

O'Neill Healthcare

NORTH OLMSTED

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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.



**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

440-808-5500 | O'NeillHC.com

O'Neill Healthcare

Good Times & Great Memories at O'Neill Healthcare



Residents enjoyed a variety of holiday projects and programs.

Upcoming EVENTS

Tuesday, January 14 | 2:00 p.m. Scenic Bus Ride

Residents on the skilled unit will enjoy a scenic bus ride through the Metroparks.

Wednesday, January 15 | 3:45 p.m. Nature Pam Presentation

Enjoy a photographic presentation in our 1st floor lounge of one of America's most famous national parks, Yellowstone.

Friday, January 17 | 3:45 p.m. Happy Hour

Join us for happy hour in the 1st floor lounge featuring entertainment by Alan Grondin.

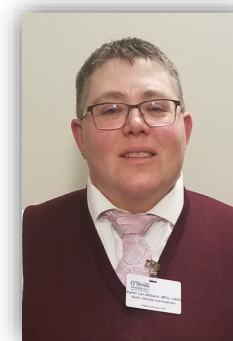
Resident of the Month Bernice Suhy - January

Bernice was born in Cleveland, Ohio and was the oldest of three children. As a child she loved to spend time at the Miles Park Library. She attended John Adams High School where she left before graduating to get a job and help support her family. One of her part-time jobs was at the Roller Skating Rink where she learned to skate, doing the flee hop and waltz. It was there that she met her husband, George. They were married for 61 years and have two boys, seven grandchildren, 19 great-grandchildren, and 3 great-great grandchildren. George worked at the steel mills and later started a Heating and Air Conditioning business and Bernice became the Secretary. George and Bernice enjoyed traveling and shared memories of trips with friends to places like Poland, Spain, England, Hawaii, Bermuda, Mexico, Arizona, and Las Vegas. They also built a house in Myrtle Beach and loved to play golf there for many years. Congratulations on being chosen as our Resident of the Month, Bernice!



Administrator's Corner

It's my pleasure to take a few minutes and reflect on 2019. We had a tremendous year. As promised in January when I was hired, we worked hard to get our staffing under control and we made great progress. The facility has incrementally reduced agency to less than a half shift a day at this time. There were periods throughout the year when we had multiple shifts per day. I'd like to thank our amazing team members for not losing faith through this process and for welcoming new hires to the building. Together we made a difference. Facility census has soared to new heights this year. Again – this is a direct result of the quality nursing care and rehabilitation services we offer as a facility. Another measure of success is the facility 5 star rating which we achieved in October. The 5 star rating loops in Staffing, Survey results, and Quality Measures. We have great clinical outcomes in our Assisted Living and Pathways units. We just missed a perfect survey by one check box on a fire drill form – golly that was close!



Karen Len-Williams, MPA, LNHA
Administrator

This is my opportunity to thank all of you for trusting us with your loved ones' care. We are humbled by the life stories of our residents. And we continue to be blessed by the care and compassion shown by our amazing residents and family members. Thank you for choosing O'Neill Healthcare North Olmsted. I look forward to 2020 with renewed commitment to our community, its residents, and its staff.

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

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

Felicia Meredith	11 years
Nancy Sheehan	11 years
Mary Marmatakis	10 years
Francine Henry	9 years
Thomas Morris	2 years
Shamar Allen	1 year
Janell Holloway	1 year
Karen Len-Williams	1 year
Maranda Murphy	1 year
Donna Offutt	1 year
Sully Shaheed	1 year

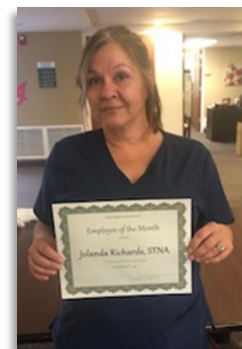
A SPECIAL NOTE FROM

O'Neill Healthcare

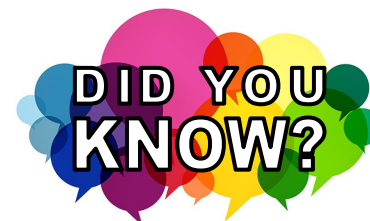
HOSPICE

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.

Employee of the Month - Jolanda Richards, STNA



Congratulations Jolanda Richards! Jolanda has been an STNA for O'Neill Healthcare for over 10 years! This is her first Employee of the Month award. Jolanda started off on 3rd shift in Assisted Living and moved up to first shift Skilled a few months back. She is a universal worker having worked in the AL, Pathways, and Skilled units. Jolanda has worked every shift too. She always makes sure her residents' needs are met and that they get the care and services they require. In her spare time Jolanda likes to spend time with her children and her grandchildren. Thank you for all your hard work and dedication, Jolanda!



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 Fran Henry, our 2019 Employee of the Year!

