

THE JOURNAL

Elan Skilled Nursing and Rehab

A Jewish Senior Life Community

FALL 2024

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In Leadership Role

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And More!

**Wishing The Jewish Community
A Happy, Healthy And Prosperous New Year 5785**



**Welcome,
Rasonia Nicholes**

The New Executive Director of
Elan Skilled Nursing and Rehab



A Very Special Fundraiser
For Injured SPD Police Officer
Held at Elan Skilled Nursing and Rehab



Elan Welcomes Executive Director Rasonia Nicholes

Elan Skilled Nursing and Rehab recently welcomed Executive Director Rasonia “Rae” Nicholes to the leadership team. Nicholes officially started her new position in June, and brings more than 20 years of experience in nursing and long-term care leadership to the role.

“I am excited to join the team at Elan, and I look forward to working with the staff to position this facility as the number one senior care provider and employer of choice in the area,” Nicholes said. “We want to give everyone on the team the tools and resources they need to succeed and reach their full potential.”

Nicholes most recently served as vice president of clinical services for a retirement community, providing clinical oversight for three long-term care facilities and two personal care homes, as well as clinical consulting for four independent living facilities. Throughout her career, Nicholes has also held roles as a nursing home administrator, director of nursing, nursing instructor, adjunct faculty clinical instructor, and director of care delivery.

Nicholes is a Registered Nurse, Licensed Nursing Home Administrator, Licensed Personal Care Home Administrator, and a Certified Dementia Practitioner. She earned a bachelor’s degree in Nursing from Mountain State University and a master’s degree in Nursing from the University of Phoenix.

“I started my education in the medical technology field, and when I was a work study at a nursing lab, the nursing instructors inspired me to get into nursing,” Nicholes said.

Nicholes currently resides in the Harrisburg area, and plans to relocate to the Scranton area in the near future. Outside of work, she enjoys spending time with her family and pets, and volunteering as a ministry educator.

Welcome to the team, Rae!

Elan Board President Jim Alperin Retires, Rick Bishop Succeeds In Leadership Role

Elan Skilled Nursing and Rehab's Board of Directors experienced a changing of the guard this past summer as Board President Jim Alperin officially retired from his leadership position, and ESNAR Board Vice President Rick Bishop was elected as the new Board President. Alperin remains on the Board in the role of Immediate Past-President.



"It has been such a privilege to work with and serve and lead our Board of Directors."

-Jim Alperin

At Alperin's last board meeting as President, he shared remarks of gratitude with the Board, staff, and community members in attendance.

"It has been such a privilege to work with and serve and lead our Board of Directors," Alperin said. "I can't say enough about the tremendous mix of intellect, talent, generosity, and community insight we have serving our organization from our volunteer leaders."

"As I turn the metaphoric gavel over to Rick, this is a bittersweet moment," Alperin added. "I will miss the day-to-day interaction, but I am confident Rick will add his own 'special sauce' to the dynamic, and I look forward to being of service to him and our organization for a few more years!"

An attorney at Hourigan, Kluger & Quinn Law, Bishop focuses on estate planning and administration, as well as elder law matters. In addition to his

work with Elan, he serves as a member of the Board of Directors of Penn State Scranton, The ARC Foundation of Northeastern Pennsylvania and the ARC, the Salvation Army Scranton Citadel, the Schwartz Mack Foundation, the Jewish Community Center of Scranton, and Amos Towers Housing. He serves on the Advisory Board of M&T Bank and the Kania School of Business at the University of Scranton, and is President of Amos Lodge of B'nai B'rith.



"It is a great honor to have been elected as the new Board President, as I have tremendous respect for our fine organization, its staff, and those who have preceded me in this role," Bishop said. "These continue to be challenging times for the health care business, but it is also a situation where new opportunities may present themselves as we move from strength to strength."

Bishop and his family have a longstanding relationship with ESNAR, and his mother-in-law, Celia Kah-anowitz, was raised from early childhood at the former Jewish Home. As a young man, Bishop recalls attending meetings at the facility, where he met a young Rabbi Sandhaus, who has since served as a member of Elan's leadership team for more than 40 years.

Elan's leadership team and Board of Directors would like to welcome Bishop to his new role, and express their deepest gratitude to Alperin for his invaluable contributions to the organization as President. Alperin's leadership has not only steered Elan's direction, but inspired everyone to strive for excellence.



Thank You For Making 2024 A Success!

