

# Oak Hill Insider

- News and events at Oak Hill -

March 2017 • Volume 105  
Administrator Kim Keckritz



**Soup and Pie Supper is Wednesday, March 8**

Dine in or Carry out between 4 & 6:30 P.M.

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## UPCOMING EVENTS

**MARCH is National Social Work Month**

National Nutrition Month

**3/01 Order a Coffeecake (Pick up 3/21)**

**3/02 Dr. Suess Day**

**3/06 Senior Luncheon**

**3/08 National Registered Dietician Nutritionist Day**

**3/08 Soup & Pie Supper**

**3/10 YMCA BINGO**

**3/12 Long Term Care Administrators Week**

**3/13 Last day of Fitness Challenge (Employees)**

**3/17 Wear green. Free mint chocolate chip ice cream!**

**3/21 Coffeecakes ready for pickup**

**3/26 Health Information Professionals Week**

**3/27 Healthcare scholarship applications accepted thru 4/23**

**3/27 Kloepfer**

**3/30 National Doctors' Day**

**4/01 Occupational Therapy Month**

**4/02 StL Cardinals Home Opener**

**4/04 Wear Red or Cardinals attire (Jeans day for staff)**

**4/08 Easter Egg Hunt**

**4/09 MASC Theatre outing – *Dancing at Lughnasa***

**4/10 Book Fair**

**4/11 Volunteer Luncheon**



Oak Hill

**5-STAR RATED**



**Arbor Court**

pg. 13

**Skilled Nursing**

**Evergreen Pointe**

**Transitional Care**

**Magnolia Terrace**

pg. 15

**Supportive Living**

**Whispering Pines**

pg. 19

**Memory Care**



## A Letter From the Administrator

**Dear Residents, Families, Friends and Staff of Oak Hill,**

Oak Hill is continually watching for opportunities to improve our services to all who are at Oak Hill - residents, staff, family members and our community. Of course, you know about our new transitional care unit, Evergreen Pointe, that is expected to be completed in May and will provide services for those needing short-term rehabilitation in their own unit in private rooms.

After evaluating our services, we are making another change in March. We have noticed for some time that the needs of those we serve on Whispering Pines, our dedicated Alzheimer's unit, have changed. When we initially started the unit, many of our residents were in the early stages of Alzheimer's disease and benefited from the many activities we offered. As the years have passed we have seen the residents that we now serve have many more physical needs and less need for our extensive activity program. We also have had an increased demand for our long-term care services and often have to turn people away due to lack of available room. Considering all of these facts, a decision has been made to use only Cedar hall on Whispering Pines for our memory care and the Spruce hall on Whispering Pines will be opened to long-term care residents. The door will be opened and these residents will be offered activities in the core activity area

instead of activities by a separate activity staff for Whispering Pines. Cedar hall will continue to have its own activity staff for memory care. Please bear with us as we make these changes. We all know that change is hard and there are usually a few bumps along the way before the road becomes smooth.

As always thank you for your support of Oak Hill.

**Kim Keckritz  
Administrator**

### **March is National Social Work Month**

Help us recognize our great employees:

- ♥ Rebecca Schrauth, Social Services
- ♥ Julia Olszewski, Whispering Pines Dir.
- ♥ Christy Brinkmann, Admissions

### **Social Workers**

**Strengthen Lives Through Solutions**



**March 8th  
National Registered Dietician Nutritionist Day**

Oak Hill is proud to have an RDN as a part of the team that makes life better for our residents.

Make sure to thank Litney Hick, RDN for being an advocate in advancing the nutritional status of our residents.



## Senior Luncheon

Monday, March 6, 2017

11:00 a.m. - 1:00 p.m.

