



Renee setting up her Grab and Go Meals

HEALTHY HEARTS AND MINDS

BY MELISSA ADAMS

Many American's in the workforce struggle with mental health issues in a given year. With so many of us spending all of our hours at work, places of employment are searching for ways to help promote a healthier way of living for their staff. Recently, Cumberland Pointe Care Center took the initiative to help contribute to the health and well-being of its employees. It started with minor updates to the break room to make for a more enjoyable break. Cumberland's administrator, Cathy Kocher, stated, "We added a relaxing color of paint to the walls, new tables and chairs, lockers, a television, a phone docking station, and a Keurig Machine to make a fresh cup of coffee."

As the momentum continued, Renee Gordon, Dietetic Technician and Cumberland's Certified Dietary Manager, came up with a fantastic idea to add to the mix, with easy Grab and Go snacks and meals.

Grab and Go's will be offered Mondays, Wednesdays, and Fridays, with a variety of soups, grilled chicken salad, ham salad, chicken salad, and deli wraps with ham, turkey, bacon, lettuce, and tomato. Daily we offer healthy snacks and fresh fruit to help when energy runs low. Renee Gordon spearheads the Grab and Go's with the help of the Dietary Manager, Tawney Coe, and our wonderful kitchen staff!

She likes to say, "Sharing is caring, when you have more than you need, you build a longer table, not a higher fence." Business Office Manager, Evelyn Sindeldecker, shared, "Having these options available has eliminated the need to prepare my lunch the night before and has given me more time with my family."

Now, the break room is bustling with full bellies, recharged phones, and a more positive feel from the staff. Cumberland Pointe Care Center wants to encourage all facilities to join in on the Grab and Go movement. When individuals feel valued and cared for it sets them up for success, motivates them to give forth their best, and feel positive in return.



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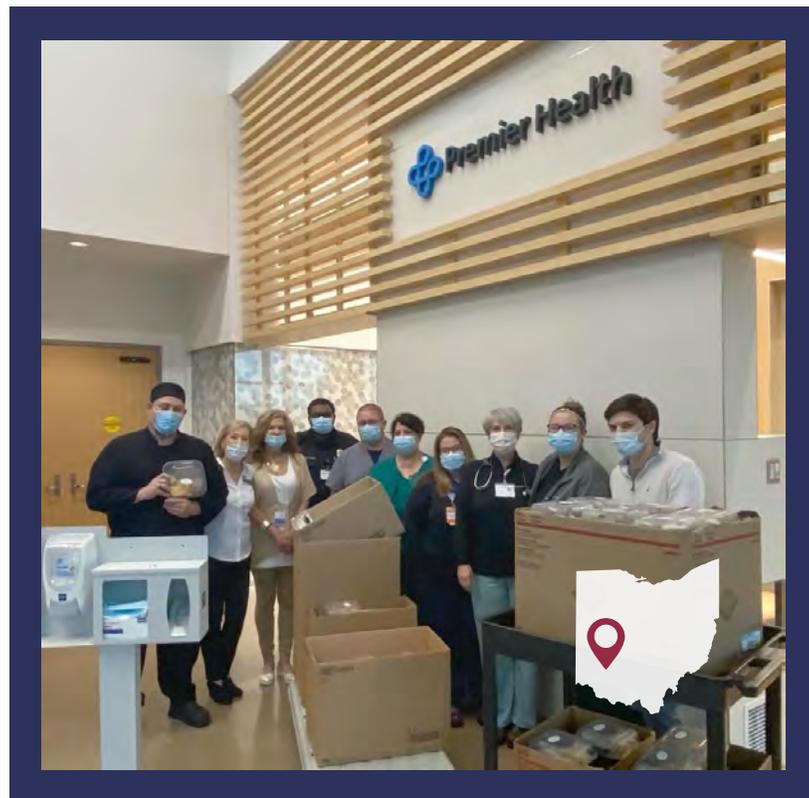
Why We Care

GIVING BACK TO OUR HEALTHCARE HEROES

BY JOWANNA WEBBER

It was a privilege for our Austin Trace team to serve Miami Valley Hospital's Austin Landing Emergency Department during May for Nurse's Week. Our Austin Trace culinary chef, Matthew Young, beautifully prepared 44 salads, meals, and desserts for this wonderful team that serves our local community. Meals were packed carefully into our Foundations Concierge Van by Chef Matthew, Alec Walker - Administrator, Jowanna Webber - District Director of Business Development, and Jeannette King - Admissions Director. They were personally delivered and received by the ED team and Dennis Percy, Director of Business Development for the Miami Valley Hospital Foundation, at the door.

