

# O'Neill Healthcare

## FAIRVIEW PARK

20770 Lorain Road  
Fairview Park, Ohio 44126



**O'Neill  
Healthcare**

Visit our website  
[ONeillHC.com](http://ONeillHC.com)



Find us on  
**Facebook**

Search for O'Neill Healthcare  
Like & Share our pages  
Follow our communities



## 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](http://ONeillHC.com)

Julia Liechty, LNHA  
Administrator

(440) 331-0300  
20770 Lorain Road  
Fairview Park, Ohio 44126  
[ONeillHC.com](http://ONeillHC.com)

**O'Neill  
Healthcare**

## FAIRVIEW PARK

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



Residents enjoyed a beautiful afternoon at “Orchid Mania” inside the Cleveland Botanical Gardens.



Upcoming  
EVENTS

**Tuesday, March 17 | 2:30 pm**  
**St. Patrick's Day Celebration**  
Join us for a lively St. Patrick's Day celebration with musical entertainment by pianist Gary Ryan

**Friday, March 27 | 3:45 pm**  
**Music Bingo Ohio**  
Come play with our friends from Music Bingo Ohio.

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

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

Fadia Nader	14 years
Danielle Kapalin	4 years
Linda Koestler	4 years
Ann Riegelmayr	4 years
Ann Marie Williams	4 years
Deanne Cassano	3 years
Jessica Herman	3 years
Mary Hildebrandt	2 years
Artinka Wynn	2 years
Nichole Darlington	1 year
Alisha Miller	1 year

Resident of the Month  
David Dewar - March

David was born in Canada and moved to the states when he was 15 years old. His family moved to Bay Village and he graduated from Bay High School. After high school he was drafted by the US Army and served at Fort Bragg from 61-63. He and Mary met through friends and were married in 1963. They moved to West Park and raised 3 children together. Dave states, "The secret to a long marriage is tolerance" (and his wife agrees). After retiring from his maintenance job, he was able to play more golf, and still enjoys watching golf, hockey and baseball. David's favorite food is lemon-lime pie and Mary adds "He loves anything lemon." Thank you, Mr. Dewar, for your continued good humor!



A SPECIAL NOTE FROM

**O'Neill Healthcare**

**HOSPICE**

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

Spring is near. A good sign is that daylight savings time begins on Sunday March 8th. Don't forget to change your clock!

It's baseball season already! We will be having an Opening Day Party on March 27th to kick off the season. Also, save the date for Saturday April 4th, we will have local freelance writer, Marty Gitlin, author of "Ultimate Cleveland Indians Time Machine Book" who will talk about the history of our Cleveland Indians.

March 30th is nationally recognized as "Doctor's Day." This is a day to honor and recognize all physicians for the work they do for patients and the community. O'Neill Healthcare is fortunate to have collaborative relationships with many area physicians who assist us in providing the highest quality of care and patient satisfaction. Be sure to thank your physician!

Another word of thanks needs to be extended to our Social Worker, Mary Hildebrandt. March is National Social Work month. Whether the need be discharge planning, addressing psycho-social health to simply hand holding, Mary is passionate in ensuring the residents at O'Neill Healthcare Fairview Park are well cared for.



Julia Liechty, LNHA  
Administrator

Employee of the Month - Hanna Holowenko, LPN



Hanna was born and raised in Fairview Park. She graduated from Fairview High School in 2011. Hanna then attended Cuyahoga Community College to receive her nursing degree. She now lives in North Olmsted with her boyfriend, John. When she's not at work she enjoys hanging out with her family, loves shopping and is a huge Cleveland sports fan. Hanna states her favorite thing about working at O'Neill Healthcare Fairview Park is the bond she has with her co-workers. "We are all very close and are like one big happy family." Hanna's says her favorite thing about being a nurse is that she loves taking care of people and how rewarding it is when she makes them feel better and makes their day. Thank you, Hanna, for making O'Neill Healthcare Fairview Park a better place to live and work!

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!

