

Oak Hill Insider

- News and events at Oak Hill -

*Arbor Court, Skilled Nursing
Whispering Pines, Memory Care
Magnolia Terrace, Supportive Living*



*November 2016, Volume 101
Administrator, Kim Keckritz*



Twelve Days of Christmas Begins December 8th

See page 3 for more information.



UPCOMING EVENTS

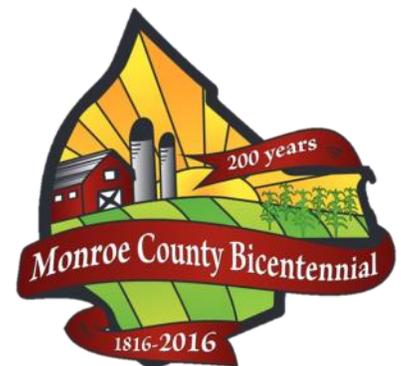
- 12/01 Ten Year Anniversary at Oak Hill
- 12/04 Magnolia Terrace Family Christmas Party
- 12/06 Arbor Court Family Christmas Party
- 12/08 Twelve Days of Christmas Begins (Weekdays)
- 12/09 Magnolia Terrace Sponsors BINGO at YMCA 1:00pm
- 12/13 Whispering Pines Family Christmas Party
- 12/29 Magnolia Terrace New Year's Kloepper Tournament
- 12/31 New Year's Eve
- 01/01 HAPPY NEW YEAR 2017
- 01/22 National Activity Professional's Week
- 01/31 Book Fair (Outlet Sales!) 7:30AM-3:30PM



*Providing
65 years of care
to our community*

*Celebrating
10 years at Oak Hill*

May you experience laughter, lots of joy and not a moment missed of the merry times of the holidays. Wishing you many moments of happiness with your family and a very Merry Christmas and a Happy New Year!



623 Hamacher Street, Waterloo, IL 62298
(618) 939-3488

www.OakHillMonroeCounty.com
www.facebook.com/OakHillMonroeCounty
www.facebook.com/MagnoliaTerraceSeniorLivingApartments



A LETTER FROM THE ADMINISTRATOR

December 1, 2016 marks the 10th anniversary at Oak Hill. Monroe County has been providing care for our older adult community for the past 65 years, since 1951. The Oak Hill staff continue to strive to provide the best services possible. Our new addition Evergreen Pointe continues this legacy of care.

If you have been at Oak Hill recently you have seen all of the work taking place at the east end of the property as we work to add a rehabilitation unit with fourteen private rooms and an additional seven private rooms for skilled nursing. The walls and roof trusses for the new unit are being prefabricated offsite and are scheduled to be placed in December. The new unit will really begin to take shape at that point. The current work includes pouring the concrete pad and placing underground plumbing and electrical services. New topsoil has been brought in as we prepare for our new therapy courtyard.

Other news at Oak Hill includes a new call light and wireless phone system. When Oak Hill was built we purchased what we determined to be the best call light and wander management system on the market. Unfortunately this system was sold to 3M who later decided to no longer support the product which meant that we needed to find a replacement product. After much research we have decided on a product called Ascom. You will see technicians at Oak Hill in the next few weeks installing the new product. For those residents at Magnolia Terrace, you will

receive a pendant that can be worn as a necklace or a watch. This pendant allows you to notify staff anywhere on the property that you need help and where you are located. Residents in skilled nursing can also have a pendant for an additional charge. The Ascom system offers a wireless phone for staff to improve communication. If you have been to St. Anthony's or Missouri Baptist, you have probably seen the staff there using these phones. For residents that are prone to wandering, Ascom offers a watch that will alert staff if the resident is out of their area. This watch also has infrared technology that alerts staff if the watch is removed. If you have any questions or concerns about the new products, please contact me.

As we approach Christmas, Oak Hill once again offers our residents the opportunity to invite their family for a Christmas dinner party. For those living at Arbor Court, the Christmas dinner party will be held on Tuesday, December 6 and each resident can invite two guests to the party that night. Unfortunately space restrictions do not allow us to invite more family. It is a great evening and if you are a resident, you will want to make sure to invite your two guests. On Magnolia Terrace the Christmas dinner party is on Sunday, December 4. For those residing on Whispering Pines, a Christmas party will be held in the activity room with appetizers and entertainment on Tuesday, December 13.

In addition to the many Christmas events and visitors at Oak Hill during the Christmas season, Oak Hill also hosts the Twelve Days of Christmas starting Thursday, December 8 through Friday, December 23. During these twelve weekdays

we will offer hand dipped ice cream from our gift shop to all residents and staff from 2:15-3:15 p.m. A different flavor will be offered each day. There will also be a special prize drawing for staff each of those weekdays.

