



The Homes News

A quarterly publication of the Fairport Baptist Homes Caring Ministries

The Fairport Baptist Home
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Fairport Baptist Homes Caring Ministries

The Homes News is a newsletter established in 1912, and published quarterly by the Fairport Baptist Homes Caring Ministries, "Continuing a Community of Healing and Hope."

For comments or questions, please contact:

Kathi Gunio, Editor
The Homes News
4646 Nine Mile Point Road
Fairport, NY 14450
or:
kgunio@fbhcm.org

So-long, Farewell, Good-bye

As the month of October neared, several events were held in honor of Reverend Garth E. Brokaw, who spent 32 years at Fairport Baptist Homes, twenty-one of them as President/CEO, and who planned to retire his post as President of FBH the first week of October.

In early September, Brokaw treated FBH staff one last breakfast of his famous pancakes. The breakfast had been a staff favorite annual event for several years. "He will certainly be missed," said FBH Accounting Clerk Sharon Roberts.

On Monday, September 19, the Fairport Baptist Homes Caring Ministries Board held a cocktail hour in Brokaw's honor. Attendees enjoyed a delicious variety of hot and cold hors d'oeuvres and beverages, and the opportunity to speak with Brokaw, who has been a staple behind the vision of Fairport Baptist Homes.

"Al Foster (past president of FBHCM) handed me a gem," Brokaw told attendees. "My job was to keep it polished. I hope to do the same for all who follow."

But at the Fairport Baptist Homes 2011 Semi-Annual Corporation Meeting held in the McKnight Room at Fairport Baptist Homes on Tuesday, October 4, the conversations were more about what had been than what is to come. The

meeting was to be the last for President Reverend Garth E. Brokaw, who said as much as he enjoyed and loved his ministry at FBH, the time had come for him to write another chapter in his life story.

Therefore, this particular corporation meeting was somewhat bittersweet for Brokaw, who requested that the meeting be a little less formal, complete with a picnic-style dinner and campfire stories and songs. Many staff, volunteers, and members of the Women's Service Board (WSB) were on hand to pay tribute to and reminisce with Brokaw about what the Homes used to be like, and the changes that have taken place, many of which occurred under Brokaw's leadership.

WSB member Marion Rubenstein told attendees about how she vividly remembers the first time she came to FBH as a young girl visiting her elderly aunt, who was a resident of the Homes until her death in 1940. Rubenstein recalled how she and her sister thought it was a treat to go up and down the hallways, peaking in the rooms of other residents, visiting many, and riding the elevator alongside the elevator operator who would help them to manually open and close the gated elevator doors.

"I look around now and see so many changes. The old (DeLand)



Above: Corporate Meeting attendees reminisce in a campfire-type setting with retiring CEO Reverend Garth Brokaw.

mansion is now gone, but good things are in its place, and we have Garth to thank for many of them."

According to FBHCM Board Chair, Joe Anderson, many of those good things are due to Brokaw's vision, which has been highly recognized in the senior care community. "You can go anywhere in the country and people know him and about his contributions to elder care," said Anderson.

These contributions included changing FBH's skilled nursing facility from the traditional medical model, to a household model which is based

on resident-centered care and establishes a more home-like environment, to establishing intergenerational and community relationships, to providing alternative senior housing options.

For these contributions, Anderson, on behalf of the Fairport Baptist Homes Caring Ministries Board, awarded the title of President Emeritus to Reverend Garth E. Brokaw, effective January 2012.~THN/KG



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Fairport Apartments Facelift Renovation Project Underway

Perhaps the all-too-present rains made it a little bit easier to “break ground,” but it did not deter the renovations from beginning on the Fairport Apartments in September. A formal ground-breaking ceremony was held on the campus of Fairport Apartments on September 28th to inaugurate the Fairport Apartment Project, which received funding commitments to provide a significant rehabilitation will renovate the 104 studio and one-bedroom units that originally opened in 1972. Ironically, that was the same year that the United States began development of the Space Shuttle; the first black woman (Shirley Chisholm) ran for President of the United States, and the Boston Marathon allowed women to enter. So it seems befitting that among these new advancements was the Fairport Apartments—the first housing complex built specifically to provide affordable housing to lower and middle income senior citizens.

