



Sprenger Health Care Employee Newsletter September 2022

A newsletter for Sprenger Health Care Staff.

Sprenger 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.

Brain Injury Survivor Leaves Sprenger with Reinvigoration for Life



Eight years after a car accident threatened to take his dreams and life away, Wellington resident Kyle Delligatti is reclaiming his life with the support of his family and Sprenger Health Care Elms Retirement Village.

When a tragic car accident on February 5, 2014 caused Kyle, 25, to suffer from a traumatic brain injury which later resulted in him being in a coma for six months, nobody could have guessed that he would make it out alive but miraculously, he did. After years of obstacles and gradual recovery, Kyle was discharged from Mary Free Bed Rehabilitation

Hospital in Michigan. Knowing that his recovery journey was not over and that he would need extensive therapy services upon leaving the hospital, Kyle's family placed their trust and faith in the hands of the experienced team at Sprenger Health Care Elms Retirement Village in July 2022.

With the support of Sprenger's dedicated outpatient therapists, the love and support from Kyle's family and his very own tenacity to beat the odds, Kyle recovered by leaps and bounds and set his sights on the future.

Discharged from The Elms on August 18th, Kyle now looks forward to life as a college student, enrolling at Wright State University where he will be living on-campus and studying Political Science.

"We were delighted to aid in every way possible. Kyle has endured and maneuvered many barriers to meet his goal of going to college," said Myesha Cunningham, Sprenger Health Care Elms Retirement Village Admissions and Social Services Director. "We are proud of all your hard work and perseverance, Kyle. Wright State is fortunate to gain a hardworking and charismatic student like you. Thank you for allowing us to be a part of your journey. Congratulations and best of luck on your future endeavors!"

Environmental Services Week

Environmental Services Week is September 11-17!

Environmental Services Week is celebrated annually to honor and thank environmental services personnel (Housekeeping, Laundry, and Maintenance) for helping to ensure a clean, sanitary and orderly environment year-round.



Our environmental services team members are our frontline defense against the spread of bacteria and sickness in our facilities. They not only help keep our employees, residents and guests safe but help to keep our facilities running smoothly so that our primary focus can be placed on providing quality, compassionate care to our residents. We cannot thank our environmental services staff enough for all their hardworking efforts daily. We simply couldn't do what we do without you!

THANK YOU!

World Alzheimer's Month



September is World Alzheimer's month—a time to raise awareness about the 35.6 million people globally affected by Alzheimer's disease.

Alzheimer's, a progressive neurological disorder, is the most common form of dementia and is the sixth-leading cause of disease in the United State. There is currently no way to prevent, cure or slow the progression of Alzheimer's, but new drugs, devices and clinical trials are taking place every day in

hopes of one day finding a cure.

Early diagnosis of Alzheimer's is key to helping individuals and families come to terms with the disease and explore various treatment options. Before diagnosis, however, it's important to know the warning signs of Alzheimer's. These include: increased memory loss and confusion, inability to learn new things, shortened attention span, problems coping with new situations, difficulty organizing thoughts, mood and personality shifts, increased anxiety or aggression, impulsive behavior and problems recognizing friends and family.

If you or a loved one is experiencing any of these symptoms, we encourage you to visit your healthcare physician.

Healthy Aging Month

Did you know that September is Healthy Aging Month?

Healthy Aging Month is an annual health observance designed to focus national attention on the positive aspects of growing older and the importance of looking after your health regardless of your age.

Aging is unfortunately inevitable, but here are some ways that you can do so gracefully, actively and happily:

- Exercise regularly.
- Maintain a healthy diet.
- Stay connected with others.
- Lower your stress levels.
- Get regular check-ups and annual physicals.
- Look after your mental wellness in addition to your physical well-being.
- Focus on the positive.
- Find the humor and beauty in the little things.
- Live in the moment.



Remaining active and engaged is the best gift you can give yourself at any age. So, don't forget to take some time out of your day for you. Your body and mind will thank you.

World Heart Day



September 29th is World Heart Day!

