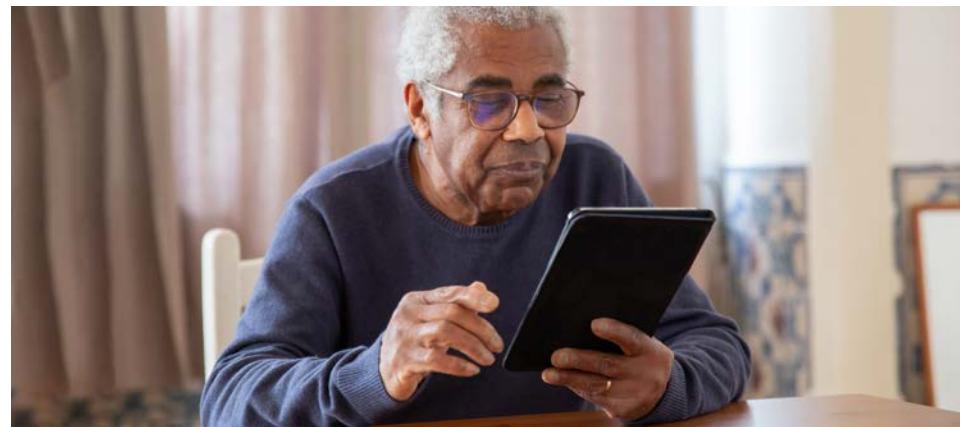


CAPITAL HEALTH
CARE NETWORK



THE COMMUNICATOR
SUMMER/FALL 2022



Reviews Help Us Tell Our Story

Reviews are an important tool that consumers often use to decide if they want to use a service or even to contact a business to learn more.

Capital Health is dedicated to asking our residents, patients, clients, families, and partners to review us to help people choose us in the future. We've made it easy to leave online feedback on our websites:

Senior Care & Senior Living Home Care & Hospice

[Visit capitalhealthcarenetwork.com](http://capitalhealthcarenetwork.com)

[Visit capitalhealthhomecare.com](http://capitalhealthhomecare.com)

- Navigate to location's page.
- Look for "Provide Feedback."

Have Gmail? Please leave us a Google review! If you don't have Gmail, you can still write a review.

Review these communities on capitalhealthcarenetwork.com:

Senior Care

- Carriage Inn of Steubenville
- Gables Care Center
- Meadows of Cadiz
- Meadows of Scioto
- Sunnyslope Care Center
- The Oaks of West Kettering

Senior Living

- Gardens of Scioto
- Villas of Scioto
- Northtowne Senior Living

Home Care Concierge

[Visit agesaferathome.com](http://agesaferathome.com)

- Navigate to Testimonials under Why Choose Us.

Have Gmail? Please leave us a Google review! If you don't have Gmail, you can still write a review.

We Value Feedback From Our Staff

Hey Capital Health Staff!

Do you find your job rewarding? Is your team of co-workers like family to you?

We would really appreciate it if you would let others know why you enjoy working with your community or agency within Capital Health Care Network and leave a review for our organization.

This will help us recruit other team members like you who will make a difference in the lives of the seniors we serve.

Please consider leaving an employment review on the following sites:

Indeed.com

- Click on "Company Reviews".
- Search for your location and/or "Capital Health Care Network".

Glassdoor.com

- Sign up for an account or sign into your existing account.
- Click "Companies."
- Choose "Write A Review"

GREETINGS CAPITAL HEALTH CARE NETWORK FAMILY

Hello everyone!

I hope you have had a fun and relaxing summer. It seemed like it flew by to me. My husband Ken and I just moved our youngest into college and are officially empty nesters! An exciting and bittersweet time for sure.

I don't know about you, but I have always found that it always feels good to know you have made a positive difference in the life of someone else. Sometimes in the busyness of a workday it is easy to forget the "why" of what we do and how we impact those around us.

We utilize the platform Birdeye to manage our organization's online reputation. But more important than that is the feedback that we receive from residents, clients and families helps connect us with our higher purpose of caring for residents and clients, and the positive impact we are making in their lives.

