

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.

National Nurses Week

National Nurses Week is May 6th-12th!

This annual observance was first declared by the American Nurses Association in 1993 to highlight the countless contributions and positive impact that were and are still being made across the nation by America's 4 million registered nurses.



In our line of business, nurses are the backbone of our operations, caring for our residents, maintaining close communication with families, and collaborating with our physicians to ensure that the healthcare needs of our residents are met.

In celebration of National Nurses Week, here are a five fun facts about the nursing profession:

1. Nurses, on average, walk a 5K every shift.
2. There are about as many nurses in the United States as there are people in Los Angeles.
3. During World War II, more than 59,000 nurses served in the U.S. Army Nurse Corps.
4. Nursing remains one of the fastest growing professions, according to the Bureau of Labor Statistics.
5. There are over 100 nursing professions to choose from.

At Sprenger Health Care, we cannot thank our nursing professionals enough for the time, care and commitment they put into their work each and every day. You are truly making a difference.

THANK YOU!

National Nursing Home Week



May 8-14 is National Nursing Home Week!

Each year, the American Health Care Association (ACHA) sets a theme for National Nursing Home Week. This year's theme is "Creating and Nurturing Connections."

At Sprenger Health Care, we strive every day to establish and foster positive, meaningful connections with our residents and families so that they know when they walk through our doors, they're in good hands. These strengthened relationships not only help improve the quality care we deliver but improve the quality of life of our residents.

We understand that providing compassionate care begins and ends with the connections we make every day. So, during National Nursing Home Week, we recognize and commend our hardworking, compassionate staff members who work every day to establish and nourish our network of residents, families, physicians and vendors.

You make what we do possible!

Company Head-to-Head Trivia Contest!



Attention Sprenger, WellSpring and Silver Maple employees!

Are you participating in the organization's ongoing Head-to-Head Trivia Contest! If not, it's not too late to join in on the fun!

There's a challenge for everyone! Weekly trivia challenge questions will be emailed every Tuesday to Department Heads and handed out to facility employees on all three shifts.

Department heads and staff members will answer questions and submit them to Myles Ternes as quickly as possible. Answers will then be scored and results will be released weekly!

At the end of the trivia contest, for the Department Team competition, the winning team will receive lunch for the entire building/staff and will hold the competition Winner's Trophy as bragging rights! For the individual employee competition, two winners will be selected each week to win a \$25 gift card!

For questions about the Head-to-Head Trivia Contest, email Myles Ternes at mternes@sprengerhealthcare.com.

WellSpring Health Services is Here for You!



As a trusted partner of WellSpring Health Services, Sprenger Health Care is excited to announce the launch of the company's website (wellspringcaring.com) and brand!

Do you know of a resident whose condition has changed or have a family member or friend that would benefit from the services offered by WellSpring? **Let us know!**

With WellSpring's Home Health, Hospice and Nurse practitioner lines of business, we are confident that the company has the tools and skills necessary to meet all your needs.

For more information or to make a WellSpring referral, contact Jackie Cree at (330) 486-6092 or jcree@wellspringcaring.com.

Mental Health Awareness Month

Every year, approximately 450 million Americans are living with a mental illness. Of that 450 million, nearly two-thirds of individuals diagnosed with a mental illness never seek treatment.

Regardless if you have been diagnosed with a mental illness or not, everyone faces challenges in life that can impact their mental health.

Here are a few things you can do to improve your state of mind:



- **Eat Well & Stay Active.** Maintaining an active, healthy lifestyle has been linked to improved self-esteem, mood and brain activity as well as reduced stress levels – all things great for your mental health.
- **Get in Touch with Your Feelings.** Whether you choose to speak with a therapist, family member, friend or jot down your thoughts and feelings on paper, it's important that you acknowledge and express your feelings in a healthy way rather than internalize them.
- **Make Time For You.** We can often find ourselves caring and tending to others while ignoring or setting aside our own feelings and needs. Practicing a little self-care each day can make a huge difference in your overall mental state. Reading a book, listening to music, going for a walk and meditating are all great options for self-care but there are countless ways that you can take some time out of your day for you. The gesture doesn't have to be grand so long as it gives you some sense of peace, joy and tranquility.
- **Ask for Help.** We often think that we can take on the world on our own, but it's important to know that you don't have to. There are people and resources available to give you the helping hand you need when you need it. All you have to do is seek them out.
- **Get Some Sleep.** Often times, issues that seem monumental today feel somewhat smaller after a good night's rest. This is because when you sleep well, you're able to think clearer and problem-solve better.

