

The two-story Rehab & Wellness Center was built to the rear of the main Morrison building, and features many windows to let in as much natural light as possible.



The Morrison is a 501c3 nonprofit organization that has been providing quality health care to residents of the North Country since 1903. The Morrison provides skilled nursing, rehabilitation, respite care, Alzheimer's adult daycare, long term care and assisted living services to 80+ residents. The Morrison accepts residents under Medicaid, Medicare, private insurance, Veterans Affairs programs and private pay. The Morrison is an equal opportunity provider and employer.

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**THE MORRISON**  
 Assisted Living and Skilled Nursing Care

# Summer 2015 NEWSLETTER



Board Chair Dave Rodham and Chief Executive Officer Roxie Severance are flanked by State Senator Jeff Woodburn and Morrison resident Glenna Rice as they prepare to cut the ribbon opening The Morrison's new physical and occupational therapy Rehabilitation & Wellness Center.

# The Morrison Unveils Its New Rehabilitation & Wellness Center

Dozens of community members toured The Morrison's new 4,000-square-foot Rehabilitation & Wellness Center during its Grand Opening on June 10, which was marked with a ribbon cutting, raffle, giveaways and refreshments.

The \$1.2 million, two-story Rehab & Wellness Center is designed to provide occupational, physical, speech and cardiac therapy for Morrison residents and community members to promote independence in daily activities after strokes, hip and knee replacements and other medical procedures. The region's seniors will also be able to take advantage of wellness programs, like yoga, cooking classes, and balance, flexibility and strength training.

The brightly painted Center, with large windows to let in lots of light, features a gym, physical therapy and exercise equipment, a treatment room, staff offices, and a simulated house setting where patients can practice daily living tasks before returning home.

The Morrison's Chief Executive Officer Roxie Severance noted that the project is the result of the vision of the Board of Trustees, The Morrison's clinical team, led by Robin Hicks, BS, RN-BC, WCC, and the Synertx rehabilitation team, led by Becky Herndon, MS, OTR/L. "Everyone assisted in designing the program and identifying the services that we will be offering our community," she said.

"Small businesses often fall by the wayside or go out of business," said Board Chair Dave Rodham. "We didn't want The Morrison to fall into that category, so we decided to do what was needed to position The Morrison for the next 25 years. This is a first class, one-of-its-kind rehab center that will help to inflate the economy, provide jobs and provide options for our senior citizens so they can stay in their homes as long as possible."

State Senator Jeff Woodburn presented Severance with a proclamation from the state. Calling The Morrison "an anchor of the community," he noted that his grandparents had worked at the facility, his father had served on the board, and he, himself, had helped Herb Hennessey build one of the outdoor decks.

Mike Scala brought greetings from U.S. Senator Kelly Ayotte's office. Sen. Ayotte commended Severance and The Morrison's staff for their "commitment to quality care" and for being "a valuable resource to the North Country."

U. S. Representative Annie Kuster's North Country representative Brian Bresnahan conveyed her good wishes on the opening of the Rehab Center in which she praised The Morrison for adding to "the wide array of services The Morrison has provided for over 112 years."

Prior to the ribbon cutting, Severance recognized all of the town departments who worked hand-in-hand with The Morrison to move the project forward by reviewing plans and granting permits. She also thanked construction firm Bonnette, Page & Stone Corp. and all of the local contractors for their quality workmanship, and EGA Architects for the design. A special thanks was given to the residents and staff of The Morrison for enduring the sounds of jackhammers and other loud equipment for many months.

The Bank of New Hampshire provided funding for the project, along with a \$2,000 equipment grant. The Cogswell Benevolent Trust provided a \$3,000 equipment grant.

To learn more about the therapy programs and wellness activities, please call The Morrison at (603) 837-2541.



Following double knee replacements, Judith Fuller of Lancaster has received physical and occupational therapy at The Morrison. Several days before her discharge, she successfully mixed up a batch of cupcakes in the new Rehab & Wellness Center kitchen. The kitchen is part of the Rehab Center's simulated house setting where patients can practice daily living tasks before returning home.



Nikki Quartulli, COTA, offered demonstrations of the balance machine during the Grand Opening.

## Community Health & Wellness Classes

The Morrison's new Rehabilitation & Wellness Center includes a full roster of Health & Wellness classes designed to "keep seniors as active as possible so they can stay at home as long as possible," says Rehab & Wellness team leader Becky Herndon, MS, OTR/L.

