



2535 Fort Amanda Road  
Lima, Ohio 45804

Formerly Shawnee Manor  
and Burton's Ridge

Contact us for  
more information  
(419) 999-2055

Visit us online:  
[www.theridgeatshawnee.com](http://www.theridgeatshawnee.com)

## New Alzheimer's Support Group

### Support for Caregivers of those with Dementia & Alzheimer's

In conjunction with the Alzheimer's Association, we have formed an Alzheimer's Caregiver Support Group.

Employees from The Ridge at Shawnee have volunteered to be facilitators for this open-to-the-public support group. We especially invite you to attend.

**FACILITATORS:** Kris Marker, work phone 567-940-1202 ext. 02139 & Monj Appaya, cell phone: 419-233-8037

Guest experts to speak. We hope you will join us for this Alzheimer's Support Group!

**Where:** HCF Corporate Office  
1100 Shawnee Road, Lima  
**When:** Fourth Tuesday of each month  
**Time:** 6:30 PM  
**Why:** To educate and support those caring for people with dementia or Alzheimer's Disease



#### Upcoming Support Group Dates:

April 27      Sept. 28  
May 25        Oct. 26  
June 22       Nov. 23  
July 27        Dec. 28  
Aug. 24



## news



April • May • June 2010

### From the Administrator

Hello to all,

This is Amy Kentner, the administrator at The Ridge at Shawnee. Spring is here, the weather is starting to become warmer and I think we are finally leaving winter behind us.

Some updates for The Ridge include a new addition to our Medical staff. We want to welcome Dr. Owens to our facility. Dr. Owens is a physiatrist, a medical doctor who specialized in Physical Medicine and Rehabilitation. Most of his daily practice revolves around helping patients with their rehabilitative needs. He is particularly interested in working with people who have suffered neurological trauma, but during a typical day he sees a variety of other injuries and illnesses which require rehabilitation.



Dr. Owens grew up in Van Wert County. He attended Miami University for undergraduate education, followed by medical school at the Medical College of Ohio (now University of Toledo). He finished a residency in the specialty of Physical Medicine and Rehabilitation at The Ohio State University Medical Center in the summer of 2009 and started practicing in Lima with Physical Medicine Associates of NW Ohio in the fall. He enjoys being back in the Lima area and serving the Northwest Ohio community.

Dr. Owens lives with his wife and two children on a farm in the area. They chose to move back to the Lima area where they could be near family and friends. He loves spending his time away from work with his family. He and his wife enjoy running and hope to participate in several races this year.

If you need anything, please contact me or our assistant administrator, Josiah Osborn, and we will help you however we are able.

Sincerely,

Amy Kentner RN, LNHA

### Rainbow Way Begins a Volunteer Program

We, Team Silent Angels of Rainbow Way, would like to include family in your loved one's everyday events. It is our goal to build a team of family volunteers to enhance the time spent in activities during the course of a resident's day. We do not expect these volunteers to do hands-on care like assisting with eating or personal care. Nor do we expect our volunteers to be responsible for our activity schedule. It is our intent to add pleasurable moments to the residents' day and to our volunteers' day. There are a number of areas where we could use special touch-enhanced care. Times, activities, and level of involvement vary, so contact Kris Marker at 419-999-2055 to schedule a time to discuss how you want to volunteer.



*Jim Unverferth visited the residents on February 15 during Coffee Hour. He brought each of the residents that attended a rose! They had a wonderful chat with him.*

## Happy Spring!

*Can you believe I've been here a year?!*

I have met most of you by now and wish to extend the services of the Business Office to those of you who I haven't met yet.

In particular, did you know that we provide all information to the state every year for the resident whose check already comes straight to the facility? In order to remove your burden of maintaining these records for your loved one, we can arrange to have their check come here, whether it is a Social Security check or Pension check! If an insurance premium or other bill needs paid, we can pay that directly out of their Resident Fund Account! When it comes time for their yearly Medicaid Update, we just print out their Resident Fund activity for the past year and send it to Medicaid for them.