The idea of affordable senior housing thirty years ago was in contrast to its tenants: younger and not quite rooted in society. Yet the idea became a reality when Perinton Churches Housing (PCH), which at that time was made up of the 11 churches in the Fairport-Perinton community, wondered what kind of mission they could undertake together. Deciding upon a senior housing complex to offer quality housing and services for low-to-moderate income seniors in Perinton, but having no equity to begin the project, they approached the Fairport Baptist

Homes—a facility devoted to providing quality care and meeting the needs of the elderly, who was very interested in the venture. Fairport Baptist Homes agreed to give PCH four and a half acres of its campus to do the project—land where the original homestead was situated—for Fairport Apartments.

Although the apartments’ architecture boasted a unique design for the times which included flat roofs and a pre-cast concrete shell which made for fire-proof and quiet units, it inevitably proved insufficient for water drainage. So in 2006, PCH began discussions about renovating and updating the apartments, allowing them to continue with their goal of providing affordable, accessible housing for seniors. Pat Holman, President of Perinton Churches Housing, Inc. & Fairport Apartments, Inc., said “We questioned how we will be able to continue with this mission. We questioned moving them, tearing down the apartments, or working with what we have, which amounted to be the best option.”

The interior renovation will modernize the apartments, creating a more modern, functional design that will include platform lifts and handicap-accessible roll-in showers. The exterior renovation will include peaked roofs, exterior siding, and new windows, all resulting in energy-efficient units that will stay affordable to seniors.

It has been, according to Roger W. Brandt, Jr., President of Rochester’s

Conerstone Group, Ltd, a labor of love. Through twelve different funding sources, tax credit equity, a NYS Housing Trust Fund, HUD 236, private mortgage, and Fairport Municipal Construction, the project to modernize Fairport Apartments got underway. “This has been a terrific collaboration between Perinton Churches Housing and the community, of which FBH is such a big part,” said Brandt, whose construction company was the selected developer for the project.

“We are so excited to be involved in this project, and must give credit to the (FBH) Housing Department and SOFI (Senior Options for Independence) for making the tenants comfortable with all the changes they will be incurring in the upcoming months.”

Since the project is slated to take sev-

eral months, some residents will be displaced as the renovations progress. However, Fairport Apartment tenant Joyce Bird reminds us that while change may be difficult for some of us, it is at times essential for survival. “We can, as tenants, choose to enjoy this experience with the knowledge that this project will help to make a difference in the lives of the tenants,” said Bird.

Jim Smith, Perinton Town Supervisor, whose grandmother was one of the first generations to live at FBH said he remembered being in his early 20s, tilling soil in its community gardens. Said Smith, “Many changes have taken place since then, and this is one of them that we welcome with open arms. The town of Perinton is proud to be a part of this, to help people in our own community.”~THN/KG



Above: Various affiliates of the Fairport Apartment Renovation Project gather to ceremoniously break ground for the renovations of the 104 units.

Joe Anderson, FBHCM Board Chair



Joe L. Anderson, a long-time Pittsford native, has been elected Chairman, Board of Directors of the Baptist Home Caring Ministries (FBHCM).

A cum laude graduate of NC A&T State University, Anderson currently serves on its Board of Visitors, advising the Chancellor Board of Trustees on issues relating to the university. He is President of the Rochester, NY Chapter of the A&T Alumni Association and has recently been instrumental in developing a Two Plus Two articulation agreement between A&T

and Monroe Community College in Rochester, NY. Anderson’s service to A&T over the years has earned him the prestigious Distinguished Service Award from the university. Anderson retired after 32 years with Eastman Kodak Company as Sr. Manager of Human Resources where he also served in many different assignments including including Regional Manager of Human Resources for Kodak’s Western Region located in San Francisco, California. While at Kodak, he was the company’s representative at A&T and was instrumental in convincing Kodak to donate more than a million dollars to A&T over the years. Anderson also served as Chairman of the University/Industry Cluster which is composed of more than 50 companies who sup-

port A&T, the largest producer of African-American engineers in the nation.

While at Kodak, Joe was also a founding member and President of the Veterans Network of Kodak Employees. A product of A&T’s Army ROTC program, Anderson is a retired Lieutenant Colonel with 26 years of service in the Army. He is currently a member of the American Legion, also serving on the Board of Directors of the Genesee Valley Chapter of the Military Officers Association of America.

As a community volunteer, Anderson reads to Pre-K kids at a Rochester complex which provides assistance to low-income single parents. He also mentors students at a Rochester elementary school as part of his 43-year membership with the Omega Psi Phi Fraternity, an international organization which has

worked to build a strong and effective force of men dedicated to the cardinal principles of manhood, scholarship, perseverance and uplift. Anderson’s service to the fraternity has earned him the Omega Man of the Year Award and his service to the community has earned him nomination for the Jefferson Award for volunteer community service.