"They've worked tirelessly over the past year to overcome, adapt and care for their patients and each other!" said Andrea Stayner, Emergency Room Director, about her team. This freestanding emergency room department is an amazing group of healthcare professionals! Mrs. Stayner also added, "We are thankful to have Austin Trace in the community. Thank you for a wonderful meal and incredible support!"



Austin Trace team dropping off meals to the Austin Landing Emergency Department

Austin Trace staff and residents are so grateful for the Austin Landing Emergency Department team's caring hearts, capable hands, and incredible courage! As healthcare partners, we feel it's so important to recognize those who give back to deliver high standards in healthcare to not only our residents but all those who live in our community.

It's always rewarding for our Foundations Health Team to extend our Culture of Care beyond the walls of our nursing centers. It's our hope that the community is able to see our passion and heart for what we do each day, care for people. With the recent pandemic, caregiving has called us to lean into a love for others that we didn't know would be possible. We, at Foundations, believe there are two ways of spreading light - to be the candle or the mirror that reflects it. We enjoy every opportunity to make people smile and recognize their value.

Thank you, again, Mr. Percy and the MVH Foundation, for making this donation possible. Austin Trace can't wait to serve this Austin Landing emergency room team again and others in our community in the future!

Core Value #1

It's never about the role, it's always about the goal.

SUPPORTING OUR TEAM

BY JULIE DUNCAN

Creating our Culture of Care starts with filling our team with the right people. We look for passionate and hard-working individuals but more than anything, we look for people who care, like Felicia.

The MS Walk is one of the largest pledge-based fundraisers and every year, thousands of people join together to help raise money for this cause. When opportunities present themselves to help our family or our community, we will be there in any way we can.

Working in healthcare, our team knows the effect that diseases and disorders can have on an individual. Hickory Ridge Nursing and Rehab has several residents affected by Multiple Sclerosis and many staff members with family or friends impacted as well.. That's why when we were choosing which walk we wanted to be a part of, we were drawn to the Multiple Sclerosis Walk.

This disease hits close to home for us, making our desire to fight for new treatment options that much stronger. In years past, many joined together to walk for MS in Akron. This year the walk was a little different due to Covid, but that wasn't going to stop our team. Instead of everyone doing one walk in Akron, thanks to one of our nurses, Felicia, we put on a walk of our own! Felicia brought this idea to our LSW's, Julie Duncan, then immediately jumped into making it happen.



Hickory Ridge Walks for MS



Together, we are stronger. Together, we will end MS Forever.

Felicia asked to be the team leader and to plan the walk. We started by having t-shirts designed, picking the location & time, and organizing a breakfast for our staff after the walk. We had over 20 staff members participate in the walk and together raised over \$250 for the MS Foundation.

At this time, there is no cure for multiple sclerosis. There are, however, medications and other treatments that can treat the symptoms and improve life quality.

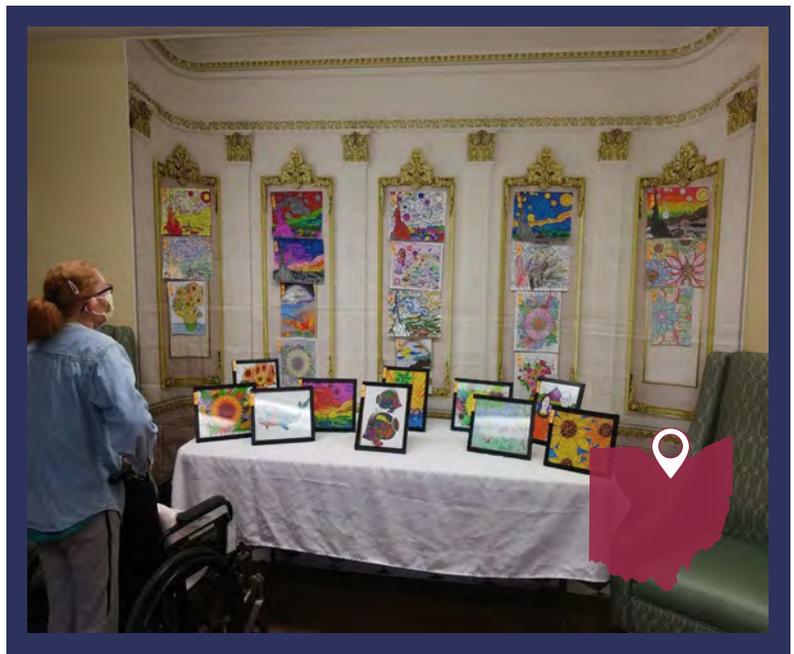
At Hickory, we strive to support each of our residents and the diseases they struggle with. We are looking forward to more walks in the future for many different causes. Walk MS brings together passionate people from communities across the country to rally for a world free of MS.

