

## Sue Combs Awarded

**S**ue Combs received the Bev Messner Excellence Award for all of her hard work and years of service. Sue consistently goes above and beyond in everything that she does. Sue is always ready to help out, solve problems, or go shopping. She comes into work every day with a smile on her face no matter how she is feeling. Sue is incredible at scheduling medical appointments and can rattle off the date of any upcoming or past appointment. In her previous position as a manager, Sue was one of the most reliable MOC(s); always pleasant and ready to untangle any dilemma. Most importantly, the love and compassion Sue has for the residents is beyond compare. She is so in tune to the residents' needs and wants that she can tell how they are feeling and what they want with just one glance. She knows every little thing about the residents and will not

make any decision without thinking about how it will affect them. Sue has shown day after day, respect, empathy, and unconditional love. Congratulations Sue, for receiving the Bev Messner Excellence Award for February 2014.



### Inside this issue:

Sue Awarded	1
Tips for Professionals	1
Around Town	2
Scalds-A Burning Issue	4
New Hires	5
Open Shifts	5
Healthy Lifestyle	6

## 10 Tips for Making Winter Wake-Ups Easier

### *Tips for Professionals*

Now that winter's here, my reluctance to get out of bed in the morning has mounted exponentially. It's much easier to snuggle deep into the covers when my alarm goes off, and I'm constantly oversleeping when I know that I should get up. In an attempt to curb this bad habit, I've compiled some tips for making waking up a bit more manageable.

• **Have a drink.** Drinking water as soon as you wake up will

help stimulate the body and help you stay awake. I always keep a glass of water on the nightstand, ready for that morning sip.

• **Program the coffee maker.** Relatedly, programming the coffee maker to go off so that coffee is ready for me in the morning is a big help. The sound of the grinding and the scent of the coffee are big

### Quote of the Month:

*Perhaps I am a bear, or some hibernating animal underneath, for the instinct to be half asleep all winter is so strong in me.*

-Anne Morrow Lindbergh

(Continued on page 3)

# What's Happening Around Town

**Green:** Happy Valentine's Day to all. If we are late on our announcement, well Happy Belated Valentine's Day. It's never too late for cupid and his crazy arrows dipped in love potion number 9 to hit you. **Bill** has been with his beloved girlfriend for years and years and years longer than any marriage we know. In fact, his girlfriend was born on Valentine's Day. Could that be the magic that keeps them together? **Ray**, such the bachelor that he is, doesn't believe in the love bug. He says, girls will get in the way of his sports. Any cheer leaders out there willing to change his tune? That would be a home run the day the love bug bites him. **Tom** is a charmer, he will out run cupid any day. He says, he has a girlfriend and her name is "Donna". So "Donna", if you happen to be reading this, Tom sends you some kisses and hugs. **Bret** is getting really good care in the hospital. We hope the flu season goes away soon. Those who are lucky to have avoided it, with the help of the flu shot, dressing for the weather and keeping their hands washed, keep doing what you are doing and hopefully the flu will stay away.

**Edgewood:** **Jody, Misa, Lisa** and **Nicole** have been weathering out the weather this winter! They have been hanging out in the house and staying warm. Everyone is anxiously waiting for spring. We will see everyone when the snow melts.

**Lane:** The self-named "Princess Lane" house is always an exciting place to be for the girls, families and staff. Everyday is a dance party with these girls. Wii, "Just Dance" game is their favorite way to exercise and keep warm during these cold winter months. In January, Jenna's mom hosted a Mary Kay Beauty Party at Princess Lane where everyone got facials, had healthy snacks and spent some quality girl time together. The most stylish nails award went to **Allie** and **Jenna** who get their nails done together every month! Right now Jenna is sporting some pink, red and white nails with hearts for the Valentine's Day Dance hosted by BLAST. We also have some athletes in the house, **Erica** and **Gabe** bowl every Saturday on

a league at Bill White's Akron Lanes. Gabe's parents hosted a party for friends, family and roommates to celebrate her 21st birthday. There was lots of food, music, streamers and laughter. The girls of "Princess Lane" are a group of happy, upbeat and busy friends. But they never forget to make time for movie nights where they share a big bowl of popcorn and relax in their slippers.

