



February  
2022

A newsletter for Sprengr Health Care Staff.

## Sprengr Health Care Systems Mission, Vision & Values

### **Mission**

Empower people to anticipate and exceed customer expectations.

### **Vision**

A legacy built through premier services for our  
customers and communities.

### **Core Values**

Innovate, Compassion, Creativity, Integrity and Collaboration.



## Valentine's Day 2022



During this season of love, Sprenger Health Care wants to take a moment to show our appreciation to YOU, our dedicated team members, who continue to prove that you are the heart of this organization.

From the heartwarming interactions you have with our residents to the variety of services you provide that help keep our residents, families, guests and staff safe, informed and well cared for, we cannot say thank you enough.

Here's hoping your Valentine's Day is full of love and laughter.

**HAPPY VALENTINE'S DAY!**

## American Heart Month

February is American Heart Month — a time where individuals across the nation focus on key things they can do to improve their cardiovascular health.

Hypertension, otherwise known as high blood pressure, remains the leading risk factor for heart disease and stroke, according to the Centers for Disease Control and Prevention.



Here are some quick facts about hypertension:

- Recent studies show that high blood pressure may be linked to dementia.
- Young individuals can also experience hypertension.
- Many individuals who suffer from high blood pressure do not know him.
- Women, and individuals of African American descent, are at increased risk for hypertension.

You can prevent and manage high blood pressure by maintaining a healthy diet, watching your weight, keeping active, not smoking, limiting your alcohol intake, ensuring that you get enough sleep each night and managing any health conditions you may have.

## February Sprenger STARS

Do you know a Sprenger employee who goes above and beyond for our residents and peers?

Nominate them for the Sprenger STARS program, a special employee program recognizing the outstanding efforts of staff members who are committed to the betterment of their community by displaying **TEAMWORK**, creating **AWARENESS**, sharing **RESPONSIBILITY** and providing exceptional **SERVICE**.

This month's STARS are:

- **Kathy Walker**, Dining Services Cook at Sprenger Health Care Heather Knoll
- **Wendy Parsons**, Clinical Coordinator LPN at Sprenger Health Care Anchor Lodge
- **William Lowe**, STNA at Sprenger Health Care Anchor Lodge

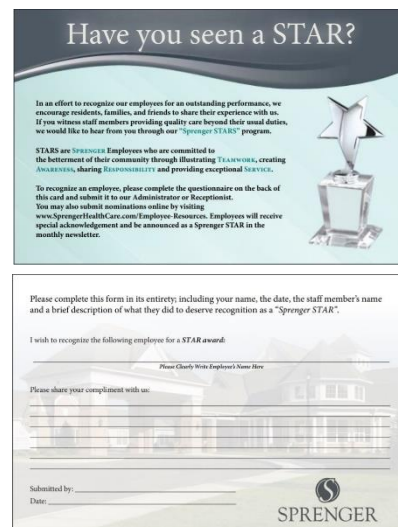
Honorable STAR mentions include:

- Jade Blair, Brenda Cannon, Aubriana Pardo, Roosevelt Mincy, Mary Bryant, Autumn Perkins, Lucy Miranda and Victoria Flores

Congratulations to this month's STARS and nominees! Thanks for shining bright!

Visit <https://www.sprengerhealthcare.com/employee-resources/sprenger-stars/> to nominate a Sprenger STAR online or complete a Sprenger Stars Nomination Card located at the front desk!

STAR submissions are reviewed and voted upon by a special committee monthly. Nominees must have good attendance and a clean employment record to be eligible for selection.



The image shows a 'Sprenger STARS' nomination card. At the top, it asks 'Have you seen a STAR?'. Below this, it explains the purpose of the program: to recognize employees for outstanding performance by encouraging residents, families, and friends to share their experiences. It defines STARS as Sprenger employees committed to betterment through teamwork, awareness, responsibility, and exceptional service. The card includes instructions to complete a questionnaire on the back and submit it to an administrator or receptionist, or to submit online at [www.sprengerhealthcare.com/Employee-Resources](https://www.sprengerhealthcare.com/Employee-Resources). A small image of a star trophy is on the right. The bottom section is a form to be filled out, asking for the employee's name, a description of their actions, and the nominator's name and date. The Sprenger logo is at the bottom right.

