

O'Neill Healthcare

LAKEWOOD

13900 Detroit Avenue
Lakewood, Ohio 44107



O'Neill Healthcare

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Lucky to have O'Neill Healthcare

O'Neill Healthcare has been providing quality senior care for over 55 years. With five locations on Cleveland's westside, we are conveniently located to meet your needs.

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

O'Neill Healthcare

ONeillHC.com

Kim Murphy, LNHA
Administrator

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13900 Detroit Avenue
Lakewood, Ohio 44107
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LAKEWOOD

March 2020

The Joy of Eating Well is Aging Well

For seniors, the benefits of healthy eating are many:

- ~ increased mental acuteness
- ~ resistance to illness and disease
- ~ higher energy levels
- ~ a more robust immune system
- ~ faster recuperation times
- ~ better management of chronic health problems.

As people age, eating well can also be the key to a positive outlook and staying emotionally balanced.

Choices to help improve your diet and your health:

- **Fruit** – Focus on whole fruits rather than juices for more fiber and vitamins. Aim for 1½ to 2 cups daily. Break the apple and banana rut and add berries or melons.
- **Veggies** – Choose anti-oxidant rich, dark leafy greens such as kale, spinach, and broccoli as well as carrots, squash, and yams. Eat 2 to 2½ cups of veggies every day.
- **Calcium** – Seniors need 1,200 mg of calcium a day. Sources are milk, yogurt, cheese, tofu, broccoli, almonds, kale and seeds.
- **Grains** – Choose whole grains over processed white flour for more nutrients and a higher fiber count. Seniors need 6-7 ounces of grains each day and one ounce is about 1 slice of bread.

- **Protein** – Seniors need about .5 grams per pound of bodyweight. Divide your body weight in half to know how many grams you need. Vary protein sources with fish, beans, peas, nuts, eggs, milk, cheese, and seeds.
- **Water** – Post a note as a reminder to drink water every hour and with meals. This helps avoid urinary tract infections, constipation, and possibly confusion.
- **Vitamin B** – Get the recommended daily intake (2.4 mcg) of B12 from fortified foods or a vitamin.
- **Vitamin D** – Aging skin is less efficient at synthesizing vitamin D, so consult a doctor about supplementing with fortified foods or a multivitamin.
- **Spices not Salt** – Increase herbs and spices to flavor your food, and minimize salt. Do not put the salt shaker on the table at meals.
- **Eat Less** – Try smaller portions and less snacking between meals if weight control is an issue.



By choosing healthy foods, older adults can feel better immediately and stay healthy for the future. A balanced diet and physical activity contribute to a higher quality of life and enhanced independence as you age.

Good Times & Great Memories at O'Neill Healthcare



We hosted a Valentine's Day Brunch with Friends on Valentine's Day! We had a great time celebrating the day with friends from the local community.

Upcoming EVENTS

Thursday, March 19 | 11:30 a.m. Medicare and Long-Term Care: What Does Medicare Pay For?

1381 Bunts Road | 4th Floor Education Room
Shelley Reddy from the Kaz Company will give this informative presentation.
RSVP to Tammy Sibert at 216-912-0800 by March 17th to attend this event.



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

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

Ericka Gary	26 years
Patricia Cintula	13 years
Maria Pandoli	3 years
Ivana Gushe	2 years
Anthonia Iwenofu	1 year
Jessie Smith	1 year
Briana Steele	1 year
Sara Suntheimer	1 year

Resident of the Month R. C. Taylor - March

Our March "Resident of the Month" is R.C. Taylor! R.C. has been a resident here at O'Neill Lakewood for 7 months. He was born and raised in Prattville Alabama, right outside of Montgomery. He moved around with his family and eventually ended up in Cleveland where he worked as a painter and a tradesman. R.C. has always had a love for art – you can even find him working on his drawings here at O'Neill. He also enjoys singing and dancing with staff. His motto is "Tomorrow is always brighter" and we think he exemplifies just that! He is always smiling and joking around with the staff and can make anyone's day.



A SPECIAL NOTE FROM

O'Neill Healthcare

HOSPICE

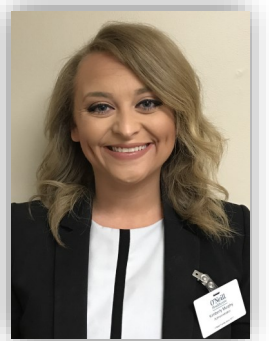
The month of March is Social Work month. As you meet with your social services team this month, be sure to show your appreciation to them. Also, if you are a UAW retiree or veteran and are thinking of using hospice, check with your social worker to see if you may be eligible for room and board coverage.

Administrator's Corner

I would like to take a moment to honor our social workers as March is "Social Work Month." We are blessed to have two amazing Licensed Social Workers on our team. For those of you who know Jessie Smith, LSW, and Reenna Baranski, LSW, you know how hard they work to make a difference in the lives of our residents every day. They are both great advocates and make our facility a better place to live. Thank you both for the selfless work you do every day and for being beside our residents and families during critical moments. We couldn't do it without you!

We will have our annual St. Patrick's Day party on Tuesday, March 17th. Our theme remains the same – "Our Residents are Pure Gold!" Our residents are the reason we do what we do and have such an impact on our lives. I look forward to another fun celebration with our residents and staff together and all families and friends are welcome!

To all Independent Living residents – please keep an eye out for information from us regarding the United States 2020 Census. We will be offering times/dates that we can assist you with completion of the online census. We understand the importance of a complete count in our community and the impact it will have for the next decade. If you have any questions, please do not hesitate to reach out to Tammy, Anna Maria, or myself for assistance.



Kim Murphy, LNHA
Administrator

Employee of the Month - Sylvetta Siegers, Dietary



Our March "Employee of the Month" is Sylvetta Siegers from the dietary department. Sylvetta is a ray of sunshine every day. Her smile is contagious and she is sure to share it with our residents to make their day brighter. She promotes positivity within the staff and strives to do her best every day. She is always willing to go above and beyond and shows compassion to all. Thank you for all you do and for your compassion to residents, staff, and visitors alike!

Healthcare Spotlight on: National Nutrition Month

O'Neill Healthcare recognizes that food plays an important role in our culture as many gatherings and social events revolve around food. Chronic health conditions, recent weight changes, and intake of food/fluids, among other things, can affect a resident's nutritional status and take some of the joy out of eating. Our Registered, Licensed Dietitian, Wendy Just, MS, RD, LD and our two Registered Dietetic technicians, Deborah Yarnell, DTR and Samantha Fletcher, DTR work together to monitor and maintain the nutritional needs of all our residents. They also work on many specialized diets including cardiac, renal and diabetic diets, working closely with all members of the care team, to ensure continuity of care and that the residents continue to meet their nutritional goals. O'Neill Healthcare is pleased to have their knowledge and expertise to keep our residents eating well!

