

Enrichment Journal

AUGUST, 2010

Inside this issue:

Special Theme Day	2
Swanton Corn Festival	3
I'm Not Old poem	4&5
Birthdays & Anniversaries	6
Calendar	7
Karen's Retirement	8
New Employess	9

Music Night

Music is a very powerful medium when dealing with people. We can remember songs we learned as children just by hearing the melody. It's surprising how many of the words we can recall. When we hear certain songs it can bring us to a point in our life that was pleasant or sorrowful. Children can be lulled to sleep with a simple lullaby. You can calm their fears with a gentle tune. Teenagers get a sense of belonging with their music, even though most of us have no idea of what is being sung. Every generation has their own form of music. We can be called to worship through a hymn of praise. We can fall in love as we dance to our favorite love tune with our beloved. We are sometimes moved to tears by a sad story song. We laugh at the silly songs that have been sung through the years. We get a feeling of nostalgia at the Christmas carols we all know and love. Music is very powerful. One of the requests of the residents is to have more music programs. We have decided to make Thursday nights music night. We already have 2 of our Thursdays every month with music from John Pickle, guitar, and Herm Loch, accordion. In the town where I grew up every Thursday night in the summer was band concert night. We want to make Thursdays a night of music for our residents. We will come up with different programs to keep it fresh.

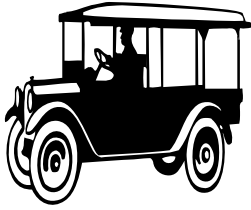
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'Take a music bath once or twice a week for a few seasons. You will find it is to the soul what a water bath is to the body.'

Oliver Wendell Holmes



SPECIAL THEME DAY



The last Wednesday of each month will be a special theme day. In July we had 50's Day with a classic car show and a special hamburger and milk shake treat for the residents. In August we will be having a beach party. We will have a beach ball toss game in the morning with music from John Pickle in the afternoon. Following the music we will have a beach party with sand and surf??!! In Sept. we have tentative plans to have our own county fair week. The last week in Sept. we plan on having fair games, our own version of the tractor pull and demolition derby. We will also have fair food. We want to have an animal show with staff members bringing in their stuffed animals for judging by the residents. We are going to try and have something different for every day. It should be a good time for all. We are open to suggestions if you have a great theme idea for us!



MUSIC NIGHT (cont. from pg. 1)

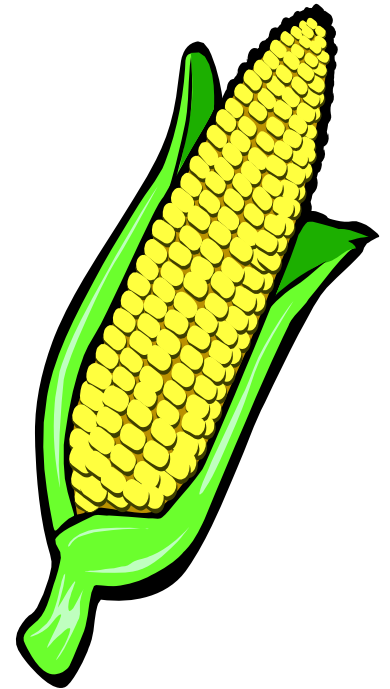
We have found that even people with a severe case of dementia will sing along with the songs of their generation. It usually calms them down and puts them at peace. We want their stay with us to be one of peace and as much enjoyment as we can give them. When they smile at you after singing 'Let Me Call You Sweetheart,' or you take them on a 'Sentimental Journey' through a time of music...well, let's just say it makes you smile right along with them. If you have a talent for music and singing, or you know someone who would like to share their gifts with our precious residents, let us know. We are always open to new ideas. We are looking forward to serving the residents through song on Thursday nights. It'll be a good time for all!



*Music washes away from
the soul the dust of
everyday life.
Berthold Auerbach*

SWANTON'S CORN FESTIVAL

The first Corn Festival was held in 1908 as a good will gesture from the merchants of the village. It is still continued and this year's Corn Festival is on Saturday, August 21. It is always a great time to celebrate with family and friends. It is a time where the entire village of Swanton comes together for a day...as they put it in the past...of fun and frolic. There will be rides, a classic car show, many booths with craft items, and other merchants. There will be free entertainment all day. There will be many games for everyone, and lots and lots of FOOD. It'll start out with a parade that begins at 10:30am. Parade route: south on Main St. (from the high school), west on Garfield, ends at Munson Rd. They will be having a food drive for the Swanton Food Bank. They are asking that you bring non-perishable food items to the festival, and thank you in advance for your help. As in past years we will have a food booth. We will have our world famous pies, cookies and other goodies and look forward to seeing you at the festival.



