

JOURNEYS

News About the Journeys of Woodbrook Residents and Staff

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Fall/Winter 2021

Mission Statement

Woodbrook strives to create a safe, beautiful, and loving home for our residents, one in which they are celebrated and encouraged to thrive in a healthy environment with dignity, respect, and joy.

Adopted by the Board of Directors
December 11, 2013

WOODBROOK

Chemung County's premier assisted living residence

Woodbrook Journeys is published biannually by Woodbrook Assisted Living Residence to carry journey news from our busy world to yours.



WOODBROOK

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Dorothy Mahoney makes new friends at Animal Farmland in Chemung.



(l-r) Judy Frandsen, Denny Dixon, Sandy Smith, Nancy Wilson and Ada Donaldson find a "kid" of their own at Animal Farmland in Chemung.



Millie Bradley (l) and Dorothy Mahoney (r) take a turn as beer girls at the Octoberfest at Woodbrook.



(above) During their visit to the National Soaring Museum, Ada Donaldson (l) and Gloria Brown (r) admire the bald eagle exhibit. (right) Gloria Brown (l) and Woodbrook driver Mary Maxon (r) try a glider on for size.



Salutations

Melissa's Message

I am so excited to be here at Woodbrook as the new Executive Director.

There is so much to like about Woodbrook — from the staff to the residents to the families we encounter every day. It is truly a place to be cherished.

A little bit about myself. I am a mother of four boys (a set of twins in there) and have been with my wonderful husband for 26 years. It is my interest in gerontology that brought me to Woodbrook.

I first started working with the elderly during my many years of working in home health. It was great to see how the elderly aged in their homes. I see now why Woodbrook is a great transition when the elderly can no longer do the things they once did and may just need that little extra help. My career then lead me to being a nurse practitioner specializing in gerontology. I was able to put my skills to work helping the elderly manage acute and chronic conditions that are special to the elderly population.

I am so excited to continue my career here at Woodbrook, caring for the elderly in a different capacity. Residents who come to Woodbrook can be assured their needs will be taken care of in a beautiful, loving, caring place. I am so honored to be chosen to continue leading the premier assisted living residence in Chemung County.



Melissa Traub, MSN, NP
Executive Director



Hello, I'm Susie. I am a former senior buyer at Paxar. I'd like to say I appreciate all the helpers at Woodbrook, everyone who helps us with our day-to-day activities. I also really enjoy the afternoon exercise programs. I can't wait until my family can come enjoy an ice cream cone with me in our Ice Cream Parlor!

—Susie Nichols



"I am a retired Pediatrician. I've lived at Woodbrook for almost two years now and I'd like to say that I like the people here — staff and fellow residents. I've enjoyed walking the grounds and meeting new friends in a nice, supportive atmosphere."

—Dr. Ralph Moore

Transitions

Woodbrook Welcomes New Directors

Tim Laskowski – *Sprague Insurance*

Tim leads the health & employee benefits practice at Sprague Insurance. He is new to the Corning/Elmira region and enjoys many outdoor activities. He and his wife Jennifer have three adult children. Tim has spent time working with the healthcare needs of seniors, and his insurance knowledge is a wonderful addition to our dedicated Board.



Timothy Laskowski

Pat Wahl – *Retired*

Pat spent her career in healthcare, as a nurse at St. Joseph's Hospital, a nursing instructor at Corning Community College, and the Employee Wellness Coordinator at Elmira College. She ended her working days at Comprehensive Interdisciplinary Services (CIDS). Pat is no stranger to community service, having served on boards at the Junior League and her church.



Pat Wahl

Cheryl Guild – *Howard Hanna Real Estate*

Cheryl joins the Board of Directors with over 30 years of marketing and property management experience. She is currently an agent with Howard Hanna Real Estate Services since 2017, and was formerly the Corporate Marketing Director for Arnot Realty Corporation, and General Manager of the Arnot Mall. Cheryl is excited to bring her years of experience to the Board to support and enhance the opportunities for the bright future of Woodbrook.



Cheryl Guild

Gary Short – *Elmira Savings Bank*

Gary has been employed by Elmira Saving Bank since 1988 in many positions and is currently a commercial lender. He volunteers for his community through the Chemung Fire Department where he is Treasurer, his church as a Trustee, and as a board member for Greater Valley Emergency Services. Gary and his wife are the proud parents of twin boys and he enjoys working on classic cars. You might see him at a local car show next summer!



