

# O'Neill Healthcare

## NORTH OLMSTED

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November 2019



O'Neill  
Healthcare

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## Personalized Memory Support

O'Neill Healthcare's memory support communities are designed for safety and comfort and are staffed to care for individuals with cognitive impairments such as dementia, Alzheimer's and memory loss. Families also receive support and learn about the disease process, how to cope with the various stages of cognitive disorders, and the changes in their loved one.

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

# O'Neill Healthcare

ONeillHC.com

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

## Improve Your Memory

How often during a week do you struggle to remember a fact, a person's name or leave a space and wonder the next move? As we grow older, these memory lapses seem to become more prevalent. While we cannot turn back the clock, there are a few things you can master to improve your memory.

**Concentrate.** Whether it's reading the newspaper, performing a task, or watching television, make sure to focus in on one particular action. When we get older our attention span becomes even shorter. Therefore, take that extra time to concentrate on one action at a time, and put aside all other distractions around you.

**Get proper sleep.** Getting the right amount of sleep is vital. If you fail to do so, it can negatively impact you both mentally and physically. Having a good night's sleep will improve your brain function and keep the memory sharp.

**Eat well.** Similar to getting the right amount of sleep, eating well will nourish your body and brain. With the help of your physician or a dietician, establish a balanced diet. Unfortunately, many of the things we crave or like to eat are not good for you. That's why it's important to ask the advice of a professional and get a diet that is tailored to your specific needs or body type. Once you begin eating a healthier diet, your thought process will become clearer and memory will improve.

### Keep the mind active.

This is important, especially as we age. Partake in activities that keep the mind active. This can be as simple as having a daily conversation with your friend or caregiver. Do you enjoy watching a movie, doing a crossword puzzle, reading, or reminiscing? Why not try each day to memorize a list or a phrase? All of these activities can keep your mind moving and help you to better recall people, places, and things.



**Exercise.** You have heard it over and over: a healthy body, a healthy brain. If you have a habit of being sedentary, don't be. Move your body. Make it a point each day to take a short walk. This can be down the hallway or outside to enjoy some fresh air. Keeping your body active will keep your brain active too.

Studies have shown that memory can be improved in older adults. However, if you suffer from Alzheimer's disease, this may not be true. We know many aspects of the aging process can be challenging and lead to varying degrees of frustration. Don't let these challenges and frustrations consume you. Take control and improve your brain and memory health – one step at a time.

## Good Times & Great Memories at O'Neill Healthcare



Assisted Living Week really sparked a lot of creativity in our residents.



## Upcoming EVENTS

### Thursday, November 7 | 10:00 a.m. Veteran's Day Salute

We honor all of those who have served during our Veteran's Day Salute featuring entertainment with Holly Prather.



### Tuesday, November 19 | 5:00 p.m. Family Thanksgiving Meal

Join us for a wonderful holiday meal and entertainment from Ralph Turek.

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

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

Cindy French	18 years
Susan Thomas	16 years
Teresa Nagy	9 years
Justin Harhay	6 years
Svetlana Demianov	4 years
Donna Castle	3 years
Guadalupe Gonzalez-Gomez	3 years
Andrea Gresbach	1 year

## Resident of the Month Virginia Miko - November

Virginia Miko was born in Cleveland, Ohio in the same house that her father was born in, which was built by her ancestors. She and her husband raised their three children; two boys and one girl. One of her sons lives in Indiana, and the other can often be seen spending his mornings sharing breakfast with Virginia and her friends in our dining room. Her daughter is a self-employed tax accountant. In her younger years, Virginia enjoyed bowling, crocheting, and knitting. She also loves the outdoors and spending time in the Metroparks. Virginia and her family frequently vacationed to Buckhorn, Canada during the summer. More recently, she spent her winters at a home in the Florida Keys. Virginia looks back on the past fondly; she credits her amazing parents and wonderful husband with helping her to enjoy every minute of her life. Her advice is to enjoy each moment and smile a lot, because it's always better than frowning.



This month is National Hospice and Palliative Care Month! Hospice is a program that brings increased quality of life and comfort care to people who are closer to the end of their life. Hospice focuses on the goal of the patient and family. Hospice not only has a team of people that visit to provide care, but also helps with equipment and medication costs! Please go to your social worker or call (440) 328-8141 to talk to hospice directly for more information.

## Administrator's Corner

Our facility has had quite a year so far. I'm pleased to announce today that our Skilled Nursing Facility has received a 5-Star rating from CMS. We have been working hard to achieve this goal that is only awarded to around 10% of the facilities in the state. The 5-Star rating is a score that comes from quality measures of care provided to residents, staffing, and survey results. Thank you to all of our Skilled Nursing Facility staff for all their hard work to achieve this honorable goal.

I'm excited to announce some new leadership team members. First join me in congratulating Gina Velez as our new Assisted Living Wellness Director. Some of you will recognize Gina because she has been a nurse here for over two years working throughout our facility. We are so pleased to have her join our management team. We will get Gina out to meet everyone at the Happy Hour on Friday, November 8, 2019 at 3:45 p.m. in the Assisted Living. Feel free to stop by to chat with her.

I'm also pleased to welcome a new Director of Nursing for our facility, Kim Kennedy. Kim comes to us with years of leadership experience. Kim is hands-on and is already working her way through the facility, meeting staff and residents on our SNF unit. Over the next month or so, Kim will be working to meet all of the residents in Memory Support and the Assisted Living as well.

I'd also like to mention that we have seen some great new ideas, outings, and programming coming from our Activities team under the guidance of Alicia Dembkowski. Please be sure to watch for information about some of our exciting plans coming up in the next few months. Thank you, Alicia and the Activities team, for your hard work.

There is a saying by Socrates that goes, "The secret of change is to focus all your energy, not on fighting the old, but on building the new" and we are working on building new every day at O'Neill Healthcare North Olmsted.



**Karen Len-Williams, MPA, LNHA**  
Administrator

## Employee of the Month - Rebecca Ferguson, Housekeeping



Congratulations to Rebecca Ferguson, our Employee of the Month for Housekeeping. Rebecca has been at O'Neill Healthcare North Olmsted for a little over a year. She takes great pride in her work and likes to make sure that the staff and residents are happy. She always comes to work with a positive attitude and carries it with her throughout the day. In her down time, she likes to spend quality time with her family and grand-baby and also loves to read. Rebecca also enjoys doing some arts and crafts. Thank you for all your hard work, Rebecca.



## O'Neill Healthcare Donor Advised Fund

Holiday gift-giving is a traditional and meaningful practice that has taken place for centuries. We understand that many residents and family members want to thank their caregivers by offering a gift during the holiday season. However it is the policy of our facility that employees are not permitted to accept gifts or gratuities from any resident, family member or visitor. To provide an avenue for those of you who wish to acknowledge the staff at our facility, the O'Neill Healthcare Donor Advised Fund was set up so you can give a gift that benefits our staff by providing grants to those employees furthering their education. A tax deductible gift to this Fund is a great way to say thank you to the staff, or it can also be a special way to honor a loved one during this special time of year. Please make checks payable to O'Neill Healthcare Donor Advised Fund, and mail them to 38642 Center Ridge Road, North Ridgeville, Ohio, 44039, or phone 440-387-5557.