We are thrilled to share the success of this year's NEPA Gives Annual Giving Day! Hosted by several area foundations, the online fundraising event took place in our community on June 6-7, 2024. Thanks to the incredible generosity of individual donors, businesses, and foundations, we raised an astounding total of \$12,107 from 21 donors!

A special thank you goes to Dr. Robert Greenburg, whose generous challenge grant matched contributions up to \$5,000, and Jim and Patty Alperin with a \$1,000 match contribution, doubling or even tripling the impact of every donation. Additionally, we were awarded a \$1,000 prize from the Moses Taylor Foundation – thank you!

Elan Skilled Nursing and Rehab increasingly serves a population with cognitive impairments, dementia, and Alzheimer's disease. These residents often require specialized programming and sensory engagement therapies. This year, your donations will be dedicated to purchasing televisions for patient rooms and vital therapy equipment.

We are deeply grateful for your continued support of the elderly in our community. Below, we proudly list our supporters, separated by category and including identified tributes.

Thank you for making a difference!

The supporters are listed below separated by category and listing identified tributes.

GOLD CHAI	\$3,600 and up	Gold Chai Dr. Robert M. Greenburg	Douglas Fink Shelley Kobuck
SILVER CHAI	\$1,800 and up	Silver Chai Toyota of Scranton	Tammy Leister Barry Mittelman
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PATRON	\$750-999		
PILLAR	\$500-749	Pillar Roberta Popik	Sponsor Rabbi Samuel Sandhaus Thomas Szymanski, <i>in honor of Missy Bednar</i>
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GUARDIAN	\$100-249	Lainey and Len Denis, <i>in memory of</i> Marlene Gordon	Contributor Christine Giuliani
SPONSOR	\$50-99		
DONOR	\$25-49		
CONTRIBUTOR	under \$25		



THANK YOU!

Elan Skilled Nursing and Rehab wishes to give special thanks to Andrew Weinberger and Toyota of Scranton for their generous support of Elan on NEPA Gives Day, each year since 2021. Pictured left to right, Noah Mihal, Sales Professional, Toyota, Brian Coulthard, Assistant Administrator, Elan Skilled Nursing and Rehab, Adrianna Neff, Sales Professional, Toyota and Allen Blad, General Manager, Toyota.

Unveils 21st Century Donor Wall Celebrating Remarkable Philanthropy

Elan Skilled Nursing and Rehab is thrilled to announce the unveiling of our new 21st Century Donor Wall! This stunning installation, depicted below, (photo not available at time of print) honors the remarkable generosity of our donors who have contributed \$10,000 or more to Elan Skilled Nursing and Rehab, Elan Gardens Senior Living, and the Foundation for Jewish Elderly.

The donor wall is prominently located in our lobby, providing a warm and welcoming sight for all who enter. This elegant display not only recognizes the invaluable support of our benefactors but also serves as a testament to the strong community spirit that sustains our mission.

Our donors' contributions have significantly enhanced our ability to provide top-quality care and support to our residents. The new donor wall is our way of showing heartfelt gratitude for their unwavering commitment to our cause.

We invite everyone to visit our lobby and see the new donor wall. It is a beautiful symbol of the profound impact that generosity and community can achieve together.



“Home” Improvements Continue At ESNR

Thanks to the brand new VRF- HVAC System installed on the Harry and Jeanette Weinberg Alzheimer’s Unit, Elan Skilled Nursing and Rehab residents were able to keep cool during this past summer’s multiple heat waves!

As part of ESNAR’s ongoing infrastructure improvement plan, the 3rd floor was upgraded to the same system installed on the 2nd floor during the 2022/23 renovation of that unit.

What is a VRF System?

“A VRF System is a ductless, large-scale, HVAC system that uses refrigerant to heat and cool multiple indoor units,” states Director of Project Management, Kevin Tetreault. “VRF stands for- Variable Refrigerant Flow and the systems are highly efficient and provide individually controlled comfort with lower operating costs.”

“Individual resident room temps on the 3rd floor can now be set to meet the comfort of the room occupants as is the case on the 2nd floor,” Tetreault explained.

Since the VRF installation required the closure of the 3rd floor in “sections”, Elan Skilled took the opportunity to upgrade the resident rooms as the VRF Installation

was taking place. Each room received brand new flooring, ceiling, cove base, and beautiful custom built-in closets!

Each of the 3rd floor units also received brand new furniture, privacy curtains, beds, and individual, secure, shadow boxes bringing a personal touch to the spaces.

In addition to the resident rooms the nursing station and lobby area received cosmetic upgrades as well.

