

## Administrator's Corner



Happy New Year Everyone!

With the holiday behind us, I would like to reflect upon Christmas time here. I love the holidays and this time of year around Oakwood. The decorations and the music are my favorite and I appreciate all the staff and residents who contribute to decorating this big beautiful place. Christmas time at Oakwood is very beautiful and the activities are wonderful! I hope each of you had a blessed Christmas and New year!

The new company that Oakwood Village will be transitioning to is Aventura Health Group. We have been working closely with the new owners on many different aspects of the campus. As a resident or family member, you should not see a difference in the care you are receiving, as we will continue to provide the excellent service as always and you will still see our familiar faces around as the leaders and managers. At this time, the transition is scheduled for January 31st, 2022. That date is very fluid, as many things with the real estate and new certification numbers can delay the sale. We continue to move forward day by day.

We continue to see rising numbers of Covid-19 positive with staff and residents here and there. Please call the hotline for Oakwood for the most up to date information, including how many residents and staff are positive and what areas have possible exposure. The number to call is 937-523-8080. This hotline is what we use to communicate with families and loved ones.

I am asking all visitors to **always wear a mask** when inside the building, our population is very vulnerable and some of our residents cannot handle the virus with other chronic illnesses on top of Covid-19. Please be patient and kind with the staff as they are working so hard to meet everyone's needs and weekly we are hiring new team members so you will see new faces.

you had a blessed Christmas and continue to have a safe and healthy New Year!

As always, it is my pleasure to serve each one of you!

Annette Turner - LNHA, Executive Director

## Bringing in the New Year at Oakwood Village!

Put up your snow shovel, save yourself the headaches of maintaining your own home. Instead, enjoy exercise classes, wellness programs, delicious meals, special events and maintenance free living! This is your year to make the change and celebrate living!

We are celebrating the New Year with a gift to all those who tour and also desire to who join our community before March 31. Receive a complimentary gift at the tour, have your name entered into a drawing for variety gift cards. Select your apartment that best suits you and

your name will also be entered into another drawing of wonderful gift items. Best of all, waiving security deposit and first month rent free!

**See why you'd want to begin 2022 at Oakwood Village!  
Call us today at 937-390-9000**

Needing a guest speaker for your church or organization? Call Sandy Chinn at 937-523-8029 with your requested topic!



## 2021... Year In Review

I am so very proud to announce that Oakwood Village won the “Best of Best Springfield 2021” from the Springfield Chamber of Commerce, this makes it five years now of holding the #1 spot. The event was held at Mother’s Stewart’s Brewing Company downtown and we had the pleasure of inviting a few staff members to attend the event alongside Annette Turner, Executive Director, and other members from Mercy Health – Springfield Regional Hospital. We had a great night, tasting local cuisine from other best of Springfield contenders, and grooving to the music. Mercy Health also took home the 2021 Best Employer in Springfield. Thank you all for your votes and for choosing Mercy Health—Oakwood Village. We continue to strive to give the very best quality care every day. With holidays behind us and the new year ahead of us, I would like to say how grateful and thankful I am for the many residents that live here at Mercy Health Oakwood Village Senior Living. We have so many wonderful lives that we are blessed to take care of, and we appreciate you choosing us.

Last but certainly not least, THANK YOU to all who have donated and supported the 2021 Springfield/Urbana Alzheimer’s Walk. The money raised will go directly to support continued research towards a cure for this disease that effects so many of us and our families. This is a topic that is near and dear to all our hearts. Oakwood has raised \$3,083 to date from fundraising events over the last several months. We have had a beautiful turnout and tons of support, thanks to many of YOU! I would like to extend a special THANK YOU to Annette Turner, Co-Captain, as well as our Employee Council and Mission Committee for all the hard work and dedication towards this event. I am so proud to work for and be a part of Mercy Health that gives back to the community and takes care of such wonderful people! Peace and blessings!

- Starr Warren, Administrative Assistant

**COVID HOTLINE  
937-523-8080**

**Please do not forget to call the  
Hotline number to hear the updated  
status of Oakwood Village!**

# Flu Season is here! Cold Season is here!

## What's the difference between the two?

Once the cold weather hits, we see more colds and flu symptoms occurring because we are housed inside our homes, stores and restaurants. Flu season is generally referred to as October through March of each year. The flu vaccine is recommended for everyone beginning at the age of 6 months and older. This flu vaccine helps prevent the **respiratory flu** - affecting the lungs and possibly the heart. It does not prevent the nausea, vomiting and diarrhea of the GI flu we have all experienced at some point in our lives. In the older generation, taking the flu vaccine is vital to preventing hospitalizations and deaths from the flu.

