

O'Neill Healthcare

BAY VILLAGE

605 Bradley Road
Bay Village, Ohio 44140



**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

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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



December was filled with fun as we trimmed the trees (all 24 of them), decorated cookies, enjoyed carolers, was visited by Santa and his Elf and shared a Holiday feast.

Upcoming EVENTS

Wednesday, January 22 | 11:30 a.m. Tips for Keeping Your New Year's Resolution to Lose Weight

Join us in the front lobby for this presentation by Wendy Just, MS, RD, LD, Registered Dietitian, O'Neill Healthcare. RSVP to Gina Jakubowski at 440-348-5424 by January 20, 2020 to attend.

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

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

Regina Shockley	31 years
Raqia Reese	15 years
Amy England	14 years
Miguelina Brown	13 years
Claudia Baker	11 years
Jennifer Sanson	11 years
Donna Moran	8 years
Christy Adkins	7 years
Anya Horning	5 years
Joann Schack	4 years
Anthony Ransom	2 years
Joanne Shell	2 years
Angela Carpenter	1 year
Lisa Gardner	1 year
Sasha Serrano	1 year
Dolores Udofia	1 year

Volunteers Spotlight Clearview High School - January



Clearview High School National Honor Society volunteered their Saturday to assist in putting up 24 beautiful themed trees. What a treat to have these wonderful young adults as volunteers. Check out their handiwork throughout the building. If you or someone you know is interested in volunteering, please call Christy Adkins our Activities Director at 440 871-3474.

Administrator's Corner

Happy New Year and welcome 2020! I hope that your holidays were filled with joy and peace and that the New Year and new decade brings you health and happiness. 2019 was another great year; we continue to be considered one of the premier senior living facilities in the Westshore area. We were recognized by the Ohio Department of Aging as 14th out of nearly one thousand nursing homes in the State of Ohio for family satisfaction. We had a deficiency free annual review by the Veterans Administration, a deficiency free annual survey by the Ohio Department of Health for our Assisted Living and Memory Support Unit and remain recognized as a top performer in the 5 Star rating system from CMS. These accolades recognize, what we already know, that the staff at O'Neill Healthcare Bay Village is committed to delivering quality, compassionate care.



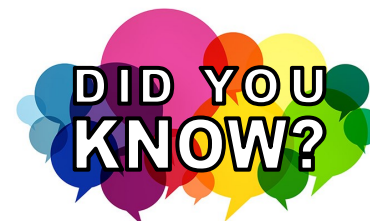
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For 58 years, O'Neill Healthcare Bay Village has demonstrated a legacy of dedication and superior care for skilled nursing, rehabilitation and senior living. Our commitment to constantly improve the delivery of care for our residents is at the heart of all we do. But we can't do that alone, your input is key to our success! We welcome all your suggestions and comments. Thank you for your continued support and partnership to provide quality outcomes. From all of us at O'Neill Healthcare Bay Village we wish you health and happiness in 2020!

Employee of the Month - Marilyn Dacey, Housekeeping



Marilyn Dacey is our employee of the month for January. Marilyn has been working at O'Neill Healthcare Bay Village for 33 years in our housekeeping department. Everyone loves Marilyn, she is a tremendous asset to us. When asked what she likes most about her job, Marilyn responded that, "coming to work is like spending time with family, I just love it!" When Marilyn is not working, she is "crafting" and spending time with her two grandsons. Thanks for all you do Marilyn.



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 Celeste Pruitt, 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.