THE MUSEUM EXPERIENCE

BY TRISHA BROWN

Nursing facilities are finally back open and slowly, we have been able to bring back some life to our halls. The Culture of Care that Foundations Health has created focuses on our residents' overall well-being; physical, social, and emotional. We want our residents to have the best quality of life possible and have made sure that was our top priority.

Admiral's Pointe is a 90-bed skilled nursing facility located in a quaint town on the shores of Lake Erie. Through our pandemic experience, we started to become too comfortable with what was taken from us. The routine excursions for our residents stopped, and the silence and depression set in. Our administrator, Trisha Brown, and Activity Director, Lisa Hudson, knew we needed to change and think creatively outside of the box. We wanted to find something interactive and stimulating, but above all, to give our residents something new to look at and change up their daily routine. The dream quickly took form; we decided to put together an art show that would feel just like a museum! We started strategically planning for our museum experience vision. Our team and our residents were not enough. The show needed to be much bigger than just our facility. We wanted to include everyone, the public, visitors, families, residents, vendors, anyone we could think of into our big event, but yet doing so responsibly and safely.



Bringing Beautiful things to Beautiful People!

The beautiful thing about a dream is it brings people together, and once we reached out to our community, we saw that first hand! Residents, staff, families, and all started contributing pictures to compete in the art museum! We had participation from our employees' grandkids, kids, and even a local girl scout troop! Pictures were being dropped off by those close by and mailed in from afar. As the big day drew closer our collection grew and residents were eager to see and vote. On the big day, music filled the room, complimentary hors d'oeuvres served, and everyone came down to see the final masterpieces!

The participation, feedback, and overall experience were so gratifying to everyone at Admiral's Pointe. Spirits were lifted, residents were conversing again, and laughter filled within our walls. To our Foundations' family, 2021 is about moving forward and restoring hope into our lives. Our art show solidified our need for community, unity, and belonging. There is power in the promise the rainbow brings after a storm or the masterpiece completed by an artist, it proves the fruits of our labor restores hope because they bring us together and a unified front is always more powerful than a divided crowd.

Core Value #5

Be the reason that a resident smiled today, that a nurse went home on time, that a housekeeper had one less spill to clean up.

COVID-19 MEMORIAL SERVICE

BY JESSICA BEAMER



Community gathering to show their respects to those lost

Covid-19. Everyone gathered to have a life celebration. A tree was planted in the yard, and benches were donated as a place we can all go to connect and remember our loved ones who passed. We were blessed with a gorgeous day to remember our loved ones and reflect on the difficult time we went through together.

This beautiful afternoon was put together by so many generous people. All our community partners stepped up to the plate to help us put on this event. Community Hospice's chaplain led our service and gave us words of peace and comfort. They also donated the marker stone for our memorial site. Stutzman Lawn and Garden donated and planted the tree that was dedicated to those lost. The new benches around the memorial were gifted from the friends of Terry Moore, one of our beloved residents. Interim Healthcare provided refreshments for our guests and staff to enjoy. Crossroads Hospice created a colorful flowering planter to sit beside the benches. Each of these wonderful organizations has been here to support us through the hard times, and we are grateful and proud to work alongside them.

"Now that we have a dedicated area at our facility, our staff and family members have a special place to go to remember." The Oak Pointe family wants this memorial site to be a place where everyone feels welcome. We hope that all who come, will take a moment to sit on the benches, enjoy the view, and remember their loved ones.

