

Greystone Chronicle

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"I personally cannot thank Greystone enough for the support, compassion and excellent care they have provided."

- Sandra

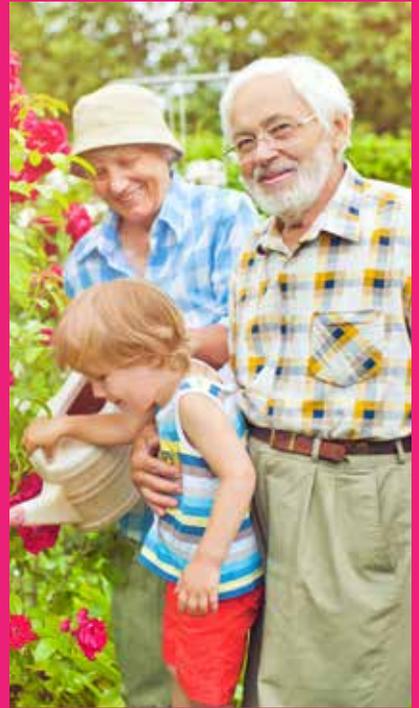
Spring 2016

Tips for visiting family and friends

By: Tori Couch, Marketing Coordinator

When visiting our residents, we know that family and friends want to make the most of their time. Visitors provide essential support and companionship linked to a stronger recovery. Make your visit count with these tips:

- **Plan in advance** – By knowing ahead of time when you plan to stop by, your family member gets the enjoyment of anticipating your visit.
- **Know how long you plan to stay** – Some patients do not have the strength or ability to remain engaged for long visits. Plan your visit for a set amount of time, and stick to your schedule.
- **Talk with your family member** – Talk to patients in a quiet area and keep in touch through gestures such as hand holding.
- **Bring your children** – Bringing children to a visit always brightens a patients' day. Children's art work is a great way to brighten a family member's room, and allows them to keep in touch with their family.



Enjoy your time with your family member or friend, and just be yourself!

Spring into Shape this Season

By: Tori Couch, Marketing Coordinator

As the spring season begins, and summer is just around the corner, it's time to pull out your exercise gear and get moving. Keeping active doesn't mean intense exercise programming, but can instead be simple actions that stretch our muscles and keep our diet in check. Especially for senior citizens, keeping active all year is the key to good health.

We've gathered just a few tips to keep moving:

- Walk a little extra. Park farther away, or walk a longer route to get a few extra steps in.
- Take regular walks at your local mall. Many malls have walking clubs, and the climate controlled atmosphere means you won't get too hot.
- Take the stairs. Stair climbing exercises the same muscles necessary for keeping your balance.
- Find a friend. Your exercise "buddy" will support you to stay on track. This could be a family member, friend, or join a fitness group.
- Go for a swim. Take advantage of this low strain exercise and check your local fitness centers for swim sessions, or visit the beach with family this summer.
- Set an exercise goal. Aim for a few hours of vigorous activity each week and work to increase your time being active over time.

Making physical activity part of your daily routine will enhance your overall fitness and make staying active easier. Always check with your doctor before starting any exercise program if you have a chronic health condition, are overweight, do not exercise regularly, or are older than 50.

Greystone Gives Back

By: Tori Couch, Marketing Coordinator

As a healthcare provider, care and compassion are practiced daily. What you may not realize is the heart and soul of true compassion our associates exhibit, revealed behind the scenes.

In 2015, the larger Greystone organization touched 125,000 hearts across the nation. As we look to our 2016 event, we are proud to make such a large impact in our communities.

Volunteering across our organization was not limited to a single cause. Our teams have fed 82,540 people, helped 9,166 individuals combatting homelessness, provided aid to 14,376 children in need, and touched the hearts of 1,688 people through our pay it forward project. We have hosted backpack drives, contributed to after school programs, and raised awareness for breast cancer, Alzheimer's, heart disease and more through various walks and programs.

Across all our skilled nursing and rehabilitation centers as well as home health and hospice agencies, we look forward to an even more impactful 2016.



Greystone Home Health of Tampa hosted the Memory Booth at the Tampa Bay Alzheimer's Association Walk in October 2015.



Greystone Health Network's corporate office completed a backpack drive in September 2015, collecting over 500 school supplies.

The Power of Song

By: Stefanie Resch, Corporate Director of Health and Wellness

Everyone loves a great song. It is something that all ages and cultures share. But why our love for music? The short answer is that we are hardwired for it. When we hear music, either a new song or a familiar favorite, it stimulates multiple areas of our brain. And our brain, in response, releases dopamine - a chemical that make us happy.

Music can be powerful in terms of healing. It can improve memory recall, reduce anxiety and stress, reduce pain, and improve performance in physical therapy by providing a rhythmic pattern to follow. In many ways, music brings people to life.

The Greystone Health Network recognizes the power of music on healing. Music is a staple in many of our recreation programs, including family events. We invite you to join us for musical entertainment and encourage you to reference our facility monthly calendar to see upcoming musical events.



Introducing the Greystone Chronicle

By: Michelle Griffith, Corporate Director of Communications

Greystone Healthcare Management is excited to announce their inaugural issue of the Greystone Health Network quarterly newsletter. This newsletter is our latest effort to connect our Greystone family of committed and caring staff, patients, and partners with the latest news about our growing network. Our transitional care model includes skilled nursing, inpatient and outpatient rehabilitation, rapid recovery services, home healthcare, private duty and hospice services.

This publication is where you will find updates about our ever growing network, our associates as well as our locations. Check back for information on our recent awards, our expanding communities and service lines, and more!

We hope you find this newsletter informative and useful, and welcome your feedback.



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