Swanton Corn Festival

Theme for 2010

PEOPLE HELPING

PEOPLE: ONE

KERNEL AT A TIME.

REMINDER:

There are so many people who come and go because of rehab and therapy that we want to remind you to check out the unmarked clothing outside the laundry room. We want to make sure that everyone has all their items before they leave. If you need things marked we have a nice, neat method to do that and are happy to help you. Just see Sue, the 'Brendas' or Ann and they will make sure to help you out.



I'M NOT OLD, I'M JUST MATURE

Today at the drugstore, the clerk was a gent.
From my purchase he took off 10%.

I asked for the cause of a lesser amount;
And he answered, "It's the Seniors' discount."

I went to McDonald's for a burger and fries;
And there, once again, got quite a surprise.

The clerk poured some coffee which he handed to me.
He said, "For you seniors, the coffee is free."

Understand...I'm not old...I'm merely mature.
But some things are changing, temporarily, I'm sure.

The newspaper print gets smaller each day,
And people speak softer, can't hear what they say.

My teeth are my own (I have the receipt),
And my glasses identify people I meet.

Oh. I've slowed down a bit, not a lot, I am sure,
You see, I'm not old...I'm only mature.

The gold in my hair has been bleached by the sun.
You should see all the damage that chlorine has done.

Washing my hair, has turned it all white,
Calling it blond is just about right.

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(cont. from prior page)

My car is all paid for, not a nickel is owed.
Yet a kid yells, "Old duffer, get off the road!"

My car has no scratches, not even a dent.
Still I get all the guff from a punk who's "Hell bent."

My friends all get older...much faster than me.
They seem much more wrinkled, from what I can see.

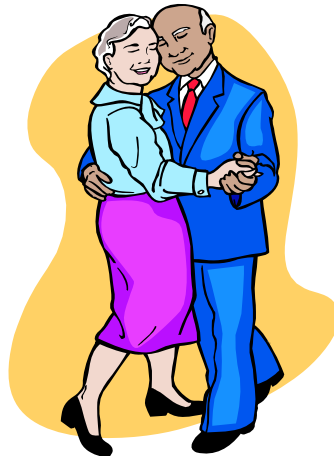
I've got "character lines," not wrinkles, for sure,
But don't call me old: just call me mature.

The steps in the houses they're building today
Are so high that they take your breath all away;

And the streets are much steeper than 10 years ago.
That should explain why my walking is slow.

I'm keeping up on what's hip and what's new
And I know I can still dance a mean boogaloo.

I'm still in the running, in this I'm secure,
I'm not really old, I'm only mature.



STAFF BIRTHDAYS FOR AUGUST

AUG. 2: PAM BUCHHOLZ (MEDICAL RECORDS)
AUG. 6: CATHY LEADY (LPN)
AUG. 6: GABBY ZIVISKI (STNA)
AUG. 13: STACEY RISH (HEAD CHEF)
AUG. 16: SARAH LAMB (LPN)
AUG. 18: ANDREA BUEL (STNA)
AUG. 18: THERESA ROOT (DINING SERVICES)
AUG. 24: JACKY WHITCOMB (RESTORATIVE AIDE)



RESIDENT BIRTHDAYS FOR AUGUST

AUG. 2: VIRGINIA NELSON
AUG. 6: TILL SIMON
AUG. 22: VERA CONNOLLY-STEVEER
AUG. 26: ELIZABETH RUTTER

STAFF ANNIVERSARIES FOR AUGUST

BRENDA BAUS (LAUNDRY)	23 YEARS
LORI DUREN (RN)	8 YEARS
ERIKA KUNAR (STNA)	7 YEARS
SAMANTHA CHAPMAN (STNA)	4 YEARS
MICHELE SAUNDERS (DINING SERVICES)	3 YEARS
ANGELA VILLARREAL (DINING SERVICES)	2 YEARS
BRENDAN LUMBREZER (DINING SERVICES)	2 YEARS
DANA JO MACK (RN)	1 YEAR
GABBY ZIVISKI (STNA)	1 YEAR
SARAH MOOSE (STNA)	1 YEAR
MEGAN CONNER (DINING SERVICES)	1 YEAR
CIERRA TAYLOR (QUALITY OF LIFE)	1 YEAR

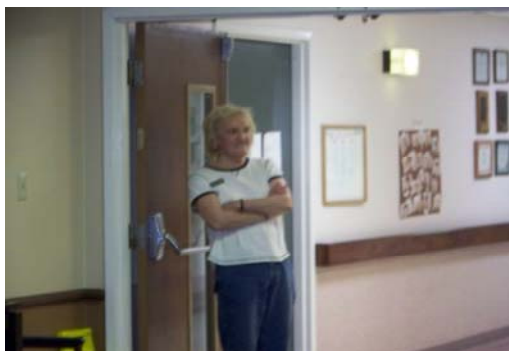
A BIG THANK YOU
TO YOU ALL!!



