



## National Healthcare Environmental Services & Housekeeping Week, Sept. 8-14, 2024

Held annually during the second full week of this month, Environmental Services Week/ Housekeeping Week honors the dedication of our diligent custodial staff. These exceptional individuals exemplify the teamwork and expertise essential for maintaining our facility's cleanliness, safety, and well-being.

**Let's take this time to celebrate, appreciate, and sincerely thank all the professionals in healthcare environmental services for their hard work and commitment.**



## GRANDPARENTS DAY

**Grandparents Day celebrates the important role grandparents play in families and society, highlighting their unique contributions and strengthening intergenerational bonds.**

Looking for ways to celebrate? Here are some ideas to get you started:

**Family Gatherings:** Enjoy a meal together, whether it's dinner or afternoon ice cream. Share stories, memories, and quality time with one another.

**Activities Together:** Spend the day doing activities

grandparents enjoy, like listening to music, bowling, gardening, or playing cards and board games.

**Video Messages:** For long-distance families, arrange video calls or send video messages to connect. Text or email photos if you're not able to arrange a video call.

Take the time, Sunday, September 8 to recognize, appreciate, and celebrate the unique impact grandparents have on our lives through their wisdom, support, and love.

## A New Take on a Traditional Snack: Ants On A Log

Ants On A Log will always be an easy go-to snack. Whether your “logs” have peanut butter or cream cheese, September 10, Ants on a Log Day, is the perfect opportunity to try some of these tasty variations or mix and match them to create a delicious combination all your own! You may just discover your new favorite snack!

### **Classic:**

Creamy or crunchy peanut butter on celery topped with raisins



**Buttery goodness:** Substitute a different kind of nut butter: almond, cashew, or sunflower

**Fruity fun:** Substitute raisins with other dried fruit: cranberries, cherries, or diced mango

**Go nuts:** Substitute raisins for mixed nuts or your favorite nut

**Fresh 'n' fruity:** Substitute raisins for fresh fruit: kiwi, pears, bananas, or apples

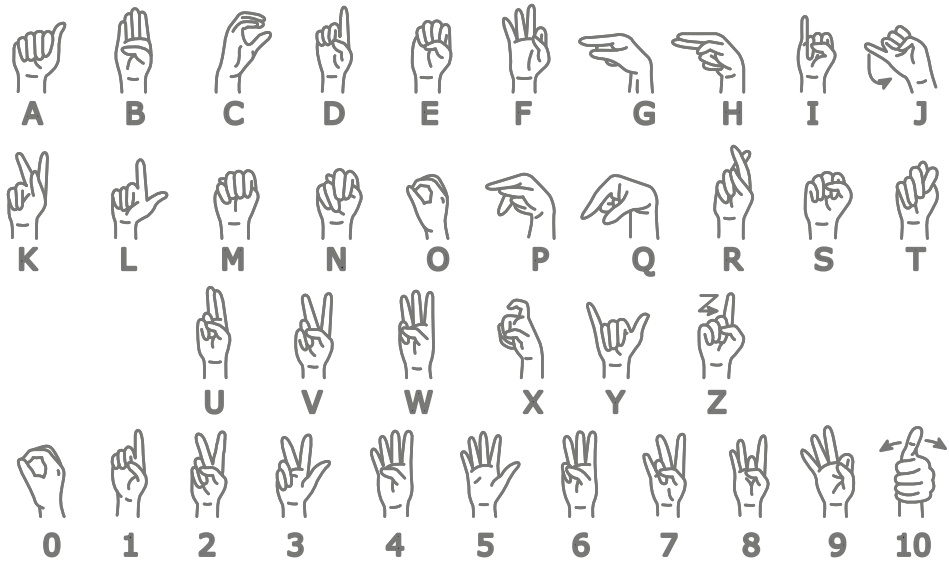
**Protein:** Fill celery with chicken or tuna salad, sprinkle lightly with shredded mozzarella cheese

**Veggie:** Fill celery with hummus and top with sun-dried tomatoes, chickpeas, diced cucumber or carrots

**Mediterranean:** Fill celery with cream cheese and top with chopped olives, beets or carrots

**Sweet:** Fill celery with vanilla or Greek yogurt and top with chocolate chips or yogurt-covered raisins

## International Day of Sign Languages – Learning American Sign Language (ASL)



On September 23, recognize the vital role of sign languages with International Day of Sign Languages, established in 1951 by the World Federation of the Deaf.

### **Did you Know?**

- ASL has become the third most-studied foreign language, outnumbered only by Spanish and French.
- Different countries have their own versions of sign language.
- Over 300 sign languages are used worldwide, each with its own unique grammar and vocabulary.
- ASL is a widely used sign language in the United States and Canada.
- Sign languages use more than hand shapes and motion to convey meaning, including mouth and facial expressions, ocular direction, and body language. In ASL, the direction

of the palm can also change the meaning of a sign.

- When young children use sign language, this can promote early communication and help them learn expressive language skills.
- The World Federation of the Deaf has a special way of celebrating the International Day of Sign Languages by dedicating the entire week to those in the deaf community, with each day having a unique theme.

Have you ever learned or considered learning sign language? Celebrate the International Day of Sign Languages by learning a few new signs or teaching some that you know to others.

