

JANUARY/FEBRUARY  
2012

CONSIDER  
YOURSELF AT HOME!!  
YOURSELF AT

# FROM OUR HOME TO YOURS



Lots of fun, food, friends and family! Another successful fun-filled day! Thanks to everyone for coming and making this a special day for your family and our residents. We hope everyone had as much fun as we did. It is

always heartwarming to see the smiles on the residents' faces when their families come to visit. Santa had a lot of children visiting him this year and is back at the North Pole preparing for his historical ride.



We want to remind you for next year that when we have these open houses, we serve food during the whole time, so not everyone needs to show up right at the beginning. We know there was quite a wait, and at 1:00, there was hardly a line. We try to accommodate as well as we can.



All of us here at Swanton Health Care and Retirement Center wish for you to have a happy, healthy and prosperous 2012. We look forward to serving you this coming year!

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**" The important thing about your lot in life is whether you use it for parking or building."**

## PLANS FOR JANUARY & FEBRUARY

This is just a reminder of the things coming up in the next couple of months. As you can see, we will be issuing a newsletter every other month this year. Because we are doing the format this way, the second activity calendar may not have all the activities that will be offered that month. We will place on the second calendar all the standard ones we have, and for the other events you will have to watch your calendar in your room or the one in the dining rooms. It'll take a little time to work out the kinks, but we will.

Starting in January we will have dinner music twice a week. It has been difficult to get to both dining rooms on Thursday nights, so I will be doing dinner music 2 nights. On Tuesdays I will be in the Assisted Living Dining Room, and on Thursdays I will be in the Main Dining Room. We start as soon as residents come to their perspective dining rooms.

This has been an enjoyable time for both the residents and myself, so I am looking forward to the new system.

The first week of January is going to be a time of cleaning in the Enrichment/Activity Dept. We will be getting all the Christmas things put away and revamping our dept. a little. Those of you involved with the crafts are more than welcome to come and give us a hand as we try to organize your craft room. This past year has been a great time for all who have utilized the Arts & Crafts Room. We look forward to another great year with new ideas and projects for you. We pray for your patience with us as we try to organize this a bit. If there are some projects you would like us to look into, let us know. This is your craft room and we want to supply you with all you need to make your creations.

We are also bringing back the Drama Club as well as Grins, Giggles and Guffaws. For those of you who have not seen these activities, well...You'll just have to come and see what they are all about!

It'll be a fun year!!!



## VOLUNTEERS

Towards the end of the year a lot of young people need to get volunteer time in for school. They come in to volunteer for us and we appreciate all they do. They are a real blessing to us and the residents, but when their commitment is finished, so are they. We are always happy to take them and will always help them with their volunteer time, but we would like to see some more volunteers stay longer and form relationships with our residents. We have several volunteers who help us out with church, some help with bingo, some help with crafts, and some just come and visit. Some of our volunteers have been with us for years, and some just a short time.

If you talk with any of our long-time volunteers they will tell how rewarding it is to come and spend time with our wonderful residents. I would be willing to bet that they will also tell you that there are times they may not really feel like coming in, but once they get here they never, ever regret it.

I have a couple of ladies that come in to help with crafts a couple of times a week. From where I sit in my office, I can hear them in the Arts and Crafts room. There is a lot of talking and a lot of laughter. It is genuine laughter and enjoyment that you hear. It warms my heart every time I hear it and makes me smile. Not only are the volunteers and residents enjoying their time together, but I am also.

My wish for you this year is to experience some of the joy they experience. I know everyone is busy with their own lives and it is hard to find even an hour. I will guarantee you that if you could find the time in your busy schedule to help out with volunteering, YOU WILL NOT REGRET IT! You will make a new friend and you will brighten someone's day.

When you're ready, give me a call: Terry,

Enrichment/Activity Director



## SPECIAL NEEDS

Every year we have very giving people who want to donate things to us, so we thought we would give you some ideas of things that would help us in our mission to make this more like a home for our residents.