Praying that you and your loved ones have a blessed Christmas season,
Kim



Giving Opportunities

Anyone who would like to donate in honor of an individual can be recognized with a paver. These pavers will be placed in our new Evergreen Pointe therapy courtyard.

Brick Options

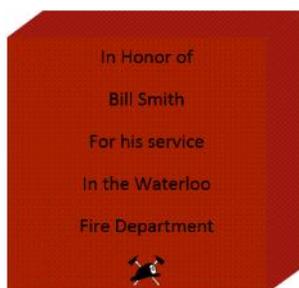
4x8 (\$250 Donation)

- 3 lines of 18 character personalization
- Graphic available on the left or right side with a 10 character/line limit *(includes spaces and punctuation)*



8x8 (\$500 Donation)

- 6 lines of 18 character personalization
- Graphic available on the Top or Bottom with 3 lines of the 18 character/line limit *(includes spaces and punctuation)*



Corporate Option

If you are interested in exploring a larger display for you or your business, contact Kim Keckritz.

12 Days of Christmas

Weekdays December 8-23

Sweet Treats

2:15-3:15 P.M. in the Gift Shop

Free for residents and staff
Each day's sweet treat will be posted outside of the gift shop.

Complimentary

Hot Dog, Bowl of Chili OR
Nachos & Cheese

Wednesday, December 14

In the Gift Shop 10:30am-12:30pm & 4:30-5:30pm

Employees will also enjoy

12 days of drawings

for various gifts (2pm daily)



12 Drummers Drumming • Eleven Pipers Piping • Ten Lords a Leaping • Nine Ladies Dancing • Eight Maids a Milking • Seven Swans a Swimming • Six Geese a Laying • Five Golden Rings • Four Calling Birds • Three French Hens • Two Turtle Doves & a Partridge in a Pear Tree



- 08 Corby Turner
Alexa Kohler
- 09 Emily Keener
- 13 Marilyn Brinkmann
- 16 Laura Jackson
- 17 Zach Byrd
- 17 Debbie Siedle
- 20 Carol Sparr
- 21 Christy Brinkmann
Debra Carrico
- Allison Harres
- 22 Melissa Goddard
- 25 Carol Nash
- 26 Rita Biffar
- 27 Glenda Schreder
- 30 Faith Bertram
Erica Tedder

Let's Party!

Arbor Court:
Dec. 9th at 2:00pm

Magnolia Terrace:
Dec. 22nd at 1:30pm

- 1 James Butler
- 5 Verma Malter
- 7 Casmira Armstrong
- 10 Esther Brandt
- 11 Gloria Aycock
Rhenelda Goessling
- 16 Judy Billiter
Marjorie Rhoten
- 17 Mary Gaertner
- 18 John Meehan
- 19 Archie Smith
Chester Schmidt
- 25 Ardell Mueller
- 26 Cathran Sutberry
Connie Atchley
- 27 Clyde Renner
- 30 Bob Brown
- 31 Sharon Smith
Joseph Eschmann

**Happy
Birthday!**

Greatness is not in where we stand, but in what direction we are moving. We must sail sometimes with the wind and sometimes against it – but sail we must and not drift, nor lie at anchor. -Oliver Wendell Holmes

Celebrating Employee Anniversaries

Dicki Butler (13)	Michael Deptula (4)
Diane Seidel (8)	Michelle Murphy (3)
Janice Keim (7)	Kannah Kilwin (1)
Wayne Moallankamp (7)	Michele Dickneite (1)
Sara Decker (6)	Juliet Wilson (1)
Janell Johanning (6)	



Thanks for sailing with us!

*Life should not only be lived,
It should be celebrated.*

Welcome to Oak Hill

New Employees

- Lydia Mehring, C.N.A.
- Leah Farris, Payroll
- Joann Drummond, C.N.A.
- Elizabeth McDaniel, C.N.A.
- Heather Nagel, L.P.N.



Congratulations to Kevin Alexander
winner of the
Wessel-Pistor Excellence Award
Thank you for all you do!



Kevin works many double shifts. He comes to work every day. Great attendance. He will volunteer to stay so someone does not get mandated. He knows his job well and often does above and beyond the norm. He has recently filled in for the restorative aid position. He is flexible and willing to rotate to any hall.

The Wessel-Pistor award was established in 1995 by the families of Elizabeth Wessel and Johanna Pistor in loving memory as a thank you to the staff for the excellent care that they received as residents of the facility.

Walter Pistor has carried on this tradition. It is in recognition of employees who excel in the deliverance of the facility philosophy of service and devotion to mankind.

Congratulations to all nominees. Please consider it an honor to be nominated. This means you are recognized as an exceptional worker.

Other nominations:

Stephanie Bastien- Stephanie has many different responsibilities. She is the planner of all employee activities. She plans all the wonderful parties for the residents. She is always helping someone with something. I, myself, wonder how she keeps all of these things straight. She makes sure we all enjoy these parties. She loves all the residents and she is a joy to work with. We all love her.