World Heart Day is observed annually to raise awareness and educate people across the globe about cardiovascular diseases and to highlight actions we can take to prevent and/or control them.

Did you know that heart disease and stroke is the world's leading cause of death claiming 18.6 million lives every year? Genetics, poor nutrition, air pollution, psychological stress and inaccessibility to treatment and support for cardiovascular disease are just some of the many ways individuals can contract the disease, but there are simple, everyday things you can do to reduce your chances of getting it.

Maintaining a healthy, balanced diet is one way that you can keep cardiovascular disease at bay, but regular exercise, cutting out nicotine, checking and controlling your blood pressure and cholesterol levels, and maintaining a healthy weight are also great ways you can look after your heart.

Apart from looking out for your heart, you can stand in the fight against cardiovascular disease by wearing red on World Heart Day. You can also participate in a heart walk of other World Heart Day fundraising event in your community.

September 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:

- Mindea Skinner, Certified Occupational Therapy Assistant at Sprenger Elms Retirement Village
- Jon Roth, Physical Therapy Assistant at Sprenger Elms Retirement Village
- Heather White, Administrative Therapy Tech at Sprenger Elms Retirement Village
- Sheila Kries, Director of Rehab at Sprenger Smithville Western Care Center

Honorable STAR mentions include:

- Crystal Case, Lisa Glick, Susie Barr, Cris Fondriest, Nicole Hoover, Jeannie Fick, Lynsey Walters, Emily Taylor, Rebecca Lyons, Elijah Underwood and Abagael Minninger

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

Visit 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



Joyce Paulin



Val Stephens

This month, Sprenger Health Care is shining a spotlight on two outstanding department heads that are making a difference and touching the hearts of our residents, families and team members daily — **Joyce Paulin and Val Stephens!**

Joyce is the Director of Housekeeping at Sprenger Health Care Rose Lane. Her peers continually praise her for her willingness to go above and beyond for the organization and its employees.

"Joyce is a very hands-on manager," said Rick DiDomenico, Sprenger Health Care Rose Lane Administrator. "She troubleshoots two buildings, then in her spare times does all the PPE ordering for all the buildings. Superwoman has nothing on her."

Val is the Director of Rehab at Sprenger Elms Retirement Village. Those who know her state that she is someone who never complains and is always willing to support residents and staff whenever and however she can.

"Val is the ideal manager to have on any team; so glad she is on mine," Janeal Hardoby, Elms Retirement Village Administrator, said. "Val doesn't complain she just jumps in and gets the job done. Val gives 110% for all of those around her. She is a resident advocate, staff supporter and gives her all to those around her at work or at home."

Congratulations Joyce & Val!

National Rehabilitation Awareness Week

September 19-25 is National Rehabilitation Awareness Week!

This annual observance is aimed at educating individuals about the importance and benefits of rehabilitation for those living with disabilities.

We at Sprenger Health Care believe that every person deserves to live their life to the fullest and have witnessed firsthand how physical, occupational and speech rehabilitation therapy programs help individuals do just that.

In honor of National Rehabilitation Awareness Week, here's a few quick facts about rehabilitation according to the World Health Organization (WHO):

- Globally, an estimated 2.4 billion people are currently living with a health condition that benefits from rehabilitation.
- Rehabilitation is not only for people with long-term or physical impairments
- The need for rehabilitation worldwide is predicted to increase due to changes in the health and characteristics of the population. For example, people are living longer, but with more chronic disease and disability.
- Currently, the need for rehabilitation is largely unmet. In some low- and middle-income countries, more than 50% of people do not receive the rehabilitation services they require. Rehabilitation services are also amongst the health services most severely disrupted by the COVID-19 pandemic.

During this week, we thank and applaud our dedicated therapists who work with our residents daily to strengthen and/or restore their mobility, minimize the effects of chronic conditions, help them set and reach their health and wellness goals, and regain/maintain their independence.



Open Positions

Looking to advance your career? Visit www.sprengerhealthcare.com/careers 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!