OUTSIDE BIRD SEED/ BIRD FEEDERS

BEADS & STRETCHY STRING TO MAKE NECKLACES

KLEENEX TO SELL AT THE TOKEN SHOP (they always want to buy kleenex and we never have enough)

INDIVIDUAL DVD AND CD PLAYERS

PLAYING CARDS/ CHECKERS

WORD FINDS/ CROSSWORD PUZZLE BOOKS

TOKEN SHOP ITEMS



If you're looking for other ideas you can call Terry,

Enrichement/ Activity Director

## HEART SONGS

Here is another reminder about our Heart Song program. This is a program that gives the opportunity to help one of our residents fulfill a wish that they may still have. It may be something they always wanted to do, or something they would like to do again. Maybe there is someone they would like to see just once more or something they would like to learn how to do.

We would like to give you the opportunity to help us out in this area. First of all, if you have a relative or friend here, you might know one of their wishes. Please let us know so we can see if we can fulfill it for them. Secondly, you may be able to help us fulfill a wish.

We have a gentleman who would like to learn how to play the guitar. If you know how, and can help us out please let us know.

We also have a lady that would like to be made up like a movie star. Any ideas???? Again, let us know.

## FAMILY CORNER by Chris Cremean, LSW

Another busy holiday season, visits made, gifts given and time to see relatives and friends. Now it's January and a time to start over, make resolutions and look at a whole new year to begin again. How do we look at this time in our relationships? Are there family and friends who we look at and say, "how can we have a closer, better relationship?" This is a good time to reassess our relationships and see how we can improve.

In talking to the residents at SHCRC, I find that they too are thinking the same thing. "How can I improve on my relationships with family and friends?" They are looking for more contacts with family and friends, opportunities to visit and share meals together and just be more involved in their lives. Try to find ways to extend your contact with your loved ones throughout the entire year. If you are near, more frequent visits and additional people in the family to come will help. You are invited to share a meal with the resident during your visit. What better way to discuss things in your lives with them then over a meal? If you are further away, either phone calls or cards with information about what's going on in your lives will help, as well.

Too often persons who need to be in our home are homesick. It isn't about the place they lived before, but about the people in their lives. Stay close so they know you will be there for them at all times. This is the gift that keeps on giving during the entire year.

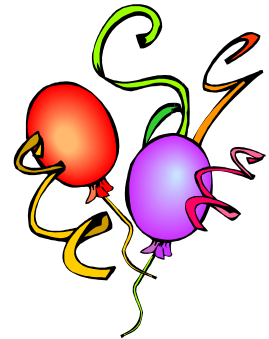
Call Chris Cremean at 419 825-1145 to discuss any caregiver issues you may have. We have monthly meetings on the last Tuesday of each month with two times to choose from, 3 pm and 7 pm. Please call ahead to make reservations and bring questions so we can help you in your caregiver role. Ask about our *LifePlan* Kit for yourselves. You need to plan so you avoid crisis in the future.

**If you're too busy to laugh, you're too busy...  
PERIOD!!!**

## JANUARY BIRTHDAYS-STAFF & RESIDENTS

### RESIDENTS:

Bob Cox	January 20
Cindy Harrison	January 21
Eileen Neill	January 24



### STAFF:

Amber Walter (Scheduler/Medical Supplies)	January 3
Kylee Parsons (STNA)	January 5
Lorrie Walter (Frontline Coordinator)	January 17
Heather Welch (LPN)	January 25
Russell Speziale (Maintenance Assistant)	January 31



## JANUARY STAFF ANNIVERSARIES

Thelma Graham (Restorative Aide)	25 years
Terry Shear (Enrichment Director)	11 years
Becky Ziviski (CFO/ Administrator)	9 years
Pam Bucholz (Medical Records/STNA)	8 years
Darla Dutridge (Hospitality Coordinator)	3 years
Ashley Huntzinger (STNA)	1 year
Rachel Mossing (STNA)	1 year

## FEBRUARY BIRTHDAYS-STAFF & RESIDENTS

### RESIDENTS' BIRTHDAYS

Vivien Ziemke	February 9
Phyllis Kramer	February 15
Louise Thayer	February 16
Anna Lutz	February 21
Nancy Jones	February 24

### STAFF BIRTHDAYS

Janet Pawlinski (MDS Guru)	February 12
Mary Leu (STNA)	February 14
Tom Meyers (DON)	February 16
Christina Graham (STNA)	February 19
Nick Dauwalter (STNA)	February 20
Chris Cremean (LSW)	February 21
Rosalie Tomczak (STNA)	February 21
Shelly Whetstone (RN)	February 21
Thelma Graham (Restorative Aide/STNA)	February 23
Tiffany Hildreth (LPN)	February 27