Marilyn Brinkmann- Marilyn is a silent angel. She is a wonderful person who cares for every single resident she comes in contact with. She is kind, caring and compassionate to everyone she is around. You can tell she enjoys her job.

Amanda Byrd- Amanda is a very caring person towards others. She always care and checks on people on her days off. She is always showing her dedication to all the residents on Whispering Pines. This is a very demanding job and Amanda steps up to the plate.

Diane Karsten- If it weren't for Diane, we wouldn't have supplies and all of the other amazing things she does. Always has a great smile and her laughter is contagious.

Stephanie Henke- She started off as a unit assistant at the old building. She is now a LPN, and it is a pleasure to work with her. I would ask her to do something and she would cheerfully do it in a timely and efficient manner. I have seen her grow into being a confident and productive nurse. She works full-time while raising her son. She has so much energy and always puts the needs of the residents first. She is definitely a perfect example of "service and devotion to mankind".

Wayne Moallankamp- Wayne is a great person to have in maintenance. As soon as you call him, he is there ASAP. Always smiling. It is a great day when you see him.

Carol Nash- Carol is very dedicated to Oak Hill and is the most service minded employee we have. She does not know how to say NO. She is so friendly and kind to all who enter the building. She has done a fantastic job organizing the gift shop, getting in any item that is requested. Service should be her middle name.

Wendy Slater-Wall- She is an outstanding employee who has the residents best interest in mind at all times. Her hard work shows and makes a difference in the resident's quality of life. Even the employees are happier when she is around.



November
2016

Oak Hill

Employee of the Month

Katherine Browning

- *Makes the residents laugh and works with them when they can't decide what to order.*
- *Is always happy*
- *Brings much joy to the residents as well as the staff.*
- *A breath of fresh air.*

Katherine has been a dietary aide at Oak Hill for two years. She lives in Red Bud with her husband, Don. Other family includes two brothers and one sister. Katherine and her siblings grew up in Chester but Katherine was born in New York.

In her spare time Katherine competes in special Olympics, where she received a gold medal in track and field and spends time with her family and friends.

A most memorable moment at Oak Hill for Katherine is her first day working because she was very nervous.

As for achievements, Katherine considers marrying her husband, purchasing a home together and their recent purchase of a new car her biggest achievement.

Find out more about Katherine on the next page.

Other Nominations for November Employee of the Month

Faith Bertram, LPN – Never says anything negative about everything I ask of her. Families and residents love her. She is awesome.

Eileen Boxx,– Prompt with resolving housekeeping concerns and guiding her staff in correcting procedures/processes. She even offered to come in on her day off to mop and buff the therapy room.

**Employee of the Year will be announced on December 10th.
Nominees on the next page.**



Fun facts about Katherine

- Favorite Foods** - Chinese
- Person in History to Meet** - Bach, the musician. "I find his music to be inspirational"
- Favorite TV Show** - *Saved by the Bell*
- Favorite Sport** - Cardinals Baseball
- Favorite Music** - Backstreet Boys
- Favorite Movies** - *Sound of Music, Grease, Fireproof*
- Best Childhood Memory** - Meeting parents through the Big Brother, Big Sister program
- Where Would You Travel** - Thailand to see a different lifestyle
- Would use 50 millions dollars to** - Travel the world with family and friends.

★ **Employee of the Year Nominees** ★

Christina Swistak
Megan Kelley
Savanna Zeiger
Kay Floarke
Katherine Browning
Sandy Stevens
Bobbie Price
Hannah Poynter
Fruity Harris
Stephanie Henke

Voted on by employees
 December 4th is deadline to vote

🔔🔔🔔🔔🔔🔔

Oak Hill Giving Tree

Christmas is a time of giving. If you are looking for a place to donate to this season, Oak Hill will be collecting items for Life Network of Southern Illinois.

Diapers (Newborn and size 6 needed most)

- *Baby Juice
- *Toddler Snacks & Meals
- *Crib mattress pads
- *Dreft
- Diaper Cream
- Tylenol
- Ibuprofen
- Wipe
- Baby Wash
- Car seat covers
- Baby Swings
- Activity Mats
- *Items most needed

Gift Cards to Walmart (Occasionally clients need specialized formula or other items. Gift cards allow Life Network to purchase these items as they are needed.)

Items for moms:

- Shampoo
- Lotion
- Nail Polish
- Small Manicure set
- Tumbler (for drinks, etc)
- Gloves/Scarfs
- Chocolate

Looking for a Great Christmas Present?