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*\*It's important to note that not everyone with flu will have a fever.*

Colds are common during the winter. Every year, adults have an average of 2-3 colds, and children have even more. Many viruses can cause colds, but rhinoviruses are most common. Infections spread through the air and close personal contact. There is no cure for a cold. To feel better, you should get lots of rest and drink plenty of fluids. Symptoms of a cold usually include:

- Sore Throat
- Runny Nose
- Coughing
- Sneezing
- Headache
- Body Aches

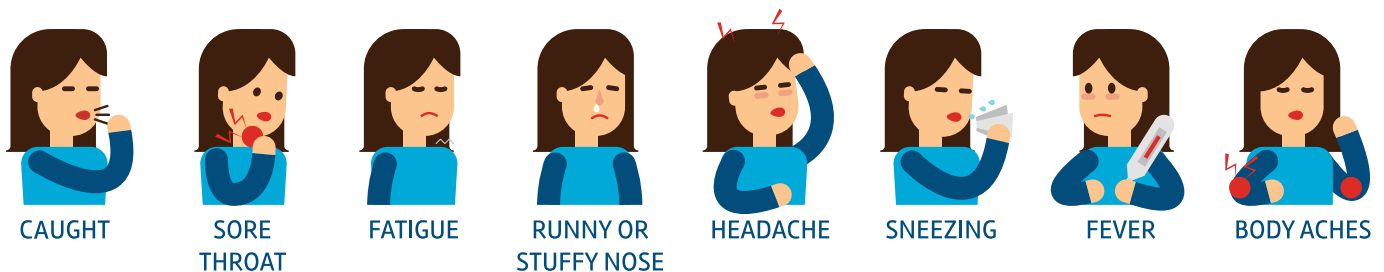
Not much different than the flu symptoms! To identify the flu, you can visit your doctor for a flu swab which will identify if you have the flu and what type of flu you have. To reduce your risk of getting a cold, wash hands often for at least 20 seconds with soap and water and avoid touching your face with unwashed hands. The wearing of masks (recommended to manage the COVID 19 virus also) will and has, during 2020, controlled the spread of cold and flu viruses. Stay healthy during this winter, wear those masks and wash those hands!

- Deb Green, RN, RAC-CT, Director of Nursing

## Prevention



## Symptoms



# Wellness Education

## January - Anxiety and The Older Adult: Addressing Worry And Concern

Feeling anxious or nervous is a common sentiment for people of all ages and a normal reaction to stress. But when one feels anxious often and the anxiety is overwhelming and affects daily tasks, social life, and relationships, it may be an illness. Anxiety is a common illness among older adults, affecting as many as 10-20% of the older adult population. Come and join Carrie Moses, Wellness Coordinator and Hanna Duke, Rehab Program Director to learn how our rehab team can help address self awareness, social skills, stress management, and healthy coping skills in order to better deal with anxiety driven symptoms. This class will be held on Thursday, January 27th at 1pm on 3rd Floor Conference Room in IL.

## February - Managing Those Fidgety Legs: Restless Leg Syndrome

Restless Leg Syndrome or RLS may affect as much as 10-20% of the US population. RLS is a neurological movement disorder characterized by throbbing, pulling, creeping, or other unpleasant sensations in the legs and an uncontrollable urge to move them. Left untreated, the condition causes exhaustion and daytime fatigue. Please join Carrie Moses, Wellness Coordinator and Hanna Duke, Rehab Program Director, on Thursday, February 24th at 1pm on 3rd Floor Conference Room in IL to learn how our rehab team can help control this disorder, minimize symptoms, and increase periods of restful sleep.

## March - Overcoming The Fear of Technology

Older adults are adjusting to a world of advancing technology. Because technology changes so frequently, just when you think you have gotten a handle on the latest gadget, something comes out that requires a lot of new learning. This feeling can cause some older adults to limit their use of technology. Additionally, 2 out of 5 older adults have physical conditions and health issues that aggravate the difficulties for individuals using technology. For additional information, please come and join Carrie Moses, Wellness Coordinator and Hanna Duke, Rehab Program Director, on Thursday, March 31st at 1pm on 3rd Floor Conference Floor-IL so that our rehab team can help address access to technology and assist with any training. Our team can also analyze what tasks you want to accomplish to ensure comfort, safety, and enjoyment in your technology use. Finally therapists will be able to evaluate body posture, mechanics, and dexterity.

Thank You for  
your many  
YEARS OF SERVICE!

**20 YEARS OF SERVICE:**

Sandy Wren - Dietary

## Let Us Know What You Think!

### Family Satisfaction Survey

We are participating in the Ohio Department of Aging's 2021 Family Satisfaction Survey. Family members and sponsors of our residents should have received the satisfaction surveys between September and December 2021.

New this year is a survey invitation by text message in addition to the mailed paper survey. However you decide to complete the survey, please do so promptly by submitting your survey online or returning it to the Scripps Gerontology Center in the business reply envelope provided. Each survey invitation will include a toll-free number to call if you have questions.