"We are trying to reach out to the community to give them the opportunity to get out of the house, increase their balance and strength and increase their overall wellness," she says. "All of our Health & Wellness programs are free during July and August so this is the perfect time to come in, try a program and experience the benefits."

### Upcoming Classes

**WALK AND STRETCH PROGRAM:** Learn new techniques and information on the importance of exercise and the significance of walking for good health. (30 minute program)

**STRETCHING AND STRENGTHENING FOR GOLF:** Learn how to properly stretch and strengthen for a better golf swing, and ultimately a better game (no promises!) (45 minute program)

**MEMORY STRATEGIES:** Sharpen your mind and thinking with new techniques and fun new brain exercises. (30 minutes)

**A MATTER OF BALANCE:** Designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. (8 week program)

**TEA PARTY:** Learn how you can heal from nature with herbs! Discover how simple remedies like dandelion, nettle, peppermint and much more support our health. During this class we will discuss healing properties and history of botanical healing while enjoying cups of tea! (1 hour)

**HERBS IN THE KITCHEN:** Learn how everyday spices and herbs in the kitchen are medicinal! You'll study how to use spices in food and how they support your health. You will also be tasting delicious treats, too! (1.5 hours)

**Call (603) 837-2541 for dates and times and to sign up**

# You Need a Will. What about a Trust?

Presented by Jonathan Edwards, CLU, ChFC, CFP, AIF • Granite Financial Partners



**Having a legal will is an essential step to help ensure that your assets are distributed according to your wishes. However, in some cases you may also want to make provisions through a trust.**

Unlike a will, certain trusts might accomplish goals during your lifetime, provide greater control of your assets after your death, offer tax benefits, and/or avoid the often expensive and time-consuming probate process.

## Basic Terms and Structures

A trust is a legal arrangement under which one person or institution controls property given by another person for the benefit of a third party. The person giving the property is referred to as the *trustor (or grantor)*, the person controlling the property is the *trustee*, and the person for whom the trust operates is the *beneficiary*. With some trusts, you can name yourself as the trustor, the trustee, and the beneficiary.

A **TESTAMENTARY TRUST** becomes effective upon your death and is usually established by your last will and testament. One common use of a testamentary trust is to ensure that assets left to children or others are distributed by a trustee who is chosen by you to carry out your wishes and work in the best interests of your heirs.

A **LIVING TRUST** takes effect during your lifetime. When you set up a living trust, you transfer the title of all the assets you wish to place in the trust from you as an individual to the trust. Technically, you no longer own the transferred assets. If you name yourself as trustee, you maintain control of the assets and can buy, sell, or give them away as you see fit. However, this option may negate any estate tax benefits.

Living trusts can be either *revocable* or *irrevocable*. A revocable trust can be dissolved or amended at any time while the grantor is still alive. An irrevocable trust may be modified or revoked only with the consent of the trustee and the beneficiary, depending on state laws. Both types of living trusts avoid probate and may provide other benefits not offered by a will or a testamentary trust (see chart). A testamentary trust is irrevocable

by definition, but the grantor could change it by amending the will that established the trust.

## Other Types of Trusts

A variety of trusts could be used to meet specific needs. Here are three of the most common.

A **CHARITABLE TRUST** enables you to provide a charitable organization with a regular income for a set period or a lump sum at the end of the period.

An **INCENTIVE TRUST** makes the transfer of assets to heirs contingent on their meeting goals or expectations, such as attaining higher education or starting a family.

A **SUPPLEMENTAL** or **SPECIAL-NEEDS TRUST** can help provide for a disabled child and may ensure that the child qualifies for government assistance programs.

Trusts involve up-front costs and often have ongoing administrative fees. The use of trusts involves a complex web of tax rules and regulations. You should consider the counsel of an experienced estate planning professional and your legal and tax advisors before implementing a trust strategy.