- Informative Speaker

Lisa Riechmann, nurse practitioner at  
Red Bud Regional Hospital

- Attendance Prizes

- Complimentary Meal:

*Oriental Salad*

*Cranberry Glazed Chicken*

*Wild Rice and California Blend Vegetables*

*Hot Roll*

*Heavenly Angel Food Cake*

*Coffee, Iced Tea, Water*

**Seating is limited.**

RSVP to Stephanie 618-939-0500 x1459

Oak Hill • 623 Hamacher Street, Waterloo

**Long Term Care Administrator's Week (March 12-18)** honors and celebrates the important role the administrator has in providing leadership for the delivery of quality, resident-centered care and a supportive work environment for staff.

*Thank you  
Kim Keckritz  
for your hard  
work and  
dedication to  
Oak Hill.*



Held annually in March, Health Information Professionals Week was founded not only to increase public and industry awareness of Health Information Management, but also to honor HIM professionals for their commitment to improving the healthcare system. HIM professionals are dedicated to protecting patient privacy.

**- Thank you -**

*Wendy Wright*

*Jane Asselmeier*

# **SOUP 'N PIE SUPPER**

**Wednesday, March 8, 2017**

**4:00-6:30 P.M.**

**Oak Hill Activity Center**  
**Dine in or Carry Out**

**\*ALL YOU CAN EAT SOUP\***



**Potato  
Vegetable Beef  
Ham & Bean**

**Cornbread & Crackers**

**\*PIE\***

**Chocolate  
Coconut Cream  
Lemon**



**\$6.00 Adults**

**\$3.00 Children 12 & Under**

*(Payroll deduction available for Oak Hill staff)*

*Proceeds benefit the Arbor Court Resident Council*

## **Butterfly Awareness Day**

**Friday, June 2, 2017**



*Feel free to wear any type of butterfly wings/attire.*



*I do not know whether I was then a man  
dreaming I was a butterfly, or whether I  
am now a butterfly dreaming I am a  
man. - Zhuangzi*

Thank you to the families of  
Mary Gaertner and Spencer Kipping  
for the memorials made to Oak Hill  
on behalf of their loved ones.

Special thanks to  
The family of Darlene McKinney  
for their generous donation  
of a mechanical lift

### Giving Opportunities

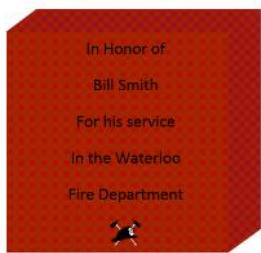
**Anyone who would like to donate in honor of an individual can be recognized with a paver. These pavers will be placed in our new Evergreen Pointe therapy courtyard.**

#### 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.

# Thank You

Great are the works of the Lord,  
To be treasured for all their delights.

Psalm 111:2

Thank you so much for the plant you sent to mom's funeral. It means a lot to us. Most importantly, though, thank you for the care you gave mom through the last 3 months of her life. I knew she was in good hands there as did my brothers and sisters. She was close to home which was important. God bless all of you as you continue your mission.

Monica Sharp, Julia Olszewski & the Family of Louis Kelley



To the wonderful staff,  
Just wanted to let you know how much I appreciate everything you've done. It really meant a lot.

Thank you for the many years of loving care that you gave to our parents Lawrence and Mary Gaertner.

The Lord bless you and keep you.  
Numbers 6:24



Thank you to the family of Helen Frisch who showed their gratitude to Oak Hill Employees for the care given by providing one free dollar item to employees on February 17th.



## Employee Anniversaries

Dawn Shields	★ 26 years
Rhonda Hooten	★ 21 years
Nancy Wellman	★ 12 years
Megan Kelley	★ 08 years
Sherri Boles	★ 08 years
Litney Hick	★ 06 years
Katherine Browning	★ 03 years
Lindsey Dinning	★ 03 years
Dawn Vogt	★ 01 year

Welcome to  
Oak Hill  
New Employees

C.N.A.s:

**Michelle Bleckler**  
**Chandra Miller**  
**LaToya Versey**

Housekeeping:  
**Theresa Russo**  
**Melissa Todd**

Employees Residents

05 Vicki Butler  
09 Karen Monterusso  
16 Dawn Vogt  
Mark Warren  
18 Dawn Shields  
22 Susan Parker  
23 Melissa Todd  
24 Lonnie Esker  
26 Mary Headrick  
28 Aliza Cory  
31 Amanda Byrd  
Mia Gerli