While the in-house facilities team is now putting the finishing touches on the 3rd floor, Elan Skilled is moving ahead with the next phase of the infrastructure improvement plan. So, what’s next?

“We are looking forward to the replacement of our largest air handling unit,” Tetreault beams. “This unit, which sits on the roof above the therapy department, is scheduled for replacement in September of this year and will provide increased efficiency and reliability for the heating and cooling needs of the first floor as well as some public spaces on the 2nd and 3rd floors.”

Stay tuned for more exciting “Home Improvements” in the near future!

Elan Skilled And Elan Gardens Named Among Senior Care’s “Best Places To Work”

Big news! Elan Skilled Nursing and Rehab and Elan Gardens were recently named among Senior Care’s Best Places to Work in the US and Canada under a new program from WeCare Connect – the industry leader in senior care surveys. Both facilities met the rigorous benchmarks that signal excellence in care.

WeCare Connect uses the largest third-party survey data set in senior care to assess, certify and rank organizations as Senior Care’s Best.

To learn more about WeCare Connect, visit:
www.wecareconnect.org/certification/best-places-to-work-2024.

Proud
to be
named



 **Elan Skilled**
Nursing and Rehab

A Jewish Senior Life Community

 **Elan Gardens**
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Clip And Save Phone List

You have connections at Elan Skilled Nursing and Rehab, a Jewish Senior Life Community!

To assist you in reaching members of the staff, we are enclosing a directory of the most frequently called extensions. Others can be reached by pressing 5 for the directory or pressing "0" for the receptionist.

The main number is 570-344-6177.

Name	Department	Ext.	Name	Department	Ext.
Anglin, Jim	Director of Facilities	1128	McCabe, Gina	Director of Nursing	1131
Bednar, Missy	Director of Human Services	1151	Menachem, Ahava	Social Services	1136
Burman, Sue	Beautician	1115	Nicholes, Rasonia	Executive Director	1101
Cabrera, Gina	Social Service Coordinator	1154	Nurses Station	Bridge at Elan	1142
Chellino, Kathryn	3rd Floor Clinical Director	1134	Nurses Station	3rd Floor	1143
Coulthard, Brian	Assistant Administrator	1102	Nurses Station	4th Floor	1145
Gibblets, Melissa	Therapy Manager	1157	Nurses Station	5th Floor	1147
Giuliani, Christine	HR Coordinator	1110	Pepson, Kelly	2nd Floor Clinical Director	1139
Graham, Kwan	Director of Food Service	1119	Petrovsky, Joyce	Business Office Manager	1132
Guman, Amy	ADON/Infection Preventionist	1152	Ryan, Jud	Dietary Supervisor	1120
Harris, Nancy	4th and 5th Floor Clinical Director	1133	Sandhaus, Samuel K.	Development Director	1170
Klemick, Lynn	Secretary	1109	Tetreault, Kevin	Director of Project Management	1159
Kranick, Mary Louise	Director of Life Enrichment	1113			

Elan Skilled Nursing and Rehab Scrapbook

Recent Events



ESNR Holds Special Fundraiser For Injured SPD Officer

Earlier this year, Elan Skilled Nursing and Rehab held a special Valentine's Day fundraiser in support of injured Scranton Police Department Detective Kyle Gilmartin.

ESNR sold special blue lollipops that families and staff could purchase for their favorite Elan staff member. The ESNR team presented a check for \$2,000 in support of Detective Gilmartin's recovery- raised through donations and fundraising efforts by ESNR's amazing community.

Student Volunteers from Beth Shalom Academy were also on hand to help present the donation and celebrate this special day!



**Elan Skilled
Nursing and Rehab**
A Jewish Senior Life Community

IT'S NOT SO BLUE VALENTINE'S DAY FUNDRAISER



Annual Fund Elan Skilled Nursing and Rehab Kicks Off 2024/25 Campaign

As we kick off Elan Skilled Nursing and Rehab's Annual Fund Drive, we are reaching out to you, our most valued supporters, to help us continue enriching the lives of our residents.

Elan Skilled Nursing and Rehab, a Jewish Senior Life Community's Annual Fund Campaign serves as a major fundraiser for our facility and residents. This campaign helps bridge the gap between public-funded reimbursements and the actual cost of our programs, ensuring we continue to provide high-quality care for those we serve.