Massage Therapy

In Touch and Aging, Ashley Managu wrote:

"Everyone wants to live long, but no one wants to grow old, for old age, as someone has aptly put it, is a dirty trick. The answer to that, of course, is to die young-as late as possible. But that is mainly a matter of the spirit. In most cases, the body wears out long before we are ready to vacate the premises... In the course of time, the skin changes in character, but the spirit within us is, like good wine, capable of improving with time... Tactile needs do not seem to change with aging-if anything, they seem to increase."

Why a massage?

Challenges and the importance of touch in care-facilities are many. Spouses, family, and friends are separated from loved ones while wheelchairs become containers. There is an anxiety about touching older people: we might hurt them or break something! Schedules do not allow nurses or staff enough time to sit and hold the hand or soothe the shoulders of the patients. Having a massage is a therapeutic way to touch the spirit and body. Massage lessens muscle

and joint pains, improves memory, helps alertness and depression, effects blood sugar levels for diabetes, and aids in sleep and skin disorders.

Massage therapy may be done in wheelchairs or on the bed, whichever is most conducive for the needs of the individual.

Verna Hopkins, LMT

Can provide services at Oak Hill and Magnolia Terrace.

Verna has been a license massage therapist for 14 years. She lives in Waterloo and owns Vibrant Health and Mind, located by the post office. She also works at Stillpointe Wellness Center in Belleville, IL. She uses Young Living Essential Oils for specific needs and other tools that enable relaxation and stress and muscle release safely for the elderly dur-



Contact Verna at:

618.980.4304

vernahm@hotmail.com



Pictured: Carla Deterding sizes up the bowling lane.

TURKEY BOWLING

This may be the employees' favorite Spirit Committee event. Over 80 employees tried to knock down ten pins with, yes-a frozen turkey!!! Only 27 people were able to get a strike. Everyone took home a little prize but those who got a strike won a boxed cookie, cupcake or cake mix. Two people took home a meal ticket because we only had 25 boxed mixes.

Employees were eager to find out who won the Word Scrabble game that same day. Forty employees complete a Thanksgiving themed word scrabble for a chance to win a complete Thanksgiving meal themed prize. Michele Dickneite's name was drawn as the winner. Congratulations!

Do you enjoy the fun events put on by the Oak Hill Spirit Committee? Want to become a member so you can help plan and implement events like Turkey Bowling? You can or you can nominate someone! ▶ ▶ ▶ ▶ ▶ ▶ ▶

Come be a part of an exciting team
 Help decide, plan and implement fun events
 Be a voice for your fellow employees
 Have fun at your job
 Support positivity among your peers

Join the

2017 Spirit Committee

Seeking individuals who are:

Enthusiastic Willing Creative Able Positive

As a member of the Oak Hill Spirit Committee, you will represent all Oak Hill employees by being a voice for others when deciding on employee activities such as games, fundraisers, prizes, events, jeans days and so much more. Members meet monthly (fourth Tuesday at 2:30P.M.) to plan events and assign members for the upcoming activities. We host at least one event per month.

Please consider joining this very fun team of employees. If you have any questions, feel free to contact Stephanie Bastien (x1459).

Not really your thing?

Nominate a co-worker today.

Forms available in the employee break room and at the front desk.

Return to receptionist by December 19th.

Outpatient Therapy

Tip of the Month

Don't Let Old Man Winter Freeze Your Muscles

When the sun is warm and balmy, and the breeze is light, there are lots of opportunities to get out and about and keep yourself moving. However, when the chill of winter runs through the air, a warm blanket in a recliner is much more appealing. The shorter days, and longer nights also have an impact on our level of activity.

Becoming sedentary for the winter may work for the bears, but a bear you are NOT! A sedentary lifestyle contributes to loss of muscle mass, weakness, and can contribute to an overall decline in function. This can put you at an increased risk for falls or difficulty doing the things you love. So if you want to be active in the Spring, stay active this Winter! Regular exercise with weights or resistance can decrease the risk and effects of osteoporosis, increase muscle strength and coordination and reduce your risk for falls. Regular exercise can also increase blood flow to organs, including your brain, which can positively impact high blood pressure, diabetes, gout, depression, and other ailments. Regular exercise and walking also helps strengthen respiratory accessory muscles and can help you decrease the severity of respiratory illnesses.

The first step is to keep getting out and moving! Being with other people, attending activities, taking an extra stroll on your feet or on your wheels is the first step. Taking yourself to activities in and of itself is exercise! Attending fitness activities, such as Yoga, Sit & Be Fit, Exercise class after Arbor Court activities, and Restorative and Rehab Programs, is the next level. On your own, you can complete daily stretches, even practice some of the exercises that you have learned in group activity sessions.

If you are interested in a tailored exercise program, please contact the Therapy Department at extension 1155 for details on scheduling a Therapy Evaluation.

Moving Muscles are Warm Muscles!