Below are just a sampling of the reviews we have received recently. A big "thank you" to all our team members for making a positive difference in the lives of our residents, clients and families. You are appreciated!



KARA BERNSEN,
Owner and Chief of Network Services

ACCOLADES TO OUR STAFF

Sunnyslope Care Center

Five-star Google review by Anthe CV

August 1, 2022

"My brother has not been able to care for himself for years. This is a home away from home with the best care for your loved one outside of being home with you. The care for Perry, as if he were their family member, provided me with the confidence that he is in a good, clean and homey environment where he is well-cared for and comfortable."

Northtowne Senior Living

Five-star Google review by Peggy Houdeshell

May 11, 2022

"This is a wonderful place to live. The manager and her assistants go out of their way and are very helpful. The people that live here are friendly and watch out for each other. Quiet and safe neighborhood. Location is close to shopping and restaurants."

Meadows of Cadiz

Five-star Birdeye review by Ann Valentine

May 19, 2022

"I met new friends during bingo time. Love the activities that go on. Everyone was very kind and I would give everyone a 12-star (review) that works here. I would like to give a personal shout-out to Barbie, the activities director, for always being so nice and always coming to get me for every activity. She makes everything fun."

Meadows of Scioto

Five-star Birdeye review by Don Williamson

June 28, 2022

"I would give you a 10 if I could! I was treated like family."

Gables Care Center

Five-star Birdeye review by Pinkie Grim

July 19, 2022

"I had a good experience during my stay at Gables. I was treated very nicely by the staff and nurses. I received the therapy that I needed to get stronger and better."

Carriage Inn of Steubenville

Five-star Birdeye review by Dominic N.

June 12, 2022

"I found my stay pleasant and accommodating. Nurses and aides are very nice and helpful. They assisted me well with my medical needs and care. The place is very clean and well kept. If I ever would need skilled care or rehabilitation again, I would choose Carriage Inn of Steubenville. I will recommend this place to others."

Gardens of Scioto

Five-star Google review by JD Donley

July 15, 2022

"We have been partners with Gardens of Scioto for several years at connectRN. It has been an extremely pleasant and rewarding experience for our team and our connectRN clinicians. I have personally worked with their nursing scheduler, Jada Oliver, and she is 10/10 with her communication, management style, and overall leadership skills. I would recommend working with Jada to anybody in the healthcare industry! If you are a family member looking for a great place for care for your loved ones, make sure you check out Gardens of Scioto!"

Carriage House

Five-star Google review by Val Irwin

February 22, 2022

"My mother has been a resident at Carriage House Assisted Living in Steubenville, OH since May 2021. She has her own little apartment within this facility. Her personalized care is provided with love, compassion and sensitivity to her individual needs from all the caregivers. The facility itself is very safe, comfortable and extremely clean. I have peace of mind knowing that she is cared for with dignity, respect and professionalism from everyone each day. I am so thankful for the exceptional care and attentiveness from the entire staff."

Employee Recognition

Vote for a team member who displays our Values! We pride ourselves on providing quality care and these values become the foundation for how we achieve our goals.

OUR VALUES

Compassion

We approach others with an open heart and understanding.

Leadership

We will inspire others to set high standards.

Respect

We respect others and the contributions they make and will treat them with dignity.

Gratitude

We are grateful for the responsibility and opportunity to make a positive impact in the lives of senior adults.

OUR VISION

Capital Health Care Network will lead the senior health care industry by providing solutions that help seniors to age on their own terms.

OUR MISSION

At Capital Health Care Network, seniors will...

- Enjoy a safe environment
- Receive quality healthcare
- Gain opportunities for spiritual, social, and intellectual engagement

EMPLOYEE OF THE MONTH - 2022 WINNERS

Each month, we honor a team member who displays our values and helps us fulfill our mission for those we serve.

We pride ourselves on providing quality care and these values become the foundation for how we achieve our goals.

Capital Health staff: Have you noticed someone display our Values? Contact your Administrator to nominate them for Employee of the Month!



