The Sun Shines on....
ELLEN McMAHON

This month we shine a light on Ellen McMahon, MS, RN, LMT, Sunshine’s magnificent Licensed Massage Therapist. Ellen started her nursing career 35 years ago and through her work, became increasingly interested in a holistic approach to healthcare. Ellen’s interest led to her training in a variety of complementary care practices to enhance her nursing skill set, including massage therapy, reflexology, aromatherapy, as well as energy work featuring reiki and therapeutic touch. Ellen describes her work as “supporting one’s own natural healing” and notices the positive impact of healing and the overall well-being when children receive massage therapy and related services. Ellen explains, “It may be that their breathing gets better, their heart rate decreases, they open their eyes, or they may perk up. The kids are more relaxed and their systems become more balanced.” Ellen loves working with the children and is always mindful to stay completely present with them. “I love what I do and I love interacting with the kids,” Ellen says, “I may be working with a child for only fifteen minutes but you make those fifteen minutes matter.” In addition to providing services to the children, Ellen is also an infant massage trainer for the Quality of Life department. Ellen describes the staff as being devoted to the children and sees the work that they put into each child’s care, “The care that the kids receive at Sunshine is the same care and attention that they would get at home. Sunshine has a home atmosphere feel to it. They are focused and willing to do whatever they can for the comfort of the kids and to improve their quality of life.” Ellen loves going to work every day and feels grateful for her position at Sunshine. Ellen states, “When you love what you do, it makes all the difference in the world. As Jean Watson once said, ‘Maybe this one moment with this one person is the very reason we’re here on Earth at this time,’ and I believe in that, I honor that.” We thank you, Ellen, for making Sunshine a little sunnier!
Our Feature of the Month is... SUNSHINE’S ART SHOW!

To wrap up an amazing summer of play, crafts and fun, Sunshine children hosted their very own Art Show! They proudly displayed the beautiful art work they created during their summer break. A special thank you goes out to our terrific Therapeutic Recreation team who planned the theme inspired activities enjoyed by the children. They crafted crabs and sea turtles out of egg cartons, colorful “stained glass” jellyfish, butterfly prints using baby foot prints, and amazing superhero masks. The Art Show, highlighted by music, raffles and refreshments was a hit with staff and enjoyed by all.

VISITATION GUIDELINES during Flu Season

We are all aware from previous years that flu outbreaks occur. To help reduce the spread of illness, we ask all families to assist the medical team in reducing the risk of virus-causing germs entering the facility. During this flu season, we are requesting that families visiting with siblings enjoy their time together outside of the children’s rooms. Visits should occur in common areas in the facility and/or outdoors when the weather is nice. Also, please do not visit or bring siblings to visit when anyone in the family is sniffing, coughing or otherwise ill. Your cooperation is essential and appreciated.

Flu season can begin as early as October and last until May. Always remember to WASH YOUR HANDS before and after visiting and when providing direct care to your child. A minimum of one minute is required time (the time it takes to sing Happy Birthday). Instant hand sanitizer is readily available in the facility. Use enough product to cover entire hands and fingers. Use friction until dry.

Sunshine Updates

Family CPR training will be October 29th at 11AM and will last for approximately 1 hour. Attendance can occur more than once. Sign-up will be required at the front desk or with your social worker.

Special Celebration

On September 18th, Sunshine staff enjoyed a festive celebration. We took the opportunity for an "official groundbreaking" as we celebrated our 10th Anniversary and celebrated staff for their longevity and commitment to our children and families. Sunshine honored 63 staff members for their years of service (5, 10, 15, 20, and 25 years!). Linda Masello, Administrator narrated a slideshow highlighting our past, present and future. It was a wonderful (and rare opportunity) to gather Ownership, special guests and our staff under one roof to celebrate the wonderful work provided each and every day.

You can help control the spread of colds and the flu

Many of our residents are at risk for getting sick from viral and bacterial illnesses. You can help us to protect your child’s health, as well as the other children at Sunshine.

What you can do:
1. Reschedule your visit for another day if you have had a fever or diarrhea within the past 24hrs.
2. Wear a mask if you have a cough or sneeze (even if it may be due to allergies).
3. Perform hand hygiene before AND after visiting with your child.
4. Follow isolation precautions by wearing the correct equipment. These precautions are to protect your child, you and the other children.
5. Get the flu vaccine. All visitors need to show proof of receiving the flu vaccine or wear a mask.

Help us to keep the children off isolation.

SUNSHINE CHILDREN’S HOME & REHAB CENTER
15 Spring Valley Road, Ossining, NY 10562· 914.333.7000
sunshinechildrenshome.org + info@sunshinechildrenshome.org