

The Normandy Times

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*Merry Christmas
Kwanzaa*

*Happy Hanukkah
Mawlid un Nabi*

RESIDENT OF THE MONTH

Mary Lechli



Mary sits comfortably in a large cozy room. Sunlight streams through the large windows. Lively music plays and laughter fills the air. She is surrounded by caring faces and loving arms. Good food is plentiful and homemade treats are delicious. The scene sounds like the living room at home with family. It is, in fact, Arthur's Place at the Normandy Care Center which has been Mary's home since March 24, 2019. She hasn't always had it this good though. Mary has not had an easy life. Now that you know there is a happy ending; let's go back to the beginning!

Mary Lechli was born on January 4, 1928 in a tiny communist controlled village in Homo-rod, Romania. Her parents, Andreas and Theresa Einholz, were farmers but kept very little of their farm's bounty, as most of it went to the government. They often went hungry. Mary stayed home and watched her younger brother, Andy, and took care of the chickens, cows, and pigs while their parents were forced to work in the fields. Mary remembers having to stand on a stool to be able to reach the dinner she prepared for her family to eat every day

when they returned home from work. It was a hard life for a child to have so many responsibilities at such an early age. Young Mary took those responsibilities very seriously, as you can see from this anecdote told by her parents. Mary was sent down to the cellar to fill a wine carafe for dinner. Twenty minutes later, her parents went to see what was keeping her. They found a distraught Mary plugging the hole in the wine barrel with her finger where the spigot had broken off. She was not about to leave her post!

Mary was 15 years old when soldiers came to their farm to announce that all women and children must leave the village immediately. Heavy fighting due to WW II was heading their way. Her father refused to separate the family and quickly readied two teams of horses and two wagons. All he could gather of their possessions went into one wagon, food for the horses went into the other, and they fled their home.

And so, began their treacherous journey of many months and many miles with many hardships along the way. They crossed through Romania, Hungary, and into Austria by foot aside the wagons. Still being young and not grasping the atrocities of war, there were several incidents early on before the realization hit hard. Like the time Mary '*had to go to the bathroom*' and defied her horrified parents by laughing and running into an open field. It took less than a minute to run in, but hours for the military to get her out due to the possibility of landmines in the field. Boy, were they mad! Or the time planes were overhead and Mary and her friend climbed up onto the top of a wagon with arms waving, shouting, "*here we are, come shoot us!*" Sadly, it didn't take long before the seriousness of their situation sank in. They lost neighbors from their village to sickness, starvation, and war injuries. Mary's mother became very ill, was hospitalized, and the rest of the family had to keep going

without her. Later, the unthinkable happened and Mary's father also became ill and was left behind. Mary's younger brother recalls Mary carrying him piggyback when his shoes wore out and giving him her ration of soup because he was so weak. Mary never saw her friend who climbed atop the wagon with her again. She later found out that she hadn't survived. When they arrived in Austria, without their parents, Mary and her brother were placed on a farm and worked as farmhands. After many disappointing trips into the town center, where sirens blared to reunite families, one day their mother and father were there! They all stayed on that farm until after the war ended in 1945. They'd had enough of 'the Old World' and luckily their application to come to 'the New World' was approved and they set forth across the ocean to come to America in 1949 with nothing more than the clothes they were wearing when Mary was 21 years old.

They settled in Cleveland, Ohio on Buckeye Road, an immigrant-laden area. When Mary was 22, she went to a church dance and met the love of her life, John Lechli. He had also come to America after the war and it turns out he was from Foeni, Romania, just a few villages away from where Mary had lived! John's green card was about to expire and the joke was that he married Mary to stay in the country. So, after knowing each other for only two months, they married on



January 20, 1951. But the love was real and they were happily married for 67 years. When they were first married, Mary and John lived with John's aunt in Parma while they worked and saved. They bought materials week to week as they could afford and built their own home in Middleburg Heights, brick by brick. They moved in when it was completed in 1956. They both worked at the Dalton Sweater Factory during the day and went to school to learn English at night. They had two children, a son John, and a daughter Judy. After their children were born, Mary stayed home from work. She enjoyed sewing, crocheting, needlepoint, and cooking and baking for her family. When her children were older, Mary worked at Sears making draperies. Mary and John loved music and dancing and belonged to the Donauschwabian German Club. Both their children also joined and performed German folk dancing. That tradition was later carried on by their grandchildren, Lindsay and Nichole, as well as their great-grandsons, Leo and Nicky. Mary and John were also parishioners of St. Bartholomew's Church in Middleburg Heights. A lifelong dream, Mary and John took citizenship classes and both were proud to become U.S. Citizens in 1994.