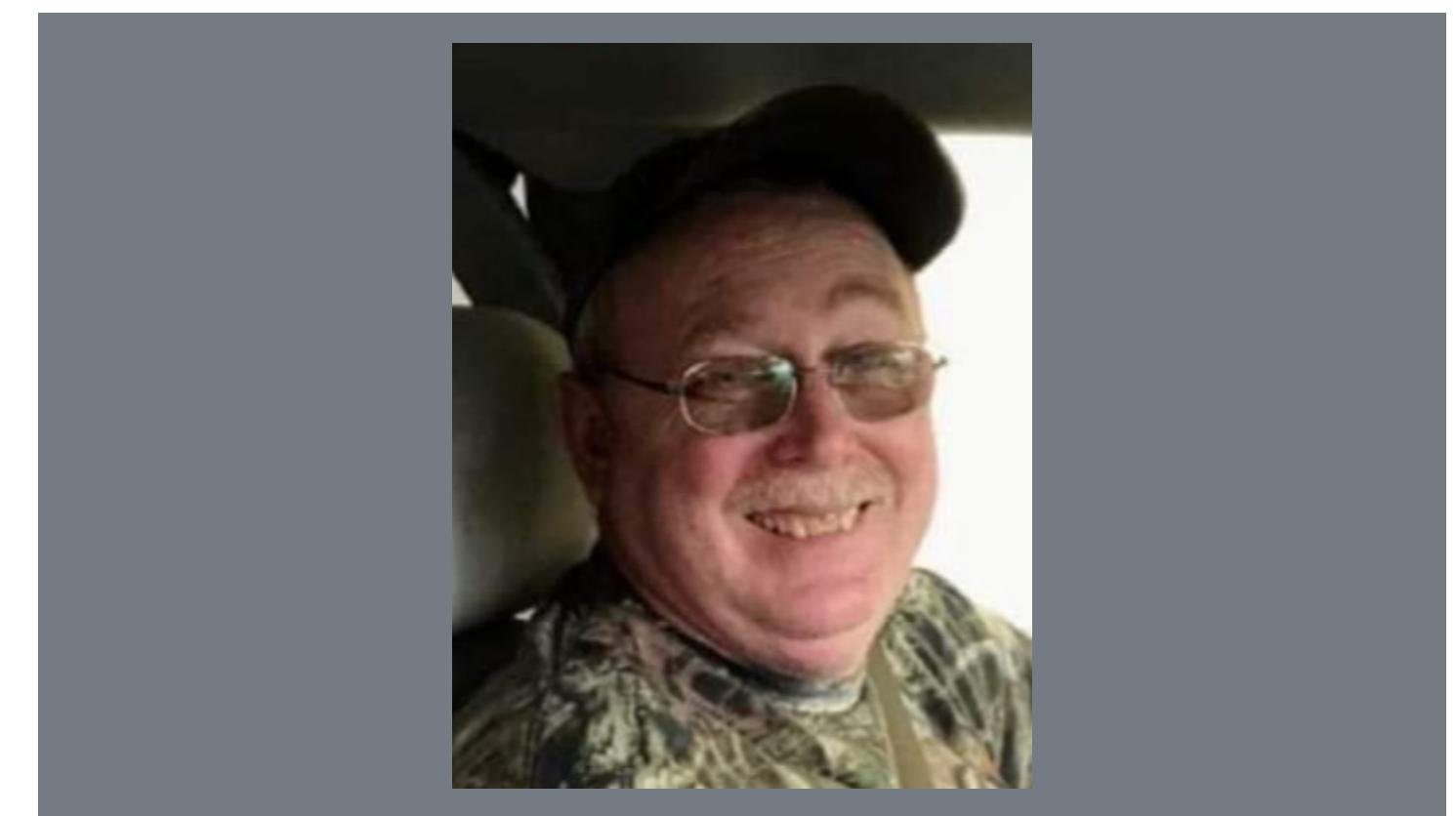
	EOY	FEBRUARY	MARCH	APRIL	MAY	JUNE
Carriage Inn of Steubenville/ Carriage House	Miranda Brown	James Bell	Matt Betz	Londa Wade	Vicki Kirk	Millie Bonetta
Gables Care Center	Debbie Geanangel	Brenda Clark	David Hilliard	Tyler McAfee	Renee Krantz	Stacie Virtue
Meadows of Cadiz	Debbie Cassels	Lorri Chesla	Edith Toole	Elle Wurshum	Megan Bishop	Jesse Dean
Scioto Community	Tonya Richardson	Anika Burgess	Jueanina Z Grimm	Gary Stevens	Zechariah Grimm	Deborah Fairchild
Sunnyslope Care Center	Deanna Pulley	Justin Moore	April Hocker	Bethany Kimble	Denise Whittaker	Victoria France
The Oaks of West Kettering	Tameka Reeves	Allison Satterwhite	Tippannie Adams	Christina Young	Molly Egleston	Liz Murray
Home Care Ashtabula	Patty Caskey	Raechel Jarvis	Machelle Emery	Leanne Neal	Donna Stamper	Phyllis Savel
Home Care Dayton/Hospice	Jeremy "Jay" Knight	Tracy Cadwell	Elizabeth Ames	Appelonia Frame	Wes Rosencrans	Mariah Johnson
Home Care Dublin	Mindy Powell	Mimi Filipova	Julie Harris	Olivia Sciulli	Hang Nguyen	Mimi Filipova
Home Care Steubenville/ West Virginia	Kelli Christian	Alexandria Kellermier	Necole Hritz	Patricia Mathews-Brown	Nicole Zorne	Amy Kosikowski
Home Care Concierge	Monica Burbridge	Emily Haverfield	Lambert Wanyam	Julie Harris	Vida Boatey	Danielle Daniels
Corporate	Tessa Houdieshell	Betty Oda	Sarah Safreed	Chris Galoski	Stacey Gerami	Jodie Grove

