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Skilled Nursing and Rehabilitation, Assisted Living, Alzheimer's Care, Outpatient Therapy, Acorn Childcare Center

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MEET NADIA!

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Avon Oaks had the pleasure of meeting and working with Nadia this summer. Nadia is 17 and a junior at North Ridgeville High School. Nadia is part of the United Cerebral Palsy Foundation which works with families throughout Lorain County to provide services to individuals with disabilities to afford them equal opportunities in daily living, work and community settings.

UCP of Greater Cleveland serves over 1,100 children and adults every year. While the agency initially served only children with cerebral palsy, they are now a network of support for people with a wide spectrum of disabilities including but not limited to, cerebral palsy, spina bifida, traumatic brain injury, spinal cord injury, muscular dystrophy, intellectual disability, autism spectrum disorder, among others.

Nadia worked at Avon Oaks in our assisted living for three weeks assisting the staff with resident laundry, housekeeping and dining services. There was nothing that Nadia did not like about Avon Oaks. She became very close with one of our residents Frank Bommer; they hit it off from the start. She loved our community cat "Callie" and the pink lemonade that she drank on her breaks.

She has two brothers and a sister, also a Great Dane dog named Buster. Her favorite Color is red.

Now that her work program is complete for the summer, she plans on cleaning her garage with her brother, watching Netflix and riding her bike. She will also be attending "Camp Cheerful" for the next 5 weeks. Camp Cheerful is day camp for children and adults with disabilities. At camp they participate in a variety of recreational activities that encourage confidence and independence.



Frank Bommer and Nadia

When Nadia isn't at work or at camp she enjoys watching movies on Netflix. She also likes to watch the Cleveland Indians and the Cleveland Cavaliers. She enjoys listening to music and Michael Jackson is one of her favorite artists. She loves to dance to his music.

Nadia's mother said Nadia enjoyed working at Avon Oaks very much and hopes to return next summer, as do the staff and residents of the assisted living. Nadia is a hard worker and we wish her a happy and healthy rest of the summer.

BIRTHDAYS RESIDENTS AND STAFF

Sharon Parham	8/2
Verda Stepanek	8/3
Frank Bommer	8/3
Robert Conaway	8/5
Delma Cook	8/6
Wilma Guthrie	8/7
Lucy Consolo	8/10
Sally Artler	8/17
James Turritin	8/17
Helen Shullick	8/18
Annie Butcher	8/22
Bernadette Gallagher	8/28



Joshua Barth	8/1
Jade Amanse	8/11
Sarah Hickey	8/13
Brad Sale	8/13
Rechele Surratt	8/15
Emily Bittala	8/17
Yvonne Williams	8/19
Jessica Krepps	8/20
Angela Brooks	8/21
Joe Ocasio	8/22
Brittany Carte	8/26
Racquel Beckham	8/26
Julie Cardona	8/28
Kathleen Grady	8/30

National Ice Cream Sandwich Day	2nd
Bambi's Birthday	13th
Anniversary of the "Wizard of Oz"	25th



DIRT FROM THE GARDENS



Happy Birthday
 Frank Bommer August 3rd
 Anne Ginnane August 6th

Therapy Success Story - Peggy Ropelewski

Peggy Ropelewski came to Avon Oaks after a 2 month stay in the hospital due to an infection in her blood. Peggy was so ill she was not able to eat and had a feeding tube through her abdomen to supply her with nutrients. Peggy had a great deal of work ahead of her. She needed to be able to walk unlimited distances without a device, get in and out of bed, dress herself, transfer by herself, go up and down 14 steps with 1 handrail and learn how to eat again. For inspiration Peggy's husband bought her ruby slippers; because there is no place like home. Those slippers were placed on Peggy's TV so she did not forget her goal, to walk out of Avon Oaks with 2 inch heeled ruby red slippers on and return home.

Peggy was so weak she was unable to sit up in bed. She started therapy in her room with supine leg exercises and arm exercises. As Peggy started to get a little stronger, she sat edge of bed which took two persons to hold her up. She progressed to one person assist, sitting up to 1- 2 minutes. After a couple more weeks, she was able to sit edge of bed for 10 minutes all by herself.

Peggy then progressed to standing at the edge of bed but only for a few seconds. But each day seconds turned into minutes. Once Peggy started standing longer she started coming down to the therapy gym. Next step was to start taking steps in the parallel bars. Peggy was initially only able to take a couple steps in the parallel bars. Following intense physical therapy, Peggy progressed to the point of walking with a front wheeled walker. Every day she would walk even further. Peggy started walking all around the building with her walker. She even got so good and strong that she started to walk with a cane.

