

February
2019

Welcome Home

*to Sycamore Glen Where We Are
Committed to Improving
the Quality of Life of the
People We Serve.*

SGRC Leadership

Michele Brooke

Director / Administrator
Michele.brooke@ketteringhealth.org

Karen Drew, RN
Assisted Living Nurse
Manager

Charles Collins
Maintenance &
Housekeeping Manager

Raylene Abner
Business Office Manager

Sherry Wills
Activity & Volunteer Manager


Simo Aggadi
Sous Chef

Jen Foley
Marketing and Admissions
Coordinator

Jennifer Woods
Assisted Living Clinical
Coordinator

Angela Burton
Independent Living Clinical
Coordinator

Dana Liem
Administrative Coordinator

It's a New Day at...
Sycamore Glen
Retirement Community

***Go Red for Heart
Health Awareness***



Go red recognizes heart health and encourages awareness of the issue of women and heart disease, and also provides action to help save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. While nearly 80 percent of cardiac events can be prevented, cardiovascular diseases continue to be a woman's greatest health threat, claiming the lives of 1 in 3 women. That's a third of mothers, sisters and friends. It's time to change this fact. It's time to be demanding when it comes to women's heart health and ask others to do the same. Here at Sycamore Glen Retirement Community, we will be honoring both men and women's heart health by wearing red on ***Friday February 1.*** Be on the lookout for cameras! We will be snapping photos throughout the day of both staff and residents in action wear-



**Happy Birthday to All
Who Celebrate
February Birthdays!**

**Thursday 2/21/19 at 2:00
Edde Osborne Returns to
Share His Talent
on the Saxophone.
Don't Miss!**

***Getting Out & About
Meeting!***

***Let us know where you want to
travel to in 2019! 2/8/19 at
3:00 in the Library.***



***February Special Events and Outings
Kroger Shopping Each
Thursday at 12:00***

- 2/1:** 1:00 *Gotcha! Put on Your Red
& Get Caught Photos*
1:00 *Groundhog Day Movie (A)*
- 2/2:** *Happy Groundhog Day!*
- 2/3:** 6:00 *Super Bowl Party (Creative Arts Room) Snacks Provided*
- 2/6:** 1:30 *Village Meeting w/ Sycamore Hospital President Walter Sackett*
- 2/8:** 1:00 *Outing to Starbucks and Barnes N Noble Bookstore*
- 2/13:** 12:30 *Walmart Shopping*
- 2/14:** 11:30 *Happy Valentines Day Luncheon w/ Harpist Leah Estes*
- 2/18:** *Happy President's Day. 2:00 Abraham Lincoln Video Documentary*
- 2/19:** 1:00 *Alzheimer's Support Group Meeting (Conference Room)*
- 2/20:** 8:30 *Marie's Scrambler Breakfast Outing*
- 2/21:** 2:00 *Monthly Birthday Recognition and Celebration*
- 2/22:** 2:00 *Worship Service w/ Pastor Bill DePoyster*
- 2/27:** 5:00 *Village Dinner at the Plaza*
- 2/28:** 2:00 *Sinclair Life Long Learning Program (University of Dayton
History)*