REMEMBERING A SPECIAL TEAM MEMBER- LARRY HADDING

Teeing It Up For A Great Cause

For seven years, the Eastern Region has come together to host an annual golf outing benefitting the Alzheimer's Association. Planning begins months in advance, and it paid dividends, as on June 10 at the Cadiz Country Club, a record 25 teams participated. Attendees had the opportunity to win raffle prizes, which were donated by nursing facilities, hospice and home-health agencies, and other local vendors. The top three teams received a monetary award.

Thanks to everyone's hard work, more than \$15,000 was raised, making it the most successful year to date. Congratulations! We look forward to what will be accomplished at the 2023 golf outing, which is slated for June 9 at the Cadiz Country Club.



Capital lost one of its own recently, with the untimely passing of The Gardens of Scioto's Maintenance Director Larry Hadding, as he succumbed to cancer on August 6, 2022, at age 57. Since joining our team five years ago, Larry knew no strangers, endearing himself to all of those around him, be it the residents, families or his coworkers.

Larry embodied grit and determination while battling health issues, beating lung cancer and twice overcoming COVID-19, while also fending off shortness of breath, full-body aches and headaches. He always exuded confidence that he would outdue cancer, and he was courageous until the very end, ultimately passing away when the cancer metastasized to his brain.

"Larry was not only a maintenance director, but a true friend to everyone, the residents, and staff," said Toni Shreves, Director of Assisted & Independent Living of The Gardens & Villas of Scioto.

"He was always willing to go above and beyond for anyone. I will never forget the way he would come around the corner dancing when we requested his help with something. He is and will always be sadly missed."

Larry's warmth and kindhearted presence will be dearly missed by all of those who were fortunate enough to get to know him.



Paycor has many benefits and information our staff may not know about. Visit our website capitalhealthcarenetwork.com and click the Paycor link. Use your email address on file with us to sign in.

- Update your personal information
- Check your pay stubs
- Access your W2's
- Manage HR Benefits
- View your PTO
- View your benefits

HOME CARE AND HOSPICE HAPPENINGS



Three Home Care Agencies Receive PERFECT Surveys!

