

O'Neill
Healthcare

NORTH
RIDGEVILLE

38600 Center Ridge Road
North Ridgeville, Ohio 44039



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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
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ONeillHC.com

Jenna Elliott, LNHA
Administrator

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North Ridgeville, Ohio 44039
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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



Original artwork by our
Resident of the Month,
Carmelo Alvarez.

Upcoming EVENTS

Wednesday, March 25 | 12:00 p.m.

Current Techniques in Treating Knee Arthritis

Join us for an informative presentation by Daniel Zanotti, MD, Orthopedic Surgeon at Center for Orthopedics. Please RSVP to Alexis Renney at 440-387-5578 by March 23 if you wish to attend.



Resident of the Month
Carmelo Alvarez - *March*

Carmelo grew up in South Lorain. He was the middle child born to his mother and father. He graduated from Admiral King high school in 1969. Directly out of high school, he joined the Navy. He had some health issues and he decided to leave the Navy and pursue other career choices. He started out in security and ended up being a tallyman at a lumber yard. His advice for the children of today is, "Stay in school, don't do drugs and listen to your elders." Carmelo loves sculpting and painting. Some of his beautiful artwork is pictured on the front of this month's newsletter. Congratulations to Carmelo for being chosen as Resident of the month for March!



Administrator's Corner

Dear Family and Friends,

Help me welcome Marissa Stipek! Marissa joins our team as the Activities Coordinator in the Assisted Living. She is a graduate of Miami University and has been leading Activities in long-term care for the past 4 years. She has many exciting ideas and is looking forward to meeting everyone.

March 17th is St. Patrick's Day so dig out your green and wear it proudly. Here's a fun fact: St. Patrick's Day was first celebrated in America in 1737, including a feast and religious service. The first celebration was to honor and celebrate the Irish culture that many of the colonists felt they had been separated from. Now, so many years later, we are still celebrating.

Also, on March 17th are the primary elections. O'Neill Healthcare North Ridgeville is an election site for our designated precinct. Make sure you get out and vote on this day.

Our Annual Easter Egg Hunt will be on Saturday April 4th. Save the date! This is always a lot of fun.



Jenna Elliott, LNHA
Administrator

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

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

Geneva Konicek	34 years
Allison Hamker	21 years
Belinda Tillman	19 years
Monica Lane	14 years
Rebecca Meng	14 years
Lisa Gerken	9 years
Belinda Loper	8 years
Matthew Mancini	8 years
Melissa Havran	3 years
Sydney Rodin	3 years
Kristen Liebenguth	2 years
Princess Nixon	2 years
Karen Sebastian	2 years



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.



Congratulations to our Employee of the Month for March, Luann Liebenguth, STNA. Luann has been an STNA for over 30 years and says that she loves her job. The best part to her is getting to meet all the different people and learning from each one of them. She especially enjoys getting to see her residents every day. One of her daughters is also an STNA here at O'Neill Healthcare North Ridgeville, keeping with the apparent family tradition of caring for others. When she isn't at work, Luann spends her time with her kids, grandson Kaleb, and her dog, a lab-mix named Harley. Thank you for all your hard work and dedication, Luann!

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!