Anderson is married to Angeles Webb Anderson, also a Charlotte native, and a West Charlotte and A&T graduate. They currently live in the Rochester, NY area but they look forward to having a Charlotte, NC address again in the future. They have three children who live in Charlotte, High Point and Atlanta.

Joe makes history with this appointment as the first African-American to be elected to this post in the 107 year history of FBH.~THN/JA



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Microbes, Bacteria, and Germs—Oh my!

There's a reason why your mother told you to "Go wash your hands." Washing your hands is the number one—and one of the most simple ways—to control the spread of germs. Many of these microbes can be easily spread from one to another just by a mere handshake. That is why people like Dr. Mark Shelly, Director of the Infectious Disease Unit at Highland Hospital and Medical Director of Passport Health at the University of Rochester, spend their time, efforts, and expertise on the prevention and protection of infectious diseases.

Recently, Dr. Shelly was honored for his contributions to Infection Prevention at the annual Association for Professionals in Infection Control and Epidemiology (APIC) Luncheon held in the McKnight Room of Fairport Baptist Homes on Tuesday, October 21, 2011. The luncheon coincided with the 25th Anniversary of International Infection Prevention Week, which was established in the U.S. in 1986 by President Ronald Reagan who proclaimed the third week of October as National Infection Control Week to commemorate the importance of infection prevention around the globe. Dr. Shelly was the recipient of the APIC's Rochester Chapter Outstanding Contributor Award which recognizes the efforts and achievements of those associated with Infection Control practices.

The honor—voted on by his peers and staff—comes from an organization whose mission it is to improve health and patient safety by reducing

risks of infection and other adverse outcomes. The association's more than 13,000 members direct programs that save lives and improve the bottom line for hospitals, nursing homes, and ambulatory care centers here and throughout the globe. Dr. Shelly has been instrumental in the efforts of bringing awareness to the importance of Infection Control here and abroad.

As a child of missionaries in the Congo, Dr. Shelly continues his parents' legacy by volunteering to teach medicine in the Congo. Through his participation in an annual 100 mile bike trek, he has also raised a significant amount of money for AIDS research, served as a co-primary investigator in the community-wide, NYSDOH-funded "Preventing CLABSI (Central Line-Associated Bloodstream Infections) Outside the ICU" initiative, and played a key role in the city-wide C.diff Prevention Collaborative.

Dr. Shelly received his bachelor's degree in Chemistry and Biology from Bluffton College, a small Mennonite school in Bluffton, Ohio in 1982. He earned his Medical Degree at Jefferson Medical college in 1986, and completed his internship and residency at the University of Rochester Medical Center, plus a Fellowship in Infectious Disease at URM from 1989-1992. In addition to his current positions, he has also served as the hospital epidemiologist and chair of the Infection Prevention Committee at Highland Hospital for the past twenty years.



Above: Dr. Mark Shelly accepts award from the Association for Professionals in Infection Control and Epidemiology (APIC) Luncheon held at FBH.

"My philosophy has always been that Infection Prevention is a team effort, so it's nice to get a 'team' award," said Dr. Shelly. "To me, this award also signifies that our efforts are being recognized; that we are taking all the changes and challenges in Infection Prevention into consideration to figure out how to all work with them together."

Much of that work has to deal with bringing awareness to how infections can spread, and understanding ways to minimize them, said Dr. Shelly. "The problem begins when antibiotics are not prescribed in moderation, because what we then end up with are germs that become stronger and more resistant to these antibiotics." He noted that although the chances of a patient developing an infection may be small, it doesn't take much for harmful bacteria to multiply faster than can be controlled.

Still, he supports an "antibiotic stewardship" approach to treating infections, which includes appropriate selection, dosing, route, and duration

of antibiotic therapy, because unfortunately, excessive and inappropriate use of antibiotics have led to the development of drug-resistant pathogens.

According to Terri Maher, Clinical Coordinator/Infection Control Nurse at FBH and APIC member, "Things are changing so quickly, both in the bacteria we treat and the way in which we need to treat them. APIC creates awareness and educates the public about this, and they make sure that what they teach is the latest in policy and procedure."