01 Pat Waterman  
Marlene Augustine  
02 Doris Koch  
08 Josephine Riechmann  
Robert Buettner  
10 Emma Diemert  
11 Willis Meyer  
13 Paul Steinling  
15 Linda Theobald  
17 Willard Wiggers  
18 Catherine Mauck  
21 Anna Embrich  
22 Betty Hepp  
22 Jack Taylor  
Leona Biffar  
23 Helen Kitchen  
26 Donald Gleiber  
27 Norma Steinhardt  
28 Doris Nurnberger  
31 Helen Wilde



Today is not just another day.  
It's a new opportunity, another change,  
A new beginning. Embrace it.

# Easter Egg Hunt

at Oak Hill



**April 8th at 11:00am**

*for Children and Grandchildren  
of Residents and Staff*

*ages 10 and under*

Children will be divided into three age groups, 0-3, 4-6 and 7-10 for this event that will take place on the walking trail grounds.

The 0-3 age group will start promptly at 11:00am followed by ages 4-6 and ending with 7-10. We are usually completely done with the hunt portion by 11:15am.

Head to the activity center afterwards to check eggs for special prize tickets.

**Enjoy activities, refreshments and pictures with the Easter bunny** (bring your camera). Activities may be moved outdoors if weather is nice.

This is a free event. No need to RSVP. Please plan on being at Oak Hill before 11:00am to get lined up.

Contact Stephanie for more information: 939-0500 ext. 1459



[www.Facebook.com/OakHillMonroeCounty.com](http://www.Facebook.com/OakHillMonroeCounty.com)



## GOES TO THE SHOW

*For residents & staff  
And their family & friends*



MONROE ACTORS  
STAGE COMPANY

A Community theatre located in the Historic Capitol Theatre in downtown Waterloo, Illinois, 202 South Main Street. [www.masctheatre.org](http://www.masctheatre.org)

*Group ticket price is only \$8\*  
\*\$5 for residents!*

*Price includes reserved seat*

#### UPCOMING SHOWS:

#### DANCING AT LUGHNASA

Sunday, April 9th at 2:30 P.M. R.S.V.P. by April 4th

This extraordinary play is the story of five unmarried sisters eking out their lives in a small village in Ireland in 1936. Their sparse existence is interrupted by brief, colorful burst of music from the radio, their only link to the romance and hope of the world at large.

#### WILD OATS

Sunday, June 11th at 2:30 P.M. R.S.V.P. by June 6th

An updated version of a classic farce sees a crazy band of characters upending any sense of order at a saloon in the Old West - with slamming doors, showgirls, cowboys, and mistaken identities!

*RSVP with payment to  
Stephanie, 939-0500 x1459.*

 Books Are Fun is now



Collective  
Goods

# BOOK FAIR

*BOOKS & GIFTS AT  
GREAT SAVINGS*

Shop *New Inventory*  
at the Collective Goods  
discounted rates

**APRIL 10, 2017**

**Oak Hill Activity Center**

**8am-3:30pm**

Open to the public  
Payroll deduction available

Just in time for Easter!



**Oak Hill**  
623 Hamacher St.  
Waterloo, IL 62298  
(618) 939-3488



## Employee of the Month

### Megan Weber

February  
2017

- *Happy, pleasant, and helpful.*
- *Great with staff and very helpful in finding clothes.*
- *Sweet and a great worker. Go Megan!*
- *Stepped up to the plate in the supervisor's absence.*
- *Pleasant and a real team player.*
- *Happy with her job and does a great job.*

Megan has been working at Oak Hill for two years. She started in housekeeping and is now a laundry aide.

She lives in Millstadt with her dog, Emily and cat, Daisy.

Megan has one brother, Dylan and one sister, Molly.

In her spare time, Megan babysits, organizes her bedroom, cleans and helps others.