Capital Health Home Care Dayton, Ashtabula and West Virginia have all received their annual state surveys this year and all have achieved a deficiency-free survey!

"We know how much work goes into preparing and always being survey ready," said Lisa Brown, Chief Operating Officer of the Home Care, Hospice and Senior Living Division of Capital Health Care Network.

"It's no easy task to be compliant in all areas and it takes a strong commitment to excellence and adherence to rules and regulations to achieve a citation-free survey. We are so fortunate to have some of the best employees out there working for Capital Health."

The home-health division's quality assurance and compliance department is led by Billi St. Clair, Director of Regulatory Compliance, who is notorious for her attention to detail and in-depth understanding of rules and regulations.

"Hard work and dedication pay off for all our teams with our deficiency-free surveys," St. Clair said. "We always focus on providing superior patient care, but also on following all the state and federal regulations. I couldn't be prouder to be part of the Capital team!"

Congratulations to all!



Values Line Feedback

The Healthcare Values Line: **1-888-508-5285 (Confidential Line)**

We want your stay to be comfortable and make sure all of your needs are met. Please feel free to provide feedback, even if we are not meeting your expectations.



Home Care Staff Updates



Erin Williams
Vice President of Sales

Erin has recently “come back home” to Capital Health. Erin worked as a Community Liaison for our Ashtabula Home Care agency from 2016-2018. Erin then went on to become a Licensed Nursing Home Administrator (LNHA), Certified Executive for Assisted Living (CEAL) and Certified Dementia Practitioner (CDP). In 2021, we were fortunate to have Erin return to our organization and most recently be promoted to our Vice President of Sales for Home Care, Hospice and Senior Living. Erin has also served as the President of the Senior Care Network. Erin has extensive sales experience, coupled with past leadership positions and a tremendous amount of connections in the senior-care industry in Ohio. Erin sets high goals for herself and her team and she achieves them! We are so excited to be working with Erin in her new role.

Fun fact: Erin started riding horses when she was eight years old and rode competitively for many years, and she still tries to ride once a week for fun!



Josh Liedtke
Home Care Concierge Liaison

Josh has previously served in counseling, case management and social-work roles. Josh has a great deal of experience connecting individuals to needed resources in their communities. Josh was eager to get out in the community to talk to folks about how the services of Home Care Concierge can help them to remain living independently in their home. We are happy to have Josh on our team.

Fun fact: Josh played soccer at Ohio Christian University.



Priya Reddy
Capital Health Home Care & Hospice Dayton Liaison

Priya comes to us as an experienced account manager and case manager. Priya has a proven track record of building relationships, and we can't wait for her to get out in the Dayton community to build relationships for our home care and hospice agencies.

Fun fact: Priya is an avid Lego builder!



Breanna Smith
Capital Health Home Care Ashtabula Liaison

Breanna comes to us with experience in Assisted Living and she is a wonderful addition to our Ashtabula team. She loves seniors and they love her! Breanna has been making a positive difference for seniors since 2018. She holds herself to a very high standard and her commitment to excellence serves us well. Breanna is already going above and beyond for our clients. We look forward to her continued success with the Ashtabula team.

Fun fact: She likes to hunt and fish, and she hooked herself a man, as she is getting married on October 1, 2022.



Tracy Billingsley
Capital Health Home Care Dublin Liaison

Tracy has extensive experience in Assisted Living, Senior Living and Memory Care, sales, marketing and director roles. Tracy is well versed in providing a positive resident experience and excellent customer service. We are thrilled that Tracy has brought her experience to our Capital Health Home Care agency.

Fun fact: Tracy grew up on a farm, and her and her sister fed and watered the chickens and gathered their eggs daily before and after school. Tracy still credits her “farm girl” roots for her current work ethic.



Sydney Lasiter
Capital Health Home Care Dublin Liaison

Sydney is new to the Columbus area, coming from Findlay, OH. Sydney previously worked closely with hospitals, providing surgical materials and medical supplies. We look forward to Sydney exploring the Columbus area and telling everyone she meets about Capital Health Home Care. Welcome to Capital and to the Columbus area, Sydney!