As we reflected on 2020 and the hardships it brought to our facility, staff, and residents, we were all so ready to move forward to a new year. However, it did not feel right to jump back to "normal" without recognizing and honoring those we had lost. Before moving forward, we needed to look back on what we had gone through. Our Social Services Director, Carrie Coleman, felt called to find a way to help us all be able to move on after facing Covid in our building. "The staff never had the chance to mourn, the families couldn't be here, and it was important to commemorate those we lost."

With this idea in mind, we began to plan a memorial service. We wanted to give our coworkers, residents, and community the chance to come together and show their respects. We hosted our service Friday, May 14th, for all of the residents that we lost to



CHICKEN DINNER FOR A CURE

BY JOWANNA WEBBER

Sidney Care Center may be a smaller facility, but our staff sure has big hearts. Our team works with all kinds of health issues and diseases daily. One disease that our team, along with the rest of our fellow sister facilities, is very familiar with is Alzheimer's. Alzheimer's is a devastating reality that affects so many. While we do everything in our power to treat this disease, there is so much research that still needs to be done to end the fight against Alzheimer's. To do our part in helping these efforts and make a difference, we joined forces with The Landings of Sidney and hosted a Chicken Dinner for our community!



Sidney Care Center passing our Chicken Dinners to the community

June is Alzheimer's & Brain Awareness Month and Sidney Care Center felt that it was the perfect time to step up and support the fight to end Alzheimer's. Over 6 million people are living with Alzheimer's Disease in the U.S. today. Alzheimer's is a disease that can start up to 20 years before the diagnosis. Thus far, Researchers have identified several genes associated with Alzheimer's disease. Some genes increase your likelihood of developing the disease. However, genetic risk factors are just one of the factors involved in getting Alzheimer's. Continued research is vital in finding a cure.

Doing good things in our community extends our Culture of Care beyond the walls of our nursing center. With our Chicken Dinner Event, we wanted to make a positive impact and effort to raise awareness for a cure for Alzheimer's Disease. All proceeds for our Drive-Thru event will go to the Alzheimer's Association. Formed in 1980, the Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support, and research.

When the day came, our community did not disappoint. Cars lined up outside our facility, and one by one received their home-cooked Chicken Dinner! Our delicious meal included chicken, coleslaw, macaroni and cheese, and a roll, all for \$5.00. By the end of the day, we served over 150 Drive-Thru dinners, with all proceeds going to the Alzheimer's Association.

We are grateful to those in our community who came out and supported our event! Seeing all of the cars lined up showed just how strong our community is. They say it takes a village. Every contribution makes a difference in helping find a cure for Alzheimer's Disease.



WHY WE CARE

BY ELIZABETH BYERS

Everyone in healthcare has their reason for why they have dedicated themselves to the well-being of others; Why They Care. Tammy is a nurse at Pine Grove Care Center. She has provided dedicated nursing care to the company for 20 years but found her passion for nursing far before that.

"I graduated Knoedler in 1992 and became a nurse after taking care of my grandfather, who was ill. The Hospice nurse talked me into it, I honestly didn't think it was for me, but once I became a nurse, I wanted people taken care of like they were my own family. Since then, I have met some amazing people. My heart has been touched by not only family members but my patients. You care for patients like they are your own family. Being a nurse has been fulfilling, and I could not see doing anything else. I pride myself in being a patient advocate. I have worked for this company for 20 years and have no complaints. Sure as nurses we all have bad days but there are also always good ones that make me smile and give me hope. I have come to know a lot of nurses and nursing assistants in Ashtabula and Lake County, and I am proud to call them all friends. In the last year with COVID, we have all been in this together, working for the common good. I try daily to the best of my ability to help my fellow co-workers. I am only a spoke in the wheel that keeps this wagon going. I have learned being a nurse is about compassion, empathy, and being humble. I learn new things every day, and I appreciate that. I enjoy the people at Pine Grove."



Outside of work, Tammy is a proud Navy mom, loving Aunt, and compassionate spouse whose smile and positivity are contagious. Within our team, Tammy's utilization of her past experiences and empathy is a priceless edition. Leading by example, she promotes a compassionate environment for both co-workers and residents to ensure the best care of our residents. The passion she has for nursing goes above and beyond the call of duty.

