

# Healthy Lifestyles

**Inside this month:** Baseline hearing evaluation is ideal for those over 55

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## Soup for the soul

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**Chef Eric Stritt and Culinary manager Liz Logan serve Chicken Fajita soup and Cream of Spinach soup. Residents enjoy a soup-making demonstration at The Baptist Home. Photos by Curtis Schmidt and Melissa Lasher**

# Culinary arts rise to new level at Baptist Home, Brookmeade

By Brian Zeidan

## The Community at Brookmeade

Cooking can be a fun and healthy activity. Eating can initiate socialization with others and be an enjoyable part of combating ailments and illness.

Cooking and eating are great ways to blend physical and mental activity by interpreting the information your senses give you through sights and smells. Engagement with good food and with good people can do more for

## BROOKMEADE'S SENIOR CONCEPTS

enhance memory and foster discussions regarding the residents' particular taste profiles and favorite foods that may not currently appear on the daily menu. Additionally, soup is a perfect vehicle to augment the residents' diets nutritionally and aid in the prevention of dehydration.

by purchasing ingredients in their natural state and devising recipes and procedures that highlight and do not mask their intrinsic benefits. Using Mono unsaturated fats, controlling sugar and sodium levels, and purchasing food items in an unprepared state are key factors in implementing healthy menu items.

Here are comments from some of the residents:

"Food is a good variety; staff is always willing to listen to suggestions and ideas. Chefs are excellent at what they do."  
Marilyn Fitzpatrick

"I love coming to Eric's classes because I cook a lot and learn different techniques, he is so helpful." Linda Schrader

When asked what Linda's favorite meal was she stated, "Any meal that is made by Eric and in front of me is my favorite, they are all so good!"

"We are honored that Brookmeade's Culinary Arts is

more importantly we are thankful for the community support."

### Chef Eric Stritt

Chef Eric Stritt is a crucial part of The Brookmeade Community's solution to helping senior's live dignified lives. Every day, Chef Eric and his kitchen staff provide amazing hospitality and delicious food so that even residents with dietary restrictions benefit from the top-notch social and culinary experience. The value of the experience that Chef Eric provides residents is more effective than more pharmacological interventions when it comes to combating the chronic illnesses and depression that are sometimes expected among seniors in a nursing home. With a heart full of compassion, Chef Eric is an ultra-talented culinary artist who is truly driven by a humanitarian mission to serve those in need.

Chef Eric Stritt's goal is to provide gourmet offerings instead of simply offering institutional food has made The Brookmeade Community a thriving social center. Gourmet offerings are provided to residents daily by this



**Chef Eric Stritt chops vegetables for one of his soup dishes. He is a 1994 graduate of the Culinary Institute of America.**

*Photo by Curtis Schmidt*

the soul than any medication.

A new Culinary Arts Initiative, Brookmeade's Culinary Arts, will implement culinary-based activities for residents of the Baptist Home in Rhinebeck, providing lectures and demonstrations on how to make a variety of tasty dishes and soups. The more recent program in Brookmeade's Culinary Arts, "Soup for the Soul," will mirror "Culinary Insights and International Culinary Hour," two current programs for residents and the public and will be held on the first and third Wednesdays of every month on the Brookmeade Community campus.

The Soup for the Soul will be part of the New Day program, which provides structured yet creative activities for residents living with Alzheimer's disease, dementia, depression and other chronic illnesses. This new activity will enhance this award-winning program by initiating socialization and personal sensory stimulation through the sights, smells and tastes of the soups produced and served.

Increased engagement with dining services personnel will

Brookmeade's Chefs and dishes have made a real community impact, enhancing and raising the standard for quality of food not only served in a nursing home but in the entire Rhinebeck community. The Brookmeade Community has shared their award-winning culinary dishes with residents and the public via cooking demonstration shows, "International Culinary Hour" and "Culinary Insight."

The Brookmeade culinary team can also be seen at community events such as "The Taste of Rhinebeck," where they won the Ira Gutner Award or the Dutchess County Fair.

When it comes to culinary diversity and nutritious meals at nursing homes, The Brookmeade Community is setting the standard very high. It is imperative in the Healthcare Dining Services setting, that we consistently and qualitatively augment our menu with savory flavor profiles that are conducive to the well-being of our residents. For example, instead of preparing and serving high sodium and preservative ridden food, it is our responsibility to limit sodium intake and chemically altered food



**Elizabeth Logan serves a bowl of soup in a kitchen at The Baptist Home in Rhinebeck. She prepares homemade soups each day for residents and staff.**

*Photo by Curtis Schmidt*

being recognized by the community for the high standards and great taste created by our chefs. Brookmeade's Culinary Art program increases the quality of life for our residents;" said Karen Zobel, CEO/Administrator of The Brookmeade Community "We are dedicated to making improvements to benefit our residents, staff and the community and appreciate the joy of eating with our residents and friends but

amazing chef in Baptist Home (skilled nursing facility), The Terraces (assisted living facility), and Arbor Ridge (senior living community).

Chef Eric is a 1994 graduate of The Culinary Institute of America and the director of dietary and dining for The Brookmeade Community. Each day, he seeks to lift spirits and provide joy to those

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# 'Pre-hab' prior to osteoarthritis surgery has many benefits



Victoria Luddy

Osteoarthritis is the breakdown of the cartilage at the end of the bones, resulting in degeneration of the joints.

Osteoarthritis is common in the knees, hips, spine, and hands.