**There are many online lessons, tutorials, and apps to help you get started. Reference the ASL hand shapes to begin your practice!**

# National Doodle Day: Sept. 20

The origins of doodling date back centuries, reflecting an innate human tendency to create spontaneous drawings, especially when the mind is otherwise occupied. **The term "doodle" itself was popularized in the early 20th century. In psychology, doodling became recognized as a window into the subconscious mind, often revealing hidden thoughts, emotions, and creativity.**

The act of doodling gained recognition as a common practice among people of all ages and backgrounds, often occurring during moments of boredom, daydreaming, or while listening to lectures. Benefits can include:

**Creative Expression:** Doodling allows for spontaneous and

unstructured creativity, serving as a visual form of thinking.

## Relaxation and Stress Relief:

The repetitive and freeform nature of doodling can have a calming effect, reducing stress and anxiety.

**Cognitive Benefits:** Studies have shown that doodling can improve focus, memory retention, and cognitive processing by keeping the brain engaged.

**Grab a pen and paper (or a tablet and stylus) and let your imagination flow!**

- Doodling is a fun, relaxing way to spark creativity and unwind. No need to be an artist; just enjoy the process and see where your pen takes you!



Labor Day observed on the first Monday of September, is a U.S. federal holiday dedicated to honoring the contributions and achievements of American workers. The holiday's origins can be traced back to the labor union movement in the late 19th century, advocating for better working conditions and fair treatment during the Industrial Revolution.

Today, Labor Day serves as a day of rest and celebration, with families and communities coming together for parades, picnics, and various activities.

## Tips To Slow The Aging Process

Celebrate Healthy Aging Month this September by trying the tips below, which may help you age slower and improve your quality of life.



**Eat a varied and healthy diet.** Include plenty of fruits, vegetables, and whole grain foods. Drink lots of fluids to maintain healthy skin and flush out waste.



**Exercise every day.** Exercise improves appetite, encourages healthy bones, gives you a better emotional outlook and improves digestion and circulation.



**Manage stress.** Develop ways to help you cope and adjust to situations in your life that may cause you stress.



**Seeking prompt medical care when you're ill or injured.** Listen to your body and take care of any little problems before they become big problems.



**Use sunscreen to prevent sunburn.** One of the most significant factors contributing to aging is chronic inflammation of the skin.



**Quit smoking, vaping, and avoid secondhand smoke.** Smoking has very damaging effects on your overall health and increases your risk of getting cancer and heart disease.



**Keep strong relationships.** Maintaining close ties to your family and friends are crucial to healthy aging.



4420 South Avenue  
 Toledo, OH 43615  
 Tel: 419.531.4201  
 info@divine-hc.com  
 whiteoakrehab.com

## Leadership Team

**Business Office Manager**  
 Lisa Wanless

**Administrator**  
 Michelle Hoff

**AP Payroll**  
 Lisa Wanless

**Therapy Director**  
 Whitney Anderson

**Activities Director**  
 Jennifer Myers

**Director of Nursing**  
 Dee Washington

**Unit Manager**  
 LaToya Burgess

**Maintenance Director**  
 Carl Armstrong-

**Dietary/Housekeeping/  
 Laundry Director**  
 Bobbi Neal

**MDS Coordinator**  
 Janie Luster

**Central Supply/Scheduler**  
 Christeena Baker

**Social Services Director**  
 Tyrah Hollis

**Would Care Nurse**  
 Charity Elmore

## DON'T SKIP A BEAT PREPARE FOR HEART ATTACKS

Recognize the signs. **Heart attacks look and feel different in women than they do in men.** Both men and women may feel chest pain when having a heart attack, but women are more likely to also experience shortness of breath, nausea or vomiting, and pain in the back, neck, or jaw.



Heart attack symptoms may include:

- Chest pain or discomfort, usually in the center or left side of the chest, that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Feeling weak, light-headed, faint, or a cold sweat.
- Shortness of breath.
- Pain or discomfort in the jaw, neck, or back.

- Pain or discomfort in one or both arms or shoulders.

**Be safe, not sorry.** Many heart attacks start slowly with relatively mild pain. Make an agreement with loved ones that you will call 911 as soon as anyone experiences any of the signs of a heart attack.

Keep a record of what medicines your loved ones are taking, what medicines they're allergic to, and who they want contacted in case of an emergency. **Being prepared now may just save a life later.**

Source: cdc.gov

## SEPT. – WORD SEARCH

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

L	A	B	O	R	I	T	C	M	N	F	V	J	W	V
B	S	X	G	G	C	K	H	E	S	I	M	A	S	O
X	P	V	G	R	A	N	D	M	A	M	C	S	Z	Z
I	H	A	V	A	A	S	K	O	F	T	I	I	F	B
K	V	H	D	N	Z	N	N	R	E	B	U	G	H	E
A	D	O	R	D	E	J	D	Y	T	A	B	N	D	A
U	X	B	L	C	S	Z	T	P	Y	N	U	S	H	R
J	R	O	C	H	N	J	N	J	A	T	G	C	A	A
U	V	Z	T	I	A	Q	C	E	E	S	D	E	N	I
U	D	X	T	L	C	M	L	M	T	A	W	L	D	N
H	H	I	D	D	K	C	B	U	B	Y	W	E	S	U
Q	E	C	H	K	W	R	A	D	O	O	D	L	E	T
C	A	V	B	A	M	D	G	R	F	B	J	G	O	G
W	R	Z	R	A	B	A	H	B	J	H	Y	I	C	F
S	T	D	X	T	L	R	J	M	T	R	W	Z	Z	W

- Word List**
- ANTS
  - BEAR
  - CLEAN
  - DOODLE
  - DRAW
  - GRANDCHILD
  - GRANDMA
  - GRANDPA
  - HANDS
  - HEART
  - LABOR
  - MEMORY
  - SAFETY
  - SIGNS
  - SNACK