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WILLARD HEALTHCARE CONNECTION

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF WILLARD HEALTHCARE CENTER

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

- 5/1 Lunch Bunch Outing
- 5/3 Senior Citizen Breakfast Outing
- 5/4 Theme Dinner- Viva Mexico
- 5/7 Lunch Bunch Outing
- 5/9 Renaissance Spring Spectacular
- 5/10 Mother Daughter Banquet @ 5
- 5/12 Red Hats Society Meeting
- 5/13 Family Brunch @ 11:30-1:30
- 5/14 Lunch Bunch Outing
- 5/17 Outing to the Zoo
- 5/18 Taste of the Town
- 5/21 Resident Council Meeting
- 5/22 Lunch Bunch Outing
- 5/24 Senior Executive Club
- 5/24 Shopping Outing
- 5/25 Catholic Mass @ 10:30
- 5/28 Memorial Day Parade @ 10
- 5/30 Lunch Bunch Outing
- 5/30 Birthday Bash

VOLUNTEERS WELCOME

Do you or someone you know have any special talents, enjoy leading group programs, play bingo or cards, answering phones, or enjoy going on trips? Willard Healthcare is looking for you! We are looking for volunteers. If interested stop by our campus or contact Mollie at 419-935-6511.

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SENIOR EXEC. CLUB

Join us May 24 at 1:30!

STAFF BIRTHDAYS

Wendy B.	5/2
Tracy B.	5/9
Tina A.	5/17
Shelly V.	5/24
Marcia L.	5/25

RESIDENT BIRTHDAYS

Doris P.	5/23
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Smiles of the Month



Goldie F. relaxing on a beautiful day.



Donald B. happy to have started his elderberries.



Gladys T. and Jayne V. enjoying Family Night.



Audra R. and Dianne M. having fun before Family Night.

Entertainment by The Harmonica Man



Mary M. and Mattie B. enjoying music by Harmonica Man.



Karl S. gearing up for the Harmonica Man's performance.



Chris S. enjoying a serenade by The Harmonica Man.

EXECUTIVE DIRECTOR'S CORNER

You will soon be seeing new faces at Willard Healthcare Center. Eric Hutchins will be starting as the Executive Director on May 14th. Stop in and introduce yourself when you're here. He'll be working hard to get to know everyone. There should also be a new Director of Health Services by the time this is printed, but I can't share a name yet. Seek her out too, to find out who it is.

We're getting closer to the move, and have set tentative open house dates for June 24th and 28th to show off our new

Willows at Willard home. It looks like we should be moving the first part of July. These dates are of course, not set in stone, but hopefully close.

It seems a way off, but moving time will be here before we know it. We've been doing some pre-planning already, and will keep you informed as we have information that impacts you and your loved ones. Please help with the move by by doing some Spring cleaning in your resident's room. Taking home unused or out of season clothing and items that are no

longer used will help them to make their new room clutter free.

If you have any questions or concerns, please don't hesitate to ask. Our goal is to make this transition as smooth as possible, especially for the residents, but also for their families.

Happy Spring!

Dee Cramer-Smith

Executive Director

Willard Healthcare Connection is published monthly by Willard Healthcare Center

725 Wessor Avenue, Willard, OH 44890 • 419-935-6511

Executive Director- Dee Cramer-Smith

Director of Health Services- Barb Erford

Community Service Representative- Becky Wineman

Business Office Manager- Emma Smith

Director of Resident Services- Crystal Patton

Director of Food Services- Deb Tackett

Director of Environmental Services- Ben Voorhees

Director of Plant Operations - Fred Capelle

Director of Rehab Services- Yvonne Lagrou

Resident Activity Director- Mollie Snook

MDS Coordinator- Mary Ann Bell

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