A most memorable moment at Oak Hill for Megan happened when she was working in housekeeping. She was in the breakroom on her birthday when Eileen and Debra came in and gave her two Mountain Dews and cupcakes.

A most embarrassing moment was when a resident asked Megan, "Do you have a problem?" Megan thought she had done something wrong.

Megan's achievements include being at Oak Hill for two years, being nominated for Spirit Committee and being chosen for Employee of the Month.

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#### Other Nominations for February Employee of the Month

Marion Jordan, Housekeeping –  
Cleans well, good quality work.



## Oak Hill

### Employee of the Month Megan Weber

#### Fun facts about Megan

Favorite Foods - Chicken nuggets, macaroni & cheese and Ding Dongs

Person in History to Meet - Einstein to ask him how he became so smart!

Favorite TV Show - Greys Anatomy

Favorite Sport - Baseball

Favorite Song/Band - "It Girl" by Jason Derolo

Favorite Movies - Big Daddy, Cheaper by the Dozen and The Fault in Our Stars

Best Childhood Memory - Playing house with friends on top of the slide and swings and going to Build-a-Bear for the first time

Where Would You Travel - Bahamas. Megan has never been but thinks it looks gorgeous.

Would use 50 millions dollars to - Help the sick children and Children's Hospital and help the homeless people get on their feet.



Megan pictured with Tina Buchanan during February's Spirit Committee event. Winners listed on this page in next column.

#### FEBRUARY SPIRIT COMMITTEE WINNERS

\$25 OLIVE GARDEN –Michelle Livingston

\$15 TACO BELL/KFC – Tammara Scott

\$10 DAIRY QUEEN - Lonnie Esker

\$10 DAIRY QUEEN - Hannah Poynter

\$10 DAIRY QUEEN - Maddie Gotto

\$2 GIFT SHOP COUPON – Emily Keener

\$2 GIFT SHOP COUPON - Jen Morgan



Thank you to everyone who participated

in the salad day fundraiser held on February 22nd. We sold a record number of salads - 201!!! The funds raised will be used toward the new courtyard at Evergreen Pointe.

#### 2017 Themed Shirt

\$12\*

Order by  
April 10th

Crew and  
V-neck in  
men's sizes  
and V-neck  
women's  
cut.



\*Add \$1 for 2x and \$2 for 3x. If you would like a larger size, please let receptionist know.

## **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 I hope that you will too!

### **Quick tip #6: Validate People with Alzheimer's**

**Do you know someone with Alzheimer's Disease? Chances are, you do as there are 5.4 million Americans with "AD", & 1 in 9 people age 65 and older has the disease.**

#### **How to: Validation Therapy**

**It's pretty obvious that people with AD sometimes live in their own reality. Frequently they'll think people are alive that have passed or believe they have a pressing appointment. What should their loved ones say?**

**Recent research points to validating the person with AD's reality at that moment, and then redirecting to another subject. So... Next time your Aunt with AD says the 1953 family dog needs food, just say, "Oh gosh! I'll feed her just as soon as we get done doing...".**

A recent study has found an association between physical activity and later cognitive performance.

Researchers gave 6,452 older adults with an average age of 70 an accelerometer to wear during all waking hours for a week, and three years later tested participants on cognitive impairment, executive function, and memory.

Three years later, the researchers found that those individuals who had done the most moderate-to-vigorous physical activity showed a 36 to 47 percent lower risk of cognitive impairment, and exhibited less change in memory and executive function. This result remained when age, sex, race, and education were taken into account statistically. No such associations with cognition were found for the percentage of time spent doing light physical activity, which suggests that intensity of exercise matters to achieve cognitive benefits.

The precise nature of this data allowed the researchers to determine that even a small dose of three to five minutes of moderate-to-vigorous activity per day was significantly related to better cognitive performance (36% lower risk of cognitive impairment)—an important message for older adults.

Source:

Zhu W, Wadley VG, Howard VJ, Hutto B, et al. Objectively measured physical activity and cognitive function in older adults. Medicine & Science in Sports & Exercise (2017); Vol. 49(1): 47–53.



