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THE MEADOWS MESSENGER

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF THE MEADOWS OF KALIDA

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

- May 4 Cinco De Mayo Theme Dinner for our Residents!
- May 9 Awakening Minds Art Class - working with watercolors
- May 15 Senior Executive Club Lunch and Bingo - 12:30 p.m. Please RSVP to Cindy Schroeder by May 14.
- May 15 Family Night - Spanish Style! Music by Al Flores and authentic Mexican snacks and drinks at 6:30 p.m.
- May 18 Mark Piasecki plays the accordion at 1:30 p.m.
- May 20 Family Brunch 11-12:30; Please RSVP prior to this date.
- May 23 "The Guitar Guy" plays for our residents over lunch.

SPRING IS HERE!

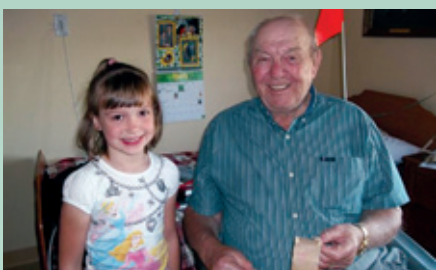
For all of our residents and families - Spring is Here! At your convenience, please replace winter clothes with spring and summer clothing. This assists in making sure there is enough storage space in each room. Thank-you in advance from your environmental services staff!

GIRL SCOUTS VISIT!

The Girl Scout Daisy Troop from Ottoville visited recently and delivered flower baskets that they made for the residents.



Louise S.



Norm K.

RESIDENT BIRTHDAYS

- 5/3 Evelyn T.
5/16 Harold H.
5/18 Marie S.
5/21 Albert W.
5/21 Anna W.
5/22 Jeanette W.
5/23 Eunice T.
5/24 Lorene F.
5/27 Nancy M.
5/28 Daisy H.

VOLUNTEER BIRTHDAYS

- 5/8 Christy M.
5/25 Bethany B.
5/28 Ralph M.

STAFF BIRTHDAYS

- 5/4 Lisa T.
5/6 Jenna S.
5/7 Kelsey M.
5/8 Ashley S.
5/13 Andrea H.
5/15 Vicki M.
5/21 Kelly W.
5/22 Liz S.
5/23 Ashley B.
5/24 Marilyn B.
5/25 Liz B.

EXECUTIVE DIRECTOR'S CORNER

Greetings,

Finally, it seems as though this past winter will be but a memory. The Spring so far has been outstanding.

May is Older Americans Month and at The Meadows of Kalida, we have many events planned for the month,

Speaking of Older Americans Month, younger people should take the time and talk to older people who are living history books. Their insights into events that are happening today are based on their living through historical events. Sometimes, as a society, we don't rec-

ognize how important the older person is to our culture and values. I know that when I see families visiting their loved ones and bantering back and forth about anything, that those families do appreciate what their older loved one has meant to their families.

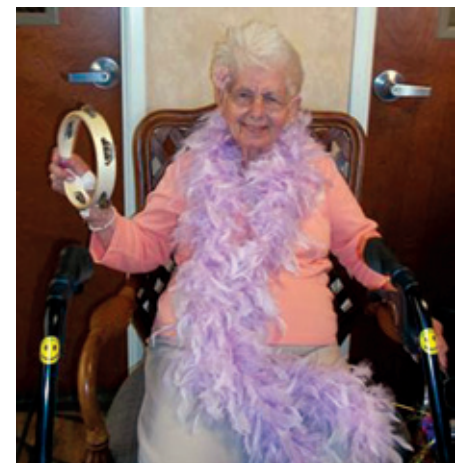
Please take some time during Older Americans Month and visit an older person. It's good for you and will be good for our society and culture as well.

See you in June!

Kevin M. Kidd NHA MBA
Executive Director

Smiles of the Month

(Left) Alberta W. and (right) Marie S. laughing and playing along with the music during a recent sing along at The Meadows of Kalida.



Family Night

Many residents and family members celebrated spring's arrival by potting various plants on family night! Staff from Indian Trail Garden Center shared their knowledge of gardening and all have been enjoying beautiful flowers since!



Bunnies!



Recently Sandy C. was a resident of The Meadows of Kalida to rehab to home. She is an extremely talented seamstress and brought her sewing machine and supplies with her for her stay. Being the kind person she is, Sandy decided to make bunnies for each and every staff member! She went as far as to encourage the staff to come to her room and pick out the fabric they wanted! In the end she made 102 bunnies and came back to The Meadows to distribute them! Thank You Sandy!



Easter Bunny

Many residents, families and community members came to The Meadows of Kalida recently for Breakfast with the Easter Bunny! New animals, arts and crafts, breakfast, door prizes and of course that Special Bunny made for a wonderful morning!



Coloring Eggs!



Kenny S. gets into the Easter season by coloring eggs!

The Meadows Messenger is published monthly by The Meadows of Kalida
755 Ottawa Street, Kalida, OH 45853 • 419-532-2961 • Kevin Kidd, Executive Director

All of the staff at The Meadows of Kalida wish our residents and families a Marvelous May! If at any time you would like to contact our department managers for any reason, please call The Meadows of Kalida or feel free to email us - our email addresses are as follows:

Kevin Kidd, Executive Director
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Rhonda Church, Director of Health Services
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Heather Reynolds, Community Services Rep.
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Mike Becker, Director of Food Services
mike.becker@meadowsofkalida.com
Pam Halker, Director of Environmental Services
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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.

Steve Apple, Divisional Vice President: 419-308-5618 or steve.apple@trilogyhs.com
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