

Manor of Fact

New Year's Resolutions: How to Make Them, Keep Them

"New Year's is the only holiday that celebrates the passage of time. Perhaps that's why, as the initial seconds of the year tick away, we become introspective. Inevitably, that introspection turns to thoughts of self-improvement and the annual ritual of making resolutions!"

These words by Gary Ryan Blair, a consultant and coach, describe how we come to make resolutions. Studies show these to be the top 10 resolutions, though not necessarily in this order.

* More than half of Americans resolve to spend more time with family and friends.

* Regular exercise is high on almost everyone's list. It keeps you

healthy, makes you look and feel better.

* Losing weight. To achieve it, set reasonable goals and stay focused on your program.

* Quitting smoking. With many aids now available it is more possible.

* Enjoying life more has become a popular resolution.

* Many people resolve to stop drinking.

* Millions of Americans resolve to get control of their finances this year.

* Doing more volunteer work is on many people's list.

* Learning something new, like a language, computer skills, reading books, or taking a course. It's one of the easiest reso-

lutions to keep.

* Getting organized is on just about everyone's top ten.

Researchers at the University of Washington who have studied the subject for 20 years or more, say this is what you should do in order to keep your resolutions.

1. Have a strong initial commitment to make a change. (Don't just jot down some nice things and expect it to make a difference.)

2. Develop coping strategies to deal with problems that will come up.

3. Keep track of your progress. The more monitoring you do and feedback you get, the better you will do.



REMINDER:
The Business Office of Greenwood Manor will be closed as follows in observance of January holidays.
*Tuesday, January 1
New Year's Day
*Monday, January 21
Martin Luther King, Jr. Day



MAMA'S BOYZ [HTTP://WWW.MAMASBOYZ.COM](http://www.mamasboyz.com) BY JERRY CRAFT



New Visitor Entrance Protocol

(Reprinted from the December, 2007 "Manor of Fact" newsletter)

Today's world is different than we knew it prior to September 11, 2001. The news is filled with phrases such as "Homeland Security", "National Threat Advisory", "National Infrastructure Protection Plan (NIPP)", "Disaster Preparedness" "Emergency Management" and many more. We live in a society of ever increasing security measures.

The changes we are experiencing are a result from risk assessment and of protection roles and responsibilities where preparedness is the key critical factor. No sector of business, government or people is exempt. Thus, Greenwood Manor has been working diligently to assess risk and establish processes to minimize threat.

Greenwood Manor will soon be limiting point of entry to the facility for all visitors. Points of entry will be limited to two doors: (1) **Main Entrance** located at the front of the building facing Dayton-Xenia Road. This entrance will be open to visitors during normal business hours, 8 a.m.-5 p.m., Monday-Friday, and (2) **South East Entrance** located off the main drive at the carport. This entrance will be available at all times; however, will continue to be locked each evening at 8 p.m. Additionally, there will be a guest book to sign. Designated visitor parking will be marked with signage at each point of entry.

In advance, we thank you for your cooperation as we implement change. We understand that change can be interpreted as an inconvenience. But, please accept that our motive for change is for the safety and well-being of your loved one entrusted in our care. And, I think you can agree, based on that reason, change is good.

YOUR HEALTH...

Be Aware of MRSA Infection Risk, But Don't Panic

New statistics show that an estimated 94,000 people developed methicillin-resistant staphylococcus aureus (MRSA) infections in 2005. Most were patients in hospitals and nursing homes.

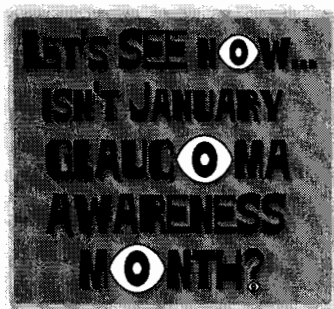
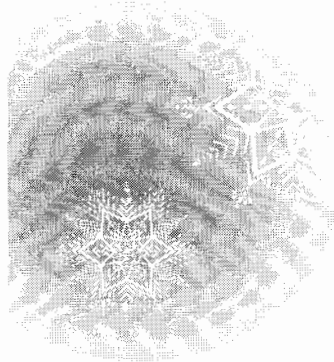
At the same time, 14,000 people contracted the same or a different strain in the community, say researchers for the Centers for Disease Control.

Since the early 1990s, doctors have seen increasing numbers of cases in the community, probably because of a growing resistance to antibiotics. Some antibiotics, however, still cure MRSA infections when used along with other treatments.

