

A Look Back at December

Wow, December is over and we are all still catching our breath around here. It was a great month full of wonderful events to share with our family and friends and we thought we would share some of the highlights of the last month with you.

The first Saturday in December brought the annual *Christmas in Swanton* celebration, and we are happy to report that the hard work of our staff paid off and our float entry captured the first place prize at this years parade. Our rendering of this years theme of "Parade of Trees" featured 4 decorated trees surrounding our "live" tree Ryan Lumbrezer.



Members of our staff struggle to keep warm while waiting for the Christmas in Swanton parade to begin.

The following weekend in December brought our annual Holiday Open House which we were happy to see was very well attended this year. The days activities included raffles and prizes, visits...



Carolina Ruiz and her daughter and great granddaughter pose with Santa



Jean Penrod and her family along with Ruby Alspaugh and her family take a moment to socialize.

Special points of interest:

- A look back at all of the events from last December
- Mary Apt is in our Resident Spotlight
- Breaking News from our CFO
- Meet 3rd shift baker Joy Norris
- January Birthdays & Anniversaries
- New Years Resolutions

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with Santa and a full hors d'oeuvres buffet for all to enjoy. As always, this is a day



Lots of food filled the hallways

filled with lots of laughter and good cheer as we all gather

to celebrate the holiday season with our extended family. I know we all look forward to this great event every year!



Chef Stacey and her staff served plenty of food for all to enjoy.

Throughout the entire month the Enrichment Department brought in lots of great musical programs. Whether our regular performers or holiday carolers, our residents enjoy listening to them all! We would definitely like to thank all of the area groups who came in and sang Christmas carols for our residents.



Carolina Ruiz, Carole Wakelin, Joan Poldyak and others enjoy the musical stylings of David Putano and his guitar.

The weekend before Christmas, our Employee Retention Committee organized and hosted our second annual Cookie Decorating event for our staff members families. With the help of our residents, these kids were able to come in and frost their own Christmas cookies to take home. While here, the kids also received a coloring book and candy and got a surprise visit from Santa Claus himself.



RN LeeAnn Ham and her son Ryan participated in the cookie frosting event.



Frontline Coordinator Lorrie Walter's granddaughters Sage and Hannah obviously take their frosting very seriously

As always, December was a very busy month, and as much as we may be glad to see it end, we also are already looking forward to next year!

Resident Spotlight

This month resident Mary Apt is in our spotlight. Mary has been a resident here at SHC since February of 2008.

Prior to her moving here, Mary has worked as a housekeeper as well as a worker in a wire factory here in Swanton. She tells us she was known as a work-aholic; she really loved to work and the feeling of accomplishment that came with it. Mary filled her spare time with gardening and crocheting.

Mary was married twice- the first time for 22 wonderful years until her husbands passing, and then she remarried for 10 years until his passing. Mary has 2 children, a

son and daughter, 4 grandchildren and 1 great grandchild.

Now Mary likes to fill her time with playing bingo and cards with her friends. She says she enjoys living here because the people are all friendly.



BREAKING NEWS



We are very pleased to provide another way to pay your balance with us!!! Effective 1/1/2010, we now accept MasterCard, Visa and Discover as payment for any food orders, as well as room and board, co-insurance and beauty shop expenses. The transaction must be a minimum of \$25, and the cardholder must be present when using the

card, unless other arrangements have been made.



Meet Our Staff

This month we would like to introduce you to Dining Services staff member Joy Norris.

Joy has been employed with SHC for 2 1/2 years and works as one of the bakers on third shift. Previous to her coming here, Joy worked at the Doughbox bakery at Sauder Village for 17 years.

Joy was born and raised in Delta, Ohio. She has a daughter, Wendy, who is married and has two children of her own- Garrett and Ethan. Joy also has a son, Tyler, who was recently married this past October. Joy says spending time with her family is very important to her.

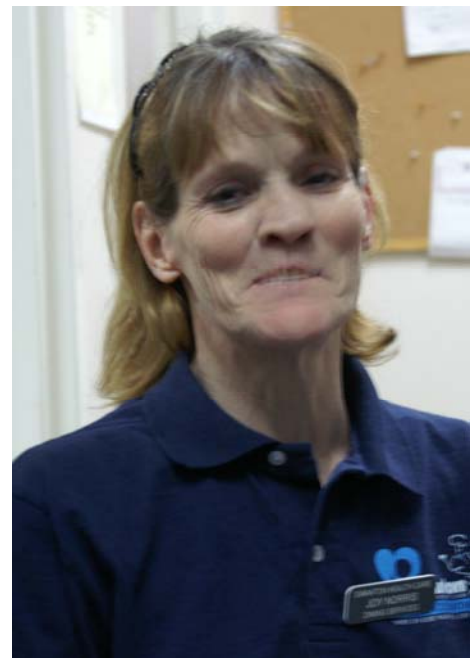
In her spare time, Joy likes to bake, sew, or work on one of her Sudoku puzzle books. When her children were younger, Joy says they were very active in 4-H showing steers, horses and pigs which kept her busy when she was a stay-at-home mom.

