

Dates of Importance

**Fall Free Friday
December 6, 2019
First Friday of each month**

**The Homestead
Christmas Celebration
December 12, 2019
5:30-7 pm
(2 guests per resident)**

**Logan Acres Care Center
Christmas Celebration
December 19, 2019
5:30-7 pm
(3 guests per resident)**



We continue to be thankful for the caring work that is our signature on the Logan Acres Campus.

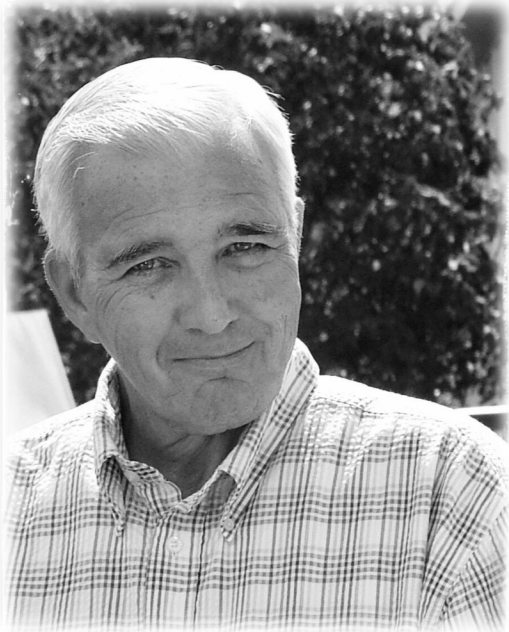


A special thank you to our residents for giving us outstanding reviews, and our staff, who work hard everyday to make Logan Acres Care Center a nice place to live.

Congratulations Residents and Staff

Logan Acres Care Center recently received a deficiency-free survey by the Ohio Department of Health. This annual survey is unannounced and extensive in scope. Key measures of standardized care are monitored, as well as individual case histories. All health care facilities receive this extensive review and every department is carefully examined – Nursing, Nutrition Services, Life Enrichment, and Environmental Services. A perfect survey is an honor and accomplishment for all residents and staff. Lorraine Fischio, Campus Administrator said, “This outstanding accomplishment is the direct result of open communications with residents and families and a super- talented group of health care professionals here at Logan Acres.” Less than 5% of Ohio nursing facilities realize this accomplishment. Laura Haverkos, Director of Marketing added, “Our employees work in a very committed way, providing physical and emotional caregiving during short-term rehab stays and long-term residency.”

This Campus is brought to the community by The Logan County Commissioners and managed by Progressive Health Care Systems.



Honoring the memory of David Lucid

In service to the Residents and Commissioners of Logan County, and for the development and completion of the Logan Acres Senior Community, to improving the lives of the residents and families in Logan County, Ohio, we honor Dave for his outstanding contribution and commitment from 2002 -to 2017.

Dave oversaw the operations of Logan Acres Senior Community in his capacity as owner and President of Progressive Health Services. He was known for his generosity, his ability to connect with staff, and recognize the importance of each and every member of the team.

A plaque in Dave's memory will be placed next to the foundation giving board.

Cultivate an Attitude of Gratitude

Gratitude is the act of taking time to appreciate all of the things you have in life. Practicing gratitude does not have to be anything complicated or time-consuming. Gratitude is a simple act that can pack a punch of powerful positivity. Gratitude not only makes us *feel* good, but it is also the greatest (and easiest) way to attract more abundance, love, peace, success, health, and connection in your life.

***Write a thank you note, Meditate, Pray, Keep a journal, Share with a friend.**

Designate a gratitude partner and share what you are thankful for.
We often focus on negative things in our lives when we are venting to our friends.
Next time try a gratitude vent session instead!

*Tips by Lisa Wyckoff

Holiday Fruit Salad:

- 2 red apples, cored and diced
- 2 pears, cored and diced
- 4 clementine oranges, peeled and separated into segments
- 3 kiwi fruit, peeled and sliced into thin rounds and then slice rounds into quarters
- 1/2 cup dried cranberries
- 1 cup pomegranate seeds

Maple Lime Dressing:

2 tablespoons maple syrup
1 tablespoon lime juice freshly squeezed

Combine all salad ingredients in a large bowl.
In a separate bowl, whisk together the dressing ingredients. Pour dressing over the salad and toss to coat. Serve immediately.