Sprenger Rock The Block Party!

Looking for an opportunity to support local businesses in your community?

Sprenger Health Care will be hosting a Rock The Block Party at the 1907 at Central School May 17th from 1-4PM!

Guests will enjoy music, refreshments, raffles and giveaways from the following Amherst local businesses:

- Right Track Nutrition
- Watson Wellness
- Making Face Spa
- Movement Clinic
- Essential Bodywork and Massage
- Amherst Craft Vinyl
- Amherst Historical Society
- LDRSHIP ESPORTS
- Health Markets
- And More!



Don't miss this amazing opportunity to support Sprenger Health Care and local businesses in the community!

May 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:

- **Patti Lutke**, Staff Accountant at Sprenger Health Care Corporate
- **Autumn Perkins**, STNA/Aide at Sprenger Health Care Anchor Lodge
- **Lucy Lemons**, Housekeeper at Sprenger Health Care Grande Village

Honorable STAR mentions include:

- Mandy Bowen, Bobbi Amador, Cathy Torres and Nicole Hoover

Congratulations to this month's STARs and honorable mentions! 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.

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 — **Sue Cannon and Karee Wooten!**

Please join us in thanking and applauding Sue Cannon, Billing Supervisor at Sprenger Health Care's Corporate office, on 30 years of dedicated service to the organization.

Sprenger Owners Michael and Nicole Sprenger, and Executive Chief Financial Officer Ken Malanowski had the following personal message for Sue in honor and celebration of her anniversary with the organization:

"Sue has watched and helped the company grow from four facilities to where it is today. She has mentored multiple office managers and billers over the years. Thank you Sue for the dedication and kindness you have shown our residents, staff and company. Happy 30th anniversary!"



Karee is the Assistant Nursing Director at Sprenger Health Care Heather Knoll. She is praised by her fellow staff members and our residents for her compassionate nature, general kindness, respect for others, and willingness to go above and beyond for the people around her.

Here's what one family member had to say about Karee's commitment to caring:

"Karee is an extremely compassionate and extraordinary Assistant Nursing Director who truly exemplifies and empowers people to anticipate and exceed customer expectations that Sprenger Health Care prides itself on. **Congrats Sue and Karee!**"

Upcoming Events

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

MAY 2022

Stroke Awareness Month

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Dress down- Wear Sprenger colors	6	7
8 Mother's Day	9 National Nurses Week	10	11	12 Dress down- Wear a shirt from your favorite vacation spot	13	14
15	16	17	18 National Speech Pathologist Day	19 Dress down- Wear purple	20	21
22	23	24	25	26 Dress down- Wear camouflage	27	28
29	30 Memorial Day	31	1	2	3	4

