

## Rehab Spotlight Resident - Mr. John Belshaw

By Kassi Ortiz PTA

Mr. John Belshaw came to Avon Oaks after he fell and broke his hip at home on November 12, 2011. John had three pins put in his hip at St. John Medical Center to stabilize the hip fracture. John and his wife, Lonna, knew they wanted to come to Avon Oaks "because we both liked the recovery I [Lonna] had with my right knee replacement in 2008".

John was initially evaluated by the PT, on November 17. He required a lot of assistance to move around and was only able to walk about 10 feet with the walker because he had a lot of pain in his left hip. He gradually started moving around easier by doing the repetitive range of motion exercises, riding the Nustep, transferring or standing up and down with the walker, and working on walking everyday in therapy. John came down to therapy twice a day! He wasn't always excited about going, but he knew how important it was to his recovery, and he always tried to do what was asked of him. Lonna has been very supportive of John with his rehab and helping him do more exercises in his room with a list of exercises I gave them.

Now, John only requires having someone stand next to him when he stands up and is able to get in and out of bed on his own! John also is able to walk up to 300 feet with the walker! John is doing GREAT in therapy and will be going home soon with his wife. His wife has been getting the house all ready for him with and is waiting to have him "Home for Christmas"! The Belshaw's wish "God's Blessing on all who read this".

### Many Thanks to those below for all the Christmas Cheer

Albert Svette	Marilou Barrett	Leah, Sarah & their Families
Joe Hyclak	Gary Richards	The Family of Mary Belak
Linda Dohanyos	Kristi Carpenter	Mr. & Mrs. George Cooper
Marlene Chalk	The Singing Angels	Auxilliary to the Lutheran Chaplaincy Service
Mr. Vojtush	The Violin Students	All the groups who came carol- ing to spread Christmas cheer!
Imogene Martin	Girl Scout Troop #450	
Sandie Claar		

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Stop by the Activities Department Bake Sale on Friday, January 27 from 9:00 a.m. - 3:30 p.m. All proceeds will go toward purchasing resident Bingo prizes. We will also accept donations of baked goods to sell.

## January Happenings...

Human Resources Month	
New Year's Day	1 <sup>st</sup>
Friday the 13 <sup>th</sup>	13 <sup>th</sup>
Martin Luther King, Jr. Day	16 <sup>th</sup>
Maintenance Day	18 <sup>th</sup>
National Activity Professionals Week	22 <sup>nd</sup> - 28 <sup>th</sup>
Chinese New Year	23 <sup>rd</sup>

## BIRTHDAYS RESIDENTS AND STAFF

Catherine Hyclak	1/1
Thomas Kvach	1/4
Jackie Dawson	1/5
Guillermina Jimenez	1/10
Helen Muzak	1/10
Helen Zanders	1/10
Betty Gossett	1/16
Ethel Pfeifer	1/20
Julanne Skok	1/25
Charlotte Thompson	1/26
Marta Gomez	1/30



### Do You Know Your Rights?

1. To a safe and clean living environment.
2. To be free from physical, verbal, mental, and emotional abuse and to be treated at all times with courtesy, respect, and full recognition of dignity and individuality.
3. To adequate and appropriate medical treatment and nursing care and to other related services that comprise necessary and appropriate care without regard to race, color, religion, national origin, age, or source of payment.

## DIRT FROM THE GARDENS

Thank You to all our families for making the "Gardens" Christmas party great!  
Brad and Dietary Staff for the great food and Mary Lou for playing Christmas Carols on the piano!!!

