



ST. CATHERINE'S MANOR  
OF FOSTORIA

4th Quarter 2009

## Resident Spotlight on Stephen Russell

Steve Russell came to St. Catherine's Manor of Fostoria at the end of June following a bad motor vehicle accident. He required extensive therapy for his leg. In an effort to find a highly rated nursing home with a rehab department, Steve searched the internet to find that St. Catherine's was rated a 4 out of 5 stars for quality of care.

Within the first couple of weeks, Steve was very happy with the staff at St. Catherine's and said the quality of care was great. He observed that the nurses and aides interacted very well in the dining area with the long term residents. Mark and Cami were two of his favorite nurse aides, because they were hard working and always made sure he had everything he needed. Steve also mentioned that the entire therapy group was caring and always worked toward his goal of returning home. All in all, his experience at St. Catherine's was more than he had hoped for and he felt the staff was caring, yet professional.



## Welcome Mark Stock

St. Catherine's welcomes Mark Stock as the new Food Service Manager. Mark and his wife Amy currently reside in Carey, Ohio, where he was born and raised. He has three sons; Kevin, 25, residing in Findlay, Ohio; Derek, 18, currently attending Bluffton University; and Jordan, 16, attending Carey High School. Mark also has two step-children, Tyler, 17, and Kristina, 15.

Mark loves sports and has coached Junior High basketball for 20 years, Junior High football for five years and Pee Wee football for two years. He has also coached soccer in Carey for five years. His coaching is the result of being an avid fan of the Carey Blue Devils and Ohio State Buckeyes.

Not only does Mark get enjoyment from sports and running the dietary department, he also likes to interact with the residents at St. Catherine's. Specifically, he loves to sit down and chat with them about their past experiences.

## A Family Thanksgiving

By Karl Fuchs



*Mom and Dad And all the folks  
Who sit around the table,  
All give thanks to the Lord above  
For the fact that we are able  
To have the food and shelter  
We all need to survive,  
And have the love of family  
That makes it good to be alive.*

## FLU PREVENTION TIPS

1. Wash your hands
2. Don't cover your sneezes and coughs with your hands
3. Don't touch your face
4. Drink plenty of fluids
5. Get sufficient sleep
6. Get fresh air
7. Do aerobic exercise regularly
8. Eat foods containing phytochemicals
9. Eat yogurt
10. Don't smoke
11. Cut alcohol consumption
12. Relax





ST. CATHERINE'S MANOR  
OF FOSTORIA

*a tradition of caring*

25 Christopher Drive  
Fostoria, Ohio 44830



**Stay in touch with your loved one!**

Go to [www.stcatherinesfostoria.com](http://www.stcatherinesfostoria.com),  
click on Guest Connect and we will  
deliver your message. This is a great way  
for friends and family to brighten a loved  
one's day or send holiday greetings.

## Cryptosporidium parvum

**The Story:** Fall had arrived and that first chill hit the air, indicating imminent field trips to local apple orchards. Although nothing beats a fresh fall apple, danger was lurking. Patrons of apple orchards in Connecticut, New York, Maine, and Ohio came down with diarrhea, which lasted several days.

**The Culprit:** *Cryptosporidium parvum*. The parasite was actually not traced to consumption of the raw apples, rather to the apple cider. Because *Cryptosporidium* may be present in the fecal matter of farm animals, it can easily be transferred to the soil. Apples that had been dropped on the ground and then used to make unpasteurized cider were the likely cause of contamination.

**The Illness:** Cryptosporidiosis

**How It Spreads:** Fecal-oral contamination.

*Cryptosporidium parvum* is transferred to food by a food worker's contaminated hands. Water that has been contaminated by sewage is also a source of *cryptosporidium* and outbreaks are more common in childcare centers.

**Symptoms:** Cryptosporidiosis can affect the intestines, lungs, or trachea. If it affects the intestines, watery diarrhea will result. Pulmonary or tracheal cryptosporidiosis leads to coughing and is often accompanied by a low fever.

**Commonly Contaminated Foods:** Water, fruits, and vegetables.

**Prevention:** Use properly treated water, wash hands regularly, and send home any food workers with diarrhea.



### St. Catherine's of Fostoria Directory

Dr. Thomas	
Wojciechowski .....	Medical Director
Sarah Eibling .....	Administrator
Paula Kirkpatrick .....	Director of Nursing
Todd Kunkelman .....	Business Office Manager
Anna Dixon .....	Social Service Director
Becky Gonzales .....	Director of Customer Relations
Nancy DeLarosa .....	Environmental Supervisor
Mark Stock .....	Dietary Director
Tara Howard .....	Activities Director