So to make things even harder Peggy had to get up and down her steps, which were an eight inch step, higher than normal steps of course. Peggy stood at her walker with weights on her legs and marched in place to get her legs stronger to get up those steps. She started practicing in the parallel bars with 1 step, then to progressed to 5 steps and finally up and down 14 steps with one handrail and a cane.

As Peggy progressed in Physical and Occupational therapy she was also working with speech therapy to strengthen her tongue with swallowing exercises. With a lot of hard work Peggy started eating regular food again.

So after 80 days, with incredible work and determination, Peggy Ropelewski put on those ruby red slippers, clicked her heels and walked out of Avon Oaks. As the story goes "There is no place like home."



Acorn Childcare

What's falling from the Acorn Tree??



August Birthday's

Henry Peet	8-9-16
Austin Schreck	8-12-11
Jason Pfeil	8-19-11

Upcoming Closing

We will be CLOSED on September 4, 2017 for Labor Day!



Spirit Week

- 8/14 Pajama Day
- 8/15 Rock Star Day
- 8/16 Backwards Day
- 8/17 Favorite Color Day
- 8/18 Crazy Sock/Picnic Day



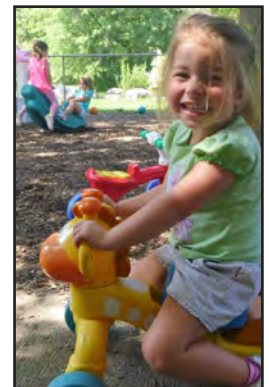
Bake Sale

Friday, August 18th, 2017



Best Wishes!!!

We said goodbye to Miss Brittney on July 25th. We wish her the best of luck. Congratulations on your new career path. Don't forget to stop by and visit!!!



Alzheimer's Walk 2017 Frequently Asked Questions...

Saturday, September 23, 2017

Where do the funds go?

All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law.

Do I have to register in order to Walk?

Yes, we want to know you're walking with us and need every walker to sign a standard waiver through their official registration. There is no registration fee for Walk. However, we ask every walker to make a personal donation and commit to raising funds in the fight against Alzheimer's.

Do I need to register my children for Walk?

Yes, children should register. Parents/guardians can register children online or complete an offline registration form and sign the waiver on behalf of the child.

Does every walker get a T-shirt?

Every registered participant will receive a T-shirt after achieving the fundraising minimum of \$100. Unless otherwise communicated, T-shirts will be available for pick up on Walk day.

How do I get my offline donations to show up on my personal fundraising Web page?

Donations can be made offline by submitting a check or money order by mail or hand-delivering to the local Alzheimer's Association office. Be sure to include your offline donation form, which can be found in your Participant Center or on your fundraising Web page, to make sure you receive credit for the donation. Donations typically take 1-2 weeks to show up on your Web page.

Are pets, strollers, bicycles and skates allowed on Walk day?

We do allow strollers, but for everyone's safety, we discourage skateboards, bicycles, inline skates and wheelie footwear. Depending on the Walk location rules, well-behaved dogs are welcome, but must be on a leash at all times.

What happens if it rains?

Walk is a rain or shine event. However, in the case of severe weather, we will cancel. If this is the case, we will update our Walk homepage on or before the morning of the event.

Do You Know Your Rights?

- To get up and go to bed in accordance with the resident's reasonable requests, if the resident does not disturb others or the posted meal schedules and upon the home's request remains in a supervised area, unless not medically advisable as documented by the attending physician.
- To observe religious obligations and activities, maintain individual and cultural identity, and participate in social and community groups at the resident's or group's initiative.
- Upon reasonable request to private and unrestricted communications with the residents family, social worker, and any other person, unless not medically advisable as documented in the resident's medical record by the attending physician, except that communications with public officials or with the resident's attorney or physician shall not be restricted. Private and unrestricted communications shall include, but are not limited to, the right to: receiving, sending, and mailing sealed, unopened correspondence; reasonable access to a telephone for private communications; private visits at any reasonable hour

Alzheimer's Memory Walk Fundraisers

You might have noticed by the Receptionist Desk in the Lobby of the nursing home that over the last several months there have been several fundraisers going on to help raise money for the Annual Alzheimer's Memory Walk. All **Malley's Bar** sales from now until the walk in September goes directly towards the walk. We are also selling "**Purple Flowers**" for a \$1.00 each. This month we are adding a "**Football Party**" **Raffle Basket**. Those tickets will be \$1.00/chance or \$5.00/6 chances. The basket will be at the Receptionist's desk. So stop by anytime to either buy a candy bar, purple flower or a raffle ticket! **Plus, look for details coming out soon about the Avon Oaks Memory Walk Team and how you can be a part of it!!! This year's walk will be on September 23rd in Oberlin Square again!**