Upcoming Events

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

SEPTEMBER 2022

Healthy Aging Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Dress Down: Wear orange for leukemia awareness FB- Post for healthy aging month	2	3
4	5 Labor Day	6	7	8 DD- NFL sport your favorite team FB- Staff post in NFL gear	9	10
11 Environmental services week	12	13	14	15 DD- Wear purple for Alzheimer's FB- Resident Post	16	17
18 National Rehabilitation Awareness Week	19	20	21	22 DD- Kick off fall with fall colors FB- Fall prevention awareness week	23	24
25	26	27	28	29 DD- Wear red for world heart day FB- Fall activities	30	1

Employee Birthdays

Melissa Brumfield	09/01	GMS	Michelle Phillips	09/02	Smithville Western
Amanda Carter	09/01	Sprenger Port Royal	Michele Copley	09/03	Smithville Western
Michelle Mustacchio	09/01	Autumn Aegis	Caleb Persinger	09/03	Amherst Manor
Trinity Rivers	09/01	Main Street	Elizabeth Bryant	09/04	Autumn Aegis
Alexis Tansey	09/01	Autumn Aegis	William Lowe	09/04	Anchor Lodge
Allison Bessinger	09/02	Sprenger Port Royal	Mariam Olugbemiro	09/04	GMS
Alayah Corpening	09/02	Grande Village	Carlita Cooper	09/05	Village Of The Falls
Catherine Dean	09/02	Heather Knoll	Jordan Ockovcin	09/05	Sprenger Bluffton
Jennifer Gaines	09/02	Main Street	Jennifer Tobias	09/05	Main Street