Doctors recommend taking common-sense precautions to prevent MRSA and any other infection.

- * Keep hands clean by washing frequently or using hand sanitizers.
- * Cover skin abrasions or cuts with a clean, dry bandage to prevent infection until the wound is healed.
- * Don't share soap or towels that have come in contact with skin.
- * Keep hands away from the nose.

* Watch for what seems to be a spider bite or pimple that doesn't heal. If it becomes red and swollen or pus is present, see a doctor immediately.



A simple test can save your sight!

Rev. Martin Luther King Jr. Birthday Observance: Remember why January 21 is a Holiday

Everyone loves a holiday, but sometimes we don't remember why a certain day is so important.

January 21 is more than a day that creates a three-day weekend. And its primary purpose is not to give us extra time to sleep, catch up on chores, or go shopping.

Rather, it is a holiday so we can honor a man who spent most of his life trying to show people that each of us, no matter where we come from or what we look like, has value and dignity.

It is more than 40 years since Martin Luther King, Jr. began his work of trying to teach people that we are all one people, all created equal. Still there are people who may not have heard that.

"Diversity" is a word we use often today, but it's just another word for reality. And the reality is we are not just white or just black. Who we are goes beyond what we look like. Those who are called "white" can be part Irish, Dutch, American Indian, German, Scot, or part anything else. Those who are

called "black" can be part African, Italian, Canadian, French, Spanish, or any other nationality. We can all be male or female, educated or uneducated, conservative or liberal.

One of the things Dr. King wanted us to know is that all of us are a little bit of what someone else is, and everyone is a little bit of what we are.

In 1964, Dr. King won the Nobel Peace Prize for his efforts to help us all live together in peace.

On this holiday, we should all take time to remember Dr. King's life and his work. We should think about what can be done to honor it.

January 21 is a holiday for a very important reason.

"I have a dream..."



**"Honoring a Martyr for Peace"
Dr. Martin Luther King Jr.
January 15, 1929 - April 4, 1968**



GO BUCKEYES!

Cabbage has become a New Year's tradition

Cabbage, the plainest Jane of the New Year foods, actually comes from a very colorful plant family.

Brassica oleracea has been cultivated and selectively changed for thousands of years. Today, the cabbage family includes the green, crinkly leafed kale, white cauliflower, green broccoli, and tiny green brussels sprouts. There are a number of forms of cabbage itself, from the white to light green standard cabbage to the savories which come in white, red, green, and brown.

According to the University of Florida extension service, cabbage is relatively low in calories, but it was popular with early civilizations since it grows quickly (about three months)

and tolerates cool temperatures very well. In cooler climates it can be planted in summer and fall. It is a good source of potassium, and vitamins A and C.



Cabbage is one of many foods popular for cooking on New Years. You'll find it part of the menu in Europe, including Germany, Croatia, Bosnia, and many parts of the United States.

New Year's Day Cabbage Soup

Tear a medium head of cabbage into 2-inch pieces and set aside. Braise a half pound of quarter-inch beef cubes (chuck or shoulder) in a skillet with a

small amount of canola oil.

Place 2 10-ounce cans of beef broth in a large crockpot and add 1 can of carrot juice, one half teaspoon of sugar, 1 teaspoon cinnamon, one half teaspoon ground cloves, one half teaspoon ground ginger, 1 cup of sliced carrots, 1 cup of celery, 1 teaspoon celery seed, 1 cup of coarsely-chopped onions, and salt and pepper to taste.

Add the braised meat (in some recipes ham or sausage may be substituted) and cabbage and cook in your crockpot's high setting for 3 hours, stirring occasionally. Reduce temperature and warm.

Accompanied by crackers or your favorite bread, cabbage soup makes for a robust meal on a cold winter's day.

A Tribute to Activity Professionals!

National Activity Professionals Week—January 20-25, 2008

Thank You! (Dedicated to Amy Shade, Activity Coordinator & Sheila Jackson, Assistant)

Thank you for all that you do to improve the quality of life for those who matter the most, your residents! They appreciate it!

Thank you for all your creativity. The residents are thankful.

Thank you for the extra effort you put in to each day.

Thank you for helping out in the dining rooms for meal programs. They need you! The nursing staff does appreciate it!

Thank you for all the special trips and community events. They love being a part of the community.

Thank you for all the effort you put into your volunteer program, it definitely does not happen without you!

Thank you for smiling even when you don't feel like it.

Thank you for spending time with those residents who can not come out of their rooms. They especially appreciate the pet visits.