Mary and John went on family vacations to Myrtle Beach every year, where many cherished memories were made for 30 years. Mary and John were hardworking people and even after they retired, continued working part-time into their eighties for a family; John as a groundskeeper and Mary as a housekeeper and cook.

When Mary was diagnosed with Alzheimer's, her devoted husband John took care of her until he had a stroke in 2010. They left their beloved home that they built together and moved into an assisted living apartment. John's death on Thanksgiving in 2018 had a profound effect on Mary. Unable to remain in assisted living without him, Mary moved into Arthur's Place at the Normandy Care Center where she is now, cared for by her new family until she once again walks the beaches and dances in the arms of the love of her life, John.



Children of
Family Members
and Staff

Join Us
for the
**Children's
Holiday Party**

Saturday, Dec 14th
10:15 am

Entertainment with Magic
Mike and a special visit
with
Santa



Join Us

for our annual
Family and Resident

**Holiday
Party**

Wednesday
December 4th
at
6:00 – 7:30 pm

Entertainment: Our very
own Joy Parrish and BoHo
Mojo, Barbershop Chorus,
Michael Cretz, Chris Diehl, and
Johnny Pastirik



Holiday LEAVE OF ABSENCE

The holiday season is upon us and many families may want to take their loved ones out of the building. If you plan to take your family member out, please contact the charge nurse or Clinical Manager. We will need to obtain an order from the Physician or Nurse Practitioner for a day trip or overnight. We will provide medications as needed and will be happy to coordinate hair appointments and special outfits.

A Holiday Leave of Absence form will be located at each Nurses' station.

Hall Number _ Clinical Manager
100/200/300/400.....*Kayla McKenty, RN*
Arthur's Place.....*Tasha Cunat, LPN*
500 and 800.....*Tracy Huston, RN*

Normandy's Gratuity Policy

It is our pleasure to care for your loved ones and we realize that many of you wish to show your gratitude to individual staff members who care for your family member. Unfortunately, our facility policy prohibits staff from accepting individual gifts of any kind.

We can accept a group gift that can be shared equally among staff. Staff appreciates lunches, cookies, fruit baskets, etc. These gifts can be coordinated through myself or the Clinical Managers and will allow us to show appreciation to all shifts and departments.

Thank you in advance for your cooperation or expressions of gratitude.

Thank you,
Cindy Oliver, RN
Director of Nursing



During this **cold and flu season**, we ask that visitors who are ill please refrain from visiting. The residents are likely to contract these illnesses. from others.

THANK YOU

April Adams, we more than appreciate your generous donation of art and craft materials. So nice of you to think of us. Art Department



Family Members

Many residents will receive gifts of new clothing this holiday season. Please make sure all clothing is **labeled and added to the inventory list**. You may do this by taking them to the **nurses' station** once opened. We will label and return them to the resident. Residents who received mailed gifts will be assisted in opening them. Please also label other items such as lotions, shampoos, stuffed animals, blankets, etc.



"Happy Birthday to You"

Residents'

December birthdays



Marilyn Dutney	Dec. 4 th
Betty Davey	Dec. 7 th
Pearley Faltin	Dec. 12 th
Albina Zabawski	Dec. 14 th
Edna Villios	Dec. 14 th
Joy Nutter	Dec. 18 th
Eleanor Stasik	Dec. 19 th
Lydia Fekete	Dec. 19 th
Monica Kaye	Dec. 21 st
James Anderson	Dec. 24 th
Stephen Petras	Dec. 26 th
Judith Laska	Dec. 27 th
Marion Sich	Dec. 29 th
Mary Moulton	Dec. 30 th
Marlene Sigler	Dec. 31 st
Theresa Thomas	Dec. 31 st

Gift Ideas for Nursing Home Residents

With the holidays soon approaching, people will be spending hours at their local stores to find the perfect gifts for their loved ones, young and old. If you have an elderly relative or friend in a nursing home, it can sometimes be challenging to choose the right present for this individual. To make this shopping process easier, an association of nursing home professionals offers the following list of holiday gift ideas for nursing home residents. The Council advises readers to take this gift list with them when shopping at their local stores.