We have enclosed a special donation envelope for your use. Soon, you may also receive a letter in the mail announcing this important campaign. Every dollar we receive is dedicated to improving the lives of our aging residents, from essential medical care to enriching activities that promote their well-being. Your support is crucial in helping us bridge the gap and continue to offer the best possible environment for our residents.

Scan Here to Donate Online!



Richard Bishop, Esq., President, announced the success of the 2023/24 Annual Campaign. He expressed gratitude to the many donors for their generous contributions, noting that the proceeds directly support the care of the residents at Elan Skilled Nursing and Rehab. A total of 319 donations were made, amounting to \$97,826.

GOLD CHAI	\$3,600 and up	BENEFACTOR	\$250-499
SILVER CHAI	\$1,800 and up	GUARDIAN	\$100-249
FOUNDER	\$1,000 and up	SPONSOR	\$50-99
PATRON	\$750-999	DONOR	\$25-49
PILLAR	\$500-749	CONTRIBUTOR	under \$25

We proudly list the names of our 2023-2024 Annual Fund donors as a way of expressing our sincere appreciation to them. The supporters are listed below, separated by location and category.

Thank You To Our Donors!

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Marlene Lieber

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Elan Gardens: Setting The Gold Standard In Memory Care

By Audrey J. Ross

What comes to mind when you think about senior care? Maybe it's a caregiver that comes to your home to assist with some of the more difficult tasks, or even just a companion that helps fill the long hours of the day. Perhaps it's a clinical facility full of hospital beds, providing skilled nursing care after an operation. Medical advancements have allowed us to savor our golden years for longer than ever, but the increase in average life expectancy comes with new challenges. Elan Gardens Senior Living in Clarks Summit offers 24/7 assistance with daily tasks, such as preparing meals, cleaning, and managing medications. This allows seniors to dedicate more time and energy to the important things—hobbies, rest, and spending quality time with loved ones.

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A Changing Environment

As Americans live longer, personal care homes are seeing a change in the residents they serve. The National Center for Assisted Living estimates that in Pennsylvania personal care and assisted living homes, nearly half of residents are 85 or older, and roughly 37% of residents have been diagnosed with dementia or Alzheimer's. Specialized memory care is clearly in high demand, yet many facilities still do not have memory care units. This means that many personal care homes are working to accommodate those in the earlier stages



of memory impairment as best they can while memory care waiting lists grow.

At Elan Gardens, the memory care unit, currently known as Memory Lane, serves residents with dementia who have more acute needs than the average personal care resident. This community within the larger Elan Gardens facility offers more specialized, one-on-one care and dedicated common areas to ensure residents are close to caregivers at all times. A large renovation project is expanding Memory Lane into a secure dementia unit, adding up to five new apartments and allowing Elan Gardens to better meet the needs of an aging population.

Short-term respite stays have also gained popularity. For some, these short stays offer potential residents the opportunity to try out a personal care home for themselves before making a commitment. For others, they offer an affordable home away from home while caregivers are unavailable. Respite care can also allow provide a safe and comfortable place to recover and receive therapy after a hospitalization or skilled nursing stay.

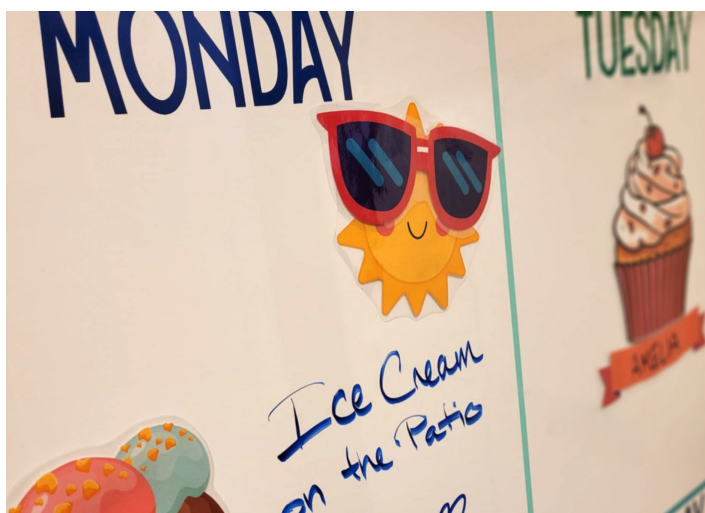
Creating a Welcoming Space

At Elan Gardens, common areas feature a cozy fireplace, soft chairs, and wall art for a welcoming, homey environ-



ment. Dark wooden handrails along the walls provide added safety, and large windows let the sunlight brighten the activity rooms and dining areas. Upstairs, private apartments are furnished with comfort and accessibility in mind. Residents are encouraged to bring furnishings and decorations from home to personalize the space, and a variety of floorplans allow residents to choose an apartment best suited to their own needs.