Oak Hill Out Patient Therapy

618-939-3488 x1155





Seniors,

**Join us at the YMCA on
December 9th for FREE BINGO
Complimentary Refreshments
1:00 P.M.**

**Reservations are not required
Open to the public.**

Contact Stephanie 939-0500 x1459

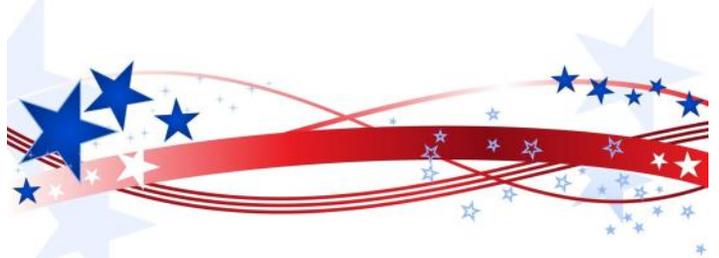
**Can't join us in December We'll
meet again on January 13, 2017
Same time, same place.**

Sponsored by:

Magnolia 
Terrace
Senior Living Apartments

**Oak Hill's Maintenance Department
is now available 7 days a week from
7:00am until 4:30pm.**

**Janice Keim, R.N. Corporate Compliance Officer
618-939-3488 x1233
Hotline# 855-245-3994**



*Thank You to those who brought a beautiful
program to our veterans at Oak Hill:*

*Valmeyer American Legion Post 901 Color
Guard*

Brenda Johnson, VFW Auxiliary Soloist

*Butch Sparwasser, Past District Commander
Veterans of Foreign Wars and Past Post 6504
Commander*

*Commander Charles Asselmeier, Valmeyer
American Legion Post 901*

Families of Our Soldiers

*Captain Mike Douglas, Waterloo VFW Post
6504*

*Senior-Vice Commander Leroy Trost, Waterloo
VFW Post 6504*

*Pastor Patrick Poole, St. John U.C.C.
Maeystown*

Saints Peter & Paul School

Waterloo German Band

Waterloo High School

Waterloo VFW Auxiliary Post 6504

**"Maybe
Christmas"
the Grinch thought,
"doesn't come
from a store."
"Maybe
Christmas,
...perhaps...
means a little
bit more."
-Dr. Seuss**



Seth's Tip of the Month

Hello to all Oak Hill People!

Thanks again for letting me write to you! As always, I have personally tried and benefited from each quick tip, and my hope is that you will too!

Quick Tip #3: "How to" Sleep Tips!

As we learned last time, too many Americans are experiencing sleep problems. However, good quality sleep can improve literally every aspect of our lives!

How can we sleep better?

The Basics:

1- Drink your caffeine before 2pm.

Even though you might not "feel" the increased energy anymore, it can still affect your sleep over 10 hours later!

2- Keep the same hours.

Our bodies run like a clock, and they get the most restorative sleep when we wake and rise at about the same times.

3- Get outside.

A good night's rest starts in the morning! Getting sunlight into your eyes and on your skin helps your body stay awake in the day and asleep through the night.

4- Keep it dark.

The light from our phones & TVs actually tricks our bodies into thinking the sun is out! Turn off all the electronics and all the lights 30 minutes before bed and all through the night.

5- If you have sleep apnea, use that CPAP/BiPAP!

Sleep apnea is like pulling an all-nighter every single night. Every hour spent sleeping without the CPAP/BiPAP is one less hour of sleep.



Seth Poynter
M.H.S. CCC-SLP
Nutrition & Fitness Coach

For questions and comments:
csp89f@gmail.com



Magnolia Terrace

Senior Living Apartments

**New Year's Celebration
& Kloepper Tournament**

December 29, 2016

*Help us bring in the
new year!*

Kloepper players are invited to a short get together before card playing for hearty appetizers and champagne and sparkling grape juice. Feel free to bring a treat to share. Appetizers begin at 5:45pm and will be available all evening.

**Tournaments starts at
6:30pm**

Join us for six games of Kloepper

Cost is \$5.00 per person

Winners: 1st, 2nd, 3rd and Last place cash prizes

Complimentary refreshments

RSVP to Stephanie at

618.939.0500 ext.1459

Magnolia Terrace

623 Hamacher St, Waterloo



"HAPPY BIRTHDAY"

The monthly birthday party will be held in the Dining Room on Friday, December 9 at 2:00 p.m. The birthday party and the special entertainment will be sponsored by the First Baptist WMU. Please plan to attend and help all those who have a December birthday celebrate.

"NOVEMBER GAME WINNERS"

Bowling

Roy Kirleis

Virginia Lindhorst

Helen Frisch

Ball Toss

Roy Kirleis

"THANK YOU"

Thank you to the Zion Church in St. Joe for the large print Guidepost subscription.