Joy says she would like to travel more and one day hopes to travel to the New England area during the fall.

Joy says she never really envisioned herself working in a nursing home, but she also never imag-

ined a nursing home that also had a full retail bakery working out of it. She says she enjoys the opportunity to try new things for our residents, our special events as well as the bakery service. She says she was made to feel welcome from everyone as soon as she started working here and really looks forward to coming to work each day.

Thanks Joy- we're glad to have you as part of our family.



January Birthdays

The following residents and staff will be celebrating their birthdays during the month of January:

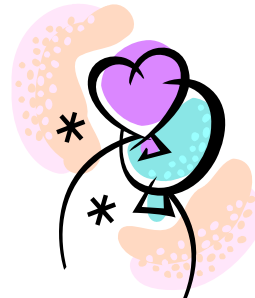
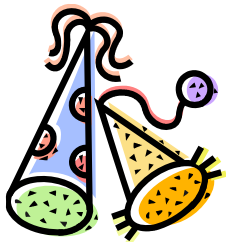
Residents:

Mary Schwerdtfeger	10th
Lewis Johnson	19th
Helen Haury	24th
Anna Williams	25th

Staff:

Amber Walter	3rd
Ashley Yevtich	7th
Lorrie Walter	17th
Russell Speziale	31st

We would also like to wish a very special birthday to our Founder, Mr. Cecil Mitchell, who would have celebrated his 92nd birthday this year on January 18th.



January Anniversaries

The following staff members will be celebrating the anniversaries of their employment during the month of January.

Thelma Graham, Restorative STNA, 23 years

Janet Langwell, Enrichment Director, 14 years

Terry Shear, Enrichment Assistant, 9 years

Becky Ziviski, CFO, 7 years

Pam Buchholz, Medical Records, 6 years

Darla Dutridge, Hospitality Coordinator, 1 year

New Years Resolutions

As I began to think about the resolutions I should make for the new year, I came across an article written by the YMCA. It talked about Resolutions for Families, and how the secret to success is Not Going It Alone!

Did you know that studies confirm that interaction and connectedness play a vital role in the long-term health and well-being of individual family members? There are 60 million adults (about 30% of U.S. adult population), and 9 million children that are obese or overweight, and 16 % of our children have Type II diabetes.

Children who develop healthy exercise and eating habits while they are young are more likely to continue to lead healthy lifestyles through adulthood. The CDC found that participation in moderate physical activity, such as walking for 30 minutes at least five times a week substantially lowered the risk of coronary heart disease, stroke, colon cancer, diabetes, high blood pressure and obesity.

Participating in family rituals that foster togetherness and communication is strongly linked to adolescent mental health.

Teens who eat with their families most days have better grades and less depression and substance abuse than kids who frequently eat on their own.

University studies show that young kids and teens who eat regularly with their families eat more fruits & vegetables, fiber and whole grains and consume less soda and snack foods.

Statistics on New Year's Resolutions:

- 40-45% of American adults make one or more resolutions each year.

- 75% of resolutions are kept through the first week

- 71% through two weeks

- 64% for the first month

- 46% for the first 6 months

The top new years resolutions involve weight loss, exercise, smoking cessation, money management and debt reduction.

Whatever your resolutions are, try to involve someone else and hold each other accountable for the best chance for success!!

Happy New Year!!

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Where Our Family Cares For Yours

Karen's Corner by Karen Nees Administrator/Social Services

Drinking tea is a cultural and traditional part of many countries. The tea ceremony originated in China where tea was the main liquid consumed. It is not brewed in teapots, but instead brewed directly in the cups and drunk without milk, sugar and lemon. It is drunk by all people regardless of age or social class. Teahouses (Kwans) flourish in cities and are places for social gatherings. The Japanese have developed a high regard for tea drinking. It is referred to as O-Cha, meaning "honorable tea." It is customary in the home when arising to offer tea to one's ancestors by placing it before a small altar and first offering it to parents before drinking it with the family. Women are given special training in the etiquette of this ancient custom. At least 3 years of instruction must be completed to achieve perfection in this ceremony. The British tea has long been the liquid for breakfast and afternoon "teas." For most a hot cup of tea is a soothing drink anytime of the day. Some Asian nations have developed all flavors of "exotic" teas that are enjoyed all around the world.