

JOURNEYS

News About the Journeys of Woodbrook Residents and Staff

Vol. 29, No. 2
Fall/Winter 2024

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.

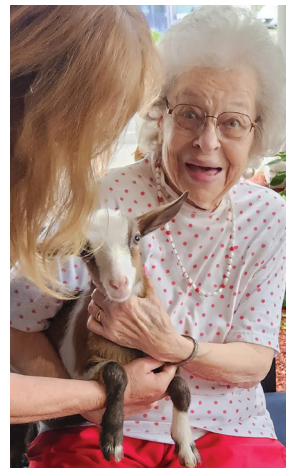
WOODBROOK

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~ Fun Activities at Woodbrook ~



Photos above highlight just a few of the special moments captured during some of the group activities and celebrations we have shared at Woodbrook in recent months. Events include: (top) Arbor Day; (middle l-r) Kentucky Derby, Pie Face Game, Baby Goat Visit; (bottom l-r) Summer Kickoff Party and a Picnic at Sperr Park.

Salutations

Message From Lori

Woodbrook is a wonderful community for those who need assistance, but still want to maintain their independence.

We have many opportunities for our residents to enjoy an enriched and joyful life, with all kinds of activities to entice everyone to engage and remain active. We especially encourage residents to participate in the exercise programs to increase their strength and endurance to prevent falls.

We had a wonderful summer full of outdoor activities including picnics, concerts in the park, Chemung Speedrome, socials on the porch, a visit from the Elmira Pioneers, and our Woodbrook Family Carnival.

We're looking forward to our Fall and Winter activities and all the beautiful decorations that come with the holidays. We always ask the residents to help with the decorations for the 12 Christmas trees we have throughout the facility. We also have many concerts, school choirs, and socials scheduled for December, which is always filled with holiday cheer.

We strive to provide the best possible care for your loved ones. We have a wonderful staff who goes above and beyond to treat all residents with respect and compassion. We constantly strive to make improvements in every department so that we remain the premier assisted living facility in Chemung County.



Lori J. Jamelski, LPN
Executive Director

Transitions

Woodbrook Introduces New Staff

Kelie Stansfield —Administrative Assistant

Kelie has over 30 years experience in the Administration Assistant field. She is responsible for supporting the Administrative team and contributes to maintaining our high standards of service here at Woodbrook Assisted Living.

Kelie is married and has two children and three grandchildren and 2 80 pound rescue dogs named Bentley and Britt. She loves to travel and spend time with her family.

She also spent a large part of her career as a Corporate Flight Attendant working on Private Jets, mainly flying on Gulf Stream 550's. Having traveled mostly to Tropical destinations while taking care of her passengers needs of preparing meals and wine and setting up all their accommodations for their trip. Not a bad gig flying to warm sunny beaches!



Woodbrook Honors its Veterans

Woodbrook is very proud of all our residents, past and present, who have bravely worn the uniform of the American Armed Forces. On every Veteran's Day we raise the flag in a gesture of thanks for all of those who gave so much in order to secure our freedoms. May they forever be honored.

Below is a list of our current residents who are veterans. We thank them for their service:

- Rinaldo "Ron" Cappucci
- Don Dean
- Benny Dixon
- James Dunn
- Millard Little
- Robert "Mouse" Maltzer
- Thomas "Tom" Magno
- Ralph Moore
- Frank Nastasi
- John Uplinger



Meet Our Residents' Families



Patti Uplinger with her pup, Sammi.

"Woodbrook helped make the transition for my parents from living in their own home to living at Woodbrook Assisted Living, as smooth as possible."

"Our family thinks of living at Woodbrook as being on a cruise ship without the water!"

—Patti Uplinger
(Daughter of Woodbrook residents Barbara Ann and Jack Uplinger)

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.

Retired Detective Quickly Makes New Friends at Woodbrook

A native of New York City, Frank Nastasi is a new resident at Woodbrook Assisted Living.

Frank joined the Army when he was 18 years old and served for three years. After leaving the military, he worked in construction for about four years, after which he became a New York City police officer. He was eventually promoted to Detective before retiring in 1994.

Frank has a daughter and son-in-law, who recommended Woodbrook to him when he decided he no longer wanted to live on his own.

When he first came to Woodbrook and took the tour, he thought this place was a hotel. "It looks like a hotel you'd see with a casino," he said. "I enjoy interacting with the staff here. Everyone is very friendly and helpful. I also enjoy the social hours. By attending those events, I have found a few guys here who I've made friends with. They also worked in law enforcement so we some things in common. I also really enjoy the live entertainment they have here."

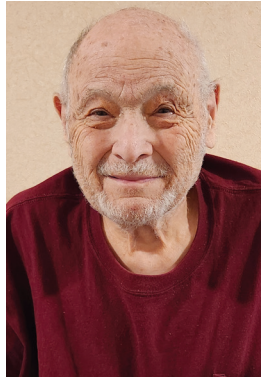
When asked if Frank would recommend Woodbrook to his friends, he stated, "If they were in a situation where they couldn't properly care for themselves anymore or needed a little extra help, I would tell them to consider moving here. It's really nice, and the people are very pleasant."

Frank has participated in about 24 marathons over the years, several of them being in Yonkers. Some other places include Philadelphia, Chicago and Long Island.

Frank was part of the rescue and recovery effort at The World Trade Center on September 11, 2001 and to this day, he still gets emotional while taking about it.

Before moving to Woodbrook, Frank had two dogs. They now live with his daughter and her husband. One dog is a Maltese, named "Vito," who is about 15 years old. Frank says this dog should be living at Woodbrook because of its age, as he smiled. The other dog is a Havanese named "Ava," who is about six years old.

The staff at Woodbrook warmly welcomes Frank to his new home!



Frank Nastasi

Services and Amenities Are Included in the Cost of Living at Woodbrook

Woodbrook is proud of the fact that many of the services we provide are included in the cost of the resident's room. Need a ride to medical appointments? A driver will take our residents to all of their doctors' appointments on a regular basis. Field trips, exercise programs, cultural and social programs and activities are all included.

WIFI and Cable are included with every room, as are laundry and housekeeping. Our residents enjoy the peace of mind that the services they need, and the amenities they enjoy are already taken care of.

See the list below for everything that is included at Woodbrook Assisted Living!

All-Inclusive!

- 24-hour supervision and assistance
- Three meals daily
- Case management services
- Medication assistance/supervision
- Medical transportation
- Housekeeping services
- Laundry and linen provided
- Cultural and social programs
- Recreation activities
- Field trips
- Exercise programs
- WIFI and Cable
- 24-hour security system

If someone you know needs respite care, or maybe wants to give assisted living a try without the commitment, ask us about our

Respite Care Program

Visit our website for the criteria needed to qualify for the program.

woodbrookhome.com/respite-care.html

Woodbrook News



For the second year in a row, the Elmira Pioneers baseball team visited Woodbrook over the summer for a fun afternoon of games and laughter. The players signed baseballs for the residents and enjoyed some refreshments and snacks. The residents enjoyed engaging with the players.

Make a Referral and Save \$500!

Refer a friend or loved one to Woodbrook. If they become a resident, you will receive a \$500 discount on your rent the following month. Contact Lori Jamelski for details by calling 607-734-7741.

WOODBROOK Assisted Living...Carefree Living! Affordable Excellence

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

Want more Woodbrook news and photos?
Like us on Facebook!



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Executive Director

Ellen Topping

Human Resources Director

Christine Brewer

Activities Director

Patricia Quillinan

Case Manager

Amy Charron

Case Manager/ RCA Director

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