Gary Short

Woodbrook is the Southern Tier's most affordable assisted living community for independent seniors who may still need assistance for their individual needs.

Transitions

Woodbrook Welcomes New Staff Members

Velma Andrews – Finance Director

Velma joined the Woodbrook team in May of this year as the Finance Director. She attended Elmira Business Institute and has over 25 years of finance experience.



Velma Andrews

Katie Kennedy – Case Manager

Katie Kennedy is the new Case Manager at Woodbrook. She has a bachelor's degree in Interpersonal Communications from Bloomsburg University of Pennsylvania. Katie has experience working with seniors and has a strong interest in gerontology. She looks forward to working with everyone here at Woodbrook.



Katie Kennedy

Woodbrook's staff and volunteers consider it an honor to:

- Help our residents with their care needs,
 - Encourage them in life-enriching social activities,
 - Promote involvement with community events, and
 - Develop warm relationships with each other, families, volunteers and staff.
-

Happiness is a Warm Home



Woodbrook offers a warm home for all its residents – providing happiness, security and the peace of mind that loved ones are being cared for like family.

Generations

New Residents Enjoy Their Woodbrook Journey



Barbara & Jack Uplinger

They may be octogenarians, but Barbara and Jack Uplinger are still the “new kids on the block” on Oak Lane at Woodbrook. They arrived in May of 2021, and have settled comfortably into their new life.

“The residents and the staff are so welcoming, so friendly,” Barbara says. “And the food is wonderful. I don’t think I’ve had a single thing I didn’t like.”

“The staff really bends over backwards for whatever you need. And I don’t have to do the dishes,” Jack laughs.

With a son and daughter living on each coast of the country, the Uplingers were unsure of their next move after living in their home in Southport for 48 years. A friend of their son had brought his mother to Woodbrook, even though he lived in Rochester. “He couldn’t find anything there as nice as this,” Jack says.

One of the couple’s prize possessions is the Mustang convertible they bought on their 60th wedding anniversary. They enjoy going for rides, especially in the Fall, and frequent Eldridge Park to watch the antics of the ducks and geese. (Jack also took another Woodbrook resident for a cruise and you’ll have to ask him about the outcome!) A dinner out often means Ruby Tuesday’s, where they are such regulars, their favorite waitress delivered apple crisp to their home for the holidays.

The pair met in Williamsport at an ice cream parlor and were married after Jack’s service in the Navy. He worked as an engineer at some of the biggest corporations in the area, including Westinghouse, Hardinge, and Corning. The Flood of ’72 brought eight feet of water into the first floor of their home, but Barbara also remembers the kindness of strangers. “They came from Buffalo and Syracuse and down in the city, all over, came just to help us.”

Ballroom dancing has been a long-time hobby of the Uplingers. In fact, Jack will tell you, “I dance better than I walk these days.” Their love of music took them to a huge Dixieland Jazz festival in California every year for decades. “One hundred and twenty bands, spread out over dozens of locations,” Jack says, as both their faces light up with the memory.

Married for 66 years now, the Uplingers are delighted with their new home at Woodbrook and look forward to making more memories with their friends and neighbors. Asked for the secret to a long, happy marriage, Barbara simply replies that it’s “Love. Just love.”

Woodbrook News

- Woodbrook held a flu clinic for residents on October 11.
- Booster shots for the Covid Pfizer vaccine will be offered on October 26 for Woodbrook residents.
- A new sprinkler system is being installed at Woodbrook. The project will take several months to complete and is expected to be finished by mid February.
- Woodbrook is accepting new residents! Interested in a tour? Contact Melissa Traub weekdays during business hours at 607-734-7741, or email her at mtraub@woodbrookhome.com.

WOODBROOK
Assisted Living...Carefree Living!
Affordable Excellence

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Executive Staff

Melissa Traub, MSN, NP
Executive Director
Bonnie Hart
Administrative Assistant
Velma Andrews
Finance Director
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Human Resources Director
Lori J. Jamelski, LPN
RCA Director/Case Manager
Katie Kennedy
Case Manager
Denise Moonschein, BS
Activities Director
Dwayne Donaldson
Buildings and Grounds Director
Aamir Shaikh, BA
Dietary Director

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