Also, just a yearly reminder for those of you who are new to our Care Community, payments for the Patient Liability that Medicaid sets are due the first week of the month. Private Pay payments are due the last week of the month for the upcoming month (advance payment).

If you have any questions concerning the financial aspects of your loved one's stay, please come to me at anytime or call 419-999-2055.

Sincerely,  
Tina Cooper, Business Office Manager

## Spring Cleaning

We are all celebrating the arrival of Spring and all the beauty it brings. Robins chirping, flowers blooming and the ability to play outside. Spring is also a time when the closets at The Ridge at Shawnee are bursting at their seams. Yes, it is that time again when we are requesting that families and friends come and clear out resident belongings. Winter clothes need to be replaced with spring and summer outfits. It is also a time to "spring clean" any other items that may be taking up valuable space in rooms. We have a significant amount of resident belongings boxed up in the basement that need to be retrieved by families. Any help you could give in these areas would be appreciated. You can come in anytime to do this cleaning, and ask any environmental services employee to retrieve items from the basement. If we all work together, our Residents' lives will be enhanced and our ability to care for them improved. Please take the time to assist us in this important task.

Megan Andrews, LSW  
Director of Social Services



## Tips for Helping Alzheimer's Elders with Dining

- One-to-one assistance is best
- Wash your hands and let them wash theirs
- Chat with them even if they cannot respond
- Sit with them, don't stand over them
- Offer a clothing protector
- Aim for a quiet, calm, reassuring atmosphere by limiting noise and other distractions
- Ask the elder which food they would like to eat by pointing to and saying the name of their choices
- Fill their spoon half full, placing the food on the tip of the spoon
- Tell them what is on the spoon each time you offer it
- Feed them slowly, in small amounts and remind them to chew and swallow
- Make sure their mouth is empty before offering more food
- Offer fluids at regular intervals encourage sips not gulps
- Make sure your cues and prompts are very gentle and conducted in a respectful manner
- Keep the elder clean; use a napkin frequently
- Make them feel accepted and loved. Offer a hug or a touch of the hand
- Thank the resident for spending a meal with you

## ACTIVITY HIGHLIGHTS

### APRIL

Friday, April 2 ..... Bake Sale 11- Sold out  
Saturday, April 3 ..... Easter Bunny Visits at 2 p.m.  
Thursday, April 8 ..... 2 p.m. Bill Figley  
Saturday, April 10 ..... Lost and Found 11-2  
Monday, April 12 ..... 10:30 a.m. Coffee Hour with Tim Dehaven  
Tuesday, April 20 ..... 2 p.m. Brian Brenner  
Wednesday, April 21 .. 4-6 p.m. Volunteer Banquet

### MAY

Wednesday, May 5 ..... 2 p.m. Charlotte Wallace  
Saturday, May 8 ..... 2-3:30 p.m. Mother's Day Tea  
May 10-14 National Nursing Home Week  
This year our theme is World Tour! We will be touring five countries including Italy, Africa, Mexico, Germany and Ireland. Check our monthly calendar for all the exciting activities we have planned for this week!

Saturday, May 15 ..... Lost and Found 11-2  
Monday, May 17 ..... 10:30 a.m. Coffee Hour with Allen Co. Museum  
Wednesday, May 19 ... 2 p.m. Steve Price

### JUNE

Wednesday, June 9 .... Trip to Wright Patterson Air Force Base  
Saturday, June 12 ..... Lost and Found 11-2  
Wednesday, June 16 .. 2 p.m. Wayne Hobbs  
Saturday, June 19 ..... 8-9:30 Father's Day Breakfast  
Monday, June 21 ..... 2 p.m. Happy Days  
Wednesday, June 23 .. Monica Stevens Group



*Clara Brenneman and daughter work together to carry on the family hobby of quilting.*

*Red Hatters playing card bingo during there Red Hatter's meeting!*

## Around the Manor



*Facility dog, Bella, was born with snow dog genes!*

*Helen passes the dreary winter by relaxin' with the newspaper.*



*Dorothy shows off one of her aprons during a family meatloaf carry-in on Rainbow Way.*