"MEMORIAL SERVICE"

Thank you to Pastor Poole & Brenda Johnson for taking part in the Memorial Service. We had a good group of families of deceased residents in attendance. Brenda did an outstanding job of singing and Pastor Poole had a wonderful message. Thank you Rebecca,

and Julia for taking part in the service and to the dietary staff for the cookies and the punch.

A great group of residents and some family members attended the breakfast for veterans at Denny's. We are thankful to John Patterson for paying the bill for the chaperones.

A big "thank you" to all volunteers that spent their day making stollens. We made 220 coffee cakes, which was all day baking, icing and wrapping. Thank you dietary department for having the trays and ovens available to finish up the baking.

"KFC NIGHT"

A total of 47 residents attended the KFC night sponsored by the Resident Council. The residents had it for their supper and they ate in the Arbor Court Activity room. Even several of our new residents that had just arrived heard about the KFC and asked if they could join us. The staff at KFC had all the meals sorted in the separate boxes for the residents and marked for white or dark meat. Mashed potatoes, biscuit, coleslaw and a cookie was served to the residents. Thank you to the dietary aids that helped us serve the meal to the residents.

“DATES TO REMEMBER”

Dec. 4-National Cookie Day! YUMMY

Dec. 5-Walt Disney Birthday

Dec. 7-Pearl Harbor Day

Dec. 9-Christmas Card Day

Dec. 12-Poinsetta Day

Dec. 12 National Cocoa Day

Dec. 21-FIRST DAY OF WINTER!

Dec. 24 Christmas Eve

Dec. 25-Christmas Day

Dec. 31-New Year’s Eve

“MILSTADT GREENHOUSES”

We made a trip to the Millstadt Greenhouse Open House. Every color of poinsettia you could think of lined the center of the greenhouse. There was a visit with Santa, craft booths & wine sampling. Cookies, coffee, hot cider & chocolates were served. Entertainment was provided by different dance groups and musicians. Thank you Rebecca & her family and Sandy for helping us push the residents to make sure they had a chance to see everything. A small poinsettia was given to all the residents that attended.

“TRIM-A-TREE”

The trim-a-tree party will be on Thursday Dec. 1 at 6:30 in the activity room. The Bud Light Brass Band will entertain from 6:30-7:00 and Lucy will entertain while we decorate the tree. Refreshments will be served. Family and friends are welcome to attend this special evening for the lighting of the tree. Hope to see everyone there.

“VETERANS”

Members of the American Legion will bring in Christmas gifts for the veterans on Monday Dec. 12 at 10:30am. They have requested that the veterans be in the front lobby to get the gifts and get a group picture. Members of the VFW will be in the facility with gifts for the Veterans also on Thursday Dec. 15. We will let the veterans know the time.

“CAROLING”

Many groups are scheduled to come to the facility to do caroling during this Christmas Season. Dates, times and groups will be on the activity calendar.

“SHRINE TRIP”

We have 2 tentative dates set aside to take residents to the Shrine to see the lights. We are hoping to take both busses at the same time. The tentative dates are Dec12 & Dec. 14 at 5:30. We will come around and make a list and let everyone know.



"COMING EVENTS"

Dec. 01-UCC Church-10:30
Dec. 01-Trim-A-Tree-6:30
Dec. 04-Doug-2:00
Dec. 05-Bowling-2:00
Dec. 06-Arbor Court Christmas Party-5:00
Dec. 08-Lutheran Church-10:30
Dec. 08-Lyn Wellmann-2:00
Dec. 09-Birthday Party-2:00
Dec. 10-Genabbi & Wife-2:00
Dec. 11-Alan & RJ-2:00
Dec. 11-Caroling-3:15
Dec. 11-Caroling-6:00
Dec. 12-Veterans Gifts-10:30
Dec. 12-Steve Turnbow-2:00
Dec. 14-Mass-10:30
Dec. 14-Helen Campbell-2:00
Dec. 15-UCC Church-10:30
Dec. 15-Lucy-2:00
Dec. 16-Resident Council Christmas Party-2:00
Dec. 18-Rich Cullen-2:00
Dec. 18-Caroling
Dec. 19-Tom & Ron-12:45
Dec. 21-Forrest-2:00
Dec. 21-Mass-10:30
Dec. 22-Baptist Church-10:30
Dec. 23-Christmas Breakfast-8:00
Dec. 23-Cocktail Party-2:00
Dec. 25-Christmas Day
Dec. 26-Community Sing-2:00
Dec. 28-Joe Powell-10:00
Dec. 29-UCC Church-10:30
Dec. 29-Button Box-2:00
Dec. 30-German Band-2:00



WINNER

Janice Keim

2nd Place *Susan Nordhaus*

3rd Place *Kim Keckritz*

4th Place *Tina Buchanan*

The employees enjoyed Oak Hill's first chili cook-off. Crockpots lined the hall full of yummy chili. Employees taste tested, voted and then enjoyed a bowl of their favorite chili and a complimentary hot dog.

