



ADHC CNAs Share Their Talents with Registrants

On special occasions, Certified Nursing Assistants (CNAs) Shanta Singh and Indrawattie Joaquin have treated ADHC registrants and staff to celebrations of Indian culture.

In line with Beth Abraham ADHC's commitment to enhancing its registrants' quality of life, its team of CNAs are always ready to work hard and share their varied talents and abilities to help make life better for people.

Recently, Ms. Singh and Ms. Joaquin held an event called

"Dewali," a celebration of light in the Hindu tradition wherein little lanterns are lit to guide the way for Hindu god Lakshi and to pray for enlightenment. Dressed in their native costumes, they performed a dance to entertain the registrants and served delicious Indian food like Phuloori and Mitai.

In addition to introducing registrants to diverse cultures through different events, ADHC's CNAs also use their talents to help make registrants feel good about themselves.

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CNAs Shanta Singh and Indrawattie Joaquin introduced registrants & staff to the rich heritage & culture of India by holding events at ADHC

ADHC Knitting Club - Head, Heart and Mind Working Together

Did you know that besides wowing your friends and neighbors with handmade gifts, studies show that knitting actually has many health benefits? In addition to being relaxing and reducing stress, knitting also strengthens

hand-mind coordination, and increases artistic creativity. According to Dr. Herbert Benson, author of the book, "The Relaxation Response," knitting was one activity recommended to be beneficial



The ADHC-Westchester Knitting Club proudly displays their equipment and some of their completed projects. Their work includes hats, scarves and gloves, some of which will be donated to local shelters. Pictured from left to right are Yvonne Rivera, Sister Mary Hope, Jovita Reid, Dee Archer, Sandra Patrick, Sam Beamon and Nancy Valentine.

for patients with heart conditions, high blood pressure, chronic pain, insomnia and other physical ailments.

Citing these benefits, ADHC therapeutic recreation, occupational and physical therapy staff have united in a joint venture of knitting. In addition to basic knitting equipment, the group also utilizes special circular tools which allow participants to knit with one hand. These devices give everyone, including those with hemiplegia, an opportunity to participate.

The ADHC Knitting Club welcomes both men and women from beginners to experts to join in their knitting adventures. Upon completion of projects, the group intends to hold a sale of their work and also plans on donating some of their pieces to local community shelters.

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Cavelle Williams, one of the CNAs at ADHC, braids the hair of registrant Bernadette Fall

Cavelle Williams, a hair stylist extraordinaire, is very adept at braiding. Registrants rely on her to fix their hair for special occasions, or just to look and feel good. Similarly, Mary Gordon is ADHC's nail specialist and does manicures or touchups as needed.

The newest addition to ADHC's CNA staff is Novelette Grant, a singer whose talent enables her to share the gift of music with the registrants and her coworkers alike.

These are only a few of the ways CNAs at ADHC use their diverse talents to serve registrants and make a difference in their lives.

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