Holiday gift ideas for nursing home residents include the following:

- ❖ Stationery, note cards, greeting cards, pens and stamps
- ❖ Calendar for 2018 with dates marked on it for upcoming birthdays, anniversaries, etc. (for birthdays, mark down how old the person will be on that day; for anniversaries, the number of years together)
- ❖ Address book with addresses written in for family and friends
- ❖ Cardigan sweaters, sweat suits, pajamas and ladies' housecoats and dusters
- ❖ Soft throw or lap blanket
- ❖ Clocks with large numbers
- ❖ Radios, CD players, i-pods, i-pads, laptop computers
- ❖ CDs of a loved one's favorite music, such as songs from the '40s, '50s and '60s
- ❖ TVs and DVD players
- ❖ Oversize TV remote – large with big numbers and simple controls
- ❖ DVDs of favorite TV shows
- ❖ Magazine subscriptions, also, large-print magazines such as Reader's Digest
- ❖ Books in large-print editions
- ❖ Electric razors, disposable razors and shaving cream
- ❖ Checkers game, chess game and decks of cards
- ❖ Large-print crossword puzzle or word find books
- ❖ Brushes and combs
- ❖ Handheld mirror or magnifying mirror on a pedestal
- ❖ Hand lotion and facial tissues
- ❖ For the men: boxer shorts, V-neck T-shirts and socks
- ❖ Framed family photographs
- ❖ Cologne, perfume or after shave
- ❖ Gift certificates to the facility's on-site beautician, barber

Readers should also know what types of gifts are not appropriate for nursing home residents. These elderly individuals usually have arthritis and need items that are easy to put on and take off. Consider purchasing clothing items that are easy to wear, such as jogging suits and cardigan sweaters. Also, because of swallowing difficulties and restrictive diets, readers are advised to not send food items such as candy, cookies and fruit. If a nursing home resident has Alzheimer's or a related dementia, do not send liquid items such as perfume, cologne, after shave or lotion, as these may end up being swallowed. What is the best gift to give a nursing home resident? It is the gift of one's time. These residents greatly appreciate visits from family and friends. Readers should plan visits to the nursing home during the holidays, and bring along the grandchildren and great grandchildren to add to the experience. Be sure to also make visits throughout 2018 to help an elderly family member or friend feel recognized, valued and loved.

Butterfly Release Event

Normandy resident Marion Sich watches as Lisa Magvas coaxes a Painted Lady butterfly on her hand to release outside.



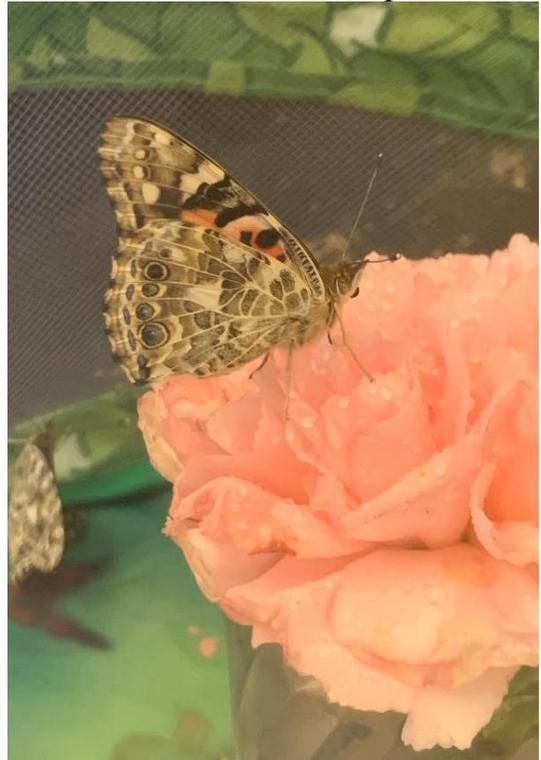
The **annual Butterfly Release** is an event that our residents have looked forward to for a month as they have been watching all the stages of the butterflies' growth. We are very lucky to have Lisa Magvas who implemented this Painted Lady program. It begins with many small caterpillars in several see-through containers and culminates with the outside release of full-grown butterflies.

Our caterpillars ate, spun silk and grew for approximately seven to ten days before they changed into chrysalides.

During that time, they shed their exoskeletons four times and grew ten

times their original size.

Once they finished growing, they climbed to the top of the cups, attached themselves to the lid with a single silken string, forming a shape like the letter 'J'. Then they shed their exoskeleton one last time before they became chrysalides. The butterflies emerged approximately seven days later. Adult butterflies can mate in about a week after emerging; they only live about 2 weeks. Some adults from colder parts of North America overwinter in Mexico; adults from northern Europe migrate to North Africa and southern Europe.



They were fed sugar water that was sprayed on live flowers for a few more days before we released them.

Normandy Care Center Staff

Administrator	Julie Bauman
Admissions Director	Megan Gassman
Activities Director	Tammy Danilovic
Administrative Assistant	Cindy Ward
Controller	David Rodgers
Dietary Manager	Colleen Merella
Dietitian	Sandee Seib
Environmental Services And Maintenance	Curtis Cole
Rehab Services Director	Ellen Straub
Social Work	Ginny Moes Nicole Elliott



Send an e-mail message
to any of our residents at:

activities@normandyretirement.com

We will deliver any messages
same day.