Winners took home great prizes. First place won a fire pit, second place a gift card to Schneider's Meat Market, third place a beautiful glass pumpkin centerpiece and fourth place a bird feeder with feed and hanger.



"Things work out best for those who make the best of how things work out."

Magnolia Moments



Magnolia Terrace



WELCOME to *Magnolia Terrace*

✿ *Josephine "Jo Riechmann*

✿ *Leota Roider*

✿ *Gladys Ludwig*

November Game Winners

Wii Bowling

Maude 232

Don 192

Tom 187

Turkey Races

Residents chose two runners this month from turkeys Gobble, Robin, George, Gluten, Jack, and Drumstick. Yes, we named the turkeys and then raced their feathers off.

Our big winners were

Don & Joe 8 wins

Tom 7 wins

Bob 6 wins

Bowling

Each participating resident bowled five frames. **Bob** and **Rick** both ended with a score of 80 and received a trophy, a certificate and bragging rights for the next few months.

Upcoming Events

Thursday, 12/1: *Trim-a-Tree* The month begins with our annual Trim-a-Tree event (6:00pm). We will be decorating the Christmas tree, singing carols with students from the Waterloo High School choir and enjoying hot cocoa and cookies.

Saturday, 12/3: *The Metro City Singers* We are off to St. Paul UCC Church in Columbia for another wonderful Eppinger Foundation hosted concert-The Metro City Singers. This concert is free. Bus leaves at 6:15pm.

Sunday, 12/4: *Family Christmas Dinner* It's the most wonderful time of the year! What better way to spend the holidays than with family and friends enjoying a meal and music together. The entertainment this year is a jazz and blues band, Sarah Jane and The Blue Notes (6:30pm). Seating at 5pm, meal at 5:30.

Monday, 12/5: *Christmas Tree Decorating at The Beacon.* Come spend your morning at The Beacon Church in Waterloo as we decorate our "50's themed Christmas scene". Bus leaves at 9:15am. Join us on **Sunday, 12/11** at 4pm for a return trip to view all of the trees and enjoy their staged entertainment.

Wednesday, 12/14: *National Shrine of Our Lady of the Snows Trip* If you love Christmas lights, you won't want to miss this trip. We will visit the gift shop and wander through the decorated trees within its visitor's center.

Upcoming Events

Thursday, 12/15: *Color and Craft* Join us for a morning of coloring and make a simple snowman mobile just for fun. We'll meet in the dining room at 10:15am.

Sunday, 12/18: *Millstadt Community Choir* Our last holiday concert will be at the Zion Evangelical Church in Millstadt. This concert is free and the bus will leave at 6:15pm.

Tuesday, 12/20: *Scenic Drive* Our second Christmas lights drive will be around Waterloo checking out the local light displays. Bus leaves at 6:00pm.

November Recap in a Snap...

*November began with a **Circle of Friendship** where everyone spoke of their school days. We learned that several residents started their education in a one-room schoolhouse. On the 7th, we made history by **voting** in the 2016 presidential election, and we honored out **veterans** with a lunch out and a facility wide evening ceremony. Five residents took advantage of our discounted tickets to catch the **MASC theater's** rendition of *The Hound of The Baskervilles*.*

*We finally got to spend our participation tickets by bidding on items in our first ever **auction**. Rhenelda walked away with a Cardinals nightlight and Carol bid big on a large blue teddy bear. The winners of the baskets were:*

- | | |
|--------------|------------------------------|
| <i>Ruth</i> | <i>Grandkid Visit Basket</i> |
| <i>Bob</i> | <i>Miscellaneous Basket</i> |
| <i>Tom</i> | <i>Angel Door Hanger</i> |
| <i>Diane</i> | <i>Dairy Queen Blizzard</i> |
| <i>Norma</i> | <i>Free Meal Out</i> |

Congratulations!!!

ANNOUNCEMENTS

Sit & Be Fit attendees kept the balloon in the air for 207 smacks!!! That's teamwork.

REMINDERS

Please leave your cell phones at home or turned off during activities. If you **MUST** take a call during an activity, please leave the room so as not to disturb the other residents' enjoyment.

Please **DO NOT FEED THE DOGS.**

We're so proud of our walkers! These residents made great use of our exercise trail throughout the months of September and October, charting their progress as they went. They know that fresh air and physical fitness go a long way.

Charles*, Jack, Rhenelda*, Ruby*, Bob*, Jean*, Ruth*, Joe*, Maude, Don, Lena, Dot M., Joanne, Betty, Catherine, Dottie P., Bonnie, and Olivia.