Fun fact: When she was born, she only weighed four pounds and her family was told that she would have mental and physical disabilities throughout her life, but she has since been healthy as can be.

HOME CARE AND HOSPICE HAPPENINGS



Congratulations Jamie Pykosz

Please join us in welcoming Jamie Pykosz, MOT, OTR/L to the role of Regional Administrator at our Steubenville/West Virginia Home Care agencies. Jamie has been with our agency since 2017 as an Occupational Therapist. In March, Jamie was promoted to the role of Regional Administrator.

Jamie brings a strong clinical background to the Administrator role, along with her warm and friendly personality. In the months that Jamie has been the Administrator, the agency has seen many successes, such as a recent deficiency-free survey for our West Virginia location, the addition of multiple new staff members and hitting the agency's Medicare admission goal for four months running! We are so pleased to have Jamie in this leadership role.



Why did you choose a career path in senior healthcare?

I wanted to be a nurse and had an instinct for caring for others from a young age. I found pre-nursing classes were difficult for me, and a friend recommended the occupational-therapy path. OT came naturally to me as a critical thinker and natural problem solver. My goal has always been to help someone get the most out of every moment, with whatever abilities they possess.

What do you look most forward to in your new role?

Personal connections and interactions. Caring for individuals in their homes has been my absolute pleasure for the past 12 years. Now, the opportunity to work with and lead a fantastic team, all focused on enhancing clients' lives, is so exciting to me.

What are your favorite things to do outside of work?

I am a wife of 10 years, a mom of two boys, ages 8 and 5, a dog mom and a dart-league playing enthusiast. My husband and I also run a non-profit foundation for autism, supporting local families by providing activities of enjoyment and safety for individuals with an autism-spectrum disorder.

HOME CARE AND HOSPICE HAPPENINGS



Lordy, Lordy! Look Who's 40!

Save the Date!

Celebrating **40** years of Business!

CAPITAL HEALTH
HOME CARE

Wednesday, September 21, 2022 • 4-6 pm
ST. FLORIAN HALL BALLROOM
286 Luray Drive, Wintersville, OH

Over the course of time, many home-care agencies have come and gone, but 2022 marks the 40th year that Capital Health Home Care Steubenville has been in business.

Our agency has seen its share of success over the years, as it has been honored five times as Home Care Elite, which recognizes the top-performing agencies in the United States. With approximately 12,000 home-care agencies in the U.S., this distinction is reserved for the top 25 percent, based upon a metric that involves quality outcomes, best practices, patient experience, and quality improvement and consistency, as well as financial health.

"We are so excited to celebrate Capital Health Home Care Steubenville and their 40 years of consistently demonstrating an impressive ability to deliver great patient care," said Lisa Brown, Chief Operating Officer of the Home Care, Hospice and Senior Living Division of Capital Health Care Network.

"The skill and dedication of the entire team has benefited so many in the community over the past 40 years. It has been an honor for Capital Health Home Care to be part of the local health-care community."

But the accolades don't stop there, as our agency was tabbed in June as a "Superior Performer" by Strategic Healthcare Programs (SHP) for its Home Health Care Consumer Assessment to Healthcare Providers and Systems (HHCAHPS) patient-satisfaction quality measures, which ranked in the top 20 percent nationally.

And last but not least, our Steubenville agency has also frequently been selected as the "Readers' Choice" in local newspaper, The Herald Star, designating it as the best home-health agency in the area.

With all that said, a 40-year celebration will be held from 4 to 6 p.m. on September 21 in the St. Florian Hall Ballroom at 286 Luray Drive in Wintersville, OH.

SENIOR CARE HAPPENINGS



SENIOR CARE STAFF UPDATES

Welcome Kelly McCoy!