Employee Birthdays

Vanessa Dickerson	05/01	Grace Management Services	Dorelle Gholson	05/14	Autumn Aegis
Amie Fischer	05/01	Elms	Brittany Lopez	05/14	GV
Heather Stokes	05/01	Amherst Manor	Nicole Slemmer	05/14	Smithville Western
Bobbie Amador	05/02	Anchor Lodge	April Krider	05/15	Rose Lane
Erin Dixon	05/02	Rose Lane	Regan Stenger	05/15	Rose Lane
D Asia Lewis	05/02	Main Street Care Center	Anna Tumanov	05/15	GV
Brent Strouth	05/02	Heather Knoll	Sandy Hojnacki	05/16	Smithville Western
Chris Carroll	05/03	Autumn Aegis	Kierra Kimble	05/16	Sprenger Massillon
Wanda Crawford	05/03	Anchor Lodge	Mandy Bowden	05/17	Anchor Lodge
Renee Dietrich	05/03	Rose Lane	Linda Lapp	05/17	Main Street Care Center
Debra Herbert	05/03	Anchor Lodge	Rachel Moore	05/17	Village of the Falls
Heather Knight	05/03	Smithville Western	Jessica Otto	05/17	GV
Emily Pontius	05/03	Rose Lane	Amy Sanfilippo	05/17	Grace Management Services
Shonte Henderson	05/04	Anchor Lodge	Charlott Smith	05/17	Grace Management Services
Elijah Underwood	05/04	Sprenger Massillon	Trista Dyer	05/18	Rose Lane
Lynn Zagorski	05/04	GV	Lillie Swain	05/18	Heather Knoll
Jessica Ledgerwood	05/05	Main Street Care Center	Wendy Avery	05/19	Sprenger Bluffton
Candis Moran	05/05	Grace Management Services	Martina Dopirak	05/19	GV
Leopoldo Torres	05/05	Silver Maple Recovery	Curtis Hall	05/19	Grace Management Services
Ariel Vega	05/05	Main Street Care Center	Alyssa Johnson	05/19	Heather Knoll
Joyce Brumley	05/06	Autumn Aegis	Susan Goss	05/20	Grace Management Services
Tiffani Bruant	05/06	Sprenger Port Royal	Tiffany Oliver	05/20	Rose Lane
Reagan Ruegsegger	05/06	Wayne Manor	Kelly Ruminski	05/20	Wayne Manor
Kalea Stover	05/06	GV	Valentina Stephens	05/20	Elms
Kelly Walsh	05/06	GV	Paula Varacky	05/20	Rose Lane
Kayla Waszkiewicz	05/06	GV	Mary Bryant	05/21	Anchor Lodge
Maryanne Armstrong	05/07	Sprenger Port Royal	Geneva Washington	05/21	Sprenger Port Royal
Xavier Derrico	05/07	Grace Management Services	Chelsea Ambrozny	05/22	Anchor Lodge
Linda Magid	05/07	Sprenger Bluffton	Deborah Thomas	05/22	Heather Knoll
Beverly Pollins	05/07	Sprenger Bluffton	Rachel Douglas	05/23	Heather Knoll
Diane Early	05/08	GV	Alyssa Foster	05/23	Grace Management Services
Jack George	05/08	Smithville Western	Reginald Singleton	05/23	Sprenger Port Royal
Melanie Miller	05/08	Amherst Manor	Jan Stoller	05/23	Smithville Western
Alexis Smalls	05/08	Sprenger Port Royal	Carla Hribal	05/24	Grace Management Services
Martha Smith	05/08	Sprenger Bluffton	James Martin	05/24	Grace Management Services
Destiney Batts	05/09	Village of the Falls	Joseph Martin	05/24	Elms
Shay Boatwright	05/09	Sprenger Bluffton	Abby Pondage	05/24	Elms
Macie Campbell	05/09	Grace Management Services	Darla Strader	05/24	Silver Maple Recovery
Samantha Gregory	05/09	Village of the Falls	Liz Eichelberger	05/25	Elms
Ashley Miller	05/09	GV	Jasmine Hughes	05/25	Autumn Aegis
Andrea Morgan	05/09	GV	Michael Patyak	05/25	Grace Management Services
Brittany Thomas	05/09	Village of the Falls	Jill Thompson	05/25	Wayne Manor
Melissa Clay	05/10	Grace Management Services	Julius Garza	05/26	Main Street Care Center
Tamia Dixon	05/10	Smithville Western	Damiya Polite	05/26	Sprenger Port Royal
Roseann Gutauckas	05/10	Amherst Manor	Cynthia Pool	05/27	Autumn Aegis
Alexandra Moss	05/10	Elms	Dalayjah Nixon	05/28	Anchor Lodge
Everest Khaja	05/10	Village of the Falls	Emily Shoureas	05/28	Anchor Lodge
Bre Calvert	05/11	Smithville Western	Karen Wells	05/28	Anchor Lodge
Melissa Hastings	05/11	Wayne Manor	Larry Burchett	05/29	GV
Ashleigh Manning	05/11	Main Street Care Center	Frances Cortez	05/29	Autumn Aegis
Netasha Singleton	05/11	Sprenger Port Royal	Lisa Gravelle	05/29	Grace Management Services
Joanna Feliciano	05/12	Village of the Falls	Egypt Howard	05/29	Amherst Manor
Michele Robinson	05/12	Rose Lane	Nicole Martin	05/29	Silver Maple Recovery
Julie Richmond	05/13	Anchor Lodge	Carlesa Murphy	05/29	Sprenger Healthcare Massillon
Danielle Sexton	05/13	Rose Lane	Jami Nold	05/29	Amherst Manor
Diane Sexton	05/13	Autumn Aegis	Stephanie Spadone	05/29	Heather Knoll

Employee Anniversaries

Delany Adams	05/27/2020	Elms	Stevie Barton	05/04/2021	Sprenger Massillon
Tammy Arthurs	05/10/2021	Autumn Aegis	Melissa Bell	05/01/2018	Elms
Becky Ault	05/02/2013	Rose Lane	Janet Bembry	05/13/2020	Sprenger Bluffton
Patricia Baker	05/24/2021	Elms	Ashley Bentley	05/27/2021	Sprenger Port Royal
Stefanie Balicki	05/02/2017	GMS	Jerry Blade	05/20/2021	GV

