

NEW YEAR NEW YOU

It's the beginning of 2018, what goals have you set for the year? Would you like to be healthier? Read the latest novel or maybe that old classic? Or maybe you want to start a new hobby.

Well you are in the right place! The aquatic fitness center, fitness park and trail offer great options for working out. We are also planning on offering a couple of healthy cooking classes throughout the year.

Maybe you want to read some new books. Join the Green Hills Book Club! They meet the 3rd Friday of each month.

Are you looking for a new hobby? Or to share a new one? Let us know and we can help you find like minded people that want to share a hobby. If you want to learn how to use your smart phone, computer, e-reader or more join the techy teens the second and fourth Tuesday at 9:45 in the bakery.

TRAINING VIDEOS

On December 14th, Green Hills Center staff and residents were able to participate in a video shoot for a grant project. This project (ItcGAIN: Long-term Care Geriatric Advances in Nursing) is a collaboration between LeadingAge Ohio, The Ohio State University College of Nursing, and the Optimized Care Network to provide a geriatric-specific online curriculum to RNs and LPNs in long-term care facilities that will increase their ability to communicate accurately, effectively, and confidently the conditions of the long-term residents in their facilities, thereby improving these residents' healthcare and reducing hospital readmissions by 20% and emergency room visits by 10% for the following conditions: CHF, pressure injuries, pneumonia, COPD, diabetes, stroke and UTI's. The program will be offered



through a set of online modules available for completion 24/7. Instruction on interprofessional communication strategies, using the SBAR communication technique, is the focal point of the teachings to improve communication between nurses and clinicians. Further, the use of telehealth technology as a teaching tool will provide the ability to incorporate practice in describing and documenting exam findings. This project is funded by Civil Monetary Penalty funds managed by the Ohio Department of Medicaid and runs for a 24-month period which began April 7, 2017. Once the pilot is completed at three pilot test nursing homes and outcomes are known, the program will be made available to nurses across the state. Green Hills nursing staff will receive this training in the coming months.

MUSIC AND MEMORY DONATIONS

Music and Memory is a program that uses music to renew lives lost to Dementia. Care professionals are trained how to set up personalized music playlists, delivered on iPods and other digital devices, for those in their care. These musical favorites tap deep memories not lost to dementia and can bring participants back to life, enabling them to feel like themselves again, to converse, socialize and stay present.

Green Hills has implemented this program, and currently needs donations to maximize its potential. We need iPods (new or used), iTunes gift cards, and CD's.

If you would like to donate to our program, or have questions, please contact Leah Trout at 937-650-7121.

WINTER FALL RISKS

Severe winter weather and conditions can increase your risk of falling. Falls are not a normal part of aging, but as we age, we may be more susceptible to serious injury from a fall. Falls are the number one cause of injuries leading to ER visits, hospital stays, and deaths in Ohioans age 65 and older. However, most falls can be prevented when you understand your risks and take steps to remove or avoid hazards.

- ⇒ Ice and snow – The most obvious threat for falls during the winter is ice and snow.
- ⇒ Wear boots and shoes that fit properly and have soles with good traction.
- ⇒ Slow down and give yourself extra time to get where you're going.
- ⇒ Make sure steps leading into your home have sturdy handrails that can support you if you slip.
- ⇒ Watch for slippery surfaces ahead of you. Keep your head up and use your eyes to look down.
- ⇒ Don't try to walk in more than an inch of snow. Deeper accumulations can cause you to trip.
- ⇒ When in doubt, ask for help.
- ⇒ Reduced activity – Your body needs exercise year-round to prevent falls. Ask your doctor or physical

Most falls can be prevented...