That is why experts in the field of Infection Control, like Dr. Shelly, commit their time and efforts to patient safety. In the end, the goal is to make everyone aware of the importance of infection protection, as well as prevention.

In the meantime, listen to what your mother has told you. Some infection prevention practices, such as washing your hands, are definitely something everyone can do to help control the spread of infection. ~THN/KG

Having a Ball

The atmosphere was quite lively and a little competitive as LifeTimes' Therapeutic Recreation Specialist Rachael Oyer cheered on team "Over the Hill" to rally against team "Angel"—who held a strong lead in their weekly volley beach ball game. The game is just one of many activities Oyer oversees at the Adult Day Health Care (ADHC), the off-site medical model program of Fairport Baptist Homes Caring Ministries for individuals 18 years of age and older with a medical/social need.

Oyer, who received her Certification in Recreation Therapy two weeks ago, earned BS degree in Recreation Therapy from Brockport University. She has worked with other populations she says landing her job at LifeTimes was like a miracle.

"I was living in Texas, working at a job where I was not happy. I drove 3,000 miles back here, applied for this job, and three days later, I was hired. It's a perfect fit," she declares enthusiastically.

While she has worked with other populations—adults, kids, and at risk youth

—she says she enjoys working with the registrants at LifeTimes even more. Says Oyer, "The registrants are willing to try so much, and that makes my job a lot of fun because I want to help them do as many things as they can and want to." Even if it's playing volleyball indoors.

Oyer acts as a one-woman cheering section, encouraging the participants to see how many times they can volley a giant beach ball back and forth. A beach ball is used because it's easiest for most of the registrants, who sit in either regular chairs or wheelchairs in teams of five or six on opposite sides of a waist-high net. That way, everyone is on the same level playing ground. The game has quickly become a favorite of the registrants.

"I love it," said 62 year-old Marie Harris (team Angel). "It's a lot of fun and it keeps me moving. It's good exercise!"

Harris is one of approximately 34 registrants who come to LifeTimes on an almost daily basis. To help meet their recreation needs, Oyer's repertoire includes making seasonal crafts, and playing two to three active games per week. Recently, to help enlarge her activities program, Oyer successfully

sought—and received—a \$500 donation from Target in Irondequoit. Some of the things she purchases included ten board games, a mini air hockey game, soccer balls, basketballs, baseballs, bats, and a baseball tee. Her next goal is to get a Wii purchased or donated to her program for her registrants to play such games as bowling.

"They get a kick out of animation,

and would love to play something like a Wii. They would really have so much fun with it, because many of our registrants cannot play certain games/sports in the traditional sense."

But for now, Oyer is more than happy to cheer on the volley beach ball game.

Final score: Angels, 32; Over the Hill, 17.~THN/KG



Above: Registrants at LifeTimes Adult Day Health Center get their volley beach ball game on.



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A Spiritual Luncheon

Approximately 30 people attended the Spiritual Volunteer Luncheon held late September of this year to recognize and thank the dozens of individuals who assist the Chaplains at Fairport Baptist Homes in their endeavors to provide spiritual care to Residents.

“Without you, the Chaplain program would not exist,” said Chaplain Jenny Streeter. “You are the ones who bring the beautiful music, gather communion, or assist with Sunday services. Your presence and small conversations with the residents mean so much.”

More than sixty people volunteer on a monthly or weekly basis to assist the chaplains in providing spiritual care and programs to Residents at FBH, one of which is Susan Bland, a member of Our Lady of Assump-

tion Church in the village of Fairport.

“A woman from my church used to bring communion to my mother when my mother was ill,” said Bland. “This woman was so faithful, and my mother was so appreciative,” “When I heard they (the church) needed help distributing communion to residents here (at FBH), I was more than happy to do so. It’s a way of honoring my mother.” Bland has been distributing communion to FBH Residents for almost three years now.

After a buffet-style lunch, Bland, and the other volunteers had the opportunity to have their hands blessed by Streeter and Chaplain Marianne Katz. It was another way to show them that their volunteer efforts are reminiscent of God’s helping hands, and

to let them know how much they are appreciated for giving of their time. According to Streeter, these selfless acts of giving ones’ time to help Residents continue their religious ties to their worship community mean a lot. “When you are used to partici-

pating in a worship service on a particular schedule or in a particular way, it’s hard when that changes. Our volunteers help us to keep that spiritual connection for our Residents. We are so grateful for them.”~THN/KG



Above: Volunteers for FBH Spiritual Programs read a blessing together at a recent “thank you” luncheon in their honor.

