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THE MEADOWS MESSENGER

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

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

*Walmart Shopping –
7th / 21st / 28th @ 12:45*

- May 2 Findlay Mall @ 9:30
- May 4 Community Breakfast
from 8 -10 a.m.
- May 4 Resident Theme Dinner-
“Viva Mexico”
(Entertainment by Al Flores)
- May 8 Outing-Lunch
at Los Mariachi’s
- May 9 Shop for Outfits for
Fashion Show @ 1:00
- May 10 Outing-Bingo at
Defiance Mall
- May 11 Senior Center Kitchen
Band @ 2:00
- May 12 Bingo with the Kountry
Kids @ 1:30
- May 13 Mother’s Day Brunch
from 11:30-1:00
- May 13 Mother’s Day Tea 2:00-3:00
- May 13 Bake Sale 9:00-3:00
- May 14 Dollar General @ 12:45
- May 15 & 16
Campus in Color
Planting @ 1:00
- May 15 Senior Citizens Day
at Fogel Center @ 11:15
- May 15 Family Night-Fashion Show
provided by C.J. Banks
@ 6:30
- May 16 Putnam County Library
Mobile Books @ 12:45
- May 17 Outing-Picnic at
Litzenberg Park
- May 18 Community Breakfast
from 8-10 a.m.
- May 22 Outing-Leipsic Chamber
Community Circus
- May 24 Outing-Toledo Zoo
- May 25 Taste of the Town-Henry’s
- May 30 Outing-Supper Club-
Mac & Rita’s

RESIDENT BIRTHDAYS

- May 2 Barb D.
- May 12 Richard G.
- May 15 Rita S.
- May 16 Ruth L.
- May 17 Margaret C.
- May 23 Joyce B.
- May 27 Doris H.
- May 30 Karen S.
- May 31 Tom N.

STAFF BIRTHDAYS

- May 5 Olga Escobedo
- May 6 Natalie Butler
- May 7 Laura Nemire
- May 13 Yolandra Bermudez
- May 14 Mary Herr
- May 15 Sarah Robles
- May 16 Catherine Root
- May 24 Adriana Diaz
- May 25 Sara Klett
- May 26 Heather Schroeder

EXECUTIVE DIRECTOR’S CORNER

I hope that you have all had the opportunity to get out and enjoy the nice spring weather. I think we’re all looking forward to summer here at the Meadows.

We have a few events planned at our campus in May. On May 13 we’re having our Mother’s Day Tea from 2:00-3:00pm. This would be a great opportunity to spend Mother’s Day with your mom. While you are here celebrating your mother, you can also pick up some sweets. The Meadows will be hosting a bake sale for Relay for Life from 9:00am-3:00pm.

Our last fundraiser for Relay for Life will be a 50/50 drawing. The raffle will start on April 17th and end on May 31st. To purchase tickets, please see the business office at the Meadows.

We’re going to plant our spring flowers

soon. Weather permitting, we are going to plant on May 15th and 16th at 1:00pm. We would appreciate any volunteers to help make our campus beautiful. Please call if you or your group/organization would be able to help. We’re always grateful to our volunteers.

Family Night will be May 15th from 6:30-7:30pm featuring a Fashion Show provided by CJ Banks. Volunteer models are needed. Please see or call Vanessa if interested.

I would like to wish all mothers a Happy Mother’s Day. I hope you can attend our Tea. I look forward to seeing you there. As always, thanks for giving us the opportunity to serve you.

Thanks,

Jim Sherry

Executive Director

SENIOR EXEC. CLUB

Meeting will be on Wednesday,
May 9 at the Lilac House from
12:00-1:00 p.m.

Hancock County Parks present Wildflowers



Resident Spotlight: Florence L.

Once in a blue moon, if you're lucky, you meet someone and realize that person walks to the sound of a different drummer. Spend some time with Florence L., a Meadows of Leipsic villa resident, and you might agree. Born in the coal mine country of Pottsville, PA, she nearly died of Scarlet Fever when she was a young child. "During the Depression years, my dad worked for the Pennsylvania Railroad, as a brakeman. We were fortunate because dad always had a job during those years," said Florence. "And, whenever we were sick, mom would give us Cod Liver Oil," she said. "I think it kept us going."

In 1940, she married while still in her teens and accompanied her husband, Charles, to Bedford, Mass. and Long Beach, California, while he was in the Coast Guard. "Charles shipped out for nearly two years, and I returned to live with my parents," she added. After WWII, the couple resided in Redding, PA, had five children, three daughters and two sons, and Florence began full-time work as a nurse's aide in the Redding Hospital. During her lifetime, she held many other positions: in factories (building life rafts during the war); nursing homes; an ice cream store, etc. She worked for a brain surgeon for four years, walking a mile each way to and from work regardless of weather conditions, and retired at the tender age of 79. During recent years, she worked as a full-time caregiver for a family member until her daughters brought her

to live at Meadows of Leipsic. Her full-time work and raising five children left her little time to pursue hobbies or interests of her own, but she did enjoy an occasional adventure while traveling. During a cruise with one of her daughters, a small green bird landed on her head while she was walking around the ship. When startled people pointed out the obvious fact that she had a bird on her head she simply replied "I know. It's tired and I'm taking it for a walk."

Other trips included: visits to New York City to visit a grandson; Alabama; the Grand Canyon; Phoenix; and Los Angeles. However, four visits to Hawaii in five years reveal an especially meaningful experience. While attending a Don Ho concert in 1974, she was invited to the stage, with several other ladies, to meet Don Ho. When Ho came to Florence, he gave her a passionate kiss on the lips. "I swear, the world stopped spinning (for me)!" she laughed. During her next Hawaii visit, she

again took the stage to meet with Don Ho during his performance, and to her surprise, he pointed to her and said, "I remember you." While thinking it was her cue to approach him, she walked forward and fell off the stage. However, to the relief of the audience, she managed to land on her feet.

Despite some heartache and disappointments during her lifetime, including the loss of a daughter, Florence embraces all that her new life (at The Meadows of Leipsic) offers. You'll often find her working on arts and crafts and enjoying lunch with her new friends and a daughter, Karen Doll, in the Main Dining Room. "It's an approach to trying to have a little happiness in your later years," she said. After a lifetime of hard work and caring for others, Florence is finally embracing the opportunities to do things she enjoys. Welcome home, special lady.

Written by: Mary Herr (Activities Assistant)

Fun Spring Activities



RC Car Racing with Larry W. & Steve K.



Green Thumb Gardener's Club-Sowing Seeds

*The Meadows Messenger is published monthly by The Meadows of Leipsic
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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.

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COMPASSIONATELY
 COMMITTED TO EXCELLENCE
 IN CUSTOMER SERVICE!

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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