Thank you for a great survey. It takes your entire team and a dynamic program.

Thank you for giving all of your self.

Thank you for filling the resident's days with meaningful activities.

Thank you for pushing so hard to get extra special programs approved. The extra effort paid off!

Thank you for all the extra hours you put into planning and implementing elaborate events. It was appreciated!

Thank you for attending seminars and association meetings, even when sometimes you have to use vacation days.

Thank you for supporting other activity professionals.

Thank you for taking a chance and trying something new.

Thank you for dressing up for all those holidays.

Thank you for all the hugs and love you give to them.

Thank you for developing all the children's programs.

Thank you for all the spiritual programs, because it means more to them at this point in their life.

But most of all **Thank You** for dedicating your life to this very special profession, Activity Professionals! We can't imagine any facility without you!

by: Sandra Stimson, Executive Director
Alternative Solutions in Long Term Care

Greenwood Manor Salutes Amy Shade & Sheila Jackson!

Amy Shade, ADC ~ Activity Coordinator & Sheila Jackson ~ Activity Assistant

We Are Activity Professionals

by Sandra Stimson CALA, ADC, CDP

We Are Activity Professionals!

Big hearts, huge bright smiles and enormous compassion,
Creative, innovative and dynamic personalities.
We are blessed to have found this profession!

We Are Activity Professionals!

We don't know how to say "no"! We aim to please at personal sacrifice.

Long days, hectic schedules and stressful events.
We love all of this!

We Are Activity Professionals!

Regulatory changes, tougher surveys and changing populations.

As a group like no other, we evolve, learn and adapt.

We are a tough group and can handle this like no other profession!

We Are Activity Professionals!

They say, "I could never do what you do" and you know what,
They are right!

"They, could never do all that you do!"


We Are Activity Professionals!

Phones ringing, many interruptions and endless demands.
But we demand more ourselves and ask for little in return.
No one can handle all that we do in one day!

We Are Activity Professionals!

Humanity, compassion, humor and strong moral work ethics,
We are the memory creators and the heart of every community.
We are the photo albums filled with new memories!