*Welcome.....*

Mr. John Skok Apt. 8  
Mrs. Katherine Freas Apt. 9 &  
Her kitty "Misti Blue"

Natalie McIntyre	1/6
Terri Calhoun	1/7
Erin Corrigan	1/8
Carnea Gibson	1/10
Deb Silvy	1/11
Yolanda Burgos	1/15
Spring Deng-Toth	1/18
Veronica Hnanicek	1/22
Linda Vansickle	1/23
Caroline Ortiz	1/30



Mr. Dechant and family at the Christmas Party

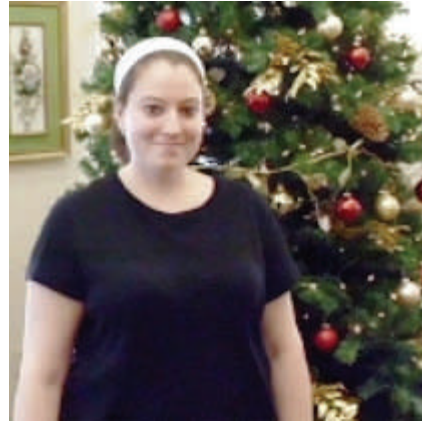
## November Employee of the Month: Sarah Kies

We would like to congratulate Sarah Kies for being selected our November Employee of the Month. Sarah has been a member of the Dietary Department since March of 2011.

Sarah's coworkers all agree she is truly a delight to work with. She is a very hard worker, and will take on any task that is needed. Her smile is genuine, she loves helping out and adding a little bit of sunshine to the lives of those who surround her.

Sarah is 22 years old and lives in Elyria with her mom Laurie. She is the youngest of 3 girls. When she is not at work she loves to spend time with her sisters Megan and Ashley, and especially her cat Niko. Niko just celebrated his 1 year birthday this past Christmas. Sarah graduated from Wellington High School and would like to further her education in the Culinary Arts.

Again, we want to thank you Sarah for being a wonderful addition to our family. Keep up the great work and we look forward to working many more years with you.



Sarah Kies -

November Employee of the Month

### What's falling from the Acorn Tree

The Center would like to welcome **Layla Khandekar** to our infant group. **Mia**, her older sister, is excited that they will be together throughout the day! And, speaking of new babies, we want to congratulate the **Jirecek family** for their upcoming newest member of their family. **Ava**, who will be a big sister, is really excited and we will have more news to come at a later date.

The total amount raised from our **December Bake Sale** was \$259.50. Again, thanks to everyone for their participation! **The children had a terrific time when their special guest "Santa" came to deliver presents for everyone.**

**Rylan Owens** just transitioned over to our preschool group and **Imani Bizzell** will soon follow.



Daycare visit with Santa and Mrs. Claus



Cora enjoys a visit with her daughters Holly and Connie during the Christmas open house

### January Birthdays...

Imani Bizzell	Jan. 5th	1 year
Parker Haas	Jan. 13th	2 Years

## Changing the Culture - Submitted by Nancy Farlow, RN, Team Leader

The way that we provide care for our elders is changing rapidly and for the better. There is a national movement to change the culture we have been accustomed to and provide person centered care. For many of us caregivers this is thinking way outside the box. No matter what our role we learned to do things on a schedule, at times a very rigid one, in a sterile hospital like, everything looks the same setting. Little consideration was given to how the person we were caring for wanted or needed things done to feel like they were involved in their care as well as feeling like they were in a place they could call home.

At Avon Oaks we feel we are at the forefront of culture change. We are working daily to find ways to do things the way our residents, whether long term or short stay, want to do things in their home. We are educating staff to ask the resident their preferences rather than fitting their needs into our schedule. Waking or retiring at night, decorating the room with something personal, or even eating a meal whenever you want are a few of the things we are striving to provide to those we care for.

What we would ask of our residents, their families and friends is to share with us what things are important to making Avon Oaks Caring Community a home to those we care for and not just a place to live.