AUGUST 2010

<p>1</p> <p>9:30am CATHOLIC VISITS</p> <p>2pm INSPIRATIONAL TIME</p>	<p>2 ICE CREAM SANDWICH DAY</p> <p>10am WII GAMES</p> <p>2pm BINGO</p> <p>FOLLOWED BY ICE CREAM TREAT</p>	<p>3 WATERMELON DAY</p> <p>NAIL CARE THROUGH OUT THE DAY</p>	<p>4</p> <p>10am CATHOLIC MASS</p> <p>1:30pm RESIDENT COUNCIL</p> <p>2pm TOKEN GAME</p>	<p>5 NATIONAL UNDERWEAR DAY</p> <p>10am UNDERWEAR TRIVIA</p> <p>2pm BINGO</p> <p>7pm CIRCLE OF FRIENDS</p>	<p>6 JUGGLE BALL'S B.</p> <p>10am RESIDENT LED ROSARY</p> <p>LUCILLE BALL MOVIES AND SHOWS THROUGH-OUT THE BUILDING</p> <p>2pm 'BALL' GAME</p>	<p>7</p> <p>10am CARE & SHARE TIME</p> <p>2pm GAME TIME</p>	
<p>8</p> <p>9:30am CATHOLIC VISITS</p> <p>2pm INSPIRATIONAL TIME</p>	<p>9 SMOKEY THE BEAR B.</p> <p>10am WII GAMES</p> <p>2pm BINGO</p> <p>FOLLOWED BY A TREAT</p>	<p>10</p> <p>10am WII GOLF</p> <p>2pm STORIES W/ BETH</p>	<p>11</p> <p>10am TOKEN GAME</p> <p>1:30 PRECIOUS MEMORY SERVICE</p>	<p>12</p> <p>10am SINGALONG W/ HERM</p> <p>2pm BINGO</p> <p>5pm DINNER MUSIC W/ TERRY</p>	<p>13</p> <p>10am ROSARY</p> <p>2pm SENSORY TIME</p>	<p>14</p> <p>10am CARE & SHARE TIME</p> <p>2pm GAME TIME</p>	
<p>15</p> <p>9:30am CATHOLIC VISITS</p> <p>2pm INSPIRATIONAL TIME</p>	<p>16</p> <p>10am WII GAMES</p> <p>2pm BINGO</p> <p>FOLLOWED BY A TREAT</p>	<p>17 NAIL CARE</p> <p>THROUGHOUT THE DAY</p> <p>7pm SWEET ASSURANCE</p>	<p>18 TOKEN SHOP</p> <p>10am TOKEN SHOP</p> <p>2pm SPECIAL BINGO</p>	<p>19 BLACK COW ANN.</p> <p>10am CRAFT TIME</p> <p>2pm BINGO FOLLOWED BY BLACK COWS</p> <p>7pm HALLWAY MUSIC W/ JOHN</p>	<p>20 MEN'S GROOMING DAY</p> <p>10am ROSARY</p> <p>AFTERNOON PAMPER TIME FOR MEN</p>	<p>21 SWANTON CORN FESTIVAL</p> <p>2pm GAME TIME</p>	
<p>22</p> <p>9:30am CATHOLIC VISITS</p> <p>2pm INSPIRATIONAL TIME</p>	<p>23</p> <p>10am WII GAMES</p> <p>2pm BINGO</p> <p>FOLLOWED BY A TREAT</p>	<p>24</p> <p>10am SINGALONG W/ DAVID</p> <p>2pm STORIES W/ BETH</p>	<p>25 BEACH PARTY</p> <p>10am BEACH BALL TOSS</p> <p>1:30pm SINGALONG W/ JOHN FOLLOWED BY A BEACH PARTY</p>	<p>26 CHERRY POPSTICK DAY</p> <p>10am PROVERBS</p> <p>2pm BINGO</p> <p>7pm HALLWAY MUSIC W/ HERM</p>	<p>27 MOTHER THERSAY'S 100TH B.</p> <p>10am ROSARY</p> <p>2pm MOVIE TIME</p>	<p>28</p> <p>10am CARE & SHARE TIME</p> <p>2pm GAME TIME</p>	
<p>29</p> <p>9:30am CATHOLIC VISITS</p> <p>2pm INSPIRATIONAL TIME</p>	<p>30</p> <p>10am MILLIONAIRE'S CLUB</p> <p>2pm BINGO</p> <p>FOLLOWED BY A TREAT</p>	<p>31</p> <p>10am WII GOLF</p> <p>2pm STORIES W/ BETH</p>	<p>***ALL ACTIVITIES ARE SUBJECT TO CHANGE***</p>				
<p>****THURSDAYS ARE MUSIC NIGHT****</p>				<p>***OUTINGS AND OUTSIDE VISITS ACCORDING TO THE WEATHER****</p>			
<p>***WATCH FOR RANDOM ACTS OF ACTIVITIES***</p>							

