



Healthcare Food Service Week: October 6-12

Please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long.

Honor your food service workers and recognize the integral role they have played in helping us stay well-nourished and healthy.



OCTOBER IS PHYSICAL THERAPY MONTH

Physical Therapy –

Helps increase strength, balance and mobility while reducing pain and discomfort. A quality physical therapy program can help people return to regular activity, and is necessary before introducing exercise programs after an injury.

Physical therapists strive to help patients reach their maximum potential so they can live as independently as possible. Physical therapy benefits:

- Enhanced ability to walk
- Regain stamina
- Improved mobility
- Pain management
- Restoration of balance
- Enhanced ability to transfer
- Strengthen muscles

Thank you to all the incredible physical therapists whose care, dedication, and expertise help to restore strength, mobility, confidence, and quality of life to so many.

Happy Birthday!

STAFF

Jenelle S. 10/07
James G. 10/12
Sharon Y. 10/13
Helen L. 10/27

RESIDENTS

Nicole Lamle 10/01
Yasmine Castillo 10/04
Ashley Estle 10/06
Clara Head 10/06
Hanna Hasenjager 10/21
Kimberly Turner 10/26



PHOTO HIGHLIGHTS

Staff and residents enjoyed homemade lactose free ice cream from Buckeye Soft Serve during Assisted Living Week.



Residents got their fall tree done! They have been picking a theme during resident council meetings and have already discussed continuing it next year.

Employee of the Month: Jennifer Erwin



Jennifer is one of our 1st shifts STNAs. She lives in Berne, IN with her boyfriend Dominic and their 6yr old son Emerson, who just started kindergarten. Jennifer loves the color blue, being in nature, mushrooms and being with her family. She is caring, positive and always willing to jump in to help wherever needed. Thank you for all that you have done for our residents, Jennifer!



Residents in our Maplewood Assisted Living started off Assisted Living Week with bougie coffee and cinnamon or strawberry rolls. Residents were able to choose from different toppings, creamers, sauces and whipped cream to spruce up their coffee.

MORE...PHOTO HIGHLIGHTS



Residents from Maplewood Assisted Living enjoyed music, dancing and videos from Tim Wurster. They also enjoyed some homemade gourmet popcorn made with milk chocolate, white almond bark, heath bits and peanut butter powder. It was made by activity assistant Kris with the help of activity director Candace. in a kiln.



The heat and humidity did not cooperate for us to be able to enjoy the Van Wert County Fair. Activity Director Candace and Activity Assistant Kris brought the fair to Divine. Residents were treated to a waffle and funnel cake along with the movie "Dumbo".



We ended Assisted Living week with a family cookout in Maplewood. Activity Director Candace handled the grill while Activity Assistant Kris served the residents their meals. There was great food along with great conversations.

Activity Highlights

Our residents are looking forward to all the Halloween fun! We will be doing more restaurant outings and bringing food in as the weather gets cooler. Having our firepit out for smores and bonfires. Halloween crafts, a party, even a scary movie or two as well as going to a few Halloween/Fall festivals.

Short-Term Therapy Success Story

Our short-term success story this month is Rosalee B. Rosie has been dealing with lots of shoulder pain for the last year. Now, with the help of the therapy department Rosie is pain free. Rosie is very grateful for all the help that the Therapy team gave her. Rosie says, "They are the reason I'm not hurting anymore!". Rosie also stated, "I just love them and all the help they gave me!" Thank you to the Divine Therapy Team for all that you do for the residents and patients!

Featured Resident: Judy E.

Our featured resident is Judy E. she lives in Maplewood, our assisted living. Judy grew up about 5 miles southwest of Rockford on farm with lots of chickens and married her high school sweetheart Rolland. Rolland went into the Army after high school and then they were married in 1968, they were married for 27yrs. They had 2 children Amy & Shawn. For the first 9yrs she was a homemaker then she became Parkways librarian for a few years. When Rolland passed, she was single for 5yrs before she married Ralph Evans. They were married Jan 1st, 2000, and were married for 21yrs and altogether she has 12 grandchildren and 12 great grandchildren. She has been at Divine for 2 yrs now and she said, "I love it here!" Thank you for choosing Divine as your home, Judy! We love having you!

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Oral Health Tips

Here are some things you can do to maintain a healthy mouth and strong teeth:

Practice good oral hygiene.

Brush your teeth thoroughly twice a day with fluoride toothpaste and floss daily between the teeth to remove dental plaque.

Visit your dentist at least once a year, even if you have no natural teeth or have dentures.

Do not use any tobacco products. If you smoke, make a plan to quit.

Limit/avoid alcoholic drinks.

If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.

If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water.

See your doctor or a dentist if you have sudden changes in taste and smell or notice any sores in and around your mouth.

Source: cdc.gov



BREAST CANCER AWARENESS MONTH



Breast Cancer Awareness Month is essential for raising awareness about breast cancer and encouraging proactive measures like regular screenings, self-exams, and treatment options,

which can significantly improve survival rates. It also emphasizes the importance of continuing research, funding, and education and offering hope and support to those affected.

According to the CDC, no breast is typical. The way breasts look and feel can be affected by getting your period, having children, losing or gaining weight, age, or by taking certain medications.

There are different symptoms of breast cancer and some people have no symptoms at all. **Some symptoms of breast cancer could include:**

- Any change in the size, thickness, or the shape of the breast
- New lump in the breast or underarm (armpit)

- Pain in any area of the breast
- Redness or flaky skin in the nipple area or the breast
- Nipple discharge other than breast milk (including blood)

If you have any signs that worry you, be sure to see your doctor right away.

Facts:

- Each year in the United States, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men.
- About 5% to 10% of breast cancers are hereditary.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- Mammograms are the best way to find and treat breast cancer early. If left untreated, breast cancer can spread to other parts of the body, making it harder to treat.

Source: cdc.gov

OCTOBER – WORD SEARCH

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



Word List

BRAIN
CANDY
EXERCISE
FOOD
HALLOWEEN
HEALTH
MENTAL
PHYSICAL
PUMPKIN
SPIDER
SPOOKY
TEETH
THERAPY
VEGETABLE
WELLBEING