

*final thoughts...*

**Toledo Symphony**

**Saturday, February 24th from 1:30-3:00**

**Invite your family to join us for this relaxing afternoon listening to the Toledo Symphony, while enjoying an Hors d'oeuvre and a drink.**

**Please RSVP your guests with Alison Maas at 419-885-3934 or [amaas@wallick.com](mailto:amaas@wallick.com)**

4220 N. Holland-Sylvania Rd.  
Toledo, Ohio 43623  
419.885.3934 Phone  
419.882.2012 Fax



## IN THIS ISSUE:

**2** From the Director  
New Residents

**3** What's Happening in the Community  
November Birthdays

**4** Pictures  
And More!

# February 2024

# the Acorn

A newsletter for friends and residents of Oakleaf Village

February has arrived and it is a leap year! That means there is an extra day this month. We will learn about why we have a leap year and play frog games that day.

We have been helping residents order their groceries and supplies online every Wednesday, it is a great way to shop. When you order online, we use an account set up just for you. So if you do not have an account set up for apps such as Kroger, Instacart, Amazon or any other app you shop from, and you wish to order online, please let a person on the activity team know. We will set it up prior to Wednesday, the ordering day. This will help the process go smoothly and get your groceries to you faster. If you would like to learn more, please ask Jodi or Alison.

February is Black History Month. Every Friday we will learn about a person who helped pave the way for

civil rights and made an impact on our country. We will be watching "Hidden Figures". A true story about three brilliant, African-American ladies working in NASA. These amazing women crossed all gender and racial lines and inspired generations.

## Leap into February

We go to lunch every Friday. This month we are dining at: Bob Evans, Brick House, BJ's Restaurant and My Way Bistro. We have fun getting out, enjoying each others company and trying different places to eat. If you would like to go, sign up at the front desk. If you have a suggestion of a restaurant you would like to try, let the activity team know or drop a note in the activity suggestion

box located in the multi-purpose room.

Do you have a recipe you would like to share with Oakleaf and have them serve it for dinner one night? If so, please talk to Virginia Marshall, the Executive Chef. She is hoping to make 2 residents recipes a month. It could be an entrée, a soup or even a dessert. We all have that item everyone wants you to bring to a potluck. Your famous chicken casserole, Grandma's Banana cake. My family always has me bring the paper plates. 😊

February is jammed packed with music, games, outings, cards, men's group, exercise programs, and religious doings. Try something new this month! Bring a friend to an activity that you participate in. We are in the heart of the "winter blues" season. Lets reach out and help each other live life to the fullest at Oakleaf!

## A Note from Heather Evans Assistant Executive Director

'The most beautiful things in the world cannot be seen or even touched, they must be felt with the heart.'  
– Helen Keller

February is American Heart Month. When we think of Valentine's Day, we usually think about love and flowers and hearts. This month, I would like you to think about the hearts beating in each one of us. Think about taking the time and effort to help keep *each* heart beating, keeping it healthy. Adjusting our diets, reducing stress, adding some heart-healthy exercise, and getting regular check-ups are just a few things we can do to help keep our hearts pumping!

### Friendly Reminders:

- When going to doctor appointments, please ensure you check in with the receptionist to find your nurse upon returning to the community. It is important to communicate any changes to your health or medication regimen to your nurse, to ensure we have the most 'current' medical records for you, in case of an emergency (this includes our independent residents). Ask the receptionist to make a copy of the medical document for you if you would like to keep your own records as well.
- If there has been a change in you or your loved one's medical records/emergency information, etc., please be sure to provide the most *current* copy of information to the front desk for clinical staff to update records accordingly:
  - Insurance cards
  - Living Will/POA
  - Code status
  - Emergency contact(s)
  - Allergies
  - Specialists/Doctors being seen
  - Anything you feel would be beneficial for us to know in caring for you or your loved one