Physical therapy is one of the many conservative options to treat osteoarthritis. Physical therapy is used to treat osteoarthritis from the most mild to severe cases. Although physical therapy may not replace the degeneration that has occurred in the joint, physical therapy can help reduce inflammation, regain lost range of motion at the joint, reduce pain, strengthen the muscles around the joint, and help increase muscle flexibility.

These benefits may help manage the pain in order to prolong the need for joint replacement surgery or in more mild cases physical therapy may improve quality of life and avoid the need for surgery altogether.

Unfortunately, more severe cases of osteoarthritis may require

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surgery. Total joint replacements are the surgical procedure to remove the damaged areas of the joint in order to restore normal function.

A total joint replacement will require intense physical therapy post surgery; however, consider trying physical therapy before your surgery, known as "prehabilitation" or "pre-hab."

Research is continuing to demonstrate the benefits of rehabilitation before surgery by using physical therapy. Improving your pain and limitations in inflammation, strength, range of motion, and flexibility prior to surgery may allow for smoother recovery and less hospitalization time. Moreover, you will be able to meet your physical therapist and be comfortable in the environment that you will be performing your rehabilitation in post-operative as well as benefit from the patient education the physical therapist will provide during your sessions.

Consider an initial examination from a physical therapist to help

address your osteoarthritis, whether you are at the very beginning stages of treating the condition or preparing for surgery and want to participate in a few sessions of prehabilitation.

At the Center for Physical Therapy, we have the option to include traditional land-based physical therapy and aquatic physical therapy in our Wappingers Falls and Hyde Park locations.

Research demonstrates both types of physical therapy have been found to be very beneficial in managing the symptoms associated with osteoarthritis. The land-based sessions may include hands-on techniques with a physical therapist, strengthening, balance and flexibility exercises, gait training with or without an assistive device for walking, as well as modalities such as heat, cryotherapy, taping techniques and electric stimulation.

The aquatic therapy sessions include many of the similar sitting and standing stretching and strengthening exercises from land, as well as some more advanced exercises in varying depths of

water. Thanks to the buoyancy principle of water, the water "lifts" you up, supporting your body weight. For example, in waist-level water, you are about 50 percent of your body weight and at shoulder level you are close to 90 percent of your body weight. As a result, there is less stress on the joints because you feel light in the pool.

In addition, the aquatic physical therapy pool temperature utilizes warm water, allowing your muscles to relax. The combination of the buoyancy and warmth allows your body to move more freely compared to trying the same exercises or functional movements on land. There are many other benefits to aquatic therapy, schedule an appointment to further discuss how aquatic therapy may help your condition.

Check out our website ([www.CenterforPhysicalTherapy.com](http://www.CenterforPhysicalTherapy.com)) or find us on Facebook to see a video of the pool utilized in aquatic therapy at The Center for Physical Therapy.

Victoria Luddy-Cacomo, PT, Doctor of Physical Therapy works at the Center for Physical Therapy with facilities in Wappingers Falls and Hyde Park. For more information, visit [www.centerforphysicaltherapy.com](http://www.centerforphysicaltherapy.com). Call the Wappingers Falls office at 845-297-4789.

## Culinary arts

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he serves. This creative and passionate chef, works within the Department of Health regulations and dietary restrictions to provide a unique experience for all of the senior citizens he serves. Combing his passion and vast knowledge of culinary arts, he refuses to resort to the type of institutional food that is common to healthcare facilities. Using all of his skills and knowledge he is able to provide delicious food while also providing residents with quality service and a chance for maintain personal dignity that is seldom provided in an institutional dining setting. Chef Eric has played a crucial role in The Brookmeade Community by helping transform the kitchen into the most talked about meals in the area!

### Elizabeth Logan

Elizabeth Logan or Liz, by the ones that know her, discovered her passion for cooking at an early age. Her mother was an avid home cook, cooking such things as baked ziti and pot roast. She always put her heart into her food and it showed every day. Her father, who also was an avid cook, prepared mostly gourmet style meals for holidays and special occasions and always added his special flair. Liz's aunt traveled the world following her passion for wines and food and authored a cook book titled "Wine and wine cooking".

After her time in the Navy, Liz started teaching herself cooking. She cooked her way through the

Culinary Institute of America text book and started working in the food industry.

Liz came to work at The Baptist Home in the coffee shop, where she was allowed to use her creativity and put all those skills to use. She had only made soup a few times before, so the daily soup special was a little out of her comfort zone. Her first soup in the Baptist Home Coffee Shop was Creamy Chicken Fajita. It was a big success and is now her signature soup. Now she makes homemade soups each day for the residents and staff to enjoy. Some of the favorites are Chicken Noodle, New England Clam Chowder, and Split Pea Soup.

Initially she never gave soup much thought. Then she met a resident with severe dementia whose entire day and most alert moments seemed to be around the soup special. One day chatting with this individual she realized how their eyes became filled with life and excitement again and was able to engage in a meaningful conversation about the ingredients and ways of making soup that it was a special ah ha moment. Then working with Executive Chef Stritt she realized how versatile soup is in being able to provide gourmet food and still comply with dietary restrictions and include residents in the process.

The Soup for the Soul Program is now another way for Liz to fulfill her passions where she puts her own style on traditional recipes.

**20 years helping you achieve your goals!**

Proud to be part of an amazing community of people.

This year, we celebrate 20 Years of treating you and this wonderful community we live in.

The programs provided at Center for Physical Therapy are the essential aspects of the practice. The heated, indoor pool features 32 aqua jets and is ideal for those suffering from athletic injuries, arthritis, or neck and back injuries. There are 6 therapists specializing in pediatric care, working with children who suffer from developmental disorders. And above all that, *we treat you like family!* We look forward to another great 20 years helping you achieve your goals.

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