- therapist about indoor exercises that can help you build and maintain balance, strength and stamina when you can't venture out.
- ⇒ Tripping hazards – Things we do to keep our homes warm in winter can create tripping hazards. Keep space heaters, cords and blankets out of walkways. If you must use throw rugs on cold floors, secure them to the floor with tape.
- ⇒ Winter clothing – Coats, gloves, hats and other winter clothing are designed to keep us warm, but items that are bulky, don't fit well or could catch on objects can increase your risk of falling.
- ⇒ Power outages – Ice and snow can cause the power to go out, which can limit your ability to see obstacles.
- ⇒ Less sunlight – Invest in extra lamps, nightlights and exterior pathway lights to make sure you can always see where you are walking, especially around doorways and stairs. Use the highest-wattage bulbs recommended for your fixtures.

http://aging.ohio.gov/resources/publications/WxToolkit_winter.pdf

PHOTOS by Nancy Bitikofer



LOOKING THRU SNOW ON THE SCREEN



LOOKING LIKE A PAINTING, BUT IS JUST ENOUGH SNOW ON THE TREE TO DEFINE THE TREE LINES



EVERY TUESDAY – GREEN HILLS IS HIRING

Green Hills Community is hiring those who are willing to give, respect, engage, encourage, and nurture those in their care. Open interviews are conducted every Tuesday from 2-5PM. For a full list of full-time and part-time positions available, go to www.greenhillscareers.org.



BOOK CLUB

Green Hills Book Club meets at 1:30PM in the Chapel. All book formats welcome.
January 19: "The Woman in the Photo" by Mary Hogan
February 16: "My Sister's Keeper" by Jodi Picoult



RESIDENT MEETING– HOMES AND APARTMENTS

Our resident monthly meeting will be on Wednesday, January 31st at 1:00PM. All apartment and homes residents are welcome to attend!



GREEN HILLS INN

Thank you to the Green Hills Inn Staff! Their hard work and dedication resulted in another deficiency free annual survey from the Ohio Department of Health.



CHRISTMAS OPEN HOUSE

We would love to hear your feedback! Please call Leah Trout at 937-650-7121, and let her know what you thought about this years Christmas Open House.

Upcoming Events
In Foundation Hall

January 9th at 2:00PM

Bill Figley (Pianist)

January 18th at 2:00PM

Lary Eaton (Guitarist)

January Birthdays

Ernest Grimes	Center	3
Mary Peter	Apartments	4
Fred Root	Apartments	6
Eugene Schmerge	Center	6
Adam Buroker	Apartments	8
Martha Marine	Inn	11
Pat Swanson	Homes	11
Inez Legge	Center	12
Betty Trout	Center	12
Mary Cramer	Center	13
Sharon Close	Apartments	14
Doris Prater	Inn	16
Ralph Krouskop	Center	17
Helen Ransbottom	Inn	21
Jean Schmitt	Inn	21
Robert Thompson	Center	23
Wanda Shumaker	Inn	26
Judy McAdams	Homes	26
Jennifer Blair	Apartments	27
Clarabel Plank	Inn	29
Debra Leon	Apartments	30

Front Porch News

Proposed Title For Your Book- Loss BUT Greater Gain



Pastor Ken
Neighoff
Chaplain

Loss...
2017 was full of loss.
A loss of a loved one to _____.
A loss of a _____ due to my mistakes.
A loss of a _____.
A loss of a best friend.
A loss of relationships of friends and family.
A year of heartache, tears and

Friends
Family members
Options

But, I'm NOT dead yet!
That means life can bring things as well.
Better health
New friends
New family
New opportunities

times of complete isolation and thoughts of not living any longer.

Where's God in all of it? Where's redemption and grace? What kind of future can be found out of all the tragedy?

"The rain falls on the just and unjust alike." Great, just what I need to hear.
Rain falls heavy at times and proves that you have no control over life. You have no control of others. You have no control of anything, save... yourself.

2018 is a few days away. In it, will be life and death, but "this too will pass". Each joy and sorrow is limited. It is limited by who you are and what you choose. It is limited by controlling the only thing you can control; your attitude in response to what happens to you.

Life at my ages tends to take things away.
Health

The Bible says, "Make the most of EVERY opportunity". In more modern language: "Live life like there's no tomorrow and live in the NOW. Squeeze out as much "LIFE" as you possibly can as each moment is given to you.

2018 is a new season for me and for you.

May God's joy, His peace, His hand be always on you through this new next year. Let go of the pain, the hurt, the injustice, the rejection, the loss and embrace the new life given to you this year.

Believe you are worthy to receive good gifts from a loving Father who thinks of you as "the apple of his eye."

Happy New Year.