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

**For questions and comments: [csp89f@gmail.com](mailto:csp89f@gmail.com)**



# Baseball Season is almost here!

Wear red or Cardinals attire on Tuesday, April 4th

Staff may wear jeans if they wear red or Cardinals attire.

## St. Louis Cardinals Team History & Encyclopedia

**Team Names:** St. Louis Cardinals, St. Louis Perfectos, St. Louis Browns, St. Louis Brown Stockings

**Seasons:** 135 (1882 to 2016)

**Record:** 10657-9839, .520 W-L%

**Playoff Appearances:** 28

**Pennants:** 23

**World Championships:** 11

**Winningest Manager:** Tony La Russa

Source: <http://www.baseball-reference.com/teams/STL/>



Go Cardinals!

SUN	MON	TUE	WED	THU	FRI	SAT
						1
APRIL	2 E CHI 7:35	3 FS CIN 1:15	4 FS CHI 7:15	5 FS CHI 12:45	6	7 FS CIN 7:15
	9 FS CIN 1:15	10 FS WSH 6:05	11 FS WSH 6:05	12 FS WSH 3:05	13	14 FS NYY 6:05
	16 E NYY 7:05	17 FS/E PIT 6:05	18 FS PIT 7:15	19 FS PIT 12:45	20 FS MIL 7:10	21 FS MIL 7:10
	23 FS MIL 1:10	24	25 FS TOR 7:15	26 FS TOR 7:15	27 FS TOR 12:45	28 FS CIN 7:15
	30 FS CIN 1:15					29 FS CIN 1:15

Home

Away

Game times subject to change

All game times are St. Louis time

All games broadcast on KMOX 1120 AM and the Cardinals Radio Network



# The Grapevine

News & Activities from Arbor Court



*Thank you to Hospice of Southern Illinois for taking such beautiful photos on Valentine's Day*

## **"HAPPY BIRTHDAY"**

The monthly birthday party will be held in the Dining Room on Friday, March 10 at 2:00 p.m. The birthday party and special entertainment will be sponsored by the Home Extension. Please plan to attend and help all those who have a March birthday celebrate.

## **"FEBRUARY GAME WINNERS"**

Bowling-Virginia Lindhorst

Resident Council winners of gift shop certificate: Lillian Phillips, Norma Steinhardt & Margaret Heck

## **"FEBRUARY FLASHBACK"**

The cake walk was once again a huge success. Forty-four baked items were donated. Two decorated cakes were raffled off which brought in \$50.00. A grand total of \$200.00 was made and donated to the American Heart Association. Thank you to everyone who brought baked goods and helped make the cake walk a huge success. A special thanks to Sandy Hebel for the decorated cakes (pictured right along with Meredith Hooten and Lonnie Esker)

The Monroe County 4-H Federation once again sponsored a bingo for the residents. Members helped the residents watch their cards, called bingo and served ice cream with all the toppings after the bingo game. They helped clean up and get the residents back to their rooms. It was a fun evening.

A great job to the staff on Hickory Hall (Sarah, Suzanne & Christine) who decorated for Valentine's Day. A lot of comments from visitors and the residents on how nice that hall looked and how good it was to see decorations. Thank you!

Saturday the 18<sup>th</sup> Owen Masterson showed slides and talked about his trip to Africa. His family has brought in several slide trays and we hope, with the help of Owen, to show them throughout the month to the residents. Thank you Rebecca for being here and helping him get everything set up.



### ***"SOUP & PIE SUPPER"***

The soup and pie supper will be held on Wednesday, March 8 from 4:30-6:30pm. Cost is \$6.00 for all you can eat soup and a piece of pie. Carry outs are available. Proceeds to benefit the Resident Council.

### ***"COFFEE CAKES"***

We will once again be baking and selling the coffee cakes. A sign up sheet will be put in the front lobby at the beginning of March. We try to limit the orders to 150 so sign up early.