***No one will know how you responded. Our staff will not have access to your survey responses and you won't have to sign your name.***

Survey results for each nursing home and assisted living in the state will be posted on the Ohio Long-Term Care Consumer Guide website [www.ltc.ohio.gov](http://www.ltc.ohio.gov) later in 2022. If you have questions, please call 1-844-864-0049.

Thank you for your time and assistance. By completing the surveys, you will be helping us to improve and provide the best level of care for your loved ones.



Department of  
Aging

## Caring Is A Verb

Some of you may already know, but our family suffered another unexpected, devastating loss. My little brother Bryan, whom I visited after our dad passed away to support him as the Executor of our dad's Estate, was also found dead Tuesday December 1. This news left me speechless and wandering. We lost my oldest brother Barry to a fast spreading cancer in April, then in May my father was found dead alone in his home, and now my little brother Bryan was found. All three deaths have something different about them to mourn over and yet cumulatively it is challenging to process. Without the support of God, family, and all my friends in the community and at Oakwood, I would be absolutely lost. Yet, my family and I are encouraged by the love and support from others.

Romans 12:15-16 proclaims, "Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another. Do not be proud but enjoy the company of the lowly." This verse is beautiful to me since it requires of us to be present with people whether they are joyful or in sorrow. This is simply caring in action. A caring that is never too proud to sit with those who may not hold a seat of power and influence or a certain level of affluency. This caring is seen throughout Oakwood. For me, it is an honor to watch the residents, staff, and family members reaching out and being supportive in so many different ways. Actual compassion in action.

Last year here at Oakwood, we started an emotional/grief support group called Stronger Together where our focus is loving on staff, residents, and families of residents going through various difficulties. It has been an honor to facilitate such a group where all sorts of people have come together and been supportive of one another in ways one cannot measure via a doctor's prescription, or a nurse's note, or a weight chart. The matters of the human heart finding living, breathing grace that brings levity and cheer in a world filled with empty promises and primrose paths which cannot be measured in a chart or a news headline. Yet it certainly reverberates through the room and then out into our community where promises can be kept and where paths can lead to life as we are always "stronger together."

Here are the following dates for Winter 2022 to help with the challenges that come during this time. Meals will be served at 5:30pm and the support session will occur between 6:00 and 7:00pm. Contact our main office at 390.9000 to reserve a seat:

- January 26
- February 23
- March 23

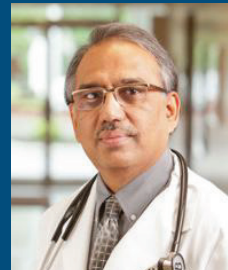
- John McLeod - Spiritual Care Coordinator

## Meet Our New Social Services Assistant



Lauren McCall, our new Social Services Assistant, started working with Oakwood Village in October 2021. Lauren is very familiar with the long-term care environment as she has worked at McAuley Center since 2018. She has worked as a State Tested Nursing Assistant, a dietary staff member, an activities staff member and Covid -19 screener. You can tell she has grown under the influence of her mother, Dawn McCall, the Administrator at McAuley Center. Lauren has her Bachelor of Science in Healthcare Administration from the University of Southern Indiana and is currently pursuing her Master's in Business Administration from Franklin University. Being career oriented, her goal is to expand her experience as a Nursing Home Administrator and investigate Ethics in Healthcare. Please welcome Lauren to our home.

## Saying Goodbye to Dr. Aijaz Ahmed



**As you know, Dr. Aijaz Ahmed has worked very closely with us the past several years as the Assistant Medical Director and has been the primary healthcare provider to many residents in the Woodlands and Heritage Pointe units in addition to the Glaesner Center. December 31, 2021 will be his last day with us in this capacity. He is resigning his position hoping to spend more time with his children and grandchildren. He will maintain his office in Urbana, Ohio until he decides full retirement is the way to go. Dr. Aijaz, as we have affectionately referred to him, will be missed. His personality was always generous, outgoing and, above all, very kind. We will miss him greatly but wish him the best life has to offer in the future.**

**To schedule a tour or to learn more about our 2021 Specials, call 937-390-9000!**

For more information, please contact our Resident Services Department.

Sandy Chinn - 937.523.8029

Sharlon Conrad - 937.523.8035

Emily Hammond - 937.523.8028

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**Would you like to receive our newsletter via email? If so, simply contact us at 937-390-9000 to submit your e-mail address**



**Wishing Alice Marshall a very Happy 100th Birthday!!**

**When asked what contributed to her longevity, she said OAKWOOD VILLAGE!! She said that had she not moved here, she doesn't think she would have made it this long. She is also blessed with fantastic and supportive family, great friends and her faith.**

**Happy Birthday!!**