

September 2021



**Royal Oak**

AN EMBASSY HEALTHCARE COMMUNITY

# Newsletter



## September Activities

- 9/2 Rock And Roll Hall of Fame Anniversary
- 9/6 National Photo Booth Day
- 9/10 Fragrance Friday
- 9/12 Grandparents Day
- 9/14 Tootsie Day
- 9/17 Share A Poem Day
- 9/20 Deaf Awareness Day
- 9/22 Ice Cream Cone Day
- 9/27 Chocolate Milk Day



## *Grandparents Day: September 12*

**One of the biggest blessings you can have in life is grandparents.**

For starters, think about the wealth of knowledge that your grandparents have to share. They are extraordinary people! They have lived many years, and have stories to tell that could expand our horizons. They have seen the world change in many ways. The next time you have a free afternoon ask if they have any “words of wisdom” for you. You’ll be amazed how much practical life advice comes from grandparents.

Having a relationship with your grandparents can be really fun. Many grandparents can be more relaxed than parents and will often spend more time, energy and money on things that parents would never agree to. Grandparents are usually happy to extend bedtime or allow an extra dessert on special occasion.

Many grandparents love to spend time with their grandchildren but are just unsure of how to initiate the relationship. Make an effort to go out of your way this Grandparents Day and get to know each other via in-person visit, text message, video chat or social media! But don’t forget everyone loves to get mail, so get creative and write a letter or create your very own card craft to brighten their day. **You’ll never regret the time and effort you put into spending quality time with your grandparents.**

# A National Day of Service and Remembrance

Saturday, September 11, 2021 marks the 20th anniversary of the World Trade Center terrorist attacks in New York City. Also, known as Patriot Day, it is a tribute to nearly 3,000 lives lost or injured, as well as an opportunity to honor first responders and defenders of our nation's freedom.

An annual ceremony takes place at Ground Zero where the World Trade Center was rebuilt; now the tallest building in the Western hemisphere, with the largest man-made waterfall and two sunken pools, the footprints of the original Twin Towers. The commemoration includes a reading of names and six minutes of silence: two minutes for the moments each tower was hit, two minutes when each fell, one minute for the Pentagon crash and one minute for the crash of flight 93. The commemoration recognizes the hope, resilience and unity of the United States.

# The Power of Courtesy and Kindness



Do you want to become a kinder person?

Here is an affirmation that may help to create a new form of kindness mentality:

***"I am now courteous and kind to everyone I meet."***

Now, what if just seeing another person, automatically triggered this mantra? How would your actions change toward them? How much broader would you smile? How would it change your conversation?

This is simple, yet powerful affirmation and if you use it often enough, you may start to notice many wonderful things may start to happen to you and those around you.

And finally, if enough people start to think this way, ***someday the whole world may see a change.***



## National Healthcare Environmental Services & Housekeeping Week, September 12-18, 2021

Held every year during the second full week of September, Environmental Services Week/International Housekeepers Week is a week dedicated to recognizing the efforts of hard-working custodial staff members. True stars of any building's operation, custodial staff demonstrate the extraordinary teamwork and management required to care for complex healthcare environments around our country.

Cleaning employees have one of the toughest and most important jobs in a building. Buildings that aren't properly cared for can lead to illness and slow

productivity for those who live, work, and eat there. Take some time out of your day to celebrate, appreciate and recognize all the professionals working in your healthcare environmental services.





## Emergency Preparedness Month

No one can prepare your family for a disaster like you can, because you know the personal health needs of your family best.