Let us introduce you to Kelly McCoy. Kelly is the new Director of Nursing at Scioto Community. She comes to us from the Woodlands of Columbus where she was the Assistant Wellness Director. Prior to this she was the wound nurse at Scioto Community. Welcome to your new position and welcome back to Scioto!

Why did you choose a career path in senior healthcare?

I don't feel that I picked healthcare as much as healthcare picked me. I took a nurse aide position that was supposed to be temporary until I found something else in 1986 and have worked in healthcare in a variety of roles since then.



What do you look most forward to in your new role?

I look forward to seeing the residents every day and hope I can make at least a small difference in their lives. I also enjoy being part of a team that cares as much for the residents as I do.

What are your favorite things to do outside of work?

Outside of work I enjoy spending time with my five (soon to be six) grandkids, working in the yard, and going to the casino. I'm very excited to be back home at Scioto Community in my new position.

SENIOR CARE HAPPENINGS



SENIOR CARE STAFF UPDATES

Welcome Stacy Patton!

Let us introduce you to Stacy Patton. We are proud to announce that she is the new Administrator at the Oaks of West Kettering. She comes to us from Dayton Senior Care where she served as the Administrator. Stacy has an extensive work history as a billing specialist as well as performing many business functions. We are excited to see what new and exciting things she can bring to the Oaks operations.

Why did you choose a career path in senior healthcare?

I really did not choose senior healthcare. I more fell into it and fell in love with the business. I started in home health care for many years, then went to work for a skilled nursing facility that had a home health attached. I am a natural learner and always want to know more, so I learned the skilled nursing side of things. I have continued to learn all aspects of skilled nursing, so, as I always like to improve myself, it was a natural progression to becoming a Licensed Nursing Home Administrator. My passion has become making a difference in our residents' lives.

What do you look most forward to in your new role?

I look forward to making a difference in our residents' lives, leading an amazing leadership team to help me make that difference, and continuing to learn every day what our residents need to thrive in our community, and for many, to make it a comfortable and enjoyable last place they reside.

What are your favorite things to do outside of work?

My family is most important to me. I love to spoil my grandchildren. Traveling with my husband. Watching my children as they move forward with their lives and watching them achieve their goals.



SENIOR CARE HAPPENINGS



SENIOR CARE STAFF UPDATES

Welcome Chelsea Sentich!

It is with a great deal of excitement that we welcome Chelsea Sentich RN into our company as the Director of Nursing at the Meadows of Cadiz. Chelsea in her short tenure with the Meadows has already made quite the positive impact on the clinical operations at Cadiz. Not long into her appointment at Cadiz, she faced the annual survey from the Ohio Department of Health and produced quite a successful outcome. We look forward to watching her develop her skills and the effect those skills will have on the lives of the residents of the facility.



Why did you choose a career path in senior healthcare?

I began my career path in senior healthcare because of my previous nursing and family care experience. A majority of my nursing career consists of caring for critical care patients and their families. It is my goal to advocate for our seniors, ensure their safety, and maintain quality of life.

What do you look most forward to in your new role?

In my new role as the Director of Nursing, I look forward most to providing the education and care required to properly care for our residents, through implementing evidence-based practice and proven quality measure initiatives. I thoroughly enjoy the educational management element and team approach to provide the holistic and quality care that our residents deserve.

What are your favorite things to do outside of work?

Outside of work I enjoy spending time with my husband, son, two dogs, and our cats. Some of our favorite things to do include hiking, kayaking, and camping.

Featured Recipe

Courtesy of fruitsandveggies.org

California Dreamin' Chicken Taco with Peach Slaw

Here's a twist on the popular Californian taco. Instead of grated cheese, use crunchy slaw. For authenticity, the chicken is grilled, but you can also season it and simply stir fry. Add salsa and guacamole.

