

*Richland
Manor* 

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RICHLAND MANOR MESSENGER

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF RICHLAND MANOR

CELEBRATING OUR NATION'S NURSES

This month, our campus is also joining the American Nurses Association in celebrating “Nurses: Advocating, Leading, Caring,” as part of National Nurses Week, which is held annually from May 6th – 12th. In honor of the dedication, commitment, and tireless effort of our campus nurses, and all nurses nationwide, to promote and maintain the health of our residents and this nation, we are proud to recognize long-term care nurses everywhere during this particular week and every day!

May is **Older Americans Month**, which presents a wonderful opportunity for us to show our deep appreciation for the contributions and achievements of the residents in our campus, as well as the older adults in our community. “*Never Too Old to Play*” is the theme for Older Americans Month this year, and places a spotlight on the importance of lifelong participation in social, creative, and physical activities.

Our staff of professional caregivers knows that being engaged is very different from simply “keeping busy,” which is why we offer a selection of lifelong learning opportunities and daily in-campus activities designed for all levels of physical and cognitive ability. Whether it’s arts and crafts, bowling on the Nintendo Wii, enjoying a lunch outing at a local favorite restaurant, or learning a foreign language - our activities are as varied as our residents, and reflect their personal preferences.

In addition to the benefits of social and creative engagement, research shows that regular exercise can improve our residents’ ability to perform tasks of daily living, including maintaining independence and mobility. In addition,

being active also improves mental health, as it is a deterrent to depression and anxiety. Aware of this importance, we encourage our residents to participate in indoor and outdoor exercise opportunities when able, such as walking around our campus grounds and observing the wildlife in our gardens and courtyard.

Finally, during Older Americans month and every month, it’s important to pay tribute to the role that older adults play in sharing their experience, wisdom, and understanding by providing opportunities for them to pass on that knowledge to other generations in a variety of significant ways. We welcome visits from local schools so that our residents and community children reap the benefits of interacting with and learning from each other. We also welcome young volunteers, and invite community adults to teach lifelong learning courses at our campus.

We are proud to join in the national celebration of Older Americans Month 2012 with activities and events to promote engagement and recreation for our residents.

ACTIVITY HIGHLIGHTS

Welcome to May everyone! Our theme this month is May is for Mom. We will be celebrating Mom with a special program on May 12th, at 2:00 p.m. The beginning of the month we will enjoy our second themed dinner for the month it will feature foods from Mexico. The theme of the dinner is Viva Mexico! There will be activities leading up to the dinner that will teach us about Mexico and its culture. Our Family Night will move to a Monday again this Month on Monday the 21st and it will feature the Flag City Cloggers. The Campus In Color will get under way this month and a great amount of time will be spent planning and planting our garden areas. At the end of the month we will turn our attention to honoring those who have given their lives for our nation. Happy May Everyone and Happy Activities!

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|--------|--|
| May 1 | Art Class with Janette at 10:00 p.m. |
| May 1 | Music with Mary Ann at 3:00 p.m. |
| May 10 | Taste of the Town Bluffton Dari Freeze at 12:00 p.m. |
| May 12 | Mother's Day Celebration at 2:00 p.m. |
| May 15 | Senior Executive Club at 1:00 p.m. |
| May 16 | Birthday Party with Alan Siebert at 2:45 p.m. |
| May 20 | Sunday Brunch at 11:00-1:00 p.m. |
| May 21 | Family Night The Flag City Cloggers at 6:30 p.m. |

CAMPUS NOTE

Resident funds are available Monday through Friday until 7:00 p.m. from the Business Office or manager on duty. Resident funds will be available on weekends and holidays from the C.C.U. nurse.

RESIDENT BIRTHDAYS

- | | |
|--------|-------------|
| May 4 | Ned R. |
| May 5 | Irene M. |
| May 22 | Arleatha W. |

STAFF BIRTHDAYS

- | | |
|--------|--------------|
| May 1 | Brittany L. |
| May 2 | Debra S. |
| May 5 | Teresa C. |
| May 7 | Cindy M. |
| May 14 | Christine D. |
| May 16 | Michelle U. |
| May 20 | Jessica C. |
| May 22 | Douglas M. |
| May 26 | Lorraine G. |

EXECUTIVE DIRECTOR'S CORNER

Happy May! May is the start of our campus in color project here at the manor as well as a host of other spring events. Campus in Color is very exciting since not only do we get the opportunity to beautify our campus but we also get the chance to win great prizes like outdoor furniture and accessories for the facility. Our residents, team members and volunteers love to be involved in the project and competition and are all looking forward to kicking it off! We will be celebrating Cinco De Mayo this month along with our Viva Mexico theme dinner which will involve a lot of food, culture and fun. Finally, don't forget to celebrate that special lady in your life every day

and especially on Mothers Day! Take your mother or grandmother out to the park for a picnic lunch, take her to a movie, take her to visit old friends or a place she loved as a child. As a mother myself, I can honestly say that it is the small things that matter the most and a simple "thank you" to a hard working mom is priceless!

Have a great month and please let me know if there is anything I can do to serve you better.