Get started by knowing the basics:

- Create an emergency water supply of at least one gallon of water per day for each person and pet. A two-week supply is better. Strongly consider storing even more water if you live in a hot climate, for pregnant women, and for family members who are sick.
- Your emergency supplies kit is not a dumping ground for all the forgotten things in your pantry. Take into consideration your family's dietary needs, likes and dislikes, and—of course—any food allergies and medical conditions when choosing foods for your kit.
- Are you one of the many millions of Americans who take a prescription medication as part of your daily routine? If so, be prepared with an ample supply of medications and the devices and supplies necessary to take or administer the prescription.
- Remember to update your supplies every six months and/or if the needs of your family change. Remove, use, and replace any food and store-bought water, prescription medications, and supplies before they expire.
- Invest in emergency lighting, safe heating alternatives, and backup power sources for your cellphone and home-use medical devices.
- Fully charge your cellphone, medical devices, and back-up power sources if you know a disaster, like a hurricane, is likely to strike your area.

Source: [cdc.gov](http://cdc.gov)



Happy Birthday!

### Residents

Helen C	9/2
Robert S	9/2
David Holutiak	9/3
Patricia Clark	9/20
Ann Creakman	9/22
Aurthur Tomlin	9/30

## Resident of the Month: Michael H.

Michael has been a resident here at Royal Oak for 8 months. He is very active, comes to all activities, and is our Resident Council President.



Michael was born and raised in Cleveland and is the third oldest out of eight brothers and sisters. After graduating from St. Ignatius High School he worked at the clerk of courts for 7 years, he owned a roofing and construction company and worked in metal manufacturing as a welder and quality control manager. Michael has one daughter and is very proud of her for achieving her dream of working in physical therapy.



# Royal Oak

AN EMBASSY HEALTHCARE COMMUNITY

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## Leadership Team

### *Activities Director*

*Sherri Bianco*

### *Admissions*

*Yasmine Sorace*

### *Amin Assistant*

*Adriana Morales*

### *Administrator*

*Jennifer Horvatin*

### *Business Office Manager*

*Megan Lawrence*

### *Central Supply*

*Faye Williams*

### *Dietician*

*Anthony Giovinale*

### *Director of Nursing*

*Malinda Fortini*

### *Housekeeping Director*

*Crystal Rose*

### *HR, Payroll, Staffing*

*Crystal Graley*

### *Dietary Director*

*Angela Burton*

### *Maintenance Director*

*Zeke Mooman*

### *MDS Nurse*

*Penny Kinicki*

### *Medical Records*

*Amber Brwn*

### *Social Worker*

*Director Debbie Murphy*

### *Therapy Director*

*Jennifer Suvak*



## Embassy Healthcare

*think embassy*

[embassyhealthcare.net](http://embassyhealthcare.net)

Newsletter Production by PorterOneDesign.com

## September – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

N	V	F	O	C	D	I	S	A	S	T	E	R	Y	T
B	Y	R	I	C	L	V	E	E	V	R	B	E	D	T
F	A	M	I	L	Y	I	W	X	S	K	A	N	Q	W
P	M	B	E	M	E	R	G	E	N	C	Y	V	Y	B
R	H	E	L	P	F	U	L	R	C	G	X	I	J	P
E	T	F	M	K	S	K	X	C	L	R	S	R	S	R
V	K	A	F	O	T	W	P	I	E	A	Y	O	R	E
E	M	L	X	O	R	X	S	S	A	N	H	N	E	P
N	M	L	S	O	R	I	X	E	N	D	Y	M	M	A
T	O	S	U	Q	C	F	A	Q	Y	P	R	E	E	R
C	O	U	R	T	E	S	Y	L	N	A	Y	N	M	E
E	J	F	B	A	L	A	N	C	E	R	R	T	B	D
K	I	U	E	V	C	N	D	P	Y	E	E	L	E	N
A	N	J	R	Z	T	V	R	R	S	N	I	Y	R	A
G	B	W	F	N	R	L	S	Z	J	T	F	G	Y	E

BALANCE    DISASTER    EXERCISE    GRANDPARENT    PREPARED  
 CLEAN    EMERGENCY    FALLS    HELPFUL    PREVENT  
 COURTESY    ENVIRONMENT    FAMILY    MEMORIAL    REMEMBER