

OAKVIEW MEDICAL CARE FACILITY

MARCH 2020

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

- 3/2 St. Mary's Catholic Church @ 2:30
- 3/5 Jaycee's Bingo @ 3:45
- 3/6 Word Bingo @ 2:30
- 3/10 Resident Birthday Party @ 2:30
- 3/16 Chips and Dip Social @ 3:30
- 3/17 St. Patrick's Day Party @ 2:30
- 3/19 Reading Program with Kids @ 3:30
- 3/20 Movie Matinee- Sister Act @ 2:30
- 3/24 Resident/Family Council @ 2:30
- 3/24 Sloppy Joe Slider Social @ 3:30
- 3/27 Music with Charlie and his Angels @ 2:30
- 3/27 Chicago Party @ 3:30
- 3/30 Dollar Bingo @ 2:00



Lunch Outings

Sign up sheets will be available on
March 1st @ 9am when Activities Opens

- 3/12 Lunch Outing
- 3/19 Lunch Outing
- 3/25 In-house Lunch
- 3/26 Lunch Outing



Sunday, March 8,
is Daylight Saving
time. Don't forget
to turn clocks ahead
1 hr.



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.

3j: A nursing home patient has the right to have his or her parents, if a minor, his or her spouse, next of kin or patient's representative, if an adult, stay at the facility 24 hours a day if the patient is considered terminally ill by the physician responsible for the patient's care or a physician's assistant to whom the physician has delegated the performance of medical care services.

The 3rd Annual Valentine Box Contest

The employees from 11 departments creatively designed Valentine Boxes for the residents and Facebook community to judge.

The winning box from the resident judging was 2nd shift Nursing/CNA with the Elvis Chapel.

The winning box from the Facebook judging was the Activity Department with the Taco.



March Birthdays

Residents

Christine Olson	3/13
Donald Barnett	3/23
Jim Haranda	3/31

Employees

Emily Casperson	3/3
Amber McGinnis	3/10
Megan Hill	3/15
Donna McDermott	3/21
Kim Padron	3/21



Resident of the
month for
March is

Lavonne Kinney

Congratulations!



Employee of the
month for
March is

Sherri Faulkner

Sherri has been a
2nd shift CNA
Just shy of 1 year.

Congratulations!



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 "Social Worker: Generations Strong" 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.

Mardi Gras Celebration



Tony was
Crowned the
Mardi Gras King

Jean was
Crowned the
Mardi Gras Jester



Marilyn was
Crowned the
Mardi Gras Queen



Fun was had by all as we
celebrated Mardi Gras.
Many paczki's were eaten
while enjoying live music
presented by
Mike and Mike.