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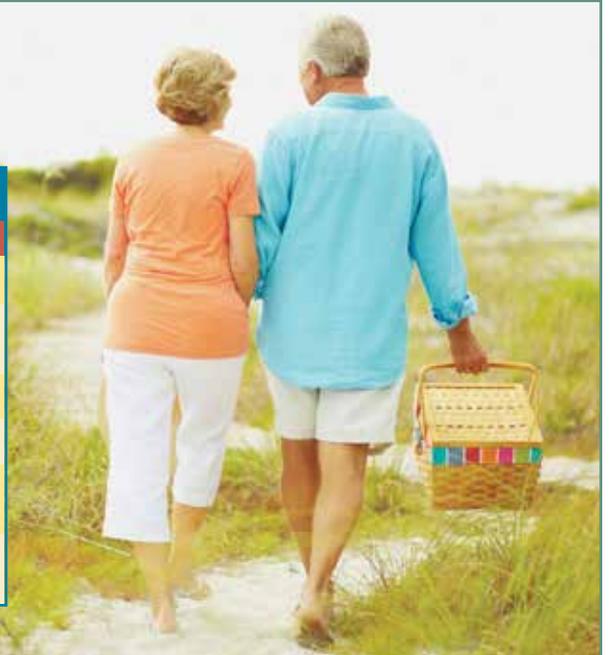
For more information or to discuss options for giving, please contact Jonathan Edwards at (603) 554-8551 or [jay@gfph.com](mailto:jay@gfph.com), or your financial advisor.

## Comparing Features

Although a trust may offer additional benefits and flexibility, it does not replace a will. You generally must have a will to establish a testamentary trust, and it is advisable to have a will to “capture” assets not included in a living trust.

| Features<br>(Applies only to assets<br>included in a will or a trust) | Will | Testamentary<br>Trust | Living Trust |             |
|---|------|-----------------------|--------------|-------------|
|   |      |                       | Revocable    | Irrevocable |
| Control distribution of assets  | Yes  | Yes                   | Yes          | Yes         |
| Appoint guardian for<br>minor-age children                            | Yes  | Yes                   | No           | No          |
| Avoid probate   | No   | No                    | Yes          | Yes         |
| Avoid estate taxes  | No   | No                    | No           | Yes*        |
| Defer/reduce capital gains<br>taxes and/or income taxes               | No   | Yes*                  | No           | Yes*        |
| Protect assets from lawsuits<br>and creditors                         | No   | Yes*                  | No           | Yes*        |

\*Depends on structure and situation.



*"The best way to find yourself is to lose yourself in the service of others."* — Mahatma Gandhi



Dave Rodham, Chair, Board of Trustees

*Dear Community Friends,*

As a nonprofit, service of others is what drives our mission. When a community benefits needs survey indicated that The Morrison could better serve the community by providing more and improved rehabilitation services, we took that suggestion seriously and began planning a \$1.2 million dollar Rehab & Wellness Center with state-of-the-art equipment. In November 2014, we broke ground to build a spacious 4,000-square-foot center that provides both outpatient and inpatient services as well as numerous "aging well" classes. On June 10, 2015 many of you joined us at our Open House to celebrate the opening of this innovative facility.

The success of the Rehab & Wellness Center has been astonishing. There has been a flurry of activity since we officially opened on June 12. In a very short time we have almost tripled our inpatient services. Area health care providers are making referrals for outpatient physical and occupational therapy services on a daily basis. One of our "aging well" classes, A Matter of Balance, filled quickly. In fact, we are completely booked; but don't worry, our next class starts on August 18.

We are proud of the state-of-the-art clinical and therapy services The Morrison's dedicated team has provided in the past. They will continue to provide superior quality care and rehabilitative services at the new facility, and develop innovative approaches to health and wellness classes for active seniors in our region.

Ask your health care provider to make a referral to us at (603) 837-2541 following your hip or knee replacement, when you need to recover from surgery or need strengthening after an illness. Our team looks forward to serving you.

In closing, we want to thank The Morrison staff for their continued dedication to serving community needs through the quality care they provide. We would especially like to thank community members for responding to The Morrison's benefits survey and challenging The Morrison board and staff to find a new way to lose ourselves in the service of others. This fall, we will be conducting another community benefits survey; we look forward to your responses.

We remain in service to you,

Dave Rodham, Chair, Board of Trustees

Roxie A. Severance, CNHA, FACHCA, Chief Executive Officer



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*Mission*

The Morrison is a caring, compassionate, resident-centered community. We commit to empowering our residents, their loved ones and our staff in achieving their optimal well-being in a quality home-like setting, expressed by mutual respect and trust.

*Vision*

The Morrison will be the preferred elder care provider in the community by offering excellent care in a homelike environment. Quality of care, creative solutions, and positive outcomes define us in a competitive environment as the innovative leader in services for seniors.

## Sartwell Welcomes New Administrator

The staff and residents of Sartwell Place Assisted Living are pleased to welcome Jean Niece, RN, as the new administrator. She is stepping into the shoes of Wendy Colby who has taken a position at The Morrison.

Originally from Pennsylvania, Niece has been a visitor to the North Country since she first visited as a 15 year old. She decided to return to her roots here after a lengthy career in the healthcare field, most recently as resident care director of an assisted living and independent living facility in Marshfield, Mass.