Through one of the toughest years to be a nurse, Tammy shined. Not only did she provide excellent medical care, but also listened to her residents' concerns and worries, helping them to feel a sense of calm and well-being that was much needed during these times.



Our Mission

Foundations Health Solutions seeks to create a team culture where every member knows their worth along with the importance of their role in the care of our patients. We honor a culture where we truly work together as a team with a dedication to service, care and compassion for those we serve. Simply put, our goal is to have the right people in the right places doing the right things for the right reasons.

PASSPORT AROUND THE WORLD

BY SHIRLENA HUCKS

Come with us as we travel around the world. McNaughten Pointe has decided to take our residents on an all-expense-paid trip! This was inspired by one of our newest team members, Nathan, who lived in Kenya for a few years. After sharing some of his stories with us, Veranda, who is our master craft-matician, came up with the concept of traveling to the country. We all began to add our thoughts and came up with a plan to travel to a different country every month. So far, residents have been to Kenya, France, Ireland, Israel, Mexico, and Japan.

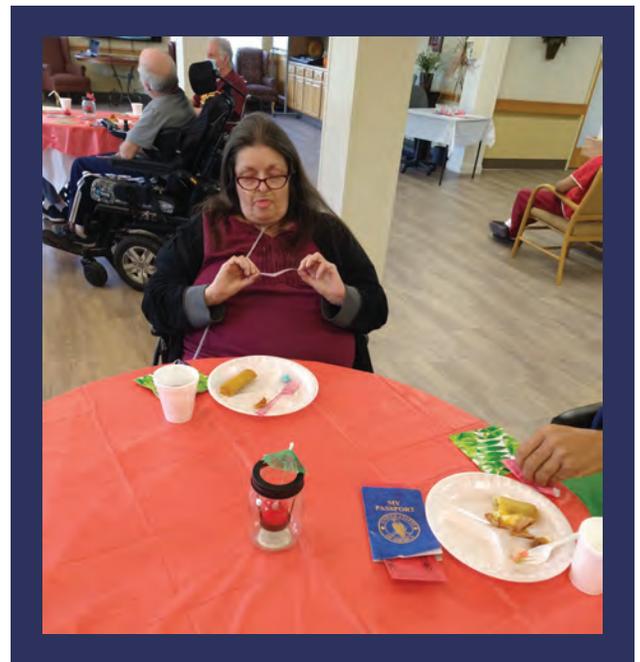
The Activity staff has made this experience as real as possible with passports, tickets, and authentic foods or items from the country. Residents have even had the opportunity to create souvenirs during craft sessions in the week leading up to the trip!

Most trips have been by plane set with a pilot, stewardess, and ever-trusted teller who stamps passports and passes out our tickets for our daily adventure. Once residents are on board, we take them on a simulated plane ride utilizing the t.v. for visual effect. On the flight, our teller provides information and facts about the travel destination, and when they arrive, they are served a treat. Everyone does their part to make this a fun experience for all. We provide

authentic cuisine including breads, desserts, or appetizers to represent the country we are in. Residents love every step of the way! They enjoy getting their passports and tickets to go, feeling like they're really traveling! It's fun to see the look on the staff members' faces when a resident tells them they're traveling. One of the residents even told her aide to hurry up because she doesn't want to miss her flight!

This has truly been an awesome experience for everyone involved. We do this to give the residents a fresh new experience outside of the world of bingo and to help them realize that they can still enjoy themselves traveling, even if it's using their imagination. We have learned so much about culture in other places. Some of the residents surprise us with what they know. Things like this help them, and ourselves, remember that they do still have a life, and it's worth traveling around the world for.

Next stop...home in the USA. The Wild Wild West, Arizona!



McNaughten Pointe residents indulging in their international cuisine!



BIGGEST LOSER COMPETITION

BY JACKIE TENNEY

On April 1st, 2021, Jefferson Healthcare Center's 24 Biggest Loser contestants had their first weigh-in with a group weight of 5,435 pounds. Our staff is constantly taking care of others, and we wanted to encourage and remind them to take care of themselves. The Biggest Loser weight loss competition would take place over two months. The participants all paid in, and the winner would receive \$580 on the day of the final weigh-in!