**Nineteenth Street:** All the guys have totally loved the snow days and being able to stay home, except **Terry**. He's all about making the money. Terry has enjoyed phone calls with family and is preparing to go home this weekend and will be attending church with his family. Actually all of the guys have been working hard; paycheck amounts sure have been larger. **Tim** joined basketball and seems to enjoy it. Tim has been spending most weekends with family. **Monroe** continues to add to his music collection and talking to his girlfriend on the phone. **Michael** has been spending a lot of time monitoring the weather and news and keeping in contact with family. Stay warm.

**N. Thomas:** Hello all and welcome 2014. So far this new year has brought snow and cold. The guys here at N. Thomas enjoyed their Christmas break, but were excited to get back to work and see their friends. **Sean** had a great time spending the week of Christmas with his mom and dad. **Ernie** had a great time here. He got a new t.v. stand for his room and he loves it. **Brian** went with his mom for Christmas and had a wonderful time. He really like his new blanket that he got. **Paul** really enjoyed opening all of his presents and loved all the extra treats he was able to have. **Tim** really enjoys his new deck of cards and sat at the table for hours playing them on Christmas day. **Jason** had a wonderful time on Christmas eve with his brother and sister-in-law. He got a big fish/shark poster. He also enjoyed his one on one time with his uncle on Christmas day. Hope the new year brings everyone hope and happiness. AND hurry up spring!

*(Continued on page 3)*

# What's Happening Around Town

(Continued from page 2)

**Winchester:** Wow! All of the ladies here at the Winchester home were excited to see Valentine's Day come! The home was decorated and the ladies looked forward to the Valentine's Day activities at Active Endeavors. **Susan** and **Iris** really like attending the Sunday matinee shows at the Akron Civic Theatre and attended two in the month of February. Also, we have had a lot of visitors in the past few weeks! **Candice, Susan** and **Amanda's** families came to visit and **Barb's** guardian also stopped by. It was really nice to see everyone getting along and people from all over coming to visit.

(Continued from page 1)

pick-me-ups. If it's still too tough to rouse yourself for a cup, put the pot near your bed. There's nothing wrong with having a bit of coffee in bed as long as you actually wake up to drink it and refuse the impulse to linger there for hours.

- **Drink something before you sleep.** By the time your alarm goes off, you will probably have to use the bathroom and won't be able to go back to sleep comfortably.

- **Don't allow yourself to reason with yourself.** This is probably my biggest wake-up mistake. I resolve the night before to wake up early, but of course, my groggy 6 a.m. brain tells me that it's better for me to get enough sleep or that the world will wait if I rest for five more minutes (which inevitably turns into forty-five). You can convince yourself of a hundred different reasons to stay in bed when you're still tired, even if it's not really the best course of action. Try to shut off all that "logic" and force yourself to make getting out of bed a physical, automatic routine. Train yourself to respond immediately to the alarm without relying on conscious willpower. This article suggests using daytime exercises to instill the habit of getting up right away.

- **Have something to look forward to.** It's much easier to get out of bed when you focus on something you actually want to do instead of on the drudgery of what you must do. Try setting aside a few minutes in the morning for a ritual that will help you look forward to waking up. Maybe it's coffee in bed, the time to flip through a design magazine, or a shower with a special soap. Or, if there's nothing ritualistic that strikes your fancy, try to think of a getting-up reward the night before. Maybe you want to read another chapter in that book you can't put down, or perhaps you want to treat yourself to a fancier-than-usual breakfast. Whatever it may be, try to give yourself something that will help

**Wyoga Lake:** Happy New Year to everyone from Cathy and the Wyoga Lake staff. Even though the weather has been cold and fierce, it hasn't stopped us from doing some of our favorite things. **Cathy** loves to visit her friends at Ellsworth, seeing her mom on the weekends, going out shopping and taking the time to make new friends. Cathy loves puzzles and making crafts. We are hoping to plan another craft night at the office and invite some of our friends. We are always looking for new places to visit and people to meet. If you would like us to come visit, give us a call sometime. Hope to see you soon.

you start the day right.

- **If you wake up before your alarm goes off, get out of bed.** If you go back to sleep or wait for the alarm, chances are, you'll feel drowsier. Follow your natural sleep cycles, seize the day, and embrace those extra minutes if your body tells you it's time to get up.