Cheryl Battle	09/06	Amherst Manor	Eric Cutshall	09/19	Amherst Manor
Nicolette Greer	09/06	Heather Knoll	William Huffman	09/19	Heather Knoll
Rockelle Hampton	09/06	Rose Lane	Marla Nussbaum	09/19	Wayne Manor
Laura Miller	09/06	Main Street	Terri Vanniel	09/19	Amherst Manor
Helen Schutte-Sammons	09/06	Wayne Manor	Tammy Vas	09/19	Smithville Western
Nya Brent	09/07	Amherst Manor	Roslynn Buga	09/20	Anchor Lodge
Jamica Clifford	09/07	Silver Maple	Richard Craner	09/20	Sprenger Port Royal
Jacqueline Johnson	09/07	GMS	Susan Hall	09/20	The Elms
Nicodeme Nzisabira	09/07	Grande Village	Ginger Mcardle	09/20	GMS
Crystal Seaver	09/07	Rose Lane	Kyra Moore	09/20	The Elms
Paul Delucia	09/08	Heather Knoll	Cheri Morrill	09/20	Amherst Manor
Kimberly Foster	09/08	Anchor Lodge	Arica Whittaker	09/20	Anchor Lodge
Allison Arnold	09/09	Smithville Western	Laxley Wood	09/20	Grande Village
Olivia Conaway	09/09	Anchor Lodge	Joyce Acord	09/21	The Elms
Karen Domer	09/09	Heather Knoll	Tina Hinton	09/21	Sprenger Bluffton
Sophia Kim	09/09	Autumn Aegis	Michelle Kovacs	09/21	GMS
Samantha Terrill	09/09	Main Street	Allison Weber	09/21	Main Street
Dawn Carter	09/10	Anchor Lodge	Kristina McClung	09/22	GMS
Lorie Gill	09/10	Autumn Aegis	Constance Hill	09/23	Main Street
Kelly Liming Pryce	09/10	Heather Knoll	Erin Lennon	09/23	GMS
Tina Long	09/10	Heather Knoll	Amanda Turner	09/23	Heather Knoll
Latasha Scantling	09/10	Sprenger Bluffton	Amanda Borowski	09/24	GMS
Shavone Wright	09/10	Grande Village	Alliene Campanaro	09/24	Sprenger Bluffton
Joyce Kowalewski	09/11	GMS	Elizabeth Jenkins	09/24	Wayne Manor
Theresa Dickson	09/11	Main Street	Jasmine Lovett	09/24	Amherst Manor
Lois Minturn	09/11	Silver Maple	Amber Abbe	09/25	Autumn Aegis
Frank Balcik	09/12	Silver Maple	Joshua Ball	09/25	Rose Lane
Cassandra Dykin	09/12	GMS	Ashley Owsley	09/25	Rose Lane
Jessi Evans	09/12	Grande Village	Cherrelle Watson	09/25	Sprenger Port Royal
Ashley Hougland	09/12	Autumn Aegis	Nicole Bonnallie	09/26	Main Street
Julienne Oben	09/12	Sprenger Port Royal	Suzanne Boyer	09/26	GMS
Jaycie Stoller	09/12	Smithville Western	Grenisha Brazile	09/26	GMS
Brittany Flickinger	09/13	Smithville Western	Justazia Dasilva	09/26	Sprenger Bluffton
Alicia Friend	09/13	Main Street	Roger Graf	09/26	Sprenger Massillon
Alexander Mifflin	09/13	Rose Lane	Renee Lewis	09/26	Heather Knoll
Francesh Torres	09/13	GMS	Angela Long	09/26	Anchor Lodge
Amatullah Williams	09/13	GMS	Pam Nizialek	09/26	Rose Lane
Brittany Zimmerman	09/13	Anchor Lodge	Tyler Sponaugle	09/26	Rose Lane
Holly Biddle	09/14	Heather Knoll	Crystal Case	09/27	Smithville Western
Liljana Mahmutaj	09/14	Main Street	Dorothy Mincy	09/27	Anchor Lodge
Suzana Rantasa	09/14	Autumn Aegis	Teisha Cannon	09/28	Main Street
Debby Blackburn	09/15	Anchor Lodge	Sierra Clem	09/28	Village Of The Falls
Josefina Hsieh	09/15	Heather Knoll	Marci Minnix	09/28	Grande Village
Elizabeth Phelps	09/15	Amherst Manor	Makea Noble	09/28	Autumn Aegis
Rebecca Bailey	09/16	Grande Village	Brittney Rini	09/28	GMS
Jen Bucell	09/16	GMS	Niaysha Smith	09/28	Main Street
Nichole Kendel	09/16	GMS	Billy Spath	09/28	Amherst Manor
Denise Kerby	09/16	GMS	Mattie Tucker	09/28	Heather Knoll
Krista Kussem	09/16	GMS	Stephanie Brushaber	09/29	Anchor Lodge
Lisa Lantz	09/16	Heather Knoll	Jessica Williams	09/29	GMS
Nicholas Pappas	09/16	Sprenger Massillon	Amber Gunter	09/30	Amherst Manor
Amanda Potts	09/16	Main Street	Dillon Hoagland	09/30	Rose Lane
Lariah Severs	09/16	Smithville Western	Brandi Jett	09/30	Main Street
Toni Stammitti	09/17	Autumn Aegis	Joselyn Millan	09/30	Autumn Aegis
Deborah Wyatt	09/17	Village Of The Falls	Christine Queen	09/30	Autumn Aegis
Brandy Di Filippo	09/18	GMS	Shianne Wacker	09/30	The Elms
Victronia Polk	09/18	Grande Village			