(Names in Bold denote residents who walked EVERY DAY in September and asterisk denotes residents who walked EVERY DAY in October)

Photo on next page ►



▲Some of the residents who took part in a fall walking challenge where they committed to walking as much as possible and shot for once a day around the walking trail. Way to go!

►Olivia was the poinsettia queen at the Millstadt Gardens while Don checked out all the colorful poinsettias.



▲Bob Brown waves his flag during the Air Force portion of the Armed Forces Salute played by the Waterloo German Band at the Oak Hill Veterans Program.



Whispering Pines News

M

HELD IN CEDAR DINING ROOM

Friday, December 2nd 2:30 pm

U

Forrest Bevineau-The Singing Sheriff

Monday, December 12th 2:30 pm

S

Pearl Hirsch-Accordion/Keyboard

Saturday, December 18th 2:00 pm

I

Lynn Wellman-keyboard

Friday, December 30th 2:00 pm

C

Terry Roberson-The Singing Cowboy



You Still have a Chance to Win One of
Three Lovely baskets!

Raffle tickets will be sold from Decem-
ber 1, to December 19, at the reception
desk for the following items:

Pampered Purse

Christmas Longaberger Basket

**Wine and Cheese basket 2 bottles of
wine and 2 wine glasses**

Chances are \$1/each or 6 for \$5

Benefits Whispering Pines Residents



*Alzheimer's Association
"In the Moment" Support
Group Meeting*

We will not be meeting in December. Our next meeting will be held on Thursday, January 26, 2017, in the classroom at Oak Hill, from 7 pm to 9 pm. Literature on Alzheimer's disease and other dementia is available on the literature rack outside of the classroom. You can also find more info on the internet at: www.alzstl.org.



Christmas Carols

The CAPITALIZED and UNDERLINED words listed below can be found vertically, horizontally, di-

F T U D J V S E H H A Y J G Z
Q E N H P F A A E Z T N I S T
D A Y Y M P M T M F D B N L W
T I F C R L E R A T S X G L C
D N A L R E D N O W S R L A I
I T V M A N G E R F E I E H P
J G R W C N L E B M R V R K B
N G Z E I I A X M X W O V H K
A L P G T T V U Y L X F S C C
M J H T N N R T N E L I S T F
W T L A H D I J F B F K K X Y
O E S D M R B W O E B R C L Z
N Y A W A S T G R L U Q G E C
S Q C L A U S Z W L L O P M D
N E H A G B N B I S W Y H J T

AWAY in a MANGER

DECK the HALLS

FROSTY the SNOWMAN

Here comes SANTA CLAUS

HOLLY JOLLY CHRISTMAS

JINGLE BELLS

LITTLE DRUMMER boy

SILENT NIGHT

WINTER WONDERLAND



'TIS THE
Season
OF **Giving**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>DECEMBER 2016</h1> <h2>RANDOM ACTS OF KINDNESS</h2>				1 TELL SOMEONE THANK YOU	2 SHARE A TREAT WITH SOMEONE	3 INVITE SOMEONE TO LUNCH
4 READ TO SOMEONE	5 TELL A SILLY JOKE TO MAKE SOMEONE LAUGH	6 GIVE SOMEONE A HUG	7 LISTEN WITH YOUR HEART	8 LET SOMEONE GO AHEAD OF YOU IN LINE	9 GIVE A GIFT SHOP CERTIFICATE	10 GIVE OUT HERSHEY KISSES
11 TAPE CHANGE TO A VENDING MACHINE	12 CALL A FARAWAY FRIEND OR RELATIVE TO SAY HELLO	13 COMPLIMENT SOMEONE	14 FORGIVE SOMEONE	15 TELL SOMEONE WHY YOU APPRECIATE THEM	16 SEND SOMEONE A CHRISTMAS CARD	17 GIVE SOMEONE CHOCOLATE
18 LEAVE A SURPRISE FOR SOMEONE	19 CHEER UP A FRIEND	20 LEAVE A HAPPY NOTE FOR SOMEONE TO FIND	21 GIVE SOMEONE A MINI SHOULDER MASSAGE	22 GIVE TREATS TO THE MAIL CARRIER	23 SMILE AT EVERYONE YOU SEE TODAY	24 DO A SECRET ACT OF KINDNESS FOR SOMEONE
25 TELL SOMEONE WHY YOU LOVE HIM OR HER	26 HOLD THE DOOR OPEN FOR SOMEONE	27 LEAVE A LOVE NOTE FOR SOMEONE	28 EAT LUNCH WITH SOMEONE YOU DON'T NORMALLY EAT WITH	29 SEND SOMEONE A CARD	30 TEACH SOMEONE SOMETHING NEW	31 THANK A VETERAN

Kindness is a language which the deaf can hear and the blind can see. ~Mark Twain

ONE KIND WORD can change someone's entire day

How beautiful a day can be when kindness touches it.