, give her a shout!"

- PETER BOLOGNESE

Recreational Highlights

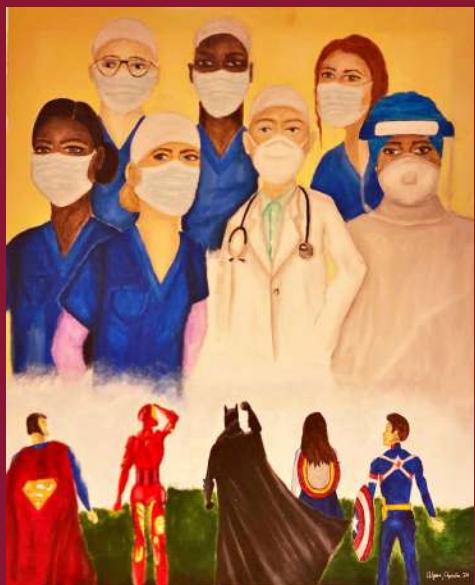
While COVID restrictions still do not allow group activities as of yet, we've found ways to stay safe and have fun!

Concord's wonderful Activities Team has taken their creativity to the next level – going **room to room with fun activities**, as well as **coffee carts, snacks and special surprises** like these **root beer floats**, which was a nice, refreshing treat!

In June, our residents enjoyed an **outdoor concert** from **Serenity Hospice**, who graced us with a wonderful performance. We were thankful for a nice cool day, allowing everyone to social-distance safely in our courtyard while enjoying the great music!



NOT ALL SUPERHEROES WEAR CAPES,
BUT THEY DO WEAR MASKS!



Josephine Celentano, our Director of Admissions and Marketing, wanted to do something special for our heroic staff so she asked her talented 17-year old cousin, Alyssa Papalia, to paint a superhero picture. It is now being displayed in our hallway for all to see!

Celebrating National Wellness Month

August is National Wellness Month, a time to focus on self-care, healthy routines and stress management. At Concord Healthcare, our team encourages residents to take a holistic approach to wellness. While every day should be a wellness day, we could all use a reminder now and then to keep our health at the forefront.

Here are some simple self-care tips to help you stay healthy and relaxed:

-  **Drink lots of water**, especially during the hot summer months. The Mayo Clinic recommends women drink 2.7 liters of fluids and men drink 3.7 liters of fluids per day.
-  **Exercise regularly** and take the time to stretch!
-  **Spend time outdoors**, which can improve memory, fight depression and lower blood pressure, among other benefits.
-  **Focus on enjoying nutritious, healthy meals** and reducing sugar, caffeine, sodium and excess fat from your diet.
-  **Meditate and practice deep breathing** to help you relax.
-  **Focus on your sleep routine** – getting enough sleep is crucial to your wellbeing.

AUGUST 7: Jersey Day

AUGUST 11: Casino On The Go

AUGUST 13: Room to Room Manicures

AUGUST 18: Hallway Bingo

AUGUST 17: Hawaiian Celebration On The Go

AUGUST 25: Hallway Bingo

AUGUST 27: Room to Room Manicures

AUGUST 28: Birthday Celebration Cart / Hawaiian Sing Along

AUGUST 31: Resident Council / Food Forum

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