



Healthy, Happy Hearts

Back in 1963, at a time when more than half of the deaths in the U.S. were caused by cardiovascular disease, President Lyndon B. Johnson proclaimed February to be American Heart Month. He urged the American public to take an active interest in their heart health, and to support programs designed to improve cardiovascular health. While we agree that programs that promote healthy diet and exercise are key to maintaining a healthy heart and fighting heart disease, at our campus, we also believe that a healthy heart is one that is nourished by meaningful relationships and opportunities to socialize with others.

Many scientific publications support this belief, such as *Greater Good Magazine*, published by UC Berkley. In a recent article, *Greater Good* stated that "...both our health and our social capital tend to decline as we age. We retire from jobs, lose friends and spouses to death and illness, and see family members move out of the area – all of which can sharply reduce daily social interactions and stimulation, which in turn has a direct impact on mental and physical health."

For the good of our hearts, it's important to stay social. That's why we offer so many programs at our campus aimed to meet our residents' needs for socialization and fulfillment. Through our **Living Arts** program, our residents can share stories, express themselves, and learn things about their friends and neighbors by creating art through many different mediums, ...continued on back page

Richland Manor 

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February 2018

Did You Know? According to McKnight's Senior Living, "Physical and mental well-being, belonging and recognition, favorite activities and spirituality are key to promoting meaning and purpose in life, according to a series of interviews with nursing home residents published in *BMC Geriatrics*." At our campus, we strive to fulfill these aspects of our residents' lives every day. If you would like to help us care for the hearts of our residents, consider volunteering today. We think you'll find that your heart will thank you. Contact our Executive Director to learn how you can get involved!

Happy Birthday!

February 09

Sandra W.

Theme of February

The Love in our Hearts

Sunday Brunch

February 25th

Taste of Town

Luke's n February 13th

Executive Luncheon

The Executive Luncheon is on Wednesday, January 16th starting at 1:00pm.

Community Event

We are preparing for our move to Delphos. All community events will be mailed to family's as soon as possible.

Volunteer News

We would like to thank all of our volunteers and wish them a Happy Valentine's Day. Thank you for all you do.

Did You Know...?

Happy hour is weekly every Friday from 3-4 pm come join in the fun with us.

Executive Director Corner



Greetings from Richland Manor!

As you probably know, the landscape of healthcare, and of senior living, is changing all the time. It's important that providers stay abreast of the latest changes so that we can deliver the best service to our residents and their families. When I am reading senior living publications, I not only come across helpful information but an affirmation that our programs and services are truly helping our residents live life to the fullest.

Recently, McKnight's Senior Living published an article entitled 'Friendships Help Inoculate Residents against Mental Decline.' This article cites a study conducted by Northwestern University researchers that found that seniors who enjoy fulfilling interpersonal

relationships have healthier brains. This isn't the first study that has put forth this claim, and I am betting that it won't be the last.

At our campus, we have always prided ourselves on the opportunities for socialization that we provide our residents, from hosting fun (and delicious!) Happy Hours, to group outings around town and special events such as our Theme Weeks, one of which is taking place this month! Make sure that you're following us on Facebook and Twitter for pictures of these wonderful events. After all, it's one thing to read a study about the benefits of socialization, it's another thing to see the benefits for yourself!

Happy February!

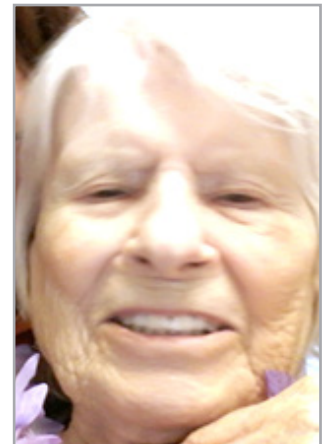
Yours in Service,

Amber Merriman, LNHA
Executive Director

Resident of the Month: *Marguerite (Peg) G.*

Peg was born on March 9th in Lima, Ohio to Eugene and Hazel Christen. She had 4 brothers and 5 sisters. Peg graduated from St. Rose School. She was married to Bob for 63 years before he passed away. They had one daughter, Susan, and a son-in-law, Dale R. She has one grand dog named Brody. Peg retired from Stolly Insurance. Peg is a member of St. Gerard's Church in Lima, Ohio where she attended mass daily and was involved in the Alter and Rosary Society. She also spent many hours there quietly cleaning and praying. Peg also volunteered at the St. De Paul Society.

She was a member of the Elk Lodge Ladies Auxiliary. Peg and Bob enjoyed going to antique stores and flea markets. They also enjoyed traveling to Michigan in the summer for a few weeks. Peg was a wonderful wife and mother. She was always caring for others. She even took in family members and cared for them. Peg bless you for being such a wonderful and caring soul and thank you for being a part of our Richland Manor Family. Happy Birthday next month!!!!



Cooking Club

Having some fun making Christmas cookies.



Smile of the Month: *Marjorie B.*



Between the twinkle in her eyes and smile we know somethings up.

Enjoying Some Music from the Goldenaires



Resident Christmas Party



Featured Activities

- February 2nd at 3:00
Live music w/ Jerry Phoebus
- February 14th
Valentine Truffles
- February 22
Theme Dinner My Fair Lady

Live A Dream

The Trilogy Foundation grants "Live a Dream" wishes to residents wishing to experience something new or something they have enjoyed in the past. Please contact Life Enrichment for details. Thank you!





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A Trilogy Senior Living Community

A monthly newsletter serving the
residents of Richland Manor

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Executive Director

James Hawk
Director of Health Services

Renee Metzner
Customer Service Representative

Candy Risner
Business Office Manager

Carol Evans
Life Enrichment Director

Casey Deter
Director of Social Services

Rey Ortiz
Director of Food Services

Penny Zuercher
Director of Environmental Services

Becky Nye
Medical Records

Jennifer Steele
MDS Coordinator

Dee Dee Hoffman
Therapy Director

Stay in the Loop  

Keep up with latest campus news
and happenings by following
us on your favorite social networks!

@RichlandManorHC

Richland Manor

We strive to provide the best
customer service and quality care
for our residents. Our Department
Leaders are here to solve any
concerns you may have. In the event
that you need further assistance
with any unresolved concerns, we
encourage you to call the Divisional
Vice President or our Compliance
Line. Matt Haynes, Divisional Vice
President: Matt.Haynes@trilogyhs.com
Compliance Hotline: 800-908-8618,
ext. 2800; or comply@trilogyhs.com

Newsletter Production by
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'Hearts'

...continued from cover

and during our famous **Theme Weeks** (one of which takes place this month!) we go all out to create an immersive experience for our residents based on a theme. During a time in life where many may feel stressed or lonely, coming together to play games, dress up, and share a show-stopping meal has a way of sparking conversations, laughter, and friendships. This year we'll be celebrating classic Broadway musicals, starting with *My Fair Lady*. These programs are just the tip of the iceberg; visitors to our campus will find our residents exercising, besting one another in trivia, learning new skills, and even

listening to live music, depending on the day! Contact our Executive Director to learn more!

Heart health depends in large part on what we put in our bodies, which goes far beyond the food we eat. Throughout our lives, we gather happy moments, make cherished connections and thrive in the company of others. In doing so, we are caring for our hearts.



Word Search

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ACTIVITY
ART
CARDIO
EXERCISE

EXPRESSION
FEBRUARY
GAMES
HEARTS

LONELY
MEAL
MUSIC
PINK

RED
SKILLS
STORIES
VALENTINE