- **Do something active.** You may not have the time or energy for a full-blown exercise routine every morning, but get your body moving somehow. Bop around a bit more than usual while you get ready in the morning or add a few minutes of jogging in place to the routine. I take three minutes to dance to whatever pop tune is striking my fancy. (Today's was particularly good.) If you can't even muster the energy to get out of bed, just force yourself to wiggle around under the covers or tense and un-tense your muscles several times to get your body in gear.

- **Take a shower as soon as you get out of bed.** The water and change in temperature will get your circulation going. I also recommend a shower gel with mint or some other invigorating scent to help make you more alert. I've also heard of keeping a peppermint or lemon by your bedside to help facilitate the wake-up process through aromatherapy.

- **Remind yourself of what you have to do.** Fixing these things in your mind at night might make it harder to relax and get to sleep, so it can be helpful, both as nighttime catharsis and morning wake-up, to note your to-do list on a small whiteboard or a piece of paper kept on the nightstand. It will help you feel at night like you have those things handled, or at least noted, for the following day, and it will give you more reason to get up in the morning.

If none of this works, there's the obvious tip of setting the alarm clock across the room.

<http://www.apartmenttherapy.com/10-tips-for-making-the-winter-wake-up-easier-181095>

Posted by Carolyn Purnell

# Scalds - A Burning Issue

By; Pete Spadafino, Operations Director

Scald injuries are painful and require prolonged treatment. They may result in lifelong scarring and even death. Prevention of scalds is always preferable to treatment and can be accomplished through simple changes in behavior and the home environment.

In conjunction with Burn Awareness Week, the American Burn Association is providing information relating to scald burns for use in your own communities.

“Although anyone can sustain a scald burn, certain people are more likely to be scalded --- infants, young children, older adults and people with disabilities. These high risk groups are also more likely to require hospitalization, suffer complications and experience a difficult recovery” says “Most burn injuries occur in the person’s own home and the vast majority of these injuries could have easily been prevented.”

Tap water scalds are often more severe than cooking-related scalds. The American Burn Association recommends the following simple safety tips to decrease the risk to yourself and those you love from tap water scalds.

- Set home water heater thermostats to deliver water at a temperature no higher than 120 degrees Fahrenheit / 48 degree Celsius (Evant homes should be between 100-110 degrees). An easy method to test this is to allow hot water to run for three to five minutes, then test with a candy, meat or water thermometer. Adjust the water heater and wait a day to let the temperature drop. Re-test and re-adjust as necessary.
- Provide constant adult supervision of young children or anyone who may experience difficulty removing themselves from hot water on their own. Gather all necessary supplies before placing a child in the tub, and keep them within easy reach.
- Fill tub to desired level before getting in. Run cold water first, then add hot. Turn off the hot water first. This can prevent scalding in case someone should fall in while the tub is filling. Mix the water thoroughly and check the temperature by moving your elbow, wrist or hand with spread fingers through the water before allowing someone to get in.
- Install grab bars, shower seats or non-slip flooring in tubs or showers if the person is unsteady or weak.
- Avoid flushing toilets, running water or using the dish- or clothes washer while anyone is showering.
- Install anti-scald or tempering devices. These heat sensitive instruments stop or interrupt the flow of water when the temperature reaches a pre-determined level and prevent hot water that is too hot from coming out of the tap.
- Cooking-related scalds are also easy to prevent. Some things you can do to make your home safer from cooking-related burns include:
  - Establish a “kid zone” out of the traffic path between the stove and sink where children can safely play and still be supervised. Keep young children in high chairs or play yards, a safe distance from counter- or stovetops, hot liquids, hot surfaces or other cooking hazards.
  - Cook on back burners when young children are present. Keep all pot handles turned back, away from the stove edge. All appliance cords should be coiled and away from the counter edge. During mealtime, place hot items in the center of the table, at least 10 inches from the table edge. Use non-slip placemats instead of tablecloths if toddlers are present.
  - Never drink or carry hot liquids while carrying or holding a child. Quick motions may cause spilling of the liquid onto the child.

For more information about preventing scald burns, contact the American Burn Association at 312-642-9260 or [www.ameriburn.org](http://www.ameriburn.org).

# Employee News

Bev Messner Excellence

Award Nominations!