Employee Anniversaries

Jennifer Smith	09/08/1987	Heather Knoll	Katie Kovach	09/22/2020	Heather Knoll
Barb Barsan	09/05/1995	Amherst Manor	Justa Avila	09/24/2020	Sprenger Bluffton
Sue Brown	09/08/1998	Main Street	Tywana Lloyd	09/24/2020	Sprenger Port Royal
Victoria Flores	09/14/1998	Anchor Lodge	Danielle Johnston	09/28/2020	GMS
Tracey Sprenger	09/22/2003	Sprenger Enterprises	Shannon Wagner	09/28/2020	Smithville Western
Victoria Morrison	09/26/2005	Smithville Western	Sarah Collett	09/29/2020	Autumn Aegis
Lettie Taylor	09/06/2006	Main Street	Jessica Cruz	09/29/2020	Amherst Manor
Nichole Jacobs	09/26/2007	GMS	Colleen Hoy	09/02/2021	GMS
Kathleen Walker	09/27/2007	Heather Knoll	Nicole Lilley	09/02/2021	Sprenger Port Royal
Sharon Fife	09/19/2011	The Elms	Damiya Polite	09/02/2021	Sprenger Port Royal
Bryan Kelleher	09/05/2012	Main Street	Kristy Jones	09/07/2021	Village Of The Falls
Diane Smith	09/10/2012	GMS	Karen Kaschner	09/09/2021	Heather Knoll
Amanda Carter	09/04/2013	Sprenger Port Royal	Cynthia Perry	09/09/2021	Rose Lane
Umaraa Matweyou	09/09/2013	Heather Knoll	Sierra Polk	09/09/2021	Rose Lane
Jennifer Park	09/11/2014	Heather Knoll	Bryce Rush	09/09/2021	Smithville Western
Heather Stokes	09/18/2014	Amherst Manor	Sidney Sidwell	09/09/2021	The Elms
Steve Anello	09/23/2014	Grande Village	Marjuci Bukovac	09/13/2021	Amherst Manor
Jessica Errington	09/02/2015	Heather Knoll	Karen Wells	09/13/2021	Anchor Lodge
Alyssa Parsons	09/02/2015	GMS	Danielle Kaase	09/14/2021	GMS
Cody Mccauley	09/08/2015	Rose Lane	Carrie Sweitzer	09/14/2021	Main Street
Ariel Vega	09/09/2015	Main Street	Cheryl Battle	09/16/2021	Amherst Manor
Tracy Lewis	09/06/2016	Autumn Aegis	Linda Mefford	09/16/2021	Smithville Western
Sidney Sidwell	09/06/2016	The Elms	Sonia Torres	09/16/2021	GMS
Lucy Treadway	09/12/2016	Anchor Lodge	Linda Mefford	09/16/2021	Smithville Western
Brittany Papai	09/13/2016	The Elms	Eileen Rupert	09/20/2021	Village Of The Falls
Kim Lewis	09/14/2016	Grande Village	Stacey Trottier	09/20/2021	Amherst Manor
Olivia Mahoney	09/15/2016	Smithville Western	Annie Stickler	09/21/2021	Heather Knoll
Randall Taylor	09/20/2016	Main Street	Russell Lynch	09/28/2021	Silver Maple Recovery
Honesty Jackson	09/27/2016	GMS	Tyler Ownby	09/28/2021	Anchor Lodge
Shannon Bohnert	09/14/2017	Main Street	Melissa Clay	09/30/2021	GMS
Ashley Ambroz	09/21/2017	Anchor Lodge			
Keishawn Matthews	09/06/2018	Sprenger Port Royal			
Kara Boyd	09/11/2018	Rose Lane			
Angela Mencke	09/25/2018	Anchor Lodge			
Stacey Watkins	09/25/2018	Anchor Lodge			
Syncere Burns	09/04/2019	GMS			
Denise Dutko	09/04/2019	Main Street			
Treasure Cannon	09/10/2019	Main Street			
Denise Chulik	09/10/2019	Village Of The Falls			
Michelle Oiler	09/10/2019	Amherst Manor			
Courtney Riggs	09/10/2019	Rose Lane			
Hannah Wagner	09/10/2019	GMS			
William Kesterke	09/17/2019	Silver Maple Recovery			
Pamela Shelby	09/17/2019	GMS			
Tiera Estes	09/18/2019	Heather Knoll			
Jordan Howard	09/18/2019	Grande Village			
Amanda Moscibrocki	09/24/2019	GMS			
Montae Smith	09/25/2019	Grande Village			
Teila Rigatti	09/01/2020	Sprenger Port Royal			
Melissa Schob	09/01/2020	The Elms			
Jennifer Coddington	09/04/2020	GMS			
Karen Riley	09/08/2020	The Elms			
Kadeisha Campbell	09/10/2020	Rose Lane			
Melissa Parsons	09/10/2020	Autumn Aegis			
Linda Lapp	09/14/2020	Main Street			
Andrea Morgan	09/15/2020	Grande Village			
James King	09/17/2020	Grande Village			