



Normandy Manor Times

Volume 54
October, 2011

22709 Lake Road, Rocky River, Ohio 44116
Editor-in-Chief/Layout Design, Lori Lancaster

End of Summer Picnic, 2011



From The Desk of....



***Matthew Shula,
Administrator***

Normandy Manor will be participating again this year in the Ohio Department of Aging's Nursing Home Resident Satisfaction Survey project. A company with expertise in long-term care has been selected to send specially trained interviewers in the next few weeks to talk with our residents. The interviews will take about 15 – 20 minutes. The information will be compiled and is used to benchmark Normandy Manor against all Ohio facilities. Facilities that score above the state average receive additional Medicaid funding. The information will be reported on the Ohio Department of Aging's web site in the Consumer Guide. We will also receive a report of our findings and will use the information we receive to improve our residents' quality of life.

These interviews are strictly voluntary. Please contact me if you prefer that your loved one not participate in this survey.

Thank you for the opportunity to provide service to you and your loved ones.

UPCOMING EVENTS

October 1st **Barber Shop Chorus** will perform at 10:30am.

October 13th **Access to the Arts & Resident Birthday Party** at 2:30pm.

October 15th **Accordion with Pat Tamburro** at 2:30 pm.

October 27th **Staff & Resident Halloween Party in the Main Dining Room** at 2:30 pm.

October 29th **Children's Halloween Party with G-Wiz** at 10am with **Trick-or-Treating** with our residents at 11am.

A Special Thanks To **Harbor Light Hospice** for providing **Hymns** on October 14th at 10:30am

&

Crossroads Hospice for providing **Sunday Fellowship Services** on October 9th and October 16th at 10:15am.

November 10th **Veteran's Celebration & Pinning Ceremony** with **Crossroads Hospice** at 10:30am and **Access To The Arts** at 2:30pm.

November 12th Music with **Holly Prather** at 2:30pm.

November 15th **Metropolitan Chorus** in the Main Dining Room at 7:15pm.

November 19th Music with **Pat Tamburro**

November 20th **Thanksgiving Celebration** will be a lunch time meal. Each resident may invite 2 guests. We'll also enjoy music with the **Shifty Drifters** at 2:30pm.

November 29th **Rocky River Community Chorus** at 7:15pm.

PAST EVENTS

September 2nd Residents loved the **Van Trip to Ohio's Amish Country**. They had lunch at **Der Dutchman** & they all enjoyed the Amish experience.

September 8th The **Resident & Family picnic** was fun for all, even though the rain chased us inside. BJ prepared a wonderful chicken dinner and we enjoyed music with **Johnny & his band and Miles Bozen!**

September 9th The fundraiser for **United Way** was a success. Despite the weather, the picnic at **Huntington Bank** was nice.

September 16th We all enjoyed the animals of the **RainForest exhibit** at the **Cleveland Zoo**.

September 23rd Some of the Residents had never been to the **Browns Stadium** until we took this tour. Most were amazed at the new facility!



RESIDENTS OF THE MONTH

Mabel Winch & Tom Ayling

Mabel, a native from Westchester, New York, has always had a love for art and earned a Bachelor of Fine Arts degree from Centenary College in New Jersey. Mabel's goal to become an art teacher did not come to fruition, but her passion for painting and sculpting remained a pivotal part of her life. As the daughter of Drexel Drake, who was the author of the radio serial known as "The Falcon" and many mystery novels, creativity seemed to be a natural part of Mabel's being. Mabel was married to Alan, a businessman from Cleveland, causing her to leave behind her New York lifestyle. Alan and Mabel settled in Cleveland and had one daughter, Valerie.

