



The Laurel Spirit

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A Warm Welcome to The Laurels of Pender

Laurel Health Care is pleased to welcome The Laurels of Pender as our newest Laurel facility. They officially joined us on February 1 as part of the Southwest Region.



We are pleased to welcome The Laurels of Pender to the Laurel Health Care Family. Left to right: Holly Hall, Director of Marketing; Amanda Marks, Admissions/Social Services; Cheryl O’Cull, Director of Nursing; Tiffani Porter, Dietary Manager; Hope Sheffield, Clinical Care Coordinator.

Formerly known as The Village on Campbell and Huntington Health Care, the facility is in Burgaw, North Carolina. Burgaw is a small, friendly community located about twenty miles from the coast and twenty-five miles from Wilmington. They are perhaps best known for hosting the North Carolina Blueberry Festival. Nestled among pine trees, The Laurels of Pender is a welcoming and peaceful resource for the community. It is the only long-term care provider in Burgaw and is conveniently located across the street from the local hospital.

The Laurels of Pender is a 121-bed facility with 98 skilled nursing beds and 21 assisted living beds. Most of the 125 Associates and Managers stayed with the facility through the transition. Since joining Laurel Health Care, the facility has been able to bring the Therapy, Housekeeping, and Laundry services, which had previously been provided on a contract basis, back in house.

We are pleased to welcome Robert Woodie as the new Administrator as of March 1. The rest of the management team are all veterans at the facility. Cheryl O’Cull, the Director of Nursing, moved to North Carolina many years ago from Chicago and has since played a big part in the medical community in Burgaw and Pender County. Dr. Michael Rallis, MD, has been the Medical Director at the facility for 16 years. He is known for going above and beyond to support Guests, families, and staff.

Adding The Laurels of Pender to the Laurel Health Care Company portfolio further expands our presence in North Carolina into an area of the state we had not served previously.

Please join us in welcoming everyone at The Laurels of Pender to the Laurel family!

Words of Thanks

Often, Laurel Health Care Associates go above and beyond the call of duty, reaching out in the communities they serve and demonstrating The Laurel Way of Caring. Here are a few of the letters of appreciation we have received commending these Associates for their extra efforts.

The Laurels of Steubenville

Janna,

You were our very first "friend" when Mom came to The Laurels. You were so wonderful in getting her settled in a comfortable environment. We thank you for all of your help and support in making Mom's last journey as easy a transition as possible. Thank you and God Bless,

*Dee & Linda
(Catherine Grubor's daughters)*

The Laurels of DeKalb

I do want to say that I have been extremely pleased with The Laurels. The staff at your facility have been amazing. This situation has been extremely difficult, but all of you have helped make it better. Our family appreciates it very much.

Ginny Leins

The Laurels of New London

Thank you so much for thinking of me! I sure appreciate it. I can't even imagine any other home taking care of Bruce as well as the staff at The Laurels have. I know he is a handful. Your staff has helped make this tragedy bearable. We are so thankful for the caring and love you all have shown him. We continue to pray he improves! We thank everyone for all the kindness!

Deanna

The Laurels of Blanchester

I could never put into words how glad I am that I came here. I never imagined that I would be leaving this place. I am so grateful to the Nurses and the Nurses' Aides, Therapy, and everyone who helped me.

When I came here I really thought I would never leave, I really thought that this was the end, but your patience with me and your care are more than words can express. I will miss every one of you. I know that I could be stubborn, but you never stopped caring.

Forever a Fan,
Stanley Sharp



That's the Spirit!

The Laurels of Toledo Rehab Clients Overcome Significant Challenges with the Help of AlterG

Every rehab experience is a unique, personal journey, marked by challenges and triumphs, with the ultimate goal of restoring the individual to his or her previous level of function. For The Laurels of Toledo rehab clients Sammie Jones and Dwight Scales, that journey became a lot more manageable with a little help from The Laurels' therapy team, the state-of-the-art AlterG Anti-Gravity Treadmill, and their own determination.

Sammie Jones

Sammie Jones, a veteran of the U.S. Army, recently came to The Laurels of Toledo after a total left knee replacement. A few days later, Jones came to The Laurels for rehab and began working with physical therapist assistant Matt Snyder.