Erica Caraballo	05/20/2015	Main Street	Lisa Nemcovsky	05/13/2015	Main Street
Crystal Case	05/11/2016	Smithville Western	Connie Otero	05/04/2016	Anchor Lodge
Lacie Cork	05/29/2014	Rose Lane	Dana Owens	05/20/1994	Elms
Angelete Dailey	05/08/2019	Sprenger Bluffton	Holly Packard	05/15/2018	GMS
Richard Delaney	05/10/2021	Amherst Manor	Regina Polite	05/11/2018	Sprenger Port Royal
Diana Difrancisco	05/22/1984	Anchor Lodge	Carolyn Poulos	05/01/2019	GMS
Rose Eisengart	05/05/2011	Heather Knoll	Irene Reed	05/24/2021	GMS
Maria Gonzalez	05/10/2006	Autumn Aegis	Kori Reilly	05/03/2010	Silver Maple Recovery
Steve Good	05/08/2014	Amherst Manor	Michele Robinson	05/10/2021	Rose Lane
Britny Gossett	05/11/2016	Autumn Aegis	Kelly Ruminski	05/04/2020	Wayne Manor
Ciara Grant	05/31/2018	Sprenger Port Royal	Samantha Ryan	05/11/2021	Amherst Manor
Autumn Gravel	05/24/2018	Sprenger Port Royal	Paris Sanders	05/18/2021	Heather Knoll
Denese Guinta	05/14/2019	Main Street	Danielle Sexton	05/03/2021	Rose Lane
Janice Harris	05/06/2009	Amherst Manor	Taniqua Singleton	05/21/2019	Sprenger Port Royal
Kaylen Haynes	05/10/2021	GV	Stephanie Spadone	05/06/2021	Heather Knoll
Debra Herbert	05/24/1988	Anchor Lodge	Tacy Spicer	05/06/2015	Main Street
Kiarra Higgs	05/01/2013	Anchor Lodge	Nicole Sprenger	05/17/1994	Sprenger Enterprises
Tina Hinton	05/16/2019	Sprenger Bluffton	Cynthia Stanley	05/13/2015	Autumn Aegis
Laura Holtz	05/18/2016	Main Street	Samantha Steiner	05/24/2021	Sprenger Port Royal
Christine Horne	05/24/1999	Amherst Manor	Hannah Swint	05/20/2019	Anchor Lodge
Jennifer Huffman	05/22/2020	Rose Lane	Faith Tait	05/11/2021	Anchor Lodge
Sharon Johnson	05/16/2019	Sprenger Port Royal	Brittany Thomas	05/13/2020	Village of the Falls
Kimberly Joyner	05/23/2019	Sprenger Port Royal	Lakia Thompson	05/01/2019	GV
Cecelia Kane	05/04/2021	Heather Knoll	Mattie Tucker	05/17/2017	Heather Knoll
Tamra Kelly	05/16/2000	Smithville Western	Julie Tyson	05/13/2020	Heather Knoll
Jonathan Ketchens	05/02/2018	Heather Knoll	Andrew Udovich	05/09/2017	Autumn Aegis
Jodi Lewis	05/16/2013	Rose Lane	Paula Varacky	05/24/2021	Rose Lane
Nicolle Lightfoot	05/06/2021	Rose Lane	Iris Velazquez	05/26/1998	Autumn Aegis
Brittany Lopez	05/26/2016	GV	Michelle Viator	05/14/2007	Smithville Western
Molly Lukachko	05/11/2017	Amherst Manor	Dangelo Ward	05/04/2021	Main Street
Michele Luketich	05/13/2021	Heather Knoll	Jane Watchorn	05/19/1997	Anchor Lodge
Michele Lum	05/01/2012	Rose Lane	Amanda Weatherbee	05/20/2021	Heather Knoll
Rebecca Lyons	05/29/2018	Sprenger Massillon	Marcia White	05/07/2018	GV
Linda Magid	05/31/2018	Sprenger Bluffton	Emily Widrick	05/10/2021	Sprenger Port Royal
Marci Minnix	05/06/2021	GV	Arlaine Williams	05/20/2021	Sprenger Bluffton
Daris Miranda	05/01/2019	Anchor Lodge	Shawn Zimmerman	05/07/2019	Silver Maple Recovery
Barbara Munoz	05/03/1999	Anchor Lodge	Ashley Bentley	05/27/2021	Sprenger Port Royal

Open Positions

Looking to advance your career? Visit
www.sprengerhealthcare.com/careers to view & search for all open
positions at Sprenger Health Care Systems!



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