

MENNONITE VILLAGE EMPLOYEE NEWSLETTER

January 13th, 2023

JOTTINGS FROM HR...



Mennonite Village Welcomes Sam Rowley

Sam Rowley was introduced to senior services at an early age. At 17 Sam took a position as a dietary aid at a Senior facility in Salem.

“Having conversations, listening to the stories, and developing relationships with those older adults really opened my eyes to how much I enjoyed this field,” Sam said. That experience served as a springboard to a journey that has led Sam to take the position of Administrator of Lydia’s House at Mennonite Village.

“I was introduced to the memory care portion of (the industry), and I fell in love with working with those residents especially,” Sam added.

“Diving into their world and meeting them where they are in hopes of making their day brighter even for just a moment was so rewarding. Being that person who can make a positive impact on someone who is going through an awful disease is really what drew me to this passion.”

Sam comes to Mennonite Village after serving in several positions at Prestige at Orchard Heights and Capital Manor in Salem. A product of West Salem High School, Chemeketa Community College, and Western Oregon University, Sam is currently working on his master’s degree in Organizational Leadership and is scheduled to complete that work in June. He also holds a Bachelor of Science degree in Gerontology.

During his career, Sam has extensive background coordinating life enrichment activities for residents, and most recently served as the memory care coordinator at Capital Manor. Sam said he is excited to join the Mennonite Village family and looks forward to implementing a vision for Lydia’s House. My priorities coming into this position is to help foster the sense of family and teamwork between my team members. Additionally, I want to start looking at our processes and slow build on and improve them, so we provide better care for our residents. For example, I want to develop a wonderful activity program for our residents. This is just one aspect that I want to spend time on improving,” Sam said.



Let’s Make 2023 a Year to Remember for:

- Being Positive
- Having Fun
- Helping Each Other



www.mennonitevillage.org

Human Resources Hours
Mon-Fri 8:00a to 4:30p

Kristen Gregory, HR Director

Ginger Rummell, HR Specialist

Kacie Marken, HR Benefits Coordinator

Sarah Hobson, Volunteer & Community Outreach Coordinator



The Link Between Nutrition and Healthy Living

We hear the term 'healthy' discussed often, especially this time of year. Although it seems straightforward, this term can have different meanings for different people. You may define health as lowering your blood pressure and cholesterol, and your friend may define it as the ability to run a marathon.

A better definition could include nutrition, a cornerstone of homeostasis¹—the state of balance when your body is functioning as it should—and how it fits in with other aspects of an active lifestyle. How can we get the most nutrition out of our food? In this blog, we'll dive into what nutrition means, give examples of nutritious foods, discuss how healthy food fits in with health and wellbeing, and provide tips on incorporating more nutritious eating habits into your life.

What is nutrition?

Nutrition is the act of providing the body with the necessary energy and nutrients for growth and maintenance. Nutrition is critical to a person's health and development. Better nutrition helps build:²

- Improved infant and maternal health
- Stronger immune systems
- Safer pregnancy and childbirth
- Lower risk of diseases like diabetes and heart disease

Nutrition not only keeps our bodies regulated but also helps learning and growth. For instance, children with good nutrition have better health outcomes, improved grades and knowledge retention, and higher performance on tests.³ Additionally, poor nutrition may result in low energy levels, lack of focus, and poor educational outcomes.⁴

It's important to understand that not all 'healthy' foods are necessarily nutritious. While healthy food may be low in calories or fat, it may not contain many essential vitamins or minerals. That's why it's important to focus on eating nutrient-dense foods, including:

- Fruits
- Vegetables
- Lean proteins
- Whole grains
- Nuts
- Seeds

Eating a variety of these items will help you get all the essential nutrients your body needs for optimal health.

Examples of nutritious foods

Fruits and vegetables are excellent sources of nutrition because they contain vitamins, minerals, fiber, and antioxidants that help keep your body running smoothly. Lean proteins such as fish, poultry, and eggs provide essential amino acids that help build muscle mass. Whole grains offer complex carbohydrates, which provide long-lasting energy throughout the day. At the same time, nuts and seeds are packed with healthy fats, which can help reduce cholesterol levels in the blood. Finally, dairy products like milk or yogurt contain calcium which helps strengthen bones and teeth. A balanced diet made up mainly of these types of food provides your body with all its nutritional needs and enough energy to go about daily activities without feeling tired or sluggish.

How nutritious food fits in with health and wellbeing

Proper nutrition has many benefits to physical and mental health. In addition to maintaining an active lifestyle that includes a half hour of moderate activity each day⁵—walking, gardening, swimming, or low-impact aerobic exercise—nutrition offers several benefits to make your life happier and healthier.

Improved immune defense

Eating a nutritious diet is one of the most important things you can do for your health and wellbeing since proper nutrition helps support strong bones and muscles and boosts immunity against disease-causing pathogens like bacteria or viruses.

Improved energy

Nutritious food also helps maintain healthy blood sugar levels, leading to better energy levels throughout the day. More energy enables you to stay productive at work or school without feeling overly tired by midday or experiencing afternoon slumps—which often happens because of poor dietary choices throughout the day.

Improved mental clarity

Lack of nutritious food over time can cause a foggy brain. Eating nutrient-rich food helps promote mental clarity so you can stay focused on tasks without having difficulty concentrating. The importance of nutrition cannot be overstated; it directly affects our overall health and wellbeing. Eating a balanced diet composed mainly of nutrient-dense foods will ensure that your body meets all its nutritional needs while providing adequate energy throughout the day, so you don't feel exhausted before noon each morning!

Start off 2023 on the right foot by making healthier choices wherever possible while planning weekly meals! It doesn't have to be complicated; small changes add up over time!

Members: visit your [member portal](#) for helpful resources to help you lose weight or improve your health. Browse the Uprise Health blog for more tips and tools!

References

1. <https://www.brainfacts.org/brain-anatomy-and-function/body-systems/2022/the-body-in-balance-homeostasis-102822>
2. <https://www.who.int/health-topics/nutrition>
3. <https://www.who.int/health-topics/nutrition>
4. <https://mindsofwonder.com/2018/02/23/nutrition-affects-childrens-learning/>
5. <https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916>

A friendly reminder: Your Advocate is here to help you all year!

As part of your benefits program, you have access to an Advocacy service to help with all your health care and benefits questions. Advocates help you and your covered dependents save money, maximize your benefits, and make the right choices for your unique situation. They work for *you*, not an insurance company or provider – and can help you with almost any benefits or health care issue, including:

- Answering questions about your benefits
- Comparing costs for tests and procedures
- Reviewing your bill for errors and expediting corrections
- Appealing a denied claim and overseeing the process
- Finding in-network providers
- Making appointments
- Verifying eligibility and coverage
- Answering prescription drug questions and finding ways to save money
- Coordinating care and providing education for complex or chronic cases
- Explaining the Qualified Life Event process for birth of a child, marriage, etc.

Contact your Advocate at:

(866) 253-2273

advocate@optavise.com

OUR COVENANT:

To be a Christ-centered community providing life-enriching services.

As such, we commit to uphold the following principles within the life of our community:

Stewardship

Service

Self-Determination