## IMPORTANT CONTACTS & PHONE NUMBERS

<b>Diane Doneghy</b>	Executive Director
<b>Heather Evans</b>	Assistant Executive Director
<b>Crys Daunhauer</b>	Business Office Manager
<b>Virginia Marshall</b>	Executive Chef
<b>Emily Ignatowicz</b>	Senior Living Advisor/Marketing
<b>Alison Maas</b>	Activity Director
<b>John McAuliffe</b>	Maintenance Director
<b>** Coming Soon</b>	Director of Care
<b>Dominique Hunter</b>	Assistant Director of Care
<b>Danielle Ballesteros</b>	Grove Program Director
<b>Oakleaf Village:</b>	419-885-3934
<b>The Grove:</b>	419-464-9123

## WHAT'S HAPPENING...

Thursday, February 1st—Sign Language Class Recap  
 Friday, February 2nd—Wear Red for Your Heart  
 Monday, February 5th—Register to Vote/Apply for Absentee  
 Thursday, February 8th—Painting Class, Conversation Hearts  
 Monday, February 12th—Chips & Dip with Derek  
 Tuesday, February 13th—Mardi Gras Bead Game, Paczki's  
 Wednesday, February 14th—Make Heart Bird Feeders  
 Friday, February 16th—TCT Therapy Social  
 Saturday, February 17th—Car Races  
 Monday, February 19th—Presidents Day Activities  
 Tuesday, February 20th—Hoodie Hoo Day  
 Friday, February 23rd—Kitty Litter Cake  
 Saturday, February 24th—Toledo Symphony Day  
 Tuesday, February 27th—February Birthday Party  
 Wednesday, February 28th—Men's Luncheon  
 Wednesday, February 28th—Right Brain vs. Left Brain Fun  
 Thursday, February 29th—Frog Games

## Welcome to Oakleaf Village!

TCT Health Care

Go to:  
[www.oakleafvillage.com](http://www.oakleafvillage.com)

Click on **Community Updates** to see our monthly Acorn including menu's, activities & more  
 Click on **Resident Portal** to pay your bill and make work orders.

Total Health Care (TCT) is our in House Therapy team. They will provide chair exercises every Wednesday at 10:00am  
 To contact them for therapy call 740-953-1184 or tell your Oakleaf Nurse

## Wellness Clinic

If you would like to have a nurse come to your apartment, and check your vitals, please sign up at the bar, located in the lobby, by the Tuesday night before. A nurse will they pay you a visit on Wednesday for your Wellness Check.

## Beauty Shop

Irena is giving a 20% discount for your birthday  
 Call Irena at 419-206-1508 to set up an appointment! Or stop by her Shop on the 1st Floor

## Please Return:

Any grocery cart or wheelchair you may have that belongs to Oakleaf.

Any dishes/silverware/cups you may have that belong to Oakleaf.

## Wear Red for Your Heart Day Friday, February 2nd

### Some Heart Healthy Tips:

- \*Join one of our exercise classes
- \*Walk the halls or outside on nice days
- \*Eat more vegetables
- \*Check your blood pressure regularly
- \*Stay a healthy weight
- \*Laugh more & stress less



## HAPPY BIRTHDAY!

- 2-2 Ruth Ormsby Resident
- 2-2 Pat Farkas Resident
- 2-6 Darlene Reece Resident
- 2-7 Joni Collins Receptionist
- 2-8 Don Allen Resident
- 2-10 Carol Deshelter Resident
- 2-15 Judy Altenberg Resident
- 2-16 Dan Thomas Resident
- 2-17 Diane Hamann Resident
- 2-20 Marilyn Kimberlin Resident
- 2-21 Leslie Johnson Housekeeping
- 2-22 Sandy Dolgin Resident
- 2-22 Becky Bratton PCA
- 2-22 Caroline Simanto PCA
- 2-24 Nancy Schlaman Resident
- 2-25 Brenda Breneman Nurse
- 2-29 Karen Peterson

**Thank You Walker  
for donating our  
birthday cakes!**