Renovations to the memory care unit, as well as a large activity space and café used for resident activities, provide an opportunity to redesign these spaces with residents' changing needs in mind. Executive Director Brittany Elko is excited to see what new features these spaces will have.



“We’ve talked over the years about what the perfect space would look like,” Elko says. “In our activity area, we know we’ve seen fewer residents over the years using things like the shuffleboard and pool tables. What we need is more space for puzzles and room for walkers to move around chairs.”

In the memory unit, she hopes the renovations will make the space more accessible while ensuring it still feels like

home to the residents. “High contrast colors can make a big difference for people who struggle with depth perception,” she explains. “The color scheme the contractors are working with is very calming, and there’s a lot of opportunity to add high contrast with items like furniture and doorknobs.”

Setting the Gold Standard

Since opening in 1996, Elan Gardens has worked tirelessly to enhance the overall care and wellness experience for seniors. Social activities run daily to keep residents engaged and active, and religious services are provided for all faiths. Holiday celebrations, discussion groups for current events, and stimulating games bring everyone together. They hope the renovations will remind the community they are always working to improve.

Whatever the future may bring for personal care, Elan Gardens Senior Living stands poised to adapt and evolve in response to the changing needs of seniors and their families, embracing innovation while fostering a supportive environment where seniors can thrive. Elan Gardens continues to set the gold standard for senior living and remains steadfast in its mission to enhance the quality of life for all residents, now and in the years to come.

Greetings from Webster Towers!

It sure is wrapping up to be one of the warmest summers that I can remember in a long time. If I had to be honest, every day I turn on the weather I am disappointed that we won't be going below 90 degrees today! Many of our residents take advantage of the patio nearer to the end of the day when the sun is not so hot; nighttime really hasn't offered much relief lately. Before you know it the leaves will be turning color and falling, along with the snow.

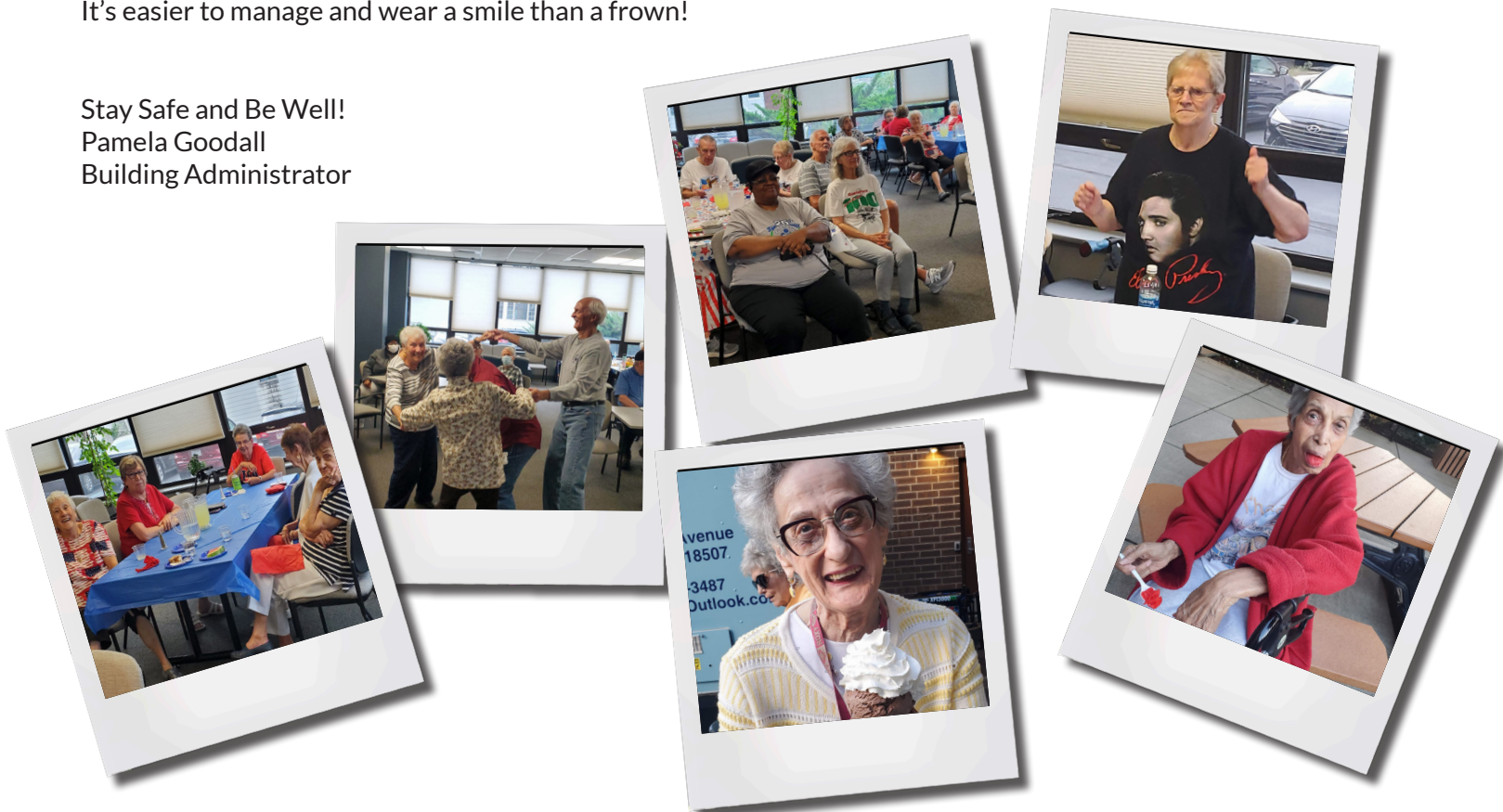
Plenty of get-togethers and activities kept our residents busy over the past few months. We treated our moms to a special Mother's Day Brunch and all moms were given a pretty carnation to celebrate the day. Our annual Father's Day Pizza Party is always a hit! Who doesn't like a great slice of pizza! Coming up in August we will have our Strawberry Social and get together. Newly added to our calendar is our monthly birthday party where we celebrate all those people born in that month with cake and ice cream. It has turned out to be a great social event!

