



Healthcare Food Service Week: October 6-12

Please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long.

Honor your food service workers and recognize the integral role they have played in helping us stay well-nourished and healthy.



OCTOBER IS PHYSICAL THERAPY MONTH

Physical Therapy –

Helps increase strength, balance and mobility while reducing pain and discomfort. A quality physical therapy program can help people return to regular activity, and is necessary before introducing exercise programs after an injury.

Physical therapists strive to help patients reach their maximum potential so they can live as independently as possible. Physical therapy benefits:

- Enhanced ability to walk
- Regain stamina
- Improved mobility
- Pain management
- Restoration of balance
- Enhanced ability to transfer
- Strengthen muscles

Thank you to all the incredible physical therapists whose care, dedication, and expertise help to restore strength, mobility, confidence, and quality of life to so many.

Happy Birthday!

STAFF

Joann Mascarin, STNA
Angela Conley,
DON/RN
Nancy Peck,
STNA/Laundry
Rachel LaGuardia, OT
Jennifer Bryner,
Activity Aide

RESIDENTS

Sharon A.
Sharon C.
Carol R.
Stacey V.
Shirley V.

PHOTO ACTIVITY HIGHLIGHTS



Our residents enjoyed their outing to Olive Garden!



Our first fall craft of the season was making sun catchers!

Employee Anniversaries

Irene Zmuda, Cook	2016
Jennifer Jacobs, STNA	2017
Kyla DeFranco, OTA	2023
Dawn Nilsson, PTA	2023
Brooke Swallen, PT	2023
Jennifer Suvak, PT	2023
Megan Decker, PT	2023
Darlene Newell, ST	2023
Rachel LaGuardia, OT	2023
Amy Eberly, OTA	2023
Andrea Ladanyi, PT	2023
Jillian Scheatzle, OT	2023



PHOTOS ...CONTINUED



Employee of the Month: Tim Peck, Director of Maintenance

Tim has worked tirelessly to maintain our building, whether it's answering calls after hours or fulfilling staff maintenance requests. He is a jack of all trades and has participated in numerous marketing events and has even driven our bus for resident outings and appointments. Tim always has a smile on his face and a can-do attitude. Thank you for everything you do Tim; we appreciate you!



Activity Highlights

Trick or Treating:
October 24 | 6-7:30pm

Join us for candy, crafts, a hot chocolate bar, and donuts! RSVP to kbailey@pearlviewhc.com or 330-225-9121

Pearlview had a fun time participating in Business at the Barn this year giving us the opportunity to network with other great businesses in the community.

4426 Homestead Drive
Brunswick, OH 44212
Tel: 330.225.9121
info@divine-hc.com
divinepearlview.com

 **Don't forget to like us on Facebook – to keep up on current events and news you can use!**

Oral Health Tips

Here are some things you can do to maintain a healthy mouth and strong teeth:

Practice good oral hygiene.

Brush your teeth thoroughly twice a day with fluoride toothpaste and floss daily between the teeth to remove dental plaque.

Visit your dentist at least once a year, even if you have no natural teeth or have dentures.

Do not use any tobacco products. If you smoke, make a plan to quit.

Limit/avoid alcoholic drinks.

If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.

If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water.

See your doctor or a dentist if you have sudden changes in taste and smell or notice any sores in and around your mouth.

Source: cdc.gov

BREAST CANCER AWARENESS MONTH



Breast Cancer Awareness Month is essential for raising awareness about breast cancer and encouraging proactive measures like regular screenings, self-exams, and treatment options,

which can significantly improve survival rates. It also emphasizes the importance of continuing research, funding, and education and offering hope and support to those affected.

According to the CDC, no breast is typical. The way breasts look and feel can be affected by getting your period, having children, losing or gaining weight, age, or by taking certain medications.

There are different symptoms of breast cancer and some people have no symptoms at all. **Some symptoms of breast cancer could include:**

- Any change in the size, thickness, or the shape of the breast
- New lump in the breast or underarm (armpit)

- Pain in any area of the breast
- Redness or flaky skin in the nipple area or the breast
- Nipple discharge other than breast milk (including blood)

If you have any signs that worry you, be sure to see your doctor right away.

Facts:

- Each year in the United States, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men.
- About 5% to 10% of breast cancers are hereditary.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- Mammograms are the best way to find and treat breast cancer early. If left untreated, breast cancer can spread to other parts of the body, making it harder to treat.

Source: cdc.gov

OCTOBER – 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!



Word List

BRAIN
CANDY
EXERCISE
FOOD
HALLOWEEN
HEALTH
MENTAL
PHYSICAL
PUMPKIN
SPIDER
SPOOKY
TEETH
THERAPY
VEGETABLE
WELLBEING