### ***"BREAKFAST AT DENNY'S"***

It is that time when we can begin going on outings, weather permitting. Our first trip to Denny's for breakfast is scheduled for March 14. There is a limited amount of space on the bus so if you would like to have go, please see one of the activity personnel and get your name put on the list. We will start loading the bus at 7:15am.

### ***"HEALTHCARE SCHOLARSHIP"***

Starting March 27, individuals going to school for any type of healthcare may apply for the Resident Council Healthcare Scholarship worth \$500.00. Applications will be sent to the schools in Monroe County and will be available to pick up at Oak Hill from the receptionist or from one of the Activity personnel on Arbor Court. The deadline to submit an application is April 23rd.

## ***"COMING EVENTS"***

- 01-Ash Wednesday Mass-10:30***
- 02-UCC Church-10:30***
- 02-Tommy Tunes-2:00***
- 03-Linda Ford-2:00***
- 05-Anointed Praise-2:00***
- 06-Bowling-2:00***
- 08-Soup & Pie Supper-4:30-6:30***
- 09-Lynn Wellmann-2:00***
- 10-Birthday Party-2:00***
- 12-Alan & RJ-2:00***
- 13-Steve Turnbow-2:00***
- 14-Breakfast at Denny's-7:15***
- 15-Mass-10:30***
- 16-UCC Church-10:30***
- 17-Dave Shepherd-2:00***
- 17-ST. PATRICKS DAY***
- 19-Rich Cullen-2:00***
- 20-Ron & Tom-12:45***
- 20-FIRST DAY OF SPRING***
- 21-Bake Coffee Cakes-all day***
- 22-Joe Powell-10:00***
- 23-New Life Church-10:30***
- 23-Forrest-2:00***
- 24-Cocktail Party-2:00***
- 26-Doug-2:30***
- 27-Community Sing***
- 28-Deutschmeisters-6:30***
- 29-Kentucky Derby-2:00***
- 30-UCC Church-10:30***
- 30-Button Box-2:00***
- 31-Carla Johnson-2:00***

# Come Play Kloepper



*Magnolia*   
Terrace

Senior Living Apartments  
623 Hamacher Street, Waterloo, IL 62298

\$5.00/person • 6 games

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & Last Place cash winners

R.S.V.P. to 939-0500 ext. 1459

Complimentary Refreshments

#### 2017 Kloepper Tournament Dates

March 27	August 28
April 24	September 25
May 22*	October 30
June 26	November 20*
July 31	December 18*

Tournaments are held on the last Monday of the month except the three months with an asterisk.



Follow us on Facebook at

Magnolia Terrace Senior Living Apartments

*We have the most fun in senior living*

*Magnolia*   
Terrace

Senior Living Apartments



**Join us March 10th for  
free BINGO at the YMCA.**

- Complimentary refreshments
- Great Prizes
- Reservations are not required
- Open to the public

**BINGO begins at 1:00 P.M.**

**YMCA**, 9514 Caring Way, Columbia, IL  
618-281-9622

Sponsored by  
**Magnolia Terrace**  
**Senior Living Apartments**



#### 2017 BINGO Dates

<b>March 10</b>	<b>August 11</b>
<b>April - TBD</b>	<b>September 8</b>
<b>May 12</b>	<b>October 13</b>
<b>June 9</b>	<b>November 10</b>
<b>July 14</b>	<b>December 8</b>

# Magnolia Moments



Magnolia Terrace



WELCOME to Magnolia Terrace

 Elizabeth "Betty" Benz

## February Recap in a Snap...

We started the month with a long scenic drive to the Jerry Costello Lock and Dam for some eagle spotting. We spotted only one eagle but the journey was entertaining thanks to beautiful scenery and our tour guide Bob who took us past his old stomping grounds.



Pictured: Residents Joseph Eschmann, Bob Brown and Joe Sondag look for eagles during a drive to Modoc. :)

Eight Residents enjoyed a Friday night of music and laughs at The Harp Twins Concert.