When Jones first arrived at The Laurels, he was walking with a cane, so the goal was to get him walking normally without assistance. That's where the AlterG was most effective. Jones says, "What I learned is that if you become too dependent on the cane, your body forgets what it's supposed to be doing when it comes to balance and gait. While walking in the AlterG, you can observe your gait from all angles on a monitor, which allowed Matt to re-teach me what proper gait looks like." Working together with Snyder, Jones was able to reach all his benchmark goals and avoid surgical manipulation.

Now an outpatient client, utilizing The Laurels' transportation service to get to appointments, Jones continues to work with Snyder—though his effort doesn't stop when he leaves the facility. Jones is thrilled that he's now back at church and once again taking part in his favorite activities—golfing and fishing. "I'm just glad I came here and Matt was my 'primary technician,'" he says. "I would recommend The Laurels to anyone who needs therapy."

Dwight Scales

Scales, a karate instructor who has been in martial arts for 22 years and serves as the U.S. Director of the Goju-Ryu Karate-Do Kyokai (GKK), underwent surgery on his lower back in early December of 2016. Afterward, he developed a hematoma on his spine that significantly interfered with his function.



Before the problem was identified, he began rehab at The Laurels, working with Snyder. But instead of getting better, he was getting worse. His inability to bear weight in rehab was completely baffling—both to him and to Snyder, who is a fellow martial arts practitioner and had worked with Scales before. "After surgery, Mr. Scales was supposed to be able to 'bear weight as tolerated,' but that just wasn't happening," Snyder says. "He was supporting almost all his weight with his arms and literally taking baby steps, traversing maybe a foot with monumental effort.

Once the hematoma was identified and removed, Scales' function began to improve. Currently an inpatient client at The Laurels, Scales is pleased with his progress, noting that the AlterG has played a major role in his achievements thus far. "The AlterG allows me to walk as I should be walking without using my arms to bear weight. The cameras allow me to see and correct the positioning

and movements of my feet and knees, so correct form and correct posture are all working together," he says.

Still, Scales remains focused on a larger goal. "I've made remarkable inroads over just the past few weeks, but my goal is to get back to training, and I will achieve that," he states.

That's the Spirit!

An Inspiring Testimonial at The Laurels of Coldwater

Recent rehabilitation Guest Brian Perry returned to **The Laurels of Coldwater** to visit his favorite therapist and to share words of encouragement with current rehab Guests. Brian attributes his healing and strength building to the great physical therapy regimen and the teamwork he enjoys with his physical therapist, Maria. Brian is a local pastor, and his message was inspiring for those currently working for improvement. He said, "You can do it. You just have to stick to it and let them push you to be the best you."



A Local Celebrity at The Laurels of Toledo

War hero and local celebrity Clifford Murphy is a cherished Guest at **The Laurels of Toledo**. Despite having two Purple Hearts and three Bronze Stars from the Korean War, Mr. Murphy is best known as a jazz musician, and owner of a nationally famous jazz club, Murphy's Place. Recently the Toledo Blade interviewed Mr. Murphy—on the occasion of his 85th birthday—about his life in jazz and his efforts at rehabilitation. Mr. Murphy is working to walk again and to play the upright bass. His birthday celebration at the Toledo Club is fully booked!

A Crafting Community at The Laurels of Athens

Somebody call Martha Stewart, because **The Laurels of Athens** is turning into a craft Mecca! Guests Ada (93) and Sharon (80) have pooled their talents to create "Loving Lap Robes" as part of the "Threads for All" activity program at The Laurels of Athens. Sharon was a short term Guest at the facility but loved the program so much that she continues to visit weekly to spend time and share enthusiasm about the benefits of creativity with other Guests and friends. Ada is also a life-long "threads" enthusiast, having sewn her own garments for years. She now enjoys fine embroidery work using floss and a basket given to her by her 102-year-old sister.

Other Guests have turned to clay to express their creativity. Guests are invited to make colorful beads in polymer clay which when baked become hard and lasting. The beads are often strung with other materials (often repurposed beads) to become a new "original" treasure to wear. One Guest, Bonnie, was at first doubtful of her ability to work with the clay, but has since found confidence and a creative

outlet making beautiful clay-wrapped pens. Her pens are delightful to use with a comfortable grip and sparkling colors.



