

# O'Neill Healthcare

## FAIRVIEW PARK

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## FAIRVIEW PARK

November 2019

## 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.

## Personalized Memory Support

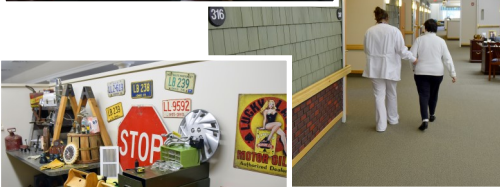
O'Neill Healthcare's memory support communities are designed for safety and comfort and are staffed to care for individuals with cognitive impairments such as dementia, Alzheimer's and memory loss. Families also receive support and learn about the disease process, how to cope with the various stages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

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

O'Neill  
Healthcare

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



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



Fall Fest 2019 was a great success. We can't wait to do it again next year!



## Upcoming EVENTS

**Monday, November 11 | 2:30 pm**  
**Honoring our Veterans**

We will celebrate Veterans Day with a special pinning ceremony for our Veterans that will be followed with refreshments and live music from “The Brian Dorr Band”.



**SAVE THE DATE**  
**Thursday, December 12, 2019**  
**Holiday Family Dinner**

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

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

Marcella Dorsey	11 years
Cynthia Dunigan	2 years
Annette Buchanan-Phillips	1 year
George Whitley	1 year
Tricia Wilson	1 year

## Resident of the Month Lynn Caine - November

Lynn Caine was born and raised in Cleveland, Ohio. After graduating from Nazareth High School, she worked at Parma Hospital and took collage classes at Tri-C. She completed her nursing degree at St. Alexis School of Nursing. She was married in 1984, and raised 4 kids in Parma. While a nurse, she worked in Pediatrics, Critical Care and the Psych unit, finally retiring from Marymount Hospital. Lynn loves to shop online, keeps herself busy crafting making beautiful wreathes for her family or the holidays, and enjoys visits from her 2 grandchildren. Lynn has set a goal for herself to “walk down the aisle with only a walker at her son’s wedding in October 2020”. She has a contagious positive outlook on life. Thank you, Lynn, for making O’Neill Healthcare Fairview Park a better place to live and work!



## Administrator’s Corner

Our annual trick or treating was a hit this year! It was so great to see all of the children dressed up in their costumes and interacting with residents. Thanks to everyone who came!

November is a time to remember and reflect on everything that I am grateful for and there’s a lot. To name a few – I am grateful for my O’Neill Healthcare “family”, which includes all of the residents, staff, family members, volunteers, and friends that I have the pleasure of interacting with daily. I am also thankful for my husband, parents, relatives, and friends that bring so much happiness to my life, especially my son, Samuel. Although life can be tough, there is always something to be thankful for, and I encourage you to take the time to reflect on what you are thankful for over the next month.

We should all be grateful for the connection we have with our Veterans in our community. Happy Veterans Day to all of the Veterans who reside, work, or visit here. Thank you all for your selfless service and sacrifice to our country! We will be honoring our Veterans with a pinning ceremony and live entertainment from Brian Door Band on Monday November 11 at 2:30pm.

SAVE THE DATE for our annual Family Holiday Dinner which will take place on Thursday December 12<sup>th</sup>. Invitations will be sent out – I hope to see you all there!

Don’t forget to take advantage of the lovely weather that fall brings. But also, please remember that Fall is also the start of flu season. Please, be mindful of the residents and staff well-being and if you are sick, please refrain from visiting. Also, do not forget to wash your hands frequently.

I wish you all a very Happy Thanksgiving!



**Julia Liechty, LNHA**  
Administrator

## Employee of the Month - Brad Schaffer, Maintenance



Brad was nominated by a co-worker who filled out a green Employee Exceptional Service Award Card stating “No matter what you ask of Brad he completes the task timely and with a smile. He’s compassionate, kind, thorough and cares about the well-being of our residents and his co-workers. Brad consistently goes above and beyond. Thank You brad for all you do.” Brad has worked for O’Neill Healthcare since 2008, when he started as a cook at our North Olmsted building. In 2014 he become their Maintenance Assistant, then in 2017 he transferred to Fairview Park and became our Director of Maintenance. He lives in North Olmsted with his wife and two daughters. Brad keeps himself busy when he’s not at work and enjoys driving his Slingshot (three-wheeler), playing volleyball, and retail therapy. We all agree we are lucky to have such a capable and conscientious guy like Brad!



## 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.

NOVEMBER  
HOSPICE & PALLIATIVE CARE MONTH

A SPECIAL NOTE FROM

**O’Neill**  
**Healthcare**  
**HOSPICE**

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.