### FEBRUARY STAFF ANNIVERSARIES

Stacey Rish (Chef)	8 years
Karen Warren (RN)	7 years
Sherry Hawkins (LPN)	6 years
Ashley Smith (RN)	3 years
Theresa Root (Prep Cook)	2 years

*"Our residents are not an interruption of our work. They are the purpose of it. We are not doing them a favor by serving them. They are doing us a favor by giving us the opportunity to do so."*

*Cecil Mitchell*

Founder of Swanton Health Care & Retirement Center



# JANUARY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1 NEW YEARS DAY</b> MORNING: CATHOLIC VISITS 2pm CHURCH SERVICE	<b>2 HAPPY NEW YEAR FOR CATS</b> 10am EXERCISE TIME <b>2pm BINGO</b>	<b>3 NAIL CARE THROUGHOUT THE DAY</b>	<b>4 NAT. SPAGHETTI DAY</b> 10am CATHOLIC MASS 2:30pm RESIDENT COUNCIL	<b>5 NAT. BIRD DAY</b> 10am BIRD TRIVIA GAME <b>2pm BINGO</b>	<b>6 10am RESIDENT-LED ROSARY</b> AFTERNOON CRAFT AND MOVIE TIME	<b>7</b> 10am EXERCISE TIME <b>2pm BINGO</b>
<b>8</b> MORNING: CATHOLIC VISITS 2pm CHURCH SERVICE	<b>9</b> 10am EXERCISE TIME <b>2pm BINGO</b>	<b>10 NAIL CARE THROUGHOUT THE DAY</b> 2pm STORIES W/ BETH	<b>11 10am GOSPEL SINGALONG W/ CAROLYN</b> 2pm INSTRUMENTS OF JOY	<b>12</b> 10am GRINS, GIGGLES & GUFFAWS <b>2pm BINGO</b>	<b>13</b> 10am ROSARY 2pm SINGALONG W/ HERM	<b>14</b> 10am EXERCISE TIME 2pm TOKEN GAME
<b>15</b> AFTERNOON: CATHOLIC VISITS 2pm CHURCH SERVICE	<b>16 MARTIN LUTHER KING, JR. DAY</b> 10am EXERCISE TIME <b>2pm BINGO</b>	<b>17 POPEY'S BIRTHDAY</b> NAIL CARE THROUGHOUT THE DAY 2pm STORIES W/ BETH	<b>18</b> 10am CROSS-WORD PUZZLE 2pm SINGALONG W/ JOHN	<b>19 TOKEN SHOP ALL DAY</b> <b>2pm BINGO</b>	<b>20 NAT. HAT DAY</b> 10am ROSARY W/ TRINITY KIDS <small>2pm MITCHELL'S ZANY LADIES' RED HAT CLUB</small>	<b>21</b> 10am EXERCISE TIME <b>2pm BINGO</b>
<b>22</b> MORNING: CATHOLIC VISITS 2pm CHURCH SERVICE	<b>23 NAT. PIE DAY</b> 10am EXERCISE TIME <b>2pm BINGO</b>	<b>24 BELLY LAUGH DAY</b> NAIL CARE THROUGHOUT THE DAY 2pm STORIES W/ BETH	<b>25 KAZOO DAY</b> 10am KAZOO BAND?? 2pm SINGALONG W/ DAVID	<b>26 NAT. CLOTHES CLASHING DAY</b> 10am DRAMA CLUB <b>2pm BINGO</b>	<b>27</b> 10am ROSARY 2pm PRECIOUS MEMORIES SERVICE	<b>28</b> 10am EXERCISE TIME 2pm TOKEN GAME
<b>29</b> MORNING: CATHOLIC VISITS 2pm CHURCH SERVICE	<b>30</b> 10am EXERCISE TIME <b>2pm BINGO</b>	<b>31 NAIL CARE THROUGHOUT THE DAY</b> 2pm STORIES W/ BETH	<b>***ALL ACTIVITIES ARE SUBJECT TO CHANGE***</b>	<b>***WATCH DAILY BOARDS FOR CHANGES***</b>		<b>'CONSIDER YOURSELF AT HOME!!!!'</b>