Valentine's Day was filled with fun. Every resident had the opportunity to have their portrait taken in a Valentine motif, then they had a chance to win a treat at the cake walk in support of the American Heart Association.



Pictured: Marie Miller plays "Cupid Training" at the birthday party held for her and other residents with a February birthday.



From left to right: Beverly Hirstein, Maude Brandt, Dorothy Pieper (front), Marie Miller, Alice Patterson and Ruth Stumpf (front) celebrated their February birthdays together.

## GAME WINNERS

### Cupid Training

Birthday girl Ruth Stumpf and Bob Brown were top graduates at February's birthday party cupid arrow training, but Ruth topped them all by shooting the oatmeal can off the table.

## Cupid Races

Cupid #5 was on a roll this month giving residents Stella, Don, Ruby, Leota, and Ruth a fistful of gift certificates.

### Bean Bags (Jan)

Judy 120

Don 115

Tom 115



### Bean Bags (Feb)

**1st Game:**

Judy 120

Marie 120

**2nd Game:**

Marie 160

**Lightning Round:**

Lucy 75

## Washers

Game 1: Maude 44, Don 40

Game 2: Maude 32, Judy 29

## Wii High Scores

**Team A**

Tom 224

Maude 208

Don 190

**Team B**

Leota 170

Rhenelda 151

Joseph 145

Dot 144

## UPCOMING EVENTS...

3/2 In honor of Doctor Seuss's birthday, we will be **watching Horton Hears a Who** in the dining room while we color. Movie starts at 10am.

3/2 We are taking a **scenic drive** down Levee Rd in search of eagles. Bus leaves at 1:15pm.

3/6 **Music** with Dave Sheppard. 2:00pm

3/11 Take a Saturday morning to relax with a calming **chair massage**

sponsored by Magnolia Terrace. They are free to residents. Space is limited. Don't forget to sign up for a ten minute time slot between 9am and 12pm.

3/13 We're having **lunch out** at **Aunt Maggie's** restaurant in Columbia. Congratulations to Leona for winning a free meal by attending Resident Council. Bus will leave at 11:00am.

3/13 **Music** with Tom Myrda 2:00pm

3/20 **Music** with Terry Roberson 2:00pm

3/22 Evening musical performance by The New Hanover Deutschmeisters. Come enjoy some fun **polka music** at 6:30pm.

3/25 Join us for another wonderful Eppinger Foundation **free concert—Mariachi Azteca Nueva at the American Legion in Columbia**. Bus will leave at 6:15pm. The popcorn is free. Bring a dollar for soda.

3/27 **Music** with Joe Powell 2:00pm

\* Thank you, Judy, for leading the Wii beginners session on Tuesday evenings. These beginners are so good, they've created their own team. We now have Team A: Tom, Maude and Don who play at 2:30pm on Wednesdays and Team B: Rhenelda, Leota, Dot M. and Joseph who play 10:15am Tuesdays. **Wii for beginners** will continue to take place throughout March on Tuesday evenings at 6:00pm in the dining room.

\* *Pampered Hands* is now called *Hand Care* as not to scare the gentlemen away. Everyone is welcome to come out Friday mornings to have their nails trimmed and filed. Coloring is optional.

\* We've received a donation of books. If you are a Danielle Steel fan, head over to the Magnolia Terrace library on the second floor and help yourself to a good read.

# *With Deepest Sympathy*

To friends and family of

**Dorothy Williamson**

October 31, 1926-February 18, 2017

Words can't wipe away your tears  
 Hugs won't ease your pain  
 But hold on to your memories  
 Forever they'll remain



## "Green" as Grass

(Answers will rhyme with *green* and can be one or two syllables.) Answers pg. 20