Tom, born and raised in Jersey City, New Jersey, first met Mable in 1936 when he started dating her college roommate Barbara, whom he later married. He earned a Bachelor's Degree from Pratt Institute in engineering. With his engineering degree, Tom had worked as a draftsman in a shipyard for Gibbs & Cox during World War II. During the years he worked on Naval Destroyers he even spent a brief time getting to know Franklin Delano Roosevelt Jr., who was a Naval Captain. Tom also recalls one memory when out in the Atlantic Ocean testing the Destroyer that the crew was chased by a German U-boat, but safely escaped back into U.S. waters.

Tom appreciated his time as an engineer but knew it was not his passion. With the support of his wife, Tom went back to school to become a well-respected psychotherapist. He earned a Master's in Psychology from St. John's University and a Doctorate in Philosophy of Human Behavior from Newport University in

California. He dedicated his career to helping others with obsessions, phobias and other psychological stressors. He owned his own practice in Florida where he lived with his wife and son, Tom. When Barbara was diagnosed with Alzheimer's disease, Tom remained a supportive presence and stayed by her side until she passed. Tom then started an Alzheimer's support group in Florida and worked to create understanding and assistance for those loved ones and caretakers battling this complicated disease.

Despite being someone that supported others, Tom also needed the support and understanding of a compassionate person. Mabel, whose husband had also previously passed, invited her dear friend Tom to come visit. As Tom himself likes to say, "I came to visit and I never left". Together Tom and Mabel had a lifetime of friendship, helping to raise each others' children and supporting one another throughout the deaths of their respective spouses. Tom and Mabel were snow birds for many years, as they would winter in Florida and return to the Normandy apartments for Cleveland's more welcoming seasons. In October, 2002, Tom and Mable had a Commitment Ceremony at St. Luke's Episcopal Church in Florida to bless their union as a couple.

Mable with her kind heart and bubbly personality and Tom with his gentle spirit moved from the Normandy apartments to Normandy Manor. Mabel seems to always smile, even when sleeping, and Tom enjoys reading, relaxing and telling stories to anyone willing to take the time to listen. Tom expresses that "This has been a really great life, I have no complaints and we have a good thing going for us."

Influenza Season Is Here

The summer is over and we can look forward to the weather changing and the leaves falling. I would like all residents and staff to start thinking about the flu season.

Seasonal influenza vaccination is the most important way of preventing seasonal influenza virus infections and potentially severe complications, including death. The Advisory Committee on Immunization Practices recommends the annual vaccination of:

- *Individuals age 65 & older*
- *Anyone who has a serious long-term health problem such as heart disease, lung disease, asthma, kidney disease, metabolic disease and/or blood disorder*
- *Individuals who want to reduce their risk of catching the flu*



Side effects may include mild fever, aches and/or a local reaction at the injection site. These side effects generally last only a day or two. Severe side effects, although rare, may include high fever, difficulty breathing, hoarseness, wheezing, hives, paleness, weakness or dizziness. Life threatening allergic reactions are extremely rare. Individuals with a history of Guillaine-Barre Syndrome, a past history of severe

October 15th is Sweetest Day



In honor of this holiday that we use to celebrate our “Sweetest” I thought you might enjoy how a group of 4 – 8 years olds responded to the question “What does love mean?” The answers were broader and deeper than anyone could have imagined...

When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love. Rebecca – age 8

When someone loves you, the way they say your name is different. You know that your name is safe in their mouth.

Billy – age 4

Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other. Karl – age 5

Love is what makes you smile when you're tired. Terri – age 4

Love is when mommy gives daddy the best piece of chicken.

Elaine – age 5

If you want to learn to love better, you should start with a friend you hate. Nikka – age 6

Love is when you tell a guy you like his shirt, then he wears it everyday. Noelle – age 7

Love is like a little old woman and a little old man who are still friends even after they know each other so well.

Tommy-age 6

Love is when your puppy licks your face even after you left him alone all day. Mary Ann – age 4

Congratulations

The following employees
Have received a
"Take a BOW" award

Mike Pachniuk, STNA

Thanks for going out of your way to help a resident that wasn't on his assignment. Thanks again.