Horticulture at The Laurels of Worthington

On Wednesday, December 14, Guests at **The Laurels of Worthington** got busy making holiday flower arrangements for their rooms. Cinder, who is with Plants Alive from Cincinnati, visits every other month for a fun Horticulture Project. Guests always look forward to Cinder's visit because they love showing off their creative side. Most Guests enjoy giving their projects to their loved ones.

That's the Spirit!

Loving Locals Support The Laurels of DeKalb

A local factory in Butler—Therma-Tru—embodied the Christmas spirit for **The Laurels of DeKalb**. Their generous employees delivered Christmas gifts to more than ninety Guests. Each package included a sweatshirt and pants, a blanket, lotions and body wash, and a stocking filled with candy. Therma-Tru employees even dressed as Santa and Mrs. Claus, Rudolph, Frost, and a gingerbread man to visit Guests during the annual Christmas party. Pictured: Santa Claus presenting gifts to Guest Ruth Wilson.



Christmas Volunteerism at The Laurels of Hilliard

Holidays at **The Laurels of Hilliard** are always a special time for Guests and families. Associates and community volunteers go above and beyond to make sure every Guest receives a gift on Christmas with the Adopt-A-Resident program. The annual Christmas party includes a visit from Santa, food, games, and music. Through the efforts of the staff and volunteers, more than 200 gifts were delivered to Guests.

A Very Special Birthday at The Laurels of Hendersonville

The Dalmatians were out and the Associates were dressed in black and white to celebrate 101 years for Guest Virginia “Jenny” Fish. Staff and Guests celebrated Mrs. Fish’s 101st birthday and achievements with a “101 Dalmatians”-themed party. Special thanks to volunteer Pam Fisher and Storm for coming to help us celebrate and to Sam’s Club for providing the cake. Virginia is very active at **The Laurels of Hendersonville** and is often found singing her favorite songs throughout the building or enjoying a cup of tea with her friend and roommate in the living room. When asked how it felt to turn 101, she responded, “I didn’t know I had so many friends. This is wonderful.”



Christmas Traditions at The Laurels of Blanchester

The Laurels of Blanchester kicked off the Holiday season the usual way, by honoring loved ones present and past. Family members and friends purchased a total of 29 trees in honor of someone special, which were placed around the building. The annual lighting ceremony was attended by family, Associates, and friends. Then it was cookies and cocoa for everyone! All money raised was given to the Glen Thompson food drive to help feed the needy in the local area. A total of \$1,200 was raised.

On the second Saturday in December, the STEPS Committee sponsored a breakfast with Santa. It was greatly enjoyed by the community and by the families of the staff. Later, Santa arrived at the annual Guests and Family Christmas Party, where Santa had a special gift for all who attended. Representatives from several churches were also present throughout the holidays, as well as the Boy Scouts and Girl Scouts, who brought gifts. Another special surprise was a visit from more than 100 school children who sang and shared homemade gifts with each Guest. A great holiday was enjoyed by all!

Reflections



The Laurels of Hillsboro
The annual Christmas party at The Laurels of Hillsboro was graced by a visit from Santa Claus, spreading cheer to the Guests and staff.

Refreshments, presents, friends, and family made the gathering a joyous event.

The Laurels of Hillsboro

“Rudolph the Red-Nosed Reindeer” rang through The Laurels of Hillsboro as kindergartners from nearby Lynchburg Elementary paid a visit. The kids—more than four dozen of them!—brought a lot of cheer to Guests and Associates.



The Laurels of Bedford

Associates at The Laurels of Bedford hosted dinner for Guests and loved ones to celebrate the holiday season. Guests enjoyed a family-style dinner in a candlelit atmosphere. The evening was full of love, laughter, and memories to cherish.



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The Laurels of University Park

It was no surprise Santa Claus caused a stir at The Laurels of University



Park. Guests and Associates had a rousing good time and enjoyed the company of Ol’ Saint Nick. Here’s Santa thrilling Linda Palmer and enjoying some quality time with long-time Guest Dillon Hamlett and recent rehab Guest Betty Edwards. The soirée was catered by the Olive Garden, and department heads and restaurant staff served up the feast.



The Laurels of GreenTree Ridge
Department heads at The Laurels of GreenTree Ridge gathered for a very special Christmas outing. In their “Painting with a Twist” event, they unleashed their inner artists.