An Evening in Paris

Residents at Fairport Baptist Homes received a little taste of La Ville-lumiere, or the city of lights, when they attended the Evening in Paris dance held in the McKnight Room of Fairport Baptist Homes on Friday, October 21.

Just for one evening, FBH residents, their families, and staff members were transported via Eiffel Tower decorations and lights—lots of lights!—to the Parisian city. Many residents adorned their shimmery party best and enjoyed a festive buffet of hors d’oeuvres and dancing to the music of the Len Hawley Band, a favorite musician of the Fairport Baptist Homes’ family. Hawley, a native of Rochester, NY has been playing an eclectic music mix of the 50s, 60s, and 70s for over fifty years now. Residents and their family members enjoyed the opportunity to swing dance to Glenn Miller’s In the Mood, shake their hips to Chubby Checker’s Twist, and even gesture along to the Village People’s YMCA.

Volunteers from the Women’s Service Board and several staff members partnered with residents to help them enjoy the music on their feet.

“I can’t keep up with her,” laughed Grace Coley, an LPN at the Reverend Garth Brokaw Assisted Living Community at Fairport Baptist Homes regarding one of her 80 year-old residents. But whether 18 or 80, over 100 people enjoyed the toe-tapping music of the night, especially 89 year-old FBH resident Rita Stowe.

As a member of the Hot Flash Dancers, Stowe performed in several tap dance recitals at such venues as the Charlotte Lakefront, up until a stroke sidelined her three years ago. She entered in to Fairport Baptist Homes shortly after that time, and has been making progress daily. So much so, that while she cannot dance completely on her own, her son Orin, who was her escort for the evening, was able to help his mother out



Above: Residents at FBH, along with family members and guests, enjoy dining and dancing duiring an “Evening in Paris” at FBH.

of her wheelchair to sway to one of the musical waltz selections of the night.

Orin said his mother had told him about the dance earlier and asked if he would come. “I wouldn’t have missed this,” he smiled. “My mom’s having so much

fun, and I’m enjoying this myself.”

That was pretty much the consensus of the night, as party-goers continued to dine and dance into the evening full of Paris.~THN/KG

The Haunting of FBH

Recently, there was a lot of screaming and howling at Fairport Baptist Homes. Luckily, it was just due to the “spooktacular” haunted house set up on Halloween for staff and residents of FBH. For an hour each, the Multi-Purpose Room, and the 2West basement wing were transformed into that dark place where ghosts and goblins lurk, eerie music plays, creaking doors open and shut, chains rattle, spiders crawl from their webs, and monsters lie in wait in dark shadows.

The haunted house was the brainchild of John Sens, Porter at FBH, who brought his idea for providing a little old fashion Halloween fun at FBH to his su-

pervisor and Human Resources. Soon after, plans were made to construct two haunted houses with help from the members of the FBH Buildings and Grounds/Maintenance Departments who assisted in the design, set-up, and the ultimate job of scaring staff silly.

As staff members wound their way through a darkened pathway, they were exposed to—and enjoyed—a traditional haunted house complete with strobe-lighting effects, spine-chilling noises, and creepy costumed characters.

Ann Torres, an HRAC (nurse’s aide) at FBH said, “With the amount of space they had, they did a great job!” Asked if she was scared, she laughed

and replied, “Oh yeah!”

Groundskeeper Jay Drake echoed those sentiments. “It was really great what they did in there. All of a sudden, I turn and red eyes were there!” he said, referring to one of several of the ghouls that “lived” in the house.

As staff members emerged from the exit—many of whom exclaimed how scary and fun it was—were treated to a variety of candy, donut holes, and cider. Residents also enjoyed Halloween treats and the opportunity to see some ghosts and goblins up close. A more watered-down version of a haunted house enabled residents to be wheeled through it by staff to view spiders hanging from rafters, a mad scientist, and masked characters.

“That was fun! I used to love Halloween as a child,” said FBH resident Helen Cascini who remembers putting together her own trick-or-treat costumes. They’re so elaborate now!”

In addition to the haunted houses and the costumed characters inside, a Halloween Costume Contest was also held. The winners of the top three favorite costumes received a gift card to Wegmans, and included an old lady with her dog, a Geisha girl, and a Ghostbuster.

“We just wanted this day to be a lot of fun for the staff and residents here,” said Sens as he lifted up his “Jason” Halloween mask. “I think we accomplished that!”~THN/KG