

O'Neill Healthcare LAKEWOOD

13900 Detroit Avenue
Lakewood, Ohio 44107



**O'Neill
Healthcare**

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Administrator

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January 2019

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.

Happy New Year
from your friends at

**O'Neill
Healthcare**

*We look forward to another year of providing
quality care to the senior community.*

Good Times & Great Memories at O'Neill Healthcare



Residents and their families had a wonderful time at our Holiday Gala.

Upcoming EVENTS

Thursday, January 10 | 12-5:00 p.m.
1381 Bunts Road | 4th Floor Education Room
Red Cross Blood Drive

The need is real every day. Please roll up your sleeve! To schedule your appointment, go to RedCrossBlood.org or use the Donor App and enter sponsor code: O'Neill. You may also contact Tammy Sibert at 216-912-0800. Walk-ins are welcome.



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

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

Sheila Bonds	15 years
Cassandra Bickel	12 years
Suzanne Krivosh	11 years
Constance Jewett	10 years
Ireda Poage	8 years
Catherine Murray	5 years
Bertille Mbokoto	3 years
Natasha Powell	3 years
Sheryl Scott-Waters	3 years
Khaliah Madsen	2 years
Angela Polansky	2 years
Catherine Stefanek	1 year

Resident of the Month Charles Cramer - January

January's Resident of the Month is Charles Cramer! Charles worked at Mobil Oil as a marketing clerk in downtown Cleveland until the company moved to Westgate. After the move, he lived on West Blvd and rode his bike to Westgate for work every day. He loved to ride his bike in any weather – even when there was 6" of snow on the ground! Charles continued to ride his bike until he moved to Lakewood when he was 92. He was married to his loving wife, Ruth, for 63 years. Together they had 2 children, Chuck and Eileen. He has 5 grandchildren and 8 great grandchildren. Charles was very involved in his community as an adult server and member of the choir for St. Ignatius of Antioch, part of the Holy Name Society, and he was treasurer of the credit union for Knights of Columbus. He also served in the Army Air Corp during WWII and was stationed in Great Falls, Montana. At O'Neill Healthcare, Charles enjoys the music, religious services, games, and socializing with the staff and other residents.



Administrator's Corner

Happy New Year! I hope everyone had a safe and enjoyable holiday season. I know we enjoyed all of the holiday festivities that took place here. It was great to see everyone at our annual Holiday Gala. Being able to put on a nice dinner for our residents and their loved ones brings us great joy, and it is always one of our favorite "work" days of the year. We also had Santa here on December 21st and were able to provide every resident with a gift. Thank you to all who donated a gift or money, we love being able to make a difference in the lives of our residents, who are like family to us.



Kim Murphy, LNHA
Administrator

If you have visited recently you may see that I have posted warning signs for flu season at the entrances. In an effort to protect our residents, we ask that you please refrain from visiting if you have cold or flu-like symptoms, or if you were recently exposed to anyone with the flu. Please also sanitize your hands as you enter and exit the facility. Thank you for being mindful of this to help prevent the spread of infection on our campus.

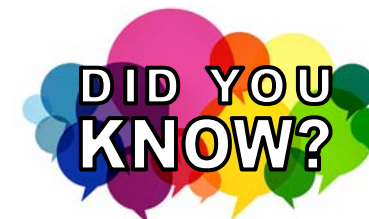
Each New Year brings a new beginning and a fresh start to personal and professional goals. Let's take advantage of this fresh start, and work each day to become a better version of ourselves. I look forward to another wonderful year together and I am excited for all that 2019 will bring.

May the upcoming year bring joy, peace, and happiness to you all.

Employee of the Month - Blessing Emereonye, STNA



Our employee of the month is Blessing Emereonye, STNA! We can't say enough good things about her. Over the last year she has had perfect attendance and she works almost everyday. Whenever she is here you can count on her to work hard and take great care of the residents. She is a team player and her coworkers can't say enough about how big of a help she is. Although she works countless hours, she is always in a good mood. We value employees like Blessing and are so glad she is part of our nursing team. Congratulations!



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 Callie Scott, our 2018 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.