The Laurels of Hillsboro

During the holiday season, The Laurels of Hillsboro invited the local Kmart to bring items for Guests to peruse and purchase at discount prices. Here, thoughtful Kmart staff join Kelley Condo (Activity Director) and Aubrey Griego (Activity Assistant) in front of a display.





The Laurels of Coldwater

The Laurels of Coldwater celebrated their 19th Annual Valentine’s Day Gala with a Western-themed fandango! The Gala is a themed dinner-dance that is open to the public, with all ticket sales and 50/50 raffle proceeds donated to the H&C Burnside Senior Center. Gala-goers enjoyed a delicious meal with ‘all the fixin’s’ and an evening of music and dancing with the Roy Cole County Rock Band.

The Laurels of Hendersonville

Buddy the Therapy Dog came to The



Laurels of Hendersonville to spread some love on Valentine’s Day. Here, he’s shown with Bob Pompeo, Director of Marketing.

The Laurels of Hillsboro

At The Laurels of Hillsboro, the Valentine’s Day King and Queen celebrate all day! Queen Amy Hickson and King Wilber Penix were treated like royalty all day long, choosing special meals and receiving chocolates and roses. Queen Amy chose Kentucky Fried Chicken for her special lunch!



The Laurels of Blanchester

The Laurels of Blanchester crowned the King and Queen at their annual Valentine’s Day Party. Good food and fun were shared by all!

The Laurels of Norworth

The Laurels of Norworth held its second annual Sweetheart’s Luncheon for Guests and their families. Everyone was treated to



a stuffed shell lunch with fresh salad and chocolate layer cake. The Worthington Mall Kroger donated Valentine’s Day balloons for the event.

The Laurels of University Park

Guests and Associates struck a pose at the annual Valentine’s Day Photo shoot at The Laurels of University Park.



Spirit News

The Laurel Way

We are a team of professionals dedicated to promoting the highest level of independence and quality of life for our Guests by creating comfortable living environment and providing comprehensive health care services.

To accomplish this, we have a responsibility to:

- Treat everyone with dignity and respect
- Conduct ourselves with the highest level of integrity and ethical behavior
- Be uncompromising in our standards of quality of care and service
- Attract, train and retain knowledgeable, caring and compassionate individuals
- Challenge ourselves to grow as people, as professionals and as a company
- Earn a fair and reasonable profit for our stakeholders

We embrace these responsibilities, with commitment and enthusiasm, in our pursuit of The Laurel Way.

The Laurels Mission Statement

Creating a legacy by exceeding the needs and expectations of those we serve, while embracing The Laurel Way.

Collaboration Brings Feline Visits to The Laurels of Norworth



Working with outside organizations has always been a strength at The Laurels. Richard Burkhardt, Resident Council President at The Laurels of Norworth, recently contacted the Worthington Cat Welfare League to



explore cat visitations. The organization now visits several times a month and brings its friendly felines. Richard says the residents' eyes light up when they are holding and petting the cats. There are even two blind cats who make visits.

Team Building Success at The Laurels of Steubenville



The Laurels of Steubenville recently held a highly successful team-building activity. The event also served as an initiation for Administrator Steve Welhorsky. Steve has a fancy for "nice" cars, so it was decided that a Soapbox Derby Race was in order. Steve got to race his own "homemade" soapbox

derby car (named the "Roadrunner") and other cars were also manufactured.

There was an Activity car titled "Tickle Me Pink" (seen here driven by Guest Ralph Milewsky) along with homemade cars by Housekeeping and Dietary. The "Laurel Ice Cream Truck" was Dietary's creation — a working ice cream truck with music played by an iPad and ice cream for everyone. Prizes were awarded for the best-looking car and the fastest car. Naturally, the ice cream truck won the best-looking category, due to copious ice cream bribes handed out, but "Tickle Me Pink" was the fastest. The team-building event was a great success, full of cheers from Associates, as well as families and Guests. They look forward to doing the event again next year!

The Laurels of Huber Heights

Guests, visitors, and Associates gathered around nine crockpots full of great-tasting chili at Huber Heights' Chili Cookoff. The judges—a fair-minded panel of discriminating Guests—selected Pamela Nicholls, new MDS Coordinator, as the winner!