Ingredients Servings: 8 Tacos

- ½ cup (50 mL) mayonnaise, light or regular
- ½ cup (50 mL) plain yogurt
- 1 tbsp (15 mL) lime juice
- 1 garlic clove, minced
- ½ tsp (2 mL) salt
- Pinch of cayenne pepper
- 1 can (14 oz/398 mL) California Cling peach halves, in fruit juice or light syrup
- 2 cups (500 mL) pkg coleslaw or broccoli slaw mix
- ¼ cup (50 mL) chopped coriander
- 1 lb (500 g) skinless boneless chicken cutlets, 3 to 4
- 2 tsp (10 mL) TexMex seasoning
- 8 large taco shells or small flour tortillas
- Hot sauce (optional)



Nutrition Facts

SERVING: 1 (with 3 tablespoons tahini dressing and 2 teaspoons sliced almonds)
CALORIES: 582kcal
CARBOHYDRATES: 48g
PROTEIN: 28g
FIBER: 15g

Directions

- In a bowl, stir mayo with yogurt, lime juice, garlic, salt and cayenne. Grease grill and preheat barbecue to medium-high.
- Drain peaches well and chop. Place in a bowl along with slaw, coriander and mayo mixture. Stir.
- Sprinkle both sides of chicken with TexMex seasoning and a pinch of salt, if there isn't any in the seasoning mix. Set on barbecue and grill, turning halfway through until cooked, 4 to 6 minutes in total. Thinly slice.
- To assemble, warm shells or tortillas. Toss chicken with slaw and serve with hot sauce, if using.

Notes: If you don't have Tex Mex seasoning, you can make your own:

- 2 tablespoons dried parsley flakes
 - 4 teaspoons dried minced onion
 - 4 teaspoons chili powder
 - 3 teaspoons dried minced chives
 - 3 teaspoons ground cumin
- Mix all spices and store in an airtight container.

SENIOR CARE STAFF UPDATES

Welcome April Zwick!

We are extremely excited to introduce April Zwick as our new Vice President of Sales for the Senior Care Division. April comes to Capital Health after a long, successful career with Encompass Health as its Director of Business Development. We look forward to the talents she brings to Capital as she puts her fingerprints on the sales and marketing programs throughout our organization.



Why did you choose a career path in senior healthcare?

I started in senior healthcare in 2007 at an IL/AL facility and knew this was my calling! I have worked in retirement homes, skilled nursing, hospice, and most recently inpatient rehab. I am passionate about seeing patients that enter a hospital with an acute or traumatic health crisis, regain strength and confidence with the support of talented nurses, caregivers, and therapists to return home (wherever that may be). What we do gives hope for improved quality of life to people that may have given up hope.

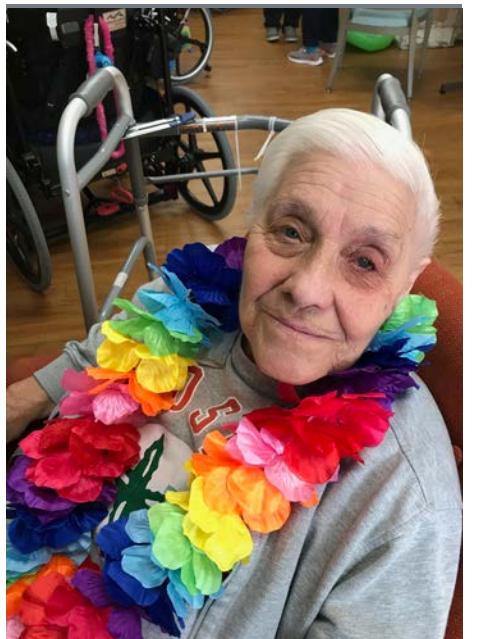
What do you look most forward to in your new role?

As I have visited the facilities, I have been excited to meet very talented individuals that have a passion for what they do. As someone who is leading the marketing efforts for senior care, I say, "THANK YOU!!" Additionally, I am excited to be a part of a family-owned business again. My best professional experience was working for another family-owned organization, and I already know this will be my new favorite!!

What are your favorite things to do outside of work?

I live with my husband, son, and stepdaughters on a small farm in Xenia. We have spent the last six years cultivating the land for our horses and other livestock and it is our happy place!

SENIOR CARE HAPPENINGS



SENIOR CARE HAPPENINGS