The competition was based on total body weight percentage loss, and each week the participants would weigh-in. On top of the main objective, the participants took part in multiple side challenges. The first side challenge, a guessing game of the total weight of the entire group, was won by Janice Henton. The group took part in a walking challenge to see who could walk the most steps in one week; Jason Dufour was our winner with a total of 115,203 steps. Jason also won our squats challenge the following week. The contestants took part in a cooking challenge; Best Dish Under 500 Calories. Angie White was our winner, and let me tell you, it was delicious! Our final side challenge, another guessing game of the total weight loss of the group. This side challenge was won by Amy Falcione.



Our competition came to an end on May 28th, as our contestant weighed in one last time, resulting in a total group weight of 5,127.6 pounds, a total weight loss of 262.4 pounds! The winner of the Biggest Loser competition was Nikki Daigle with a total weight loss percentage of 13.35. Runner-up, Angie White, expressed, "The Biggest Loser contest was so much fun! I am a competitive person in general. So it was a hoot to come to work and encourage, playfully taunt, and challenge my coworkers! Such a morale booster. Losing 29lbs didn't hurt either!"

Sarah Lister, one of the competition's front leaders, said, "I had fun doing the biggest loser challenge. It was great motivation, and I look forward to doing it again!"

Erica Virmala stated, "The biggest loser competition was so much fun. Being able to watch the staff check out weekly results as a team, deciding weekly side challenges like the most squats and the recipe challenge, it was a great team-building experience for everyone. The top weight loss leaders became to be scrappy but friendly in competition. I can't wait to do it again!"

Our fourth-place contestant, Andrew Showalter, said, "I liked how competitive it got between staff members while still being fun. It was great being held accountable at the weekly weigh-ins, it helped keep me on track."

Even though I was not a participant in the biggest loser competition, I had a blast watching the staff in their competitive state. Each week it was amazing to see how excited and proud the staff members were about their weight loss. They were very enthusiastic, sharing what they were doing to lose weight. It was truly amazing to see the participant's transformations over the two months. Stay tuned for our next Biggest Loser competition starting August 2021!

CELEBRATING OUR EVERYDAY SUPER STARS

BY ELISSA THRASHER

Country View of Sunbury is privileged to have a team that truly personifies the Foundations Health Solution's mission to promote a Culture of Care. In our ongoing quest to embrace this principle, bringing to light everyday examples within our culture, the Super Star program was born. The program is just one of the systems we have in place to recognize team members for going above and beyond their everyday responsibilities, and really showing the heart of Country View. It has also created a healthy competition among the team to try and outdo one another in advancing care for our elders, care that goes beyond just meeting basic needs to enhance and enrich quality of life.

How the Program Works:

We have a Super Star Board in the main hallway. Beside the board is a lockbox to submit entries. Staff, family members, and residents are invited to submit entries when they witness a staff member going above and beyond. Entries are pulled on a daily basis and posted on the board for all to see and enjoy. At the end of the month, the employee that received the most recognition is announced at the All Staff meeting and awarded a gift worth \$100, as well as a social media post on the Country View Facebook page.

Some of the moments highlighted on the board have included Berneice, one of our cooks, taking time to converse with and encourage one of our elders during mealtime, Drew, an STNA, who sat to hold the hand of an elder that was feeling restless and anxious, and Megan, an STNA, who decorated the room of a rehab guest as a surprise to celebrate his birthday.

Our Super Star of the Month for May was Alyxis Williams. Alyxis started with us as an STNA when she was still in high school and is currently pursuing a career in nursing. She was recognized by her peers for her hard work, dedication, and always helping wherever needed. One of our residents nominated her, stating, "Alyxis is always doing more than asked and is always cheerful."

Country View is full of Super Stars making a difference every day. They are the ingredients to our Culture of Care and it is this culture, filled with individuals carrying out random acts of kindness, that brings to fruition the smiling faces of our staff, residents, and their families. The Super Star program is simply a method of highlighting those singular moments we might otherwise miss, reminding us of why we do what we do.



Alyxis Williams, Country View's May Super Star of the Month



Core Value #2

Do what is right, even when no one is watching.

