

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.



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

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**O'Neill
Healthcare**

Good Times & Great Memories at O'Neill Healthcare



O'Neill Healthcare Fairview Park residents and families enjoyed various holiday programs.

Upcoming EVENTS

Tuesday, January 7 | 2:30 pm Nature Pam Presentation

Join us for a special presentation about Zion National Park.

Thursday, January 30 | 3:15 pm National Hot Chocolate Day

Enjoy making your own hot chocolate from scratch to celebrate the day!

Friday, January 31 | 3:30 pm Music Bingo Ohio

Music bingo returns for the new year!

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

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

Nicole Meadows	4 years
Hanna Holowenko	3 years
Mealea Chhlam	2 years
Tennille Osazee	2 years
Tammy Griffin	1 year
Gwendolyn Payne	1 year

Resident of the Month Janet Geiling - January

Janet has stayed with us several times, and we have gotten to know her and her husband, Ron, so well. Janet grew up on the east side of Cleveland. She graduated from Lutheran High School in 1954. She and Ron meet at a dance at the VFW in 1958. They have lived in Fairview Park for 50 years were they raised their 4 children. They now have several grand-children and 3 great-grand children. Janet's words of advice "Always tell the truth, because once you lie, you'll need other lies to cover it up." Thank you Janet for choosing to stay with us!



Administrator's Corner

December was a busy month with many fun activities. Our Family Holiday Party was a great success and it was so wonderful to have so many families there. A big thank you to the staff and family members for putting on a great party. Thank you to everyone who brought donations for the Fairview Park Hunger Center. We were able to donate 5 full boxes to the Hunger Center, which is double the amount from last year. I also want to thank the following groups for coming in and entertaining and visiting with our residents and making this a December to remember: Girl Scout Troops: #70302, #70857, #70697, America SCORES Cleveland, Messiah Elementary School Students, St Angela's YOSA Group, Mary Piechowski's Piano Students, Worship Warriors Interpretive Dance, Fairview Park High School Orchestra, R.G. Jones Elementary Kindergarten Students and St. Angela's 4th grade class. This December we adopted a family in the community that was in need this holiday season with a giving tree in our lobby. Thank you to everyone who participated and for your generosity for this family in need. We were able to help them have a wonderful Christmas morning with gifts under their tree!

Finally, thank you for your support this past year. I look forward to many more years together providing exceptional care and service. Happy New Year – lets make 2020 the best year yet!

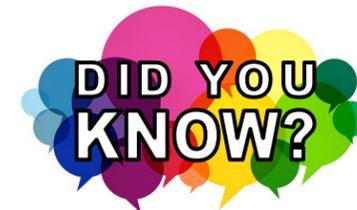


Julia Liechty, LNH
Administrator

Employee of the Month - Terry Williams, Dietary



Terry Williams Dietary Aid. Terry was nominated by an anonymous co-worker who wrote "Very hard worker, always willing to help. Has the best smile, cares about his work and co-workers. Always goes above and beyond." Terry grew up in the Cleveland area and attended John Marshal High School. He now lives in the Cudell neighborhood and has a 3-year-old son named Terrion. Terry is a sports fan and is one of the many Browns fans who thinks Freddy Kitchens should get fired. In the past, Terry worked at the Marc's warehouse as a stock clerk. He states the best part about working for O'Neill Healthcare is the openness between staff and departments. Thank you, Terry, for making O'Neill Healthcare Fairview Park a better place to work and live.



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 Carrie Talley, our 2019 Employee of the 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.