## Check Out Our New Website!



Have you seen our new website?

Sprenger Health Care relaunched its website to better serve our residents, staff, families and communities. The new website is more interactive and features a Residents & Family Portal where residents and their loved ones can access and view important information and events taking place at our buildings.

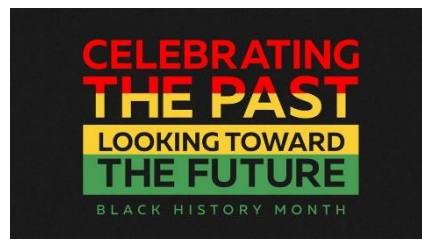
We invite you to take some time to check out our website to see the latest and greatest from Sprenger Health Care!

## African American History Month

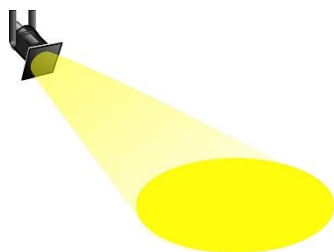
February is African American History Month — a special time of the year to honor and pay tribute to the rich history and accomplishments of those in the African American community that have shaped and continue to shape our nation. African American History Month has been observed annually since 1976.

We at Sprenger Health Care recognize and honor the ongoing impact of the African American community not only in our great nation but within our organization.

**HAPPY AFRICAN AMERICAN HISTORY MONTH!**



## Department Head Spotlight



This month, Sprenger Health Care is shining a spotlight on two outstanding department heads that are touching the hearts of our residents, families and team members each and every day — **Jade Blair** and **Misty Acevedo**.

Jade is the Director of Assisted Living at our Anchor Lodge facility. She has been with the company for the past two years and is praised by her peers time and time again for her calm demeanor, compassionate nature and overall commitment to her residents and fellow colleagues.

Misty has been with Sprenger since 2015 and is currently the Activities Director at Amherst Manor. She has been described by her co-workers as a positive, all-around team player who greets residents and families with a smile and is always willing to take the time to get to know them.

**Congratulations Jade and Misty!** Your hard work and commitment is an inspiration to us all.

## Sprenger NP Employee Clinics

**REMINDER!** Sprenger Health Care offers NP Employee Clinics!

Employees can be seen by any of our three nurse practitioners for routine wellness examinations and treatment of acute symptoms. Copay will be payroll-deducted following clinic visit. There is no copay for annual wellness visits. You can call the following NPs listed below to be seen at a Sprenger location near you:

**GMS, The 1907 at Central School, Anchor Lodge & Towne Center:**  
Denise Dalton - (440) 541-8962

**Heather Knoll & Grande Village:**  
Denise Kerby - (440) 320-7828

**Rose Lane, Sprenger of Massillon & Smithville Western:**  
Brandi Lingenhoel - (330) 998-2256



Denise Dalton



Denise Kerby



Brandi Lingenhoel

*\*All health information obtained at a Sprenger NP Employee Clinic is strictly confidential and will not be shared with others in or outside of the organization.\**

## Upcoming Events

January 2022							March 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30	31		
30	31												

# FEBRUARY 2022

American Heart Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Patient Recognition Week	1	2	3 Dress Down - Alma Mater Dress Down	4	5
6	7	8	9	10 Dress Down - Super Bowl/ NFL Dress Down	11	12
13	14 Valentine's Day	15	16	17 Dress Down - Favorite Color Dress Down	18	19
20	21 Presidents' Day	22	23	24 Dress Down - Favorite Band Dress Down	25	26



## Open Positions

Looking to advance your career? Click [HERE](#) to view and search for all open positions at Sprenger Health Care Systems!

## Connect with Sprenger on Social Media!

Follow us on [Facebook](#) today to stay up-to-date on the latest news from Sprenger Health Care!