MOTHER'S DAY DRIVE-THRU

BY TIFFANY HOMMES

Carrington Park's Mother's Day drive-thru consisted of hanging baskets all purchased locally from Kelly's Gardens. They were beautiful 10" baskets in an arrangement of colors. We had 40 spots available for RSVPs from the community, and those spots filled quickly. This was our unique way of celebrating all the moms and trying to give back to the community. We just really wanted to be able to lift spirits and help make some local moms feel appreciated.

We know things have been tough for everyone with the pandemic, but we had no idea something so simple as handing out free hanging baskets to the moms in our community would mean so much and touch so many hearts. Everyone was so grateful and just kept thanking us for doing such a beautiful thing. Many of them would not be able to spend this Mother's Day with their children and would likely have not received anything more than a phone call due to the pandemic.

One of the Mothers who attended our event was in tears because she would not be able to see her daughter this year. Her daughter lives outside of the US and was not allowed to

travel here for a visit,

but she said we helped to make her Mother's Day so special and through tears, thanked us from the bottom of her heart. She then sent us an email later that night, and this is what she had to say.

"I do not know the responsible person(s) for the free flowers BUT THANK YOU! I really looked forward to mine for a special reason. My daughter is fighting health issues, and she is in New Zealand. I cannot get there (closed borders) so this was like a special in-real-life gift from her. So thank you. Please pass this on to Team Carrington Park. I appreciated them so very much."

Our team at Carrington Park enjoyed this event from start to finish. We knew this was going to be fun, and we looked forward to seeing all the smiles on everyone's faces. We had no idea it would turn into something that would mean so much to so many. For that, we feel extremely blessed to have been able to do this beautiful extremely heartwarming event. We hope everyone will remember that even the smallest thing can make someone's day a little brighter.



SERVING OUR LOCAL SENIORS

BY MADISON ADKINS & REBECCA MOORE

"While I am hesitant to mention the word COVID, there's been an awakening about so many things we take for granted," shared Foundations Regional Marketer, Rebecca Moore. Of utmost importance, we realize the importance of human interaction and touch! Because of that, we wanted to share a little more about what's been going on in our senior centers.

Aiding with Supplies:

Every month Western Reserve Hospital and many other healthcare companies gather together to provide gift bags to our local seniors. Timberland Ridge Skilled Nursing and Rehabilitation joined Western Reserve Hospital back when we opened in July of 2020, and they love to give back to the seniors in our community.

April's themed gift bag was baseball, which was a huge hit! Timberland Ridge and Sister Facility Heritage of Hudson teamed together to provide Baby Ruth's. May's theme was farmers' markets, and it ended up being a very special month for the seniors. They got two gift bags from the community! Plus, each senior got to do a produce pick-up twice this month with locally grown produce sponsored by Timberland Ridge which included fresh cucumbers, lemons, oranges, apples, and more!

Madison, Timberland Ridge's Admissions Director, helped make the magic happen and was there to greet our friendly seniors. She got a chance to talk to each car that pulled up about Timberland Ridge's services and what they offer. When it comes to helping the seniors in the community, Madison jumps at any chance she can. Timberland Ridge loves to give back, and we love to spoil our seniors. We hope to see everyone again soon!

Community Entertainment:

Heritage of Hudson has been fortunate enough to participate in many well-planned and executed events. In the last few months, many other senior centers opened as well.

Solon Senior Center has been a well-orchestrated machine. Our seniors look for every opportunity to participate, as they did at the Produce Drive-Thru in May provided by the Food Bank. Heritage of Hudson was able to supplement with (drum roll) PASTA! It was an exceptionally warm, sunny day filled with smiles and thankfulness.

Aurora Senior Center has been holding virtual Bingo in the Park. They've been so excited to call out numbers and see many familiar faces.

Streetsboro Senior Center celebrated Pies in the Park, and Heritage of Hudson hasn't been able to participate since their Valentine's Day dinner in 2020. We finally reunited on Flag Day! It was wonderful to enjoy a beautiful afternoon catching up, playing games, and picking pies.

And last but not least, let's take a moment to thank all the Directors at these Senior Centers. You have navigated such an unprecedented year! We look forward to all of our future events/outings/meetings! Now that we can do them in person, we see your smiles and hear your challenges. Sending so much love to all!



Madison Adkins handing out produce to local seniors!