



101 Auxiliary Drive  
Bellevue, OH 44811  
Ph: 419.483.5000  
Fax: 419.483.4303  
www.willowsatbellevue.com



# THE WILLOWS MONTHLY

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF THE WILLOWS AT BELLEVUE

## 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

Sunday Brunch on Sunday May 20 from 11-1 pm- Please RSVP to Melanie Woodland by May 11

Family Night on May 17 at 5:00 Memorial Day BBQ with Live Entertainment by Dan Moyer RSVP to Melody Barger or Melanie Woodland

Norwalk Dance Center is dancing for the residents. Please come and watch at 6:00 to 6:30pm

Taste of Town:  
Amsden House for lunch

## SENIOR EXECUTIVE CLUB

Will be held on May 23rd

## VILLA RESIDENTS

Coffee Break every Wednesday at 10:30 am at the Club House

Villas Luncheon at 11:30 am at the Club House

*If you have any questions, please contact Michelle Hamilton.*

## FEATURED RESIDENT

Walter R. was born in Clyde, Ohio. His parents were Helbert & Hazel Raschke. He was married to his wife Caroline for 50 years until she passed away in 2002. He has 3 children, Walter Jr. (Pete), Jessica and Susan. He has 1 grandchild, Michaela. Walter grew up on the farm as an only child. He lived in Clyde and worked as a farmer. Walter was in the Air Force from 1945 to 1947. Walter enjoys fishing and gardening. He attended St. Pauls Lutheran Church.

## RESIDENT BIRTHDAYS

Marvin G.	5/2
Joan W.	5/5
Betty P.	5/17
Emma R.	5/18
Elmer D.	5/23
Alice D.	5/25
Bob G	5/25

## STAFF BIRTHDAYS

Andrea Stover	5/6
Tammy Mikolajczk	5/6
Lindsey Johnson	5/8
Anne Holmer	5/9
Cassidy Herman	5/17
Krista Manbeck	5/23
Christine Spencer	5/24
Susan Mercado	5/26
Jayme Deppen	5/27

## EXECUTIVE DIRECTOR'S CORNER

Greetings to Everyone!!

I am so proud to share some exciting news. The Ohio Department of Aging conducts resident satisfaction surveys every two years. We have recently found out that The Willows placed 12th out of 957 health campuses for resident satisfaction. We are so proud of the staff for being compassionately committed to excellence in customer service. Our residents are the most important person to us. Thank you for rewarding the staff with the great scores. We scored a 96.3 out of 100 with the state average at 87.1.

We have also learned that we have ranked in the State of Ohio for Best Employers of Ohio. We have the belief that if we treat our staff well, they will treat our residents like royalty.

Our service standard of the month is resident activities. Did you know that our company sponsors a "Live A Dream" program. We want to help our residents make their dreams come true. Please tell us if there is a wish your loved one has and we will work on making that come true. It can be as simple as an Anniversary Dinner, returning to their home town or favorite restaurant, or attending a grandchild's sporting event. We also hold Life Long Learning activities where we can learn something new. We provide activities 7 days a week to help fill their life with fun.

Thank you again for allowing us the opportunity to serve you and your loved one. It is our pleasure as always.

Sincerely,

**Christine Greilich**

Executive Director

## Fun with the Easter Bunny!

(Left)  
Edna and  
Easter Bunny

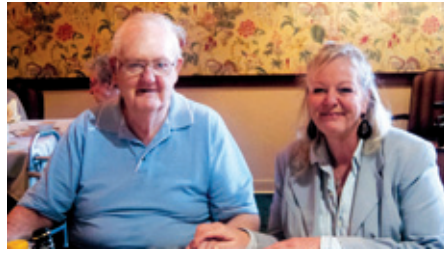
(Right)  
Macel and  
Easter Bunny



# Spring Togetherness!



Leonare and Willis enjoying their time together



Chuck and Crystal enjoying their time together



Maria, Dorrine, Ila : having a good time at beach volleyball



Rose Mary and Gail



Beth working on her crochet outside



Alifair what a nice smile



Hazel, Look at my drawing!



(Left)  
Dorothy and Diane  
visiting with each other



(Right)  
Rose Mary and Jeanette

## CHEF BRANDON'S CORNER

### Pineapple Upside Down Cake



2/3 cup butter  
3/4 cup brown sugar

Place the butter and brown sugar in a frying pan and melt until it boils or bubbles. A cast iron pan works well because it's heavy and will be less likely to scorch.

1 can pineapple slices  
Maraschino cherries  
(enough to fill centers of pineapples)

Place pineapples in the butter and sugar mixture. Put cherries in the center of the pineapple. Cut the slices of pineapple into halves and line the sides of the frying pan with them (standing up on edge).

Prepare a box of yellow cake mix following the directions on the box to mix the batter. (Do not bake in a separate pan; follow instructions below). Pour the batter over the pineapple and cherries.

Bake at 350°F degrees. When the cake is done, loosen the edges with a butter knife. Remove from heat and allow to sit five minutes, then turn it upside down on a serving dish.

Optional: Instead of using a cake mix, you can prepare the batter from scratch using the recipe below, or any recipe for yellow cake.

#### Scratch Cake

1 cup flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
2 eggs  
2/3 cup sugar  
1/4 cup milk

Combine ingredients and beat 1 minute. Pour batter over pineapples and cherries (same as above). Bake at 350°F and follow same steps as above.

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101 Auxiliary Drive, Bellevue, OH 44811 • 419-483-5000 • Christine Greilich, Executive Director

Christine Greilich, Executive Director  
Lisa Kosse, Director of Health Services  
June Deisenroth, Asst. Dir. of Health Services  
Renee Baughman, Seneca Place  
Clinical Care Coordinator  
Brandi Fultz, Sandusky Place  
Clinical Care Coordinator  
Hayley Amor, Medical Records

Patricia Cromer, Director of Social Service  
Anne Holmer, Human Resources  
Leslie DeWitt, Business Office Manager  
Juli Hermes, Therapy Program Director  
Chef Brandon Dresser, Director of Food Services  
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Otto Kromer, Director of Plant Operations  
Gary Cheek, Assistant Director of Plant Operations

Melody Barger, Resident Activities Director  
Andrea Stover, Customer Service Representative  
Melanie Woodland, Guest Relations  
Danelle Pean, Guest Relations  
Tina Preece, Assisted Living Coordinator  
Hayley Amor, Medical Records

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](mailto:steve.apple@trilogyhs.com)

Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com) • Newsletter Production by [PorterOneDesign.com](http://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](http://www.seniorliving.com), [www.nursesworld.org](http://www.nursesworld.org) and [www.aoa.gov](http://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