1. Kidney or coffee \_\_\_\_\_
  2. Adolescent \_\_\_\_\_
  3. Withdraw gradually \_\_\_\_\_
  4. Tidy \_\_\_\_\_
  5. Casual pants \_\_\_\_\_
  6. Organ near stomach \_\_\_\_\_
  7. Clever \_\_\_\_\_
  8. Head of a college \_\_\_\_\_
  9. Female ruler \_\_\_\_\_
  10. Drive-in feature \_\_\_\_\_
  11. Wicked \_\_\_\_\_
  12. Thin \_\_\_\_\_
  13. Vista \_\_\_\_\_
  14. Military toilet \_\_\_\_\_
  15. Branch of the military \_\_\_\_\_
  16. Slot \_\_\_\_\_
  17. Soldier's flask \_\_\_\_\_
  18. French cooking \_\_\_\_\_
- 
- A decorative illustration of a field of green grass at the bottom of the page.

# Whispering Pines News

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HELD IN CEDAR DINING ROOM

- Friday, March 3rd            2:30 pm**  
Forrest Bevineau-The Singing Sheriff
- Monday, March 20th        2:30 pm**  
Pearl Hirsch-Accordion/Keyboard
- Saturday, March 25th      2:00 pm**  
Lynn Wellman-keyboard



*Alzheimer's Association  
“In the Moment” Support  
Group Meeting*

The next meeting of the Alzheimer's Association “In the Moment” support group will be held on Thursday, March 30th, in the classroom at Oak Hill, from 7 pm to 9 pm. The first half of the group will be educational and the second half of the group will be for sharing. Alzheimer's literature is available on the rack outside of the classroom door. For more information, please call Julia at 618-939-3488 ext. 1248.

## Oak Hill Memory Care Staff:

The family of Agnes Spinnie would like to express their sincere and special thanks for all the patience and care provided to their mom. Richard would like to extend a special thank you to the many individuals that have helped and encouraged him in this long journey with his mom.

*Thank  
You*

## Puffer Comes to Visit



Rita Biffar from the dietary department brought Mary's cat, Puffer, in to visit Mary on February 18<sup>th</sup>. Puffer is a very loving and affectionate cat and Mary received a lot of love from Puffer during the visit. We hope to see Puffer again sometime soon. Thank you, Rita, for making Mary's day “purrrrfect!”



*Every time you Smile at Someone*

*It is an Action of Love,  
A Gift to the Person,  
A Beautiful thing.*

*~Mother Teresa*



## Condolences to Activity Professional Nancy Wellman

Verna Wildhaber, the mother of Nancy Wellman, C.A.P., passed away on February 11. Our sympathy to Nancy and her family.

## John Knirr Promoted

John Timothy Knirr of Los Angeles, California, the son of Nancy & Lynn Wellman, was promoted to Captain, CBRN (Chemical-Biological-Radiological-Nuclear),



United States Army, December 27, 2016. Thank you for your service to our nation.

## Count the Hearts Winners

The activity staff sponsored a "Count the Candy Hearts" game for staff in February. Staff would guess how many candy hearts were in a jar and those closest to the actual amount would win a prize. The number of candy hearts in the jar was 160. The winners were: 1<sup>st</sup> Place: Sue Parker, runners up: Tina Buchanan and Debbie Seidle.



May luck be our companion  
May friends stand by our side  
May history remind us all  
Of Ireland's faith and pride.  
May God bless us with happiness  
May love and faith abide.  
~Irish Blessing



Answers to "Green" as Grass (pg.18) 1.bean  
2.teen 3.wean 4.clean 5.jeans 6.spleen  
7.keen 8.dean 9.queen 10.screen 11.mean  
12.lean 13.scene 14.latrine 15.Marines  
16.machine 17.canteen 18.cuisine



### Watergate Salad Recipe

#### Ingredients:

1 (3.4 ounce) pkg. instant pistachio pudding mix  
1 (8 ounce) can crushed pineapple, with juice  
1 cup miniature marshmallows  
1 (8 ounce) container frozen whipped topping, thawed

#### Directions

In a large bowl, mix together pudding mix, pineapple with juice and marshmallows. Fold in whipped topping. Chill for 2 hours.

Janice Keim, R.N. Corporate Compliance Officer

618-939-3488 x1233

**Hotline# 855-245-3994**