Masonic Care Community Supports Heart Health

Every year in February and March, Masonic Care Community’s residents, staff, and volunteers actively participate in supporting the American Heart Association’s initiatives for reducing heart disease and stroke. February kicked off with Go Red for Women on Friday, February 3, where staff and residents were encouraged to wear red to reinforce the fact that heart disease is the number one killer of women. (See top left photo)

The Senior Walk for Heart took place on Wednesday, February 15, where residents of six local senior centers (including MCC) walked around the inside of MCC’s Health Pavilion to support America’s Greatest Heart Run and Walk. Each senior center fundraised and together, they all raised over $6,200 to go to the American Heart Association.

Annually, MCC has a table at the Heart Expo at Utica College, and this year was no different. Staff promoted MCC Rehab and their new Cardiac Care Program. The following morning, MCC staff volunteered to answer phones, taking donations on the Heart Telethon. MCC was proud to present a check for $5,000 in support of the American Heart Association and all it does. (See bottom photo)
Learn more about our services:
Independent Living
Adult Residential Care
Full-Time Skilled Nursing Care
Respite, Palliative, & Alzheimer’s Care
Short & Long-Term Rehabilitation
Home Care
Child Care

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A Message from Our Executive Director
It wasn’t so long ago that we had over three feet of snow and ice! Today I looked out the window and saw a robin, a sure sign of spring. I would like to extend a special thank you to all of our staff who remained on campus during the 48 hour stretch of snow in March. Their dedication to our community is the cornerstone of what makes MCC successful. With Stella behind us, now is the perfect time to enjoy the more than 440 acres of our beautiful Masonic Care Community Campus. I encourage you to take advantage of the walking paths that are open to the public. Come visit your loved ones, take them on a walk and enjoy the koi ponds and flower gardens along the way. Please encourage your loved ones to get involved with the gardening group which helps plant vegetables in the raised bed gardens. The Health Pavilion, Wiley Hall, and Acacia Village have raised bed gardens that are tended by our residents and later in the year, the harvest is enjoyed by all. Talk to our resident activity counselors about being involved in the bike ride program, or find out when our summer music programs are scheduled by visiting to our website, www.MCCNY.com, and click on the events tab. We hope you will take full advantage of all that our secure and beautiful campus has to offer. Enjoy the change of seasons at the Masonic Care Community!

Robert Raffle
Executive Director

Contact us at:
Website: www.mccny.com
Email: info@mccny.com
Phone: (315) 798-4800
Address: 2150 Bleecker Street
Utica, NY 13501

“Like” us on Facebook
www.facebook.com/MasonicCareCommunity

Did you know?
MCC employs approximately 900 people in the Mohawk Valley, and we continue to grow! If you or someone you know is looking for a position, check out www.mccny.com to view available positions.
Technology at Work at MCC

The Masonic Care Community inpatient rehabilitation center recently installed the OmniVR, virtual rehabilitation system, which allows our therapists to guide residents through special exercises and activities in a computer generated interactive environment. Those who have been participating say they are willing to exercise longer, because therapy is more enjoyable. The system can be used by one individual or two and generates a full report of progress at the end of the session. MCC is one of the few inpatient rehabilitation centers in New York State to be using this cutting edge equipment. You can learn more at our website, mccny.com/news.

MCC Welcomes New Physician

Roberta E. Gebhard, D.O. has joined the medical staff of the Masonic Care Community as Associate Medical Director. Dr. Gebhard brings a variety of experience to our community, coming to Utica from the WCA Hospital in Jamestown, New York where she served as a Hospitalist for the past 7 years. In addition to her varied experience in the medical field, Dr. Gebhard has been a member of the American Medical Women’s Association since 1990, currently serving on their national Board of Directors. She serves as co-chair of AMWA’s Gender-Equity Task Force, represents AMWA at the United Nations Women, and is a New York Representative to “Vision 2020”; a Drexel University Initiative which seeks to abolish gender inequality in the next 3 years. Dr. Gebhard is a member of the Society of Teachers of Family Medicine, has published article in the September 2016 Women’s Health Journal on bullying, and wrote two chapters in the last edition of Fowler and Pfenniger’s Procedures in Primary Care.

Dr. Gebhard and her husband Greg have four children, Greg, Thomas, Johnathan and Zoanne. They are excited to be a part of our Central New York Community.

Thank you to our current 1893 Society Members (as of 03/22/2017):

Robert E. Gebhard, D.O.

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Thank you to our current 1893 Society Members (as of 03/22/2017):

Randy Bogar
Lawrence & Linda Egnaczyk
Excellus Blue Cross Blue Shield
Gene & Amy Falvo
Frank’s Uniforms Inc.
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Joseph & Ann Saglimbene
Spiro Triantafilis
The Struller Family Trust
Utica Lodge No. 47 F&AM
Elbert J. Weller
Tamara Wheeler

We wanted to extend a very special thank you to our 1893 Society members for your generosity. 1893 Society members have committed to a gift of at least $500 on an annual basis, increasing the quality of life for our 500 seniors who live here. For more information, please contact our philanthropy office at (315) 798-4703 or email Victoria Cataldo at cataldov@mccny.com.
Don’t Forget About Our Activities!

Are you interested in one of our innovative programs for your family member at MCC? Ask your Resident Activities Director for more information on them or to get your loved one involved. Art classes, Linked Senior, and the bike program are just a few choices we offer to enrich the lives of our seniors here.

Save the Date

**May 3** - Senior Olympics - Opening ceremonies at 10:30am

**June 24** - St. John’s Day - 9:00am - 2:00pm - check out the vendors on the Great Lawn as well as the musical entertainment and food trucks

**August 19** - Wings & Wheels 11am - 3pm; Raindate - 8/20

Go to www.mccny.com to check upcoming events and search resident activity calendars.