August 2017 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rosary & Holy Communion 10:00 Out to A Movie TBA Get Fit with Mo 2:30 HodgePodge of Trivia 3:00	2 Ice Cream Sandwich Social w/kids from Day Care 10:30 Bingo 2:15 - 3:15 Hospitality & Room to Room Visits 4:00	3 Morning Matinee 10:00 Bingo 2:15 - 3:15 Hospitality & Room to Room Visits 4:00	4 Music Class with the kids Inside Day Care 10:15 Catholic Mass by Fr. C 2:30 Special Guest: Trish the Storyteller 3:00	5 Sweet Treat Room to Room 10:30 The Price is Right Guessing Game 2:30
6 Church Service 10:00 Root Beer Floats & A Summer Movie 2:30	7 "Bat A Balloon" Game 10:30 Bingo 2:15 - 3:15 Hospitality & Room to Room Visits 4:00	8 Fitgo Game 10:15 Bingo 2:15 - 3:15 Hospitality & Room to Room Visits 4:00	9 Pinochle Club 10:00 Tic Tac Toss Game w/kids 10:30 Get Fit with Mo 2:30 "Songs of Road, River & Rail" Sing-a-long 3:00	10 Morning Courtyard Chat 10:30 Bingo 2:15 - 3:45 Bible Study 7:00	11 Cornhole Game with the kids from Day Care 10:30 Bingo 2:15 - 3:15 Hospitality & Room to Room Visits 4:00	12 Sweet Treat Room to Room 10:30 Musical Guest: Wally Maxima 2:00
13 Church Service 10:00 Summer Water Globe Craft 2:30	14 Movin' to Music 10:30 Choir Practice 2:30 Hospitality/Room Visits 3:45 Men's Night: Dinner & Classic Car Video 5:30	15 Rosary/Communion 10:00 Pinochle Club 10:45 MusicTherapy: Patsy Kline 2:00 Hospitality/Room Visits 3:45 Bingo 7:00 - 8:00	16 Pool Noodle Game with the kids from Day Care 10:30 Get Fit with Mo 2:30 Price is Right Game 3:00 Hospitality/Room Visits 4:00	17 Mass Choir Practice 10:30 Catholic Mass by Fr. D 11:00 Bingo 2:15 - 3:15 Hospitality/Room Visits 4:00 Evening Courtyard Chat 7:00	18 Music Class with the kids Inside Day Care 10:15 Bingo 2:15 - 3:15 Hospitality & Room to Room Visits 4:00	19 Sweet Treat Room to Room 10:30 Happy Hour & Video Special: Willie Nelson 2:30
20 Church Service 10:00 The Price is Right Guessing Game 2:30	21 "Bat A Balloon" Game 10:30 Choir Practice 2:30 Resident Council 3:30	22 Rosary/Communion 10:00 Pinochle Club 10:45 "County Fair" Week: Carnival Games with the kids from Day Care 2:45 Bingo 7:00 - 8:00	23 Baking in AL w/the kids 10:15 Out to Lunch TBA Bingo 2:15 - 3:15 Hospitality & Room to Room Visits 4:00	24 Morning Courtyard Chat 10:15 Get Fit with Mo 2:30 Spelling Bee 3:00 Hospitality & Room to Room Visits 4:00	25 Summer Movie with the kids from Day Care 10:00 Bingo 2:15 - 3:15 Hospitality & Room to Room Visits 4:00	26 Sweet Treat Room to Room 10:30 "Saturday Matinee" Game 2:30
27 Church Service 10:00 The Price is Right Guessing Game 2:30	28 Movin' to Music 10:30 Choir Practice 2:30 Hospitality & Room to Room Visits 3:45 Bingo 7:00 - 8:00	29 Rosary/Communion 10:00 Music Therapy: George Jones & Friends 2:00 Musical Guest: John & "Darla" 7:00	30 Horseshoes Game w/kids 10:30 Out to the Casino TBA Get Fit with Mo 2:30 "Pet-A-Pet" by the Visiting Angels & APL 3:00	31 Morning Matinee 10:00 Pinochle Club 10:15 Bingo 2:15 - 3:45 Bible Study 7:00		