KAREN NEES ADMINISTRATOR & SOCIAL WORKER RETIRING



Karen looking as the residents enjoy some musical entertainment.

Karen Nees, our Social Worker and Administrator, is retiring. I asked her to write something about her work here and what her plans are. She writes: "I think my love and admiration for the older generation began while we were growing up in Southern Illinois. My twin sister, Karol, and younger sister, Ina Lee, were raised by our mother and grandmother. It was the discipline and kindness along with Christianity that brought us to our careers.

I happened to be an insurance secretary for about 12 years when a severe auto accident actually changed my life. I attended the University of Toledo, received a BA degree in social work while working 2 jobs and raising 2 adolescent children and receiving a B average during this time.

I began working in geriatrics in '84 and had learned to appreciate and love the elderly as time marched along. I've had the privilege of working here at Swanton Health Care & Retirement Center over 11 1/2 years, and just prior to coming here, studied and earned my Administrator's license in '98.

It's been extremely rewarding working here. Lisa and Scott as owners of SHCRC, have a lot of respect and are so caring towards our residents, families and staff. I thank them for their 'goodness' and 'sense of humor.'

My retirement will include traveling annually with my sisters to different parts of our country. I like playing the piano and still take lessons. (I will practice more now, I hope!) I will enjoy spending time with my grandchildren. We like eating out, my flower garden, and I love to 'run around' with my twin sister. I like golf, and of course I enjoy my husband's company. I am truly blessed with wonderful memories of our elderly and staff. Thank You." Karen Nees

THANK YOU, KAREN, FOR YOUR LOVE AND DEVOTION.
WE WISH YOU THE BEST. ENJOY!!!

NEW EMPLOYEES

Julie Ziehr-Dietary Aide
Doug Hauer- Administrator
Alexis Meisner-Dietary Aide
Leah Salter-LPN Charge Nurse
Traci Mills-LPN Charge Nurse



OUR NEW ADMINISTRATOR: DOUG HAUER

We have a new Administrator, Doug Hauer. He will be with us 2 days a week. He is also an Administrator for the Ursuline Center in Toledo. He has been in this field for about 20 years. Years ago he was a plant manager of a door factory. It was there that he sustained a back injury that would change his life. He worked for a while after his injury but then had to have a fusion which made it difficult for him to continue. He and his wife decided that he would remain home to raise their children while she went to work. It was difficult on the ego but rewarding in the end. His wife went into the health care field as an aide, then accounting, and finally Administrator. Doug took care of 4 children for the next 14 years and then decided to follow his wife, Marcia, into the field of health care, and became an administrator himself. He started in this field because of his wife and remains in it because of the residents. He says he fell in love with them and wants to provide the best care for them that he can. Doug and his wife Marcia live in Bryan. They have four adult children: Sandy, an accountant; Ryan, an actor, personal trainer and video games creator; Tera, a Marketing Director in a nursing home; and Molly, a teacher. They have 5 grandchildren and their oldest granddaughter is a nurse. Their faith is very important to both of them. He says it was God's hand that has brought them through and into this wonderful field of working with the elderly.

We look forward to working with him. Make sure you get a chance to meet him when you come in to visit your loved ones.

**Swanton Health Care
&
Retirement Center**

Our mission statement:

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 an opportunity to do so.

Cecil Mitchell, founder of Swanton Health Care & Retirement Center

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*"Where our family cares
for yours."*



LITTLE REMINDERS



We would like to start sending our newsletter out via e-mail to as many as we can. If you have an e-mail address please send it to us so we can put you on the list.

Don't forget about our special sales event in November. We will be having a vendor type sale in lieu of our Fall Bazaar. If you have items to sell that you make or maybe you do sell a particular product, sign up. It's only \$15.00 a table and we ask that 10% of your proceeds be donated to the Residents' Christmas funds.

Remember the Swanton Farm Market every Sat. We'll be there with a lot of goodies.

Quotable quotes

When one of our residents was asked what should we do to be happy she replied: "Be quiet and listen to others. They may have something they need to say."

