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THE MEADOWS MESSENGER

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF THE MEADOWS OF OTTAWA-GLANDORF

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

- 5/4 Viva Mexico-Theme Dinner
- 5/5 Kentucky Derby
- 5/9 Services w/Pastor Coates
- 5/11 Lunch @ Dick's
- 5/13 Brunch
- 5/15 Luncheon @ Fogel Center
- 5/16 Taste of the Town:
McDonald's Breakfast
- 5/17 Country Gentlemen
- 5/18 Ride around Town
and Ice Cream
- 5/21 Awakening Minds Art Class
& Men's Lunch @ Eagle's
- 5/22 Family Night w/Mark
- 5/23 Services w/Pastor Coates,
Health & Fitness Expo &
Rehab Reunion w/music
by Alan Seibert
- 5/25 Picnic @ Independence
Dam in Defiance
- 5/28 Memorial Day Parade
- 5/29 Birthday Meals @ Henry's
& Birthday Celebration

SENIOR EXECUTIVE CLUB

Will meet May 7, 2012 @ 1pm. Lunch will be served and entertainment will be provided by Steve Price, and door prize will follow.

SMILE OF THE MONTH

The purpose of life is to fight maturity.

~ Dick Werthimer

NEW RESIDENTS

Richard P.
Arnette R.
Bob L.
Agnes M.

RESIDENT BIRTHDAYS

Richard P.	5/2
Arnette R.	5/5
Liz K.	5/7

CONDOLENCES

To family & friends of Patty S.

STAFF BIRTHDAYS

Allison R.	5/3
Steve C.	5/8
Ken K.	5/15
Mindy R.	5/31

EXECUTIVE DIRECTOR'S CORNER

Good day to all!

I'm very excited about the approaching warmer weather! The campus will be buzzing with activity as the season progresses. Our Campus in Colors program will add such a delightful array of color to our campus as residents enjoy sitting outdoors and viewing the beautiful flowers and scenery. In May we will be featuring another Theme Dinner for our residents; this one will be Viva Mexico. The event is intended to capture the fun and celebration of Mexican heritage and pride. The dinner entrees will include a choice of flan carnitas taco, chicken mole, Mexican rice, mixed roasted vegetables, and apple empanadas or Mexican flan for dessert. Theme Dinners are wonderful events that the residents truly enjoy. The next one is scheduled for August and will have

a Hawaiian Luau Theme. Mother's Day will also be the day for the next Sunday Brunch. Please plan on attending with your family to help celebrate.

With the changing weather, we ask once again for you to please clean out your loved one's closet and replace heavier items with cooler clothes. We are also looking for any volunteers to assist with activities and outings. Please contact our Activity Director for more information if you are interested.

We appreciate any feedback you have for our campus and welcome visitors, so please stop in and say hi!

Stephanie Clark

Executive Director

Family Night Photo Highlights



CUSTOMER SERVICE MOMENT – We are looking for anyone who has a green thumb to help with our Campus in Colors. So, if you would like to help, or know of someone who would like to help, please call Julie Johnson 419-538-6529.



The Meadows Messenger is published monthly by The Meadows of Ottawa-Glandorf
 575 Ottawa Glandorf Road, Ottawa, OH 45875 • 419-538-6529 • Stephanie Clark, *Executive Director*

Stephanie Clark, *Executive Director*
 Carrie Vorst, *Director of Health Services*
 Bert Diemer, *Director of Plant Operations*

Johanna Henry, *s Director of Environmental Services*
 Julie Johnson, *Resident Activity Director*
 Cathy Morris, *Director of Resident Services/SS*
 Dianna Brinkman, *MDS Coordinator*

April Lewis, *Director of Food Services*
 Virginia Riepenhoff, *Medical Records*
 Marilyn Siefker, *Office Manager*

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!

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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