Sincerely,

Jackie Short

Executive Director



Resident of the Month

Irene was born on May 5th in Allen Country near Beavertown, Ohio to Sylvia and Earl Bowers. She was the oldest in her family with two brothers and one sister. Irene graduated from Beavertown High School and after graduation she attended beauty school for awhile. On May 28th, 1935 she married Harold Miller and they had two sons. Irene has several grandchildren, great grandchildren and even some great great grandchildren. She was a member of the Beavertown Church of Christ and later on the Cairo United Methodist Church. In her spare time she enjoyed playing bUNCO, painting ceramics and also painting china. Irene and her husband enjoyed spending time with family and friends and also fishing. These days Irene still enjoys spending time with family and friends and enjoys going on the outings here at Richland Manor. Happy Birthday Irene and Thanks for being a part of our Richland Manor Family!

SENIOR EXECUTIVE CLUB – May begins our annual Campus In Color Program the residents are excited about being outside and getting their hands dirty. We can always use lots of volunteers for this project from planting to watering to weeding and even just helping residents get outside to enjoy it all. If you have a green thumb or just enjoy spending time among the flowers please give us a call! The Senior Executive Club will meet on May 15th at 1:00 p.m. Please plan on attending. You may R.S.V.P. by calling 419-643-3161.

Joe S. – Live a Dream Wish Granted! Making his 'Famous Meatballs' for Cooking Class



CUSTOMER SERVICE MOMENT

Thanks to Penny Zuercher our Environmental Services Director for helping out whenever there is a need somewhere. Penny is always ready to help residents, families, and staff whenever there is a need. Penny has even volunteered by baking cookies for the residents and then helping them decorate the cookies and also bringing in her lovable Golden Retriever puppy Dextor for Pet Therapy. The residents have enjoyed watching him grow over these last few months. Thanks Penny for all you do for everyone here at Richland Manor and Thanks to all the staff who perform customer service moments everyday!

Residents Enjoy Spring Activities



Richland Manor Messenger is published monthly by Richland Manor

7400 Swaney Road, Bluffton, OH 45817 • 419-643-3161 • Jackie Short, *Executive Director*

We strive to provide the best customer service and quality care for our residents. Our Department Leaders are here to solve any concerns you may have. In the event that you need further assistance with any unresolved concerns, we encourage you to call the Divisional Vice President or our Compliance Line.

Leigh Ann Barney, Interim Divisional Vice President: 502-541-5855

Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com • *Newsletter Production by PorterOneDesign.com*



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COMPASSIONATELY
COMMITTED TO EXCELLENCE
IN CUSTOMER SERVICE!

CONTINUED FROM PAGE 1

We invite you to join in the fun! To find out how you can volunteer, or to get more information, please contact us today!

Never Too Old to Play

If you plan on “playing” outdoors and having some fun in the sun this May, the following tips will keep you safe all summer long:

- Plan activities that are early in the morning or later in the evening when it’s cooler.
- Use U/V skin protection.
- Avoid overexposure to heat, drink plenty of water and take regular breaks in the shade.
- Wear lightweight clothing, sunglasses and a hat.
- Check with your doctor before implementing a new exercise program, especially if you are at high risk for heart disease or diabetes; if you smoke or are obese.
- If you are not currently active, begin your exercise program or outdoor outings with light to moderate physical activity.

Information for this article was obtained from www.seniorliving.com, www.nursesworld.org and www.aoa.gov.

WORD SEARCH

ACTIVITIES	EXERCISE	OLDER	RECREATION
APPRECIATION	EXPERIENCE	PARTICIPATION	SOCIAL
BUSY	GENERATIONS	PHYSICAL	TRIBUTE
CREATIVE	LIFELONG	PLAY	WISDOM

W	S	L	P	G	E	H	D	V	K	P	W	T	X	L	W	H	H	J
X	I	N	T	W	B	U	X	L	P	L	U	G	E	H	R	G	C	U
T	R	I	B	U	T	E	G	H	E	A	D	E	S	I	L	A	D	U
W	J	G	U	Y	B	R	T	F	E	Y	A	N	Q	O	X	Y	S	M
W	I	D	E	X	P	E	R	I	E	N	C	E	L	Q	C	C	K	K
K	A	S	G	R	L	J	S	F	Q	V	T	R	R	O	P	I	J	Q
B	A	F	D	H	P	R	L	N	Y	B	I	A	V	K	C	Y	A	V
P	J	C	N	O	F	B	I	M	O	L	V	T	L	N	R	L	F	L
F	Y	O	H	R	M	V	F	W	N	D	I	I	G	C	E	G	Y	J
Z	O	L	D	E	R	S	E	L	P	T	T	O	X	S	A	O	X	U
G	K	X	O	C	X	N	L	Q	U	Q	I	N	V	H	T	K	O	P
Q	F	I	S	R	E	I	O	K	Z	E	E	S	N	O	I	O	L	Q
M	F	L	K	E	X	N	N	C	B	U	S	Y	L	A	V	K	F	I
I	W	Q	U	A	E	Y	G	L	L	U	C	W	X	I	E	W	R	B
F	W	H	V	T	R	P	P	Y	M	H	Y	Z	O	T	S	Z	K	D
P	A	R	T	I	C	I	P	A	T	I	O	N	D	C	V	U	F	Z
B	R	F	L	O	I	C	A	P	P	R	E	C	I	A	T	I	O	N
O	H	T	H	N	S	H	E	X	G	A	N	F	T	S	E	P	H	I
Q	V	A	G	P	E	J	S	M	P	H	Y	S	I	C	A	L	A	Q