

January 2011

Volume 1, Issue 1

The LHCR "Something" A newsletter for Employees of Concord Reserve



Wellness Fair

Thursday
January 20th
From

1:30 to 5 p.m.
Village Square

All employees Welcome
Raffle & Prizes!
Get great information
Free Health Assessments
Hope to see you there!

EASE@work Benefits Employees & Dependents

Employees and their dependents are eligible for a new benefit called EASE@Work Employee Assistance Program.

Available through the Center for Families & Children in Cleveland, the program offers the services of qualified professionals for employees and their families facing a wide variety of issues or concerns.

Eligible participants and dependent family members can receive three

sessions per issue for in-person counseling as well as unlimited phone EAP consultation.

Topics covered include: stress management, alcohol abuse, marital issues, financial planning, budgeting, diet & nutrition, parent-child relations, drug abuse, smoking cessation, depression/anxiety, geriatric issues, divorce adjustment, legal issues, and school-age services.

All services provided are

private and confidential.

The program is pre-paid and is available 24-hours a day, with weekend and evening counseling appointments available throughout NE Ohio and nationally.

For assistance, call EASE at 216-241-3273 or visit www.easeatwork.com/easy. The user ID is LHCR. The Password is: EASE.

Submitted by Stephanie Balsler VP of Human Resources

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Name the Newsletter Contest

The employee newsletter is BACK and needs a new name. So put on your thinking caps & come up with a name that is creative, appropriate, or just plain fun.

All employees are eligible. **A \$50 Giant Eagle card will go to the winning entry.** Editor Janice Snyder and a select team will determine the winner.

Submit your ideas for the newsletter name in one of the new suggestion boxes or email:

jsnyder@concordreserve.org

Going green on campus

Have you noticed the new recycling containers across from the Field House Café?

Employees, residents, and visitors now have a choice to recycle their beverage

bottles or cans.

Future changes at the Café may include replacing Styrofoam containers and cups with paper products which are more Earth-friendly.



Sr. Linda enjoys recycling!

Cookie Walk benefits *WhisperGlider* campaign

WhisperGlide wheelchair glider swings bring together family & friends of all ages, creating a cheerful, social environment. The gentle swinging is relaxing, interactive, and enjoyable. The therapeutic motion can also be beneficial for Alzheimer's Care.

To jumpstart the *WhisperGlide* fund, and raise awareness of the project, 40 volunteer bakers donated over 200 pounds of home-

made cookies, raising \$845.35 towards the purchase of two swings for the campus. Each swing costs \$5,000. (To learn more, visit www.whisperglide.com)

A VOLUNTEER is a person who is a light to others, giving witness in a mixed-up age, doing well and willingly the tasks at hand—namely, being aware of another's needs and doing something about it.



Executive Secretary Laura Larkin & Food Service Director Tim Wright shop for goodies at the Cookie Walk.

Accounting Department

Staff News:

The accounting department welcomed Amanda Avalos in November 2010. Amanda is assisting Maria Bristow and Sue DiDonna in Medicare/Private Pay billing and collections.

Payroll News:

2010 W-2 Forms

The 2010 W-2 forms will be issued by January 31, 2011. Please check your information (name, address, social security number etc.) and keep your W-2 in a secure place for tax preparation purposes.

If you lose your W-2, requests for additional copies should be made to Gayle Castro. Please be advised that you may encounter a wait of up to several weeks if you are requesting a copy due to

misplacing your original W-2.
401(k)

Please note that if you have one year of service you are eligible to enroll in the Lutheran Home 401K plan.

Enrollment forms can be obtained in the Human Resources office and turned into the payroll department.

You are also able to make changes or discontinue contributions by completing a new salary deferral agreement and returning it to payroll at any time during the year.

*Submitted by Carolyn Nyikes,
Chief Accounting Officer/
Controller*

Hang on to your tax forms!

The hardest thing to understand in the world is the income tax.

Albert Einstein



Life Enrichment Report

December was a busy month, filled with many special events, including the Resident Christmas party, featuring Don Sabo and Santa! Thanks to Cindy Rudolph and Lutheran Home at Concord Reserve for providing gifts for every resident. We were very blessed to have several groups of Christmas carol-

ers visit each neighborhood and bring smiles to our residents. Special thanks to the resident family members and volunteers that donated goods and help with transporting residents.

The Residents were very appreciative of the carolers, entertainment and gifts.

We are pleased to welcome back Margie Krause and the Jubilee Bell Choir.

They performed for the Memorial Service and also on Christmas Eve. —Submitted by Christine Saner



Greenhouse goes up

During the raising of the original 1939 Lutheran Home building & the rooms added in 1945 & 1955, the attached greenhouse could not be transferred to the new Paragon and it was demolished. The Gardening Team, consisting of Kathy Monahan, Peggy Metzner, Penny Braat, and leader Karen Wade, requested consideration of a new greenhouse. Karen and her team pledged to help with the fund raising.

The new structure was finished in late December and the celebration photo (right) demonstrates the joy on the Gardening Team. Contributions from Association Churches, individual donors, and a significant gift from an anonymous donor helped us raise nearly \$18,000.00 all of which financed the purchase, City of Westlake approval, and construction. Our THANKS to all that contributed.

—submitted by Greg Wiechert, COO



Healthy Recipe Corner— Lower Fat (but still Cheesy) Meat Lasagna—serves 9

Ingredients: 3/4 lb. extra-lean ground beef OR (Substitute 2 pouches (2 cups) frozen BOCA Ground Crumbles for the browned ground beef)

3 cloves garlic, minced

1-1/2 tsp. dried oregano leaves

1 jar (26 oz.) spaghetti sauce

1 large tomato, chopped

1 egg

1 container (16 oz.) 2% Milkfat Low Fat Cottage Cheese

1/4 cup Grated Parmesan Cheese

9 lasagna noodles, cooked

1 pkg. (7 oz.) 2% Milk Shredded Mozzarella Cheese, divided

HEAT oven to 375°F. BROWN meat with garlic and oregano in large saucepan. Stir in spaghetti sauce; simmer 5 min., stirring occasionally. Remove from heat; stir in tomatoes. Mix egg, cottage cheese and Parmesan. SPREAD 1/2 cup meat sauce onto bottom of 13x9-inch baking dish; top with layers of 3 noodles, half the cot-

tage cheese mixture, 1/2 cup mozzarella and 1 cup sauce. Repeat layers. Top with remaining noodles and sauce; cover.

BAKE 30 min. or until heated through. Top with remaining mozzarella. Bake, uncovered, 5 min. or until melted. Let stand 5 min. before serving.

This recipe results in a savings of 120 calories and 10 grams of fat, including 6.5 grams of saturated fat, per serving when compared to full-fat recipes.

—submitted by Dietitian Melissa Weglicki



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**For the wonderful employees of the
Lutheran Home at Concord Reserve**

We're on the Web

www.concordreserve.org

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EDWARD WAS SO FOND OF HIS NEW SNOWMAN
THAT HE COULDN'T HELP BUT MAKE HIM A
GUARDIAN SNOW ANGEL



The Lutheran Home at Concord Reserve made a generous donation of non-perishable food items to stock the Westlake Food Cupboard, helping Westlake residents experiencing difficult times meet emergency food needs.

Tim Wright & Chaplain Jim Kulma were happy to make the food delivery.

Celebrating Activity Professionals Week

A cake was served to staff & residents on Main Street in recognition of Activity Professionals Week. The Life Enrichment Team truly "enriches" the lives of all our Residents!