Please take a moment to

recognize an

employee who goes above and beyond

in their work!

Please submit nominations to Kathy

Wilbraham, Executive Director



## WELCOME!

### New Hires

Lonnie Bell, DSP

Dashana Simmons, DSP

Reginald McKenzie II, DSP

### **Finder's Fee**

“Do you know someone who might like to work for Evant? Refer him or her to the main office to fill out an application. If we hire them, and they successfully complete probation, you will receive a One Hundred Dollar (\$100.00) Finder's Fee for your referral!”

## **In-House Fundraising Programs**

**UPDATE:** Thank you to everyone that has helped with the empty toner cartridge recycling. Unfortunately I will no longer be collecting cartridges until I find a suitable recycler again. STAY TUNED.

Do you shop at Gordon Food Service (GFS)? If so, let the cashier know that Evant has an account. The amount you spend at GFS will go towards a rebate at the end of the year. A check will automatically be sent to Evant at year end.

Do you have old cell phones lying around your house collecting dust? If that is the case, think about donating them to Evant.

### **ATTENTION**

Remember if you are looking for extra hours or a new position to transfer to, there are opportunities available. Please contact HR if interested in any other positions.

# Healthy Lifestyle

## 7 Best Ways to Cope with the Winter Blues

If you suffer a downer during the winter months, there are a few ways to cope with the winter blues. No matter what the weather is doing and how gloomy your family, friends and coworkers may be, think about trying these tips to fight the winter blues that will help you to enjoy this fabulous season.

### 1. Get some light

Since there's less daylight, many of us suffer from the winter blues. It can wreak havoc on the body's natural circadian rhythm and impact the release of serotonin, a neurotransmitter responsible for regulating the mood. Open up your blinds and curtains to let the light in. You can also buy a blue LED light that will help to boost your mood and energy level.

### 2. Go out in the sun

There is no better cure for the winter blues like nice rays of sunshine. If there's sun outside, make sure you go out in the sun for a while. Vitamin D is good for your physical as well as mental health. It's hard to be mournful when the sun is shining brightly down on you. The chilly, fresh air is also a great break from those overheated indoors. If there's no sun outside, try combining light with exercise...

### 3. Combine light with exercise

Perhaps, the most interesting and new way to beat the winter blues is to combine light with exercise. There are gyms that offer a unique class called "Lighten Up" that uses high-intensity interval exercises with light therapy meditation. If there is no gym in your area, you can exercise near a window with a blue LED light or with your blinds or curtains drawn.

### 4. Work out

The cold months of the winter are when we get the least amount of physical activity, about 10% less than in the summer. Just because it's cold outside, doesn't mean you have an excuse to skip your exercise. Make an effort to hit the gym or exercise at home. It's one of the best ways to fight the winter blues and keep those unwanted winter calories in check.

### 5. Magic chamomile

This is one of the easiest ways to try when it comes about the winter blues. Chamomile is known to have a calming effect and helps reduce symptoms of anxiety. It can also help reduce your winter blues. Drink a cup of chamomile tea at night or even in the morning to start your day in a good mood. Chamomile tea has a smooth flavor and is caffeine free, and it's a great way to unwind after a stressful day.

### 6. Stock up on fruits and veggies

Consuming plenty of fruits and veggies is good for you emotionally and physically. A study showed that people who consumed a lot of fruits and veggies were less likely to feel anxious, depressed or suffer from other mental disorders. So stock up on more fruits and veggies the next time you go food shopping.

### 7. Involve yourself in a new and interesting hobby

Involve yourself in a new and interesting hobby like putting together scrapbooks, baking cupcakes or cookies. If you're an adventurous person, try taking up a winter sport such as ice skating or cross-country skiing. Many people claim that it's one of the best ways to beat the winter blues.

When you are busy, you don't have time and desire to bemoan the lack of sun and cold weather. Start setting an example to people around you right now and help them to fight the winter blues. How do you cope with the winter blues?

<http://en.amerikanki.com/best-ways-cope-winter-blues/>

## Evant

4500 Hudson Drive

Stow, Ohio 44224

Phone: 330.920.1517

Fax: 330.920.1016

Kathleen Wilbraham, Executive Director

[www.EvantInc.org](http://www.EvantInc.org)