We Are Activity Professionals!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*This Menu is an abbreviated version of full menu</p> <p>*Dinner menus are in bold print.</p> <p>*Menus are subject to change. Refer to the menu board in the dining room for daily menus.</p> <p>*Residents have the option of an alternative entrée at each meal.</p> <p>*Families and friends may join us for meals.</p> <p>*Full meals are available for \$2.50. Entrées \$1.00</p>	<p>1</p> <p>HAPPY NEW YEARS</p> <p>ROAST PORK</p> <p>WHIPPED POTATOES</p> <p>SAUERKRAUT</p> <p>APPLE CRISP</p> <p>FRIED CHICKEN</p> <p>WHIPPED POTATOES</p> <p>ORIENTAL MIX VEG.</p> <p>FRESH BANANA</p>	<p>2</p> <p>CHEESY HAM & POTATO CASSEROLE</p> <p>BUTTED CAULIFLOWER</p> <p>DICED PEACHES</p> <p>CHILI W/ CRACKERS</p> <p>PEANUT BUTTER SANDWICH</p> <p>SHREDDED CHEESE</p> <p>DICED PEARS</p>	<p>3</p> <p>SCALLOPED CHICKEN</p> <p>WHIPPED POTATOES</p> <p>BUTTERED CARROTS</p> <p>COTTAGE CHEESE</p> <p>MANDARIN ORANGES</p> <p>SALISBURY STEAK</p> <p>BUTTERED POTATOES</p> <p>CREAMED PEAS</p> <p>CHOCOLATE CAKE</p>	<p>4</p> <p>SAUSAGE GRAVY ON BISCUIT</p> <p>FRIED APPLES</p> <p>CHERRY GELATIN CUBES</p> <p>FISH SANDWICH</p> <p>STEAK FRIES</p> <p>COLE SLAW</p> <p>TROPICAL FRUIT</p>	<p>5</p> <p>COUNTRY FRIED STEAK</p> <p>SCALLOPED POTATOES</p> <p>BRUSSEL SPROUTS</p> <p>PINEAPPLE TIDBITS</p> <p>GOULASH</p> <p>CAPRI BLEND VEGETABLES</p> <p>BANANA PUDDING</p>	
<p>6</p> <p>SIDENT CHOICE OF</p> <p>PIZZA OR RAVIOLI</p> <p>TOSSED SALAD OR</p> <p>HOT VEGETABLE</p> <p>GARLIC TOAST</p> <p>FRIITED GELATIN</p> <p>CHICKEN AND DUMPLINGS</p> <p>GREEN BEANS</p> <p>MIXED FRUIT CUP</p>	<p>7</p> <p>PORK CHOP</p> <p>WHIPPED POTATOES</p> <p>BUTTERED BROCCOLI</p> <p>COOKIE</p> <p>SLOPPY JOE ON BUN</p> <p>TATOR TOTS</p> <p>COLE SLAW</p> <p>APRICOTS</p>	<p>8</p> <p>HOAGIE STEAK SANDWICH</p> <p>POTATO WEDGES</p> <p>TOSSED SALAD</p> <p>DICED PEARS</p> <p>HAM & BEANS</p> <p>FRIED POTATOES</p> <p>CORN MUFFIN</p> <p>FRUIT COCKTAIL</p>	<p>9</p> <p>BEEF & NOODLES</p> <p>ITALIAN MIX VEGETABLES</p> <p>COTTAGE CHEESE</p> <p>LEMON BAR</p> <p>CELERY SOUP</p> <p>MEATSPREAD SANDWICH</p> <p>SLICED TOMATOES</p> <p>APPLE CRISP</p>	<p>10</p> <p>SMOKED SAUSAGE</p> <p>BUTTERED POTATOES</p> <p>BUTTERED CABBAGE</p> <p>BREAD PUDDING</p> <p>SALMON PATTIES</p> <p>AUGRATIN POTATOES</p> <p>PEAS & CARROTS</p> <p>GRAPES</p>	<p>11</p> <p>PHILLY STEAK SANDWICH</p> <p>STEAK FRIES</p> <p>SLICED PICKLES</p> <p>SPICE CAKE</p> <p>CHICKEN TENDERS</p> <p>SEASONED RICE</p> <p>HARVARD BEETS</p> <p>ICE CREAM</p>	
<p>13</p> <p>PORK ROAST W/GRVY</p> <p>WHIPPED POTATOES</p> <p>SEASONED GREEN BEANS</p> <p>CHOCOLATE PIE</p> <p>BEEF STEW</p> <p>BISCUIT</p> <p>COTTAGE CHEESE</p> <p>FRUIT CUP</p>	<p>14</p> <p>HAMBURGER ON BUN</p> <p>FRENCH FRIES</p> <p>RELISH CONDIMENTS</p> <p>MANDARIN ORANGES</p> <p>CABBAGE ROLLS</p> <p>BUTTERED POTATOES</p> <p>CHILLED PEARS</p>	<p>15</p> <p>BBQ CHICKEN</p> <p>SCALLOPED POTATOES</p> <p>ORIENTAL MIX VEGETABLE</p> <p>FRUIT CUP</p> <p>CREAM OF TOMATO SOUP</p> <p>CRACKERS</p> <p>GRILLED CHEESE SANDWICH</p> <p>BROWNIE</p>	<p>16</p> <p>CASSEROLE</p> <p>SCANDINAVIAN</p> <p>VEGETABLES</p> <p>CHERRY DELIGHT</p> <p>COUNTRY FRIED STEAK</p> <p>MASHED POTATOES</p> <p>LIMA BEANS</p> <p>PINEAPPLE TIDBITS</p>	<p>17</p> <p>CREAM CHIP BEEF</p> <p>OVER TOAST</p> <p>BABy CARROTS</p> <p>FRUIT CUP</p> <p>CALIF. BAKED PORK CHOPS</p> <p>BUTTERED POTATOES</p> <p>GREEN BEANS</p> <p>GRAPES</p>	<p>18</p> <p>CUBE STEAK</p> <p>BAKED POTATO/SOUR CREAM</p> <p>CUCUMBER SALAD</p> <p>PEACH COBBLER</p> <p>BAKED POLLACK</p> <p>AUGRATIN POTATOES</p> <p>WINTER MIX VEGETABLES</p> <p>CHOCOLATE PUDDING</p>	