# February 2012

Sun Mon Tue Wed Thu Fri Sat

<p><b>***THIS IS JUST A BASIC CALENDAR***</b></p>	<p><b>***THE ONE IN THE RESIDENTS ROOM WILL HAVE MORE DETAIL***</b></p>		<p><b>1</b> 10am CATHOLIC MASS 2:30pm RESIDENT COUNCIL</p>	<p><b>2</b> 2pm BINGO</p>	<p><b>3</b> 10am RESIDENT LED ROSARY</p>	<p><b>4</b> 10am EXERCISE TIME 2pm BINGO</p>
<p><b>5</b> MORNING: CATHOLIC VISITS 2pm CHURCH SERVICE</p>	<p><b>6</b> 10am EXERCISE TIME 2pm BINGO</p>	<p><b>7</b> NAIL CARE THROUGHOUT THE DAY 2pm STORIES W/ BETH</p>	<p><b>8</b> 10am GOSPEL SINGALONG W/ CAROLYN</p>	<p><b>9</b> 2pm SPECIAL BINGO W/ GLEANOR GROUP</p>	<p><b>10</b> 10am ROSARY</p>	<p><b>11</b> 10am EXERCISE TIME 2pm TOKEN GAME</p>
<p><b>12</b> MORNING: CATHOLIC VISITS 2pm CHURCH SERVICE</p>	<p><b>13</b> 10am EXERCISE TIME 2pm BINGO</p>	<p><b>14 VALENTINE'S DAY</b> NAIL CARE THROUGHOUT THE DAY 2pm STORIES W/ BETH</p>	<p><b>15</b> 2pm SINGALONG W/ JOHN</p>	<p><b>16</b> 2pm BINGO</p>	<p><b>17</b> 10am ROSARY W/ TRINITY KIDS</p>	<p><b>18</b> 10am EXERCISE TIME 2pm BINGO</p>
<p><b>19</b> MORNING: CATHOLIC VISITS 2pm CHURCH SERVICE</p>	<p><b>20</b> 10am EXERCISE TIME 2pm BINGO</p>	<p><b>21</b> NAIL CARE THROUGHOUT THE DAY 2pm STORIES W/ BETH</p>	<p><b>22 ASH WEDNESDAY</b></p>	<p><b>23 TOKEN SHOP</b> 2pm BINGO</p>	<p><b>24</b> 10am ROSARY 2pm RED HAT SOCIETY</p>	<p><b>25</b> 10am EXERCISE TIME 2pm TOKEN GAME</p>
<p><b>26</b> MORNING: CATHOLIC VISITS 2pm CHURCH SERVICE</p>	<p><b>27</b> 10am EXERCISE TIME 2pm BINGO</p>	<p><b>28</b> NAIL CARE THROUGHOUT THE DAY 2pm STORIES W/ BETH</p>	<p><b>29</b> 2pm SINGALONG W/ DAVID</p>	<p><b>***ALL ACTIVITIES ARE SUBJECT TO CHANGE***</b></p>		

**CONSIDER YOURSELF AT HOME!!!**

**Swanton Health Care  
&  
Retirement Center**

214 S. Munson Rd.  
Swanton, Ohio 43558  
Phone: 419-825-1145  
Fax: 419-825-1658  
Email: [tshear@swantonhealthcare.com](mailto:tshear@swantonhealthcare.com)

**"Where our family cares for yours."**

**WE'RE ON THE WEB  
[swantonhealthcare.com](http://swantonhealthcare.com)**

## **A CAT'S EYE VIEW by Sedona the facility cat**



Here I am, shoved to the last page. I feel like a cat with her head stuck in a piece of bread. Well, I'm still here, and I have been here for quite awhile. I've had many roommates, some chose me but mostly I chose them. I'm looking forward to all the new people I will be meeting in the years to come. Maybe you could come and visit me.

I thought maybe you would enjoy a couple of cat jokes to start the year out right.

Is it bad luck if a black cat follows you? *Depends on whether you are a man or a mouse.*

What's happening when you hear "woof...splat...meow...splat?"

*It's raining cats and dogs.*

**HAPPY MEW YEAR!!!!!!**