

O'Neill Healthcare

NORTH OLMSTED

4800 Clague Road
North Olmsted, Ohio 44070



**O'Neill
Healthcare**

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Lucky to have O'Neill Healthcare

O'Neill Healthcare has been providing quality senior care for over 55 years. With five locations on Cleveland's westside, we are conveniently located to meet your needs.

Call 440-808-5500 to schedule a tour today.

O'Neill Healthcare

ONeillHC.com

Karen Len-Williams, MPA, LNHA
Administrator

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North Olmsted, Ohio 44070
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March 2020

The Joy of Eating Well is Aging Well

For seniors, the benefits of healthy eating are many:

- ~ increased mental acuteness
- ~ resistance to illness and disease
- ~ higher energy levels
- ~ a more robust immune system
- ~ faster recuperation times
- ~ better management of chronic health problems.

As people age, eating well can also be the key to a positive outlook and staying emotionally balanced.

Choices to help improve your diet and your health:

- **Fruit** – Focus on whole fruits rather than juices for more fiber and vitamins. Aim for 1½ to 2 cups daily. Break the apple and banana rut and add berries or melons.
- **Veggies** – Choose anti-oxidant rich, dark leafy greens such as kale, spinach, and broccoli as well as carrots, squash, and yams. Eat 2 to 2½ cups of veggies every day.
- **Calcium** – Seniors need 1,200 mg of calcium a day. Sources are milk, yogurt, cheese, tofu, broccoli, almonds, kale and seeds.
- **Grains** – Choose whole grains over processed white flour for more nutrients and a higher fiber count. Seniors need 6-7 ounces of grains each day and one ounce is about 1 slice of bread.

- **Protein** – Seniors need about .5 grams per pound of bodyweight. Divide your body weight in half to know how many grams you need. Vary protein sources with fish, beans, peas, nuts, eggs, milk, cheese, and seeds.
- **Water** – Post a note as a reminder to drink water every hour and with meals. This helps avoid urinary tract infections, constipation, and possibly confusion.
- **Vitamin B** – Get the recommended daily intake (2.4 mcg) of B12 from fortified foods or a vitamin.
- **Vitamin D** – Aging skin is less efficient at synthesizing vitamin D, so consult a doctor about supplementing with fortified foods or a multivitamin.
- **Spices not Salt** – Increase herbs and spices to flavor your food, and minimize salt. Do not put the salt shaker on the table at meals.
- **Eat Less** – Try smaller portions and less snacking between meals if weight control is an issue.

By choosing healthy foods, older adults can feel better immediately and stay healthy for the future. A balanced diet and physical activity contribute to a higher quality of life and enhanced independence as you age.



Good Times & Great Memories at O'Neill Healthcare



Everyone had a wonderful time celebrating Valentine's Day in February.

Upcoming EVENTS

Monday, March 2 | 7:00 p.m. Cannon Irish Dancers

Join us in the 3rd Floor Assisted Living Activity Center for a performance by the Cannon Irish Dancers to get into the St. Patty's Day spirit.



We're proud to have you
ON OUR TEAM
HAPPY ANNIVERSARY

Congratulations and thank you to the following employees for their years of service

Takara Hubbard	5 years
Matthew Grygier	2 years
Lauren Rodgers	2 years
Marissa Patawaran	1 year

Resident of the Month Roger Bolger - March

Roger was born and raised in the Cleveland area. He went to school in the Fairview Park system and attended Tri C for a while. He was working a great deal of overtime as a machine operator at Helical Line Products, so he had decided to stop taking classes. In fact, Roger has held several diverse jobs in his working career. He worked at Punch Rite for 18 years starting as a surface grinder and eventually becoming plant manager. Roger also worked for Domino's, worked as a nurse's aide and worked for about 16 years at his favorite job at the Cuyahoga County Medical Examiner's Office where he eventually became a Death Scene Investigator. Roger said this was his favorite job because every case was different. Along the way, Roger married Sharyn whom he met in High School Chorale. During their marriage, a favorite pastime was sitting outside singing to each other. Roger also enjoyed gardening. Roger enjoys participating in several activities. He likes bingo where he enjoys interacting with people from other floors. He also enjoys the mentally challenging activities such as trivia, jeopardy and wheel of fortune. Remember, if you ever get stuck on a question, do what we do... ask Roger!

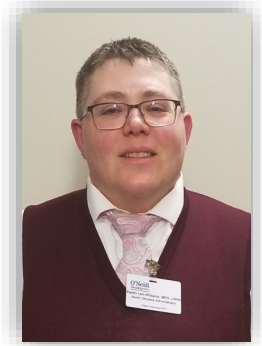


The month of March is Social Work month. As you meet with your social services team this month, be sure to show your appreciation to them. Also, if you are a UAW retiree or veteran and are thinking of using hospice, check with your social worker to see if you may be eligible for room and board coverage.

Administrator's Corner

Welcome Spring!

I think March is a great time to start talking about spring cleaning. Our resident rooms are cleaned weekly by our talented housekeeping team. For those of you who have stayed with us for a while, you may have started accumulating new treasures in your rooms. We encourage you to purge your rooms of unwanted clutter on a regular basis. The fire marshal's office will be out with the North Olmsted fire department to give us a safety check soon. Please be sure that you aren't storing personal belongings closer than 18" from the ceiling. And ensure that all walkways are clear to get into each room of your apartment. Additionally, extension cords are an absolute NO in our building and must be removed immediately. Power strips are allowed in certain circumstances – but can NOT be used to run medical equipment which includes your electric beds. Please reach out to the maintenance department or myself if you have concerns or questions about your room. And remember – think safety this spring!



Karen Len-Williams, MPA, LNHA
Administrator

Employee of the Month - Katie Hall, PT



Katie Hall, one of O'Neill Healthcare North Olmsted's physical therapists, has been chosen as March's Employee of the Month. In her free time she enjoys spending time with her family. She spends most of the time watching her sons soccer, football and bowling matches. She is in the final stages of planning her July wedding, which she is excited for. Congratulations Katie!

Healthcare Spotlight on: National Nutrition Month

O'Neill Healthcare recognizes that food plays an important role in our culture as many gatherings and social events revolve around food. Chronic health conditions, recent weight changes, and intake of food/fluids, among other things, can affect a resident's nutritional status and take some of the joy out of eating. Our Registered, Licensed Dietitian, Wendy Just, MS, RD, LD and our two Registered Dietetic technicians, Deborah Yarnell, DTR and Samantha Fletcher, DTR work together to monitor and maintain the nutritional needs of all our residents. They also work on many specialized diets including cardiac, renal and diabetic diets, working closely with all members of the care team, to ensure continuity of care and that the residents continue to meet their nutritional goals. O'Neill Healthcare is pleased to have their knowledge and expertise to keep our residents eating well!