Suzanne Morgan, STNA

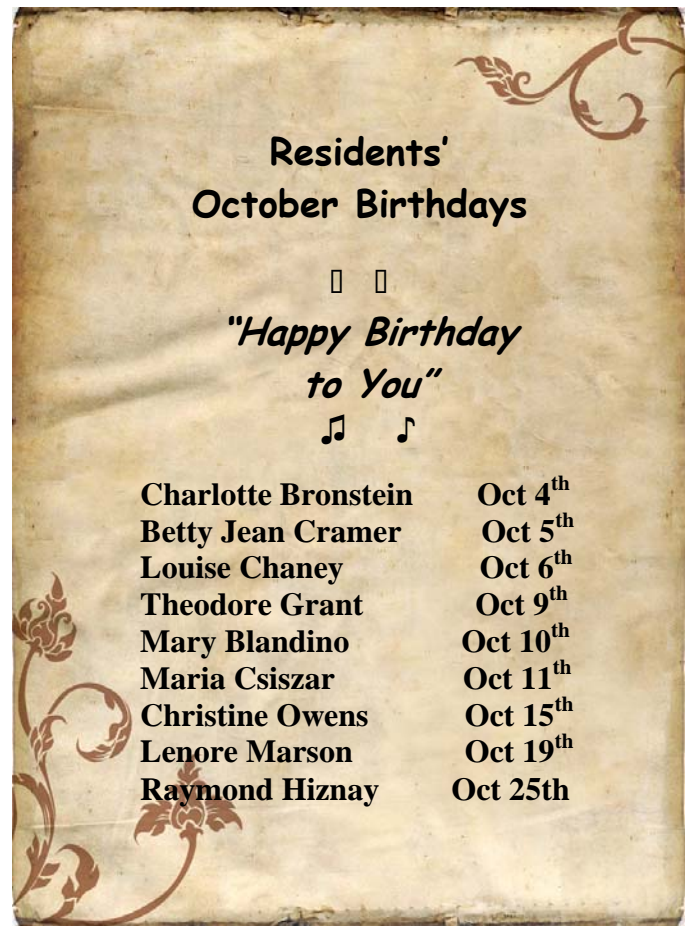
Suzie is amazing and always willing to lend a helping hand to anyone in need. She has helped me many times and has a great heart. I'm happy to work with her and she is a great asset to the Normandy!

Ed Escalante, Housekeeping

A special thank you to Ed for getting a resident out of his room between wax coats so the resident could go to church Sunday. Ed went even higher by taking the resident all the way to the church service. Thank you so much! It meant a lot to the resident.

Lakeisha Wilson, STNA

Among many others, Lakeisha services Room 305. Lakeisha is one of the most pleasant and efficient staff members I have come to know. Not only is she very conscientious and dedicated to meeting the needs of resident, both long term and rehab, but always visible is that it comes from the heart. Her friendly demeanor and smile are ever present and sincere. In summation, the words dedicated and committed, coupled to deep regard for residents describes Lakeisha.



The Normandy Manor Staff

Administrator	Matt Shula
Director of Nursing	Louise Darling
Admissions Director	Jessica McNeill
Activities Director	Tammy Danilovic
Administrative Assistant	Cindy Ward
Controller	David Rodgers
Dietary Manager	BJ Riegelsberger
Dietitian	Sandee Hebert
Environmental Services	Curtis Cole
Maintenance Director	John Rhoades
Rehab Services Director	Ellen Straub
Social Work	Megan Bean

Medicare open-enrollment begins October 15th this year. New and returning beneficiaries should review all their options during this period, which ends December 7th. Centers for Medicare & Medicaid announced that average premiums and office visits and drug co-pays will decrease. This means that if you're enrolled in one of Medicare's optional drug plans or private insurance plans, you should shop around. If you have questions about your options during the open-enrollment process, please feel free to contact our Billing Specialist, Patti Stoker.

The Normandy Manor
22709 Lake Rd.
Rocky River, Ohio 44116