

OAKVIEW MEDICAL CARE FACILITY

MARCH 2019

March is National Nutrition Month.

National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall wellbeing; as well as losing weight or staying at your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes.

The American Dietetic Association (ADA) is an advocate in getting the message to the public organizing educational events held in schools and health care centers.

Oakview is fortunate to have Beth Nicholson, a Registered Dietician who consults regularly to monitor our resident's nutrition. Dawn Wymer, the Director of our Dietary Department and her staff plan and prepare great meals daily. Our Dietary Department does a great job and I would like to take this opportunity to thank them for their continued commitment to excellent nutrition and meals.

Happy Nutrition Month!

Jannice Lamm, Oakview Administrator



Apple Cinnamon Baked Oatmeal Recipe

This make-ahead dish is handy to heat up and have for a quick healthy breakfast or snack. You can add a touch more brown sugar if you like it sweeter and a splash of milk for more creaminess.

Ingredients

| | |
|------------------------------------|----------------------------------|
| 1½ cups fat-free milk or soy milk | ½ cup packed brown sugar |
| ½ cup egg substitute or egg whites | 1 tablespoon melted margarine |
| ½ teaspoon cinnamon | 2 cups rolled oats (not instant) |
| 1 teaspoon baking powder | 1½ cups chopped apples |

Directions

1. Preheat oven to 350°F.
2. In a small bowl mix the milk, brown sugar, egg substitute/whites, margarine and cinnamon.
3. In a larger bowl combine the oats and the baking powder.
4. Pour the wet mixture into the bowl with the oats; add the apples and stir to combine.
5. Spoon the mixture into a 8-by-8-inch pan coated with cooking spray and bake for 30 to 40 minutes, until top is firm and a toothpick comes out clean in the center.

Nutrition Information: Serving size: 1 square Serves 9

Calories: 160; Total fat: 3g; Saturated fat: < 1g; Sodium: 80mg; Total Carbohydrate: 30g; Dietary Fiber: 3g; Sugars: 18g; Protein 4g; Vitamin A: 248 IU; Vitamin C: 1.5 mg; Calcium: 56mg.

March Happenings

3/1- Banana Cream Pie social at 3:30

3/5- Mardi Gras Party and Paczkis at 3:30

3/8- Charlie Cole and a King Cake Social

3/10- Daylight saving time- time to spring forward 1hr

3/12- Monthly Birthday Party at 2:30

3/14- Music with Charity at 11 am

3/15- Irish Soda Bread Social at 3:30

3/17- St. Patricks Day and shamrock shakes at 2:30

3/19- Marek Music Makers at 2:30

3/20- Spring Begins

3/21- Healing Grace Ministeries at 2:30

3/24- Jeff Stakenas at 2:30



Centennial Memories

A 100 years ago on March 15th, the American Legion was formed in Paris. At the end of World War I, thousands of American soldiers were virtually trapped in France, waiting for a way to return home. Lt. Col. Theodore Roosevelt Jr., eldest son of President Roosevelt, felt the establishment of a veteran's organization would boost morale, and he was right. The society was founded at an American club in Paris by members of the American Expeditionary Forces.





We had our Valentines box contest again this year. The good ship lollipop won this year made by 2nd shift nursing. Everyone had fun enjoying the creativity.



March is National Social Work Month

Celebrated each March, National Professional Social Work Month is an opportunity for social workers across the country to turn the spotlight on the profession and highlight the important contributions they make to society. The theme for Social Work Month this year is "Elevate Social Work" Our nation's more than 600,000 social workers have amazing tenacity and talent. They confront some of the most challenging issues facing individuals, families, communities and society and forge solutions that help people reach their full potential and make our nation a better place to live. Oakview is very fortunate to have a dedicated Social Services Department available to help and support the residents and family members. The three members include Mary Jo Claire, Director of Social Services/SLC Unit Manager; Heidi Adams, Social Work Case Manager and Natasha Swihart, Social Work Case Manager.

**SOCIAL
WORK
MONTH**

March Birthdays

Residents

| | |
|------------------|------|
| Barb Gutshke | 3/3 |
| Mary Carlson | 3/5 |
| Robert Pinkerton | 3/12 |
| Christine Olson | 3/13 |
| Bob Courtright | 3/18 |
| Jim Haranda | 3/31 |

Employees

| | |
|-----------------|------|
| Emily Casperson | 3/3 |
| Megan Hill | 3/15 |
| Jaime Padron | 3/19 |
| Donna McDermott | 3/21 |
| Kim Padron | 3/21 |



Every month, we will include one of the Resident Rights or Responsibilities as written in Oakview's "Residents Rights and Responsibilities" policy. We want our residents and their families to know these important Resident Rights and Responsibilities. If you should have any questions about any of these, please don't hesitate to ask.

O. A patient is entitled to adequate and appropriate **pain and symptom management** as a basic and essential element of his or her medical treatment.

A good laugh and a long sleep are the two best cures for anything.

-Irish Proverb



Resident of
the Month
for March
is Sue Sabin
Congratulations!



March 10, 2019 is Daylight Saving time. Don't forget to turn clocks ahead 1 hr.

