

O'Neill Healthcare LAKEWOOD

13900 Detroit Avenue
Lakewood, Ohio 44107



**O'Neill
Healthcare**

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*O'Neill Healthcare welcomes
the New Year and looks
forward to another
decade of commitment
to excellence in
quality healthcare.*

Skilled Nursing | Assisted Living
Independent Living | Rehabilitative Therapies
Memory Support | Hospice Care | Dialysis

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O'Neill Healthcare

Kim Murphy, LNHA
Administrator

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January 2020

A New Year, A New You

It's the new year, and time to think about ways in which we can accomplish a personal goal or make changes to improve our lives. While about 80 percent of New Year's resolutions are forgotten by February, it's important to keep them simple and achievable. Your resolution doesn't need to be made on January 1. Give yourself some time to determine what is the best for you. After each week, write down what was achieved that week. This will allow you to keep track of accomplishments, and gauge progress. All-in-all, you will feel better about yourself, set goals and have a healthier outlook – both mentally and physically.



Here are some ideas on possible New Year's resolutions. Don't limit yourself; be creative. You know what is best for your lifestyle and what is doable for you.

Be active. Move your body more. A simple exercise will suffice. Touch your toes a few times during the day. Go for walk. Stretching is also a good way to become more flexible.

Say hello to someone who you never said hello to before. Smile and say hello to a new person. It may spark a conversation. You may realize you have something or someone in common, and find a friend in the process.

Eat healthier. Be mindful of what you eat and make sure to limit your sweets, salt and fat intake. Have a salad a few times a week. Think green.

Keep your mind busy. How about a crossword puzzle to stimulate your mind? Go to the library and read a good book. Engage in a conversation with someone. Challenging your brain regularly keeps your cognitive skills sharp and reduces your chance of experiencing memory loss.

Visit Someone in a Nursing Home or Assisted Living. Make it a point to go see someone that may not be able to come and see you or that you have not visited in a while. Your visit will be the highlight of their day.

Good Times & Great Memories at O'Neill Healthcare



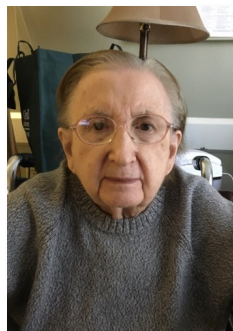
Residents and families enjoyed our holiday celebration.

Upcoming EVENTS

Monday, January 27 | 12:00 p.m.
IBS (Irritable Bowel Syndrome)
1381 Bunts Road | 4th Floor Education Room
 Presented by J. Owen Tully, MD,
 Gastroenterologist, North Shore
 Gastroenterology
 RSVP to Tammy Sibert at 216-912-0800 by
 January 24, 2020 if you wish to attend.

Resident of the Month Marguerite Schuerger - January

Our January “Resident of the Month” is Marguerite Schuerger! Marguerite has been a resident here at O’Neill for over 2 years. She is a Cleveland native who was born and raised on the West Side by the stock yards. During her adult life, Marguerite worked in the Accounting Department of a local bank as a book keeper. In her free time she loved reading – especially mysteries! While at O’Neill, you can usually find Marguerite either continuing her love for reading, cracking jokes with staff, or listening to our musical guests. Marguerite is always friendly and smiling and brightens your day every time you see her! We are so lucky to have a wonderful person like Marguerite on our campus!



Administrator’s Corner

Happy New Year! I hope everyone had a wonderful holiday season. We sure enjoyed all of the holiday festivities that took place on campus. As always, it was great to see everyone at the Holiday Gala. It’s so nice to be able to spend quality time with our residents and their loved ones and it truly brings us great joy. We also had Santa here on December 20th and provided every resident with a gift. Thank you to all of the staff and volunteers who donated a gift or money, the smiles on the resident’s faces were truly priceless!

It’s that time of year! In an effort to protect our residents, we ask that you please refrain from visiting if you have cold or flu-like symptoms, or if you were recently exposed to anyone with the flu. Please also sanitize your hands as you enter and exit the facility. Thank you for being mindful of this to help prevent the spread of infection on our campus.

Each New Year brings a new beginning and to some, an opportunity for a “fresh start.” Let’s take advantage of this and work each day to set goals and become a better version of ourselves. I look forward to another wonderful year together and I am excited for all that 2020 will bring. May the upcoming year bring joy, good health, and happiness to you all!



Kim Murphy, LNHA
Administrator

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

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

Sheila Bonds	16 years
Cassandra Rainey	13 years
Suzanne Krivosh	12 years
Constance Jewett	11 years
Ireda Pollard	9 years
Natasha Powell	4 years
Angela Polansky	3 years
Catherine Stefanek	2 years
Pamela Davis	1 year
Ronald Howard	1 year
Deborah Lytton	1 year

A SPECIAL NOTE FROM

O’Neill Healthcare

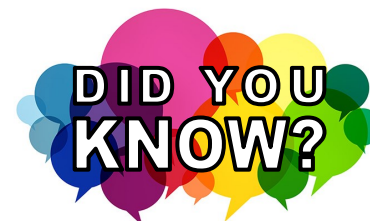
HOSPICE

A new year can bring hope for the future. It is also a good time to review your life plan with your family. Talk about your wishes. Make sure that if something has changed, your family and friends are aware of it. If you do not have advance directives in place, such as Power of Attorney or Living Will, reach out to your social worker and ask for information.

Employee of the Month - Rachel McDonalds, LPN



Our January “Employee of the Month” is Rachel McDonald, LPN. Rachel is a nurse in the assisted living and has been with us for over five years. She is dependable and demonstrates good critical thinking and decision making skills. Rachel is well-liked by her coworkers, residents, and families. She steps up to the plate whenever she is needed without hesitation. You can tell that Rachel truly cares about her job and wants to be successful! Thank you, Rachel, for all that you do. You are appreciated and valued!



O’Neill Healthcare has an annual Christmas Party which provides a great opportunity to come together as a company to celebrate the accomplishments of the past year. During this celebration, we recognize an “Employee of the Year” from each of our facilities who has been voted by fellow teammates, families and residents. These exceptional employees are chosen from those who have already been awarded the “Employee of the Month” title based on nominations or recognition “green cards” and have been highlighted in the monthly newsletters throughout the year. O’Neill Healthcare strives for quality and cannot do it without the compassion and dedication of our employees like these. Please congratulate Sunshine Cantrell, RN our 2019 Employee of the Year!