Irene Undertilo and nephew Kenneth



### CHRISTMAS 2012 CELEBRATION



Catherine Hyclak and Family



Mary Maiers and Family



Sophie Spaich and Family

# January 2012 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Happy New Year!</b> 1 Church Service 10:00 Holiday Classic Movie: "Happy New Year" 2:30	2 Movin' to Music 10:15 <b>Christian Fellowship 2:30</b> Choir Practice 3:30 <b>Men's Club</b> <b>Wii Golf Tourney 7:00</b>	3 <b>Rosary 10:00</b> Get Fit with Mo 2:30 <b>"Let It Snow" Trivia 3:00</b>	4 Movin' to Music 10:00 <b>Color Day Parade by the kids (wear Black) 10:30</b> Bingo 2:15	5 Pinochle Club 10:00 <b>Bowling on the Wii 10:15</b> Get Fit with Mo 2:30 <b>Bingo 7:00</b>	6 <b>Ice Cream Cone Social with the kids 10:30</b> <b>Catholic Mass 2:30</b>	7 Movin' to Music 10:30 <b>Dance Student Recital 2:30</b>
8 Church Service 10:00 <b>"Saturday"</b> <b>Matinee Game 2:30</b>	9 <b>Movin' to Music 10:00</b> Basketball w/the kids 10:30 <b>Christian Fellowship 2:30</b> Choir Practice 3:30 <b>Bingo 7:00</b>	10 <b>Craft with the Avon Garden Club 10:00</b> Music Therapy 2:30	11 Pinochle Club 10:00 Baking in the A.L. w/kids 10:15 Get Fit with Mo 2:30	12 Catholic Mass 11:00 <b>Bingo 2:15</b> Bible Study 7:00	13 <b>Games on the Wii with the kids from Day Care 10:30</b> Movin' to Music 2:30 <b>"Friday the 13th" Trivia 3:00</b>	14 Movin' to Music 10:30 <b>The Price is Right Guessing Game 2:30</b>
15 Church Service 10:00 <b>Classic Movie 2:30</b>	<b>Martin Luther King, Jr. Day 16</b> <b>Martin Luther King, Jr. Reflection Video 10:00</b> Bowling w/the kids 10:30 <b>Christian Fellowship 2:30</b> Choir Practice 3:30	17 <b>Rosary 10:00</b> Get Fit with Mo 2:30 <b>Famous African-Americans &amp; Other Trivia 3:00</b>	18 Movin' to Music 10:00 <b>Storytime w/the kids 10:30</b> Resident Council 2:00 <b>Happy Hour w/Accordion-Billy Kaye 2:30</b>	19 <b>Pinochle Club 10:00</b> Name That Toy Game 10:00 <b>Get Fit with Mo 2:30</b> Bingo 7:00	20 <b>Movin' to Music 10:00</b> Horseshoe Game with the kids from Day Care 10:30 <b>Bingo 2:15</b>	21 Games on the Wii 10:30 <b>The Price is Right Guessing Game 2:30</b>
22 Church Service 10:00 <b>Everyday Life Trivia 2:30</b>	<b>Chinese New Year 23</b> <b>Movin' to Music 10:00</b> Golfing with kids from Day Care 10:30 <b>Christian Fellowship 2:30</b> Choir Practice 3:30 <b>Travelogue to China 7:00</b>	24 <b>Rosary Group 10:00</b> Music Therapy 2:30	25 <b>Bingo 10:00</b> Baking in the A.L. w/kids 10:15 <b>Get Fit with Mo 2:30</b>	26 <b>Pinochle Club 10:00</b> "Winter Weekend" Wordsearch 10:00 <b>Bingo 2:15</b> Bible Study 7:00	25 <b>Bake Sale!</b> Parachute Game with the kids from Day Care 10:30 <b>Get Fit with Mo 2:30</b> Trivia Time 3:00	28 Movin' to Music 10:30 <b>Winter Sentimental Reflections Video 2:30</b>
29 Church Service 10:00 <b>Piano Concert by Jerry 2:30</b>	30 Painting with the kids in the Day Care 10:30 <b>Christian Fellowship 2:30</b> Choir Practice 3:30 <b>Bingo 7:00</b>	31 Rosary Group 10:00 <b>WinterFest Social 2:30</b>				