<p>20</p> <p>FRIED CHICKEN W/ GRVY</p> <p>SCALLOPED POTATOES</p> <p>SCUCCOTASH</p> <p>APPLE PIE</p> <p>RIBETTE</p> <p>HASH BROWNS</p> <p>BUTTERED CARROTS</p> <p>FRUITED GELATIN</p>	<p>21</p> <p>SALISBURY STEAK W/ GRVY</p> <p>WHIPPED POTATOES</p> <p>SPINACH</p> <p>CHERRY CHIP CAKE</p> <p>TURKEY POT PIE</p> <p>GARDEN SALAD</p> <p>APPLESAUCE</p>	<p>22</p> <p>LASAGNA</p> <p>GARLIC TOAST</p> <p>ORIENTAL MIX VEGETABLES</p> <p>BUTTERSOTCH PUDDING</p> <p>POTATO SOUP</p> <p>HAM&CHEESE SANDWICH</p> <p>PICKLES</p> <p>FRUIT COCKTAIL</p>	<p>23</p> <p>FISH NUGGETS</p> <p>MACARONI & CHEESE</p> <p>STEWED TOMATOES</p> <p>FRUITED GELATIN</p> <p>CHICKEN PATTY</p> <p>OVEN BROWN POTATOES</p> <p>SCALLOPED CORN</p> <p>MANDARIN ORANGES</p>	<p>24</p> <p>HAM & BEANS</p> <p>FRIED POTATOES</p> <p>CORN MUFFIN</p> <p>PICKLED BEETS</p> <p>CHOCOLATE BROWNIE</p> <p>PHILLY STEAK SANDWICH</p> <p>STEAK FRIES</p> <p>SLICED TOMATOES</p> <p>SLICED PEARS</p>	<p>25</p> <p>MEATBALLS IN GRAVY</p> <p>WHIPPED POTATOES</p> <p>SLICED CARROTS</p> <p>SHERBET</p> <p>SMOKED SAUSAGE</p> <p>BUTTERED POTATOES</p> <p>CALIF. MIX VEGETABLES</p> <p>COOKIE</p>	
<p>27</p> <p>ROAST TURKEY W/ GRVY</p> <p>SWEET POTATOES</p> <p>BROCCOLI CUTS</p> <p>PUMPKIN PIE</p> <p>CHEESEBURGER ON BUN</p> <p>RELISH CONDIMENTS</p> <p>TATOR TOTS</p> <p>BANANA</p>	<p>28</p> <p>SPAGHETTI W/ MEATSAUCE</p> <p>ITALIAN MIXED VEGETABLES</p> <p>GARLIC TOAST</p> <p>AMBROSIA</p> <p>CUBE STEAK</p> <p>BAKED POTATOES</p> <p>CALIF. MIX VEGETABLES</p> <p>ICE CREAM</p>	<p>29</p> <p>VEGETABLE SOUP</p> <p>REUBEN SANDWICH</p> <p>SLICED PICKLES</p> <p>GRAPES</p> <p>FRIED CHICKEN</p> <p>WHIPPED POTATOES</p> <p>ORIENTAL MIX VEGETABLE</p> <p>CINNAMON APPLESAUCE</p>	<p>30</p> <p>CHEESY HAM & POTATO CASSEROLE</p> <p>BUTTED CAULIFLOWER</p> <p>DICED PEACHES</p> <p>CHILI W/CRACKERS</p> <p>PEANUT BUTTER SANDWICH</p> <p>SHREDDED CHEESE</p> <p>DICED PEARS</p>	<p>31</p> <p>SCALLOPED CHICKEN</p> <p>WHIPPED POTATOES</p> <p>BUTTERED CARROTS</p> <p>COTTAGE CHEESE</p> <p>MANDARIN ORANGES</p> <p>SALISBURY STEAK</p> <p>BUTTERED POTATOES</p> <p>CREAMED PEAS</p> <p>CHOCOLATE CAKE</p>		

GWM

GREENWOOD MANOR

711 Dayton-Xenia Road
Xenia, Ohio 45385

Phone: 937-562-7550

Fax: 937-562-7593

E-mail: greenwood@co.greene.oh.us



Greenwood Manor is owned and operated by the
Board of Greene County Commissioners (Rick Perales,
President; Ralph Harper, Vice President; Alan Anderson)
EOE/M/F/D

GREENWOOD MANOR TEAM MEMBER
DIRECTORY

Administrator

Denise R. Percival, NHA

Activity Coordinator

Amy Shade, ADC

Dietary Manager

Karen Wendling, DM

Dietetic Technician

Teresa Marcum, DTR

Director of Nursing

Deirdre K. Owsley, RN,C.

Environmental Services

Phil Brown

Fiscal Manager

Kimberly Farmer

Fiscal Support

Nancy Jackson

Medical Director

Dr. Gurjeet Kahlon, MD

Social Services/Admissions

Nancy Grieshop, LSW



**A Manor of Fact is a monthly
publication created and distributed by
Greenwood Manor**

