

# news

a tradition of caring



ST. CATHERINE'S MANOR  
OF FINDLAY

Spring 2009

## From Social Service

## Meet Our Restorative Nurse

Kristina Biddle has been an exemplary employee at St. Catherine's Manor of Findlay for over seven years. She started as an STNA, moved to a nursing position in 2003 and is now transitioning into the Restorative Nurse Position. In her first few short weeks in this new position, Kristina has already set goals which include maintaining or improving resident functioning by evaluating existing programs, readjusting the programs and evaluating again. As an aide, Kristina was a resident advocate. As the Restorative Nurse, she continues to be a resident advocate by always reaching for the best in quality care.

Kristina and her husband Troy have two children- Austin, 13 years old, and Alexis, 11 years old. When asked about her hobbies or interests outside of work she quickly replied, "The Kids! I'm a football mom."

As Kristina rebuilds the restorative program, the bladder retraining program, falls reduction program, and the restraint reduction program, we look for great things to come for the residents of St. Catherine's.



Warm weather is right around the corner and we have begun to do spring closet cleaning. Along with the activities department, we will be having a shopping day to help residents' switch their closets to summer clothes. We will be setting up a store and allowing residents to pick out free clothing.

Another upcoming event we are excited about is the Walk to support NAMI (National Alliance for Mental Illness). This will be held on May 16<sup>th</sup> at Riverside Park in Findlay. Staff and residents will participate in this event. If you would like to be a part of this event, please feel free to call for more details.

Resident Service Coordinators:  
Liz Ebanks and Shirley Doyle

Happy Mother's Day ~ May 10<sup>th</sup>



Happy Father's Day ~ June 21<sup>st</sup>

### Promise Yourself...

*To be so strong that nothing can disturb your peace of mind*

*To look at the sunny side of everything and make your optimism come true*

*To think only of the best*

*To be just as enthusiastic about the success of others as you are about your own*

*To forget the mistakes of the past and press on to the greater achievements of the future*

*To give so much time to the improvement of yourself that you have no time to criticize others*

## Exercise and Shoes



Warm weather is on its way and along with your exercise routine from winter, you may need to look at your footwear. Warm weather means sandals and bare feet, but proper footwear is essential to ensure optimal safety in walking (indoors and out), maintaining balance and relieving stress on ankles, knees, hips and back.

Be sure that your shoes open wide enough for easy donning. Use a shoe that has a sole that is supportive and a toe box that is wide enough to accommodate the entire toe region.



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8455 County Road 140  
Findlay, Ohio 45840



*Please be  
sure to visit  
our website*

*at [www.stcatherinesfindlay.com](http://www.stcatherinesfindlay.com). Click  
on "Guest Connect" to send a  
message and we will deliver it for you.  
This is a great way to brighten your  
loved one's day!*

## We need your help!



St. Catherine's Manor of Findlay has elected to participate in NAMIWalks for the Mind of America. On **May 16<sup>th</sup>, 2009**, both **staff and residents will take part in a 5K walk at Riverside Park beginning at 11:00AM**. All proceeds from the NAMIWalks will be used to fund Hancock County mental health programs. This is the first official NAMIWalks to be held in Findlay and we are attempting to fully support this event. **If you interested in pledging funds or joining our walk team, please contact Team Captains Melanie Hopple, or Mark Kline at 419-422-3978.**

### *Please join us...*

*In May we are having a  
theme week to celebrate  
National Nursing Home Week:*



*May 11 - Circus Day*

*May 12 - Country Day*

*May 13 - Beach Day/Resident BBQ*

*May 14 - 80's Day*

*May 15 - Mixed Match Day*

*May 16 - N.A.M.I. Walk at Riverside*

*June 10 - Car Wash Fundraiser*

*June 17 - Fishing Trip*

*June 22 - Fathers Day BBQ*

*July 4 - Independence Day sparklers*

*July 15 - Co-ed Fishing Trip*