Every month brings a new event to keep our residents busy! We welcomed back the Ice Creamers truck for our residents and they visit our property twice a month to offer up a Banana Split, CMP or cone of ice cream. Quite a tasty treat!

Take advantage of every day and enjoy something; even just a friendly chat with your neighbor can make all the difference!

It's easier to manage and wear a smile than a frown!

Stay Safe and Be Well!
Pamela Goodall
Building Administrator





JRC Of The Poconos Announces Major Remodel & New Donor Wall To Honor Supporters

The Jewish Resource Center (JRC) of the Poconos is delighted to announce an exciting new chapter in its development. Plans are underway for a comprehensive and beautiful remodel of its facilities, promising to enhance both their functionality and aesthetics for the community.

One of the notable features of the remodel will be a prominently displayed donor wall with Jerusalem stone and a water feature. This elegant addition will not only enhance the visual appeal of the lobby but also serve as a lasting tribute to the generosity of JRC supporters. Donors who contribute \$2,500 or more will be recognized on this wall, ensuring their legacy is honored for years to come.

The renovations will include new flooring, new ceilings, lighting and furniture throughout the facility, creating a more comfortable and modern environment. The restrooms will be upgraded and will be fully handicapped accessible and family friendly, ensuring that everyone, regardless of physical ability, can use these facilities with ease and dignity. Another important feature will include sound-proof air walls allowing for flexibility of space usage.

In addition to these aesthetic and functional improvements, there will be a strong emphasis on security.

The JRC has been fortunate to receive State and Federal grants dedicated to securing the perimeter of the building and property. This will involve the installation of new fencing, video surveillance cameras, bollards and reinforced doors and windows. These measures will be designed to provide peace of mind for visitors and staff, ensuring a safe environment where the community can gather and thrive. The JRC is excited about the positive impact these upgrades will have on the community. This ambitious project is set to transform the JRC into a more welcoming, more functional and accessible space for all who visit.

The remodel project is set to commence after Labor Day, and the JRC is actively seeking additional grants and donations to support these extensive improvements. Every contribution, big or small, will play a crucial role in bringing this vision to life and enhancing the facilities for the benefit of all who use them.

As the JRC embarks on its journey, you are invited to be a part of this transformative project. Your support can make a significant difference in helping achieve these goals. If you would like to contribute to the JRC upgrades, please contact Rabbi Salkow at: ysalkow@poconojrc.org or 570-357-8401.

Elan Skilled Nursing and Rehab

A Jewish Senior Life Community

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