As a young nurse, Niece was employed at Massachusetts General Hospital in Boston, working in pediatrics and IV therapy, while raising her children. She then had a 35-year career in pharmaceutical sales and management before taking a re-entry nursing program at Catholic Medical Center in Manchester in 2010, followed by her position at the Marshfield, Mass. assisted and independent living facility.

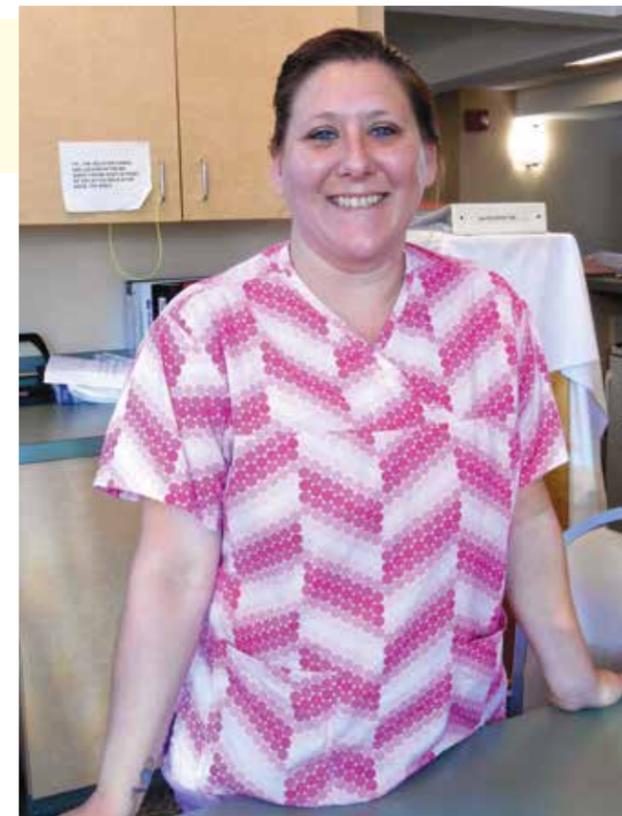
At Sartwell, Niece will supervise a staff of 12-14 employees. During her first week on the job she praised them for their skill and dedication in caring for the residents, noting that her immediate goal is to continue to build "a vibrant staff of caregivers, an excellent team working together to provide the care residents deserve."

Residents' quality of life is of primary importance, says Niece, and she and her staff will continue to set high standards, ensuring that each resident is treated with compassion and respect. "We want to provide the best quality of life for residents," she says. "It's different for different people. We have to understand what that is for each person to achieve those goals."

"We are so pleased to have someone of Jean's caliber on our staff," says Morrison's CEO Roxie Severance. "Her health care background and her ties to the North Country make her a perfect fit as our Sartwell Place administrator. We hope that members of the community will stop by and meet Jean and learn more about our assisted living program."



Jean Niece, RN, is Sartwell Place's new administrator.



Helena Leighton, MNA, enjoys her job and encourages anyone considering a nursing career at any level to check out employment opportunities at The Morrison.

## Setting Goals Pays Off for Helena Leighton

The Morrison has a long history of encouraging its employees to reach for the stars, and Helena Leighton, MNA, has taken that philosophy to heart.

Leighton began her career at The Morrison as an LNA, and soon realized that furthering her education with a long-term goal of attaining her RN degree was a real possibility for her because The Morrison works with its employees to help them attain their goals.

"They want you to know as much as you can in the scope of your practice. They encourage you to further yourself," she says, and that's just what she has done. In addition to working 40 hours a week as an LNA at The Morrison, Leighton pursued her MNA (Medication Nursing Assistant), which allows her to pass out medications and perform breathing treatments. She took classes twice a week at night during the middle of one of the North Country's worst winters.

Leighton was encouraged to apply for a scholarship through Clinical Career Training, LLC, which provided her MNA training classes, and was presented with the Medallion award, which covered all but \$25 of her fees. She says the award was based, in part, on her community volunteerism — she coached her younger son's baseball team in Groveton for two years.

"The Morrison is a good place to work," Leighton concludes. "The teamwork is wonderful. A lot of the girls go above and beyond to make the people here feel at home. There is so much encouragement, it's a nice facility to work in and our supervisors are always willing to work with your schedule."

To learn more about career opportunities at The Morrison, view the website at [themorrison.org](http://themorrison.org) or call (603) 837-2541.