

O'Neill  
Healthcare

NORTH  
RIDGEVILLE

38600 Center Ridge Road  
North Ridgeville, Ohio 44039



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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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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 the festivities during our annual Holiday Dinner.



## Upcoming EVENTS

### Thursday, January 16 | 2:30 p.m. Keith Parker Performing

Join us in the main dining room for a music program featuring Keith Parker.

#### NOTE FROM ACTIVITIES STAFF

**Catholic Communion will be moving to the mornings instead of the afternoons starting on Sunday, January 5th.**

## Resident of the Month Ginny Bishop - January

Ginny was born in Elyria in 1927. She was the only child to Peter and Elizabeth Kelling. She lived locally all her life and attended LCCC to study Nursing. She worked at Elyria Memorial Hospital and St. Joseph Hospital during her career as an RN. Ginny was married 3 times and has 5 children; 2 boys and 3 girls. Her favorite hobby is sewing and one of her favorite meals to eat has always been a roast beef dinner with all the fixin's. Ginny's words of wisdom are, "You're never too old to learn something new." Congratulations, Ginny, on being chosen as the Resident of the Month.



## Administrator's Corner

Happy New year to all! I am excited for what 2020, the NEW Decade, will bring us! I was excited to announce our Employee of the Year, Patricia Taylor, LPN, at our annual staff holiday party. Many of you know her and can agree she is an outstanding employee. Nurse Pat has worked at O'Neill Healthcare for almost 23 years! There were over 150 Votes, and the Pat is definitely a deserving winner! If you see Pat, congratulate her and thank her for a job well done! If you would like to nominate someone for employee of the month or simply just appreciate or recognize them you can fill out a green appreciation card located at the nursing stations and in the main hallway.



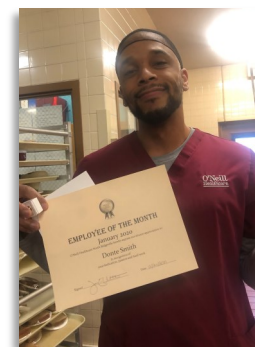
**Jenna Elliott, LNHA**  
Administrator

As we are all unplugging our Christmas trees and decorations, I would like to remind everyone that we do not allow extension cords or power strips in the facility. This is a state regulation. If you need assistance in plugging in multiple devices please let our maintenance department know. I appreciate your cooperation with this.

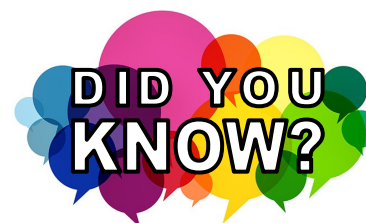
Often in the beginning of the year there are changes with insurance plans. If you have any changes please let our Billing Coordinator, Angie Vilagi, know as soon as possible so we can assure there are no gaps in your coverage. You can bring your insurance cards to the front office so we can make copies.

We have gotten lucky with our weather thus far, but I'm share the snow will start flying. Please be careful and stay warm!

## Employee of the Month - Donte' Smith, Dietary



Our employee of the month for January 2020 is Donte Smith in the Dietary Department. Donte has worked at O'Neill Healthcare for 6 years! He enjoys seeing the residents everyday while delivering their meals. In his free time Donte likes playing sports, especially football and basketball. We are very fortunate to have a dedicated employee like Donte at O'Neill Healthcare North Ridgeville.



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 Patricia Taylor, our 2019 Employee of the 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**

Susan Kenawell	9 years
Brenda Campolo	7 years
Kayla Majoras	7 years
Donte' Smith	7 years
Kierra Armstrong	4 years
Jennifer Leach	4 years
Angela Vilagi	3 years
Morgan Fortney	2 years
Susan Hendrickson	2 years
Peyton Jeffers	2 years
Tayler Primozic	2 years
Patricia Hales	1 year
Sharon Serrau	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.