

Oak Hill Insider

- News and events at Oak Hill -

August 2017 • Volume 110

Administrator Kim Keckritz



ST. LOUIS POST-DISPATCH



Oak Hill

5-STAR RATED



Arbor Court
Skilled Nursing

pg. 11

Evergreen Pointe
Transitional Care

pg. 19

Magnolia Terrace
Supportive Living

pg. 13

Whispering Pines
Memory Care

pg. 18

Oak Hill is your 2017 People's Choice
Named "Best Retirement Home/Senior Living"



Pg.2

UPCOMING EVENTS

- 8/01 Free Ice Cream at the Municipal Band Concert 7:00 P.M. -
Compliments of Oak Hill & Magnolia Terrace
- 8/09 Senior BINGO at Magnolia Terrace* 6:00 P.M.
- 8/10 Magnolia Terrace Family Night* 6:00 P.M.
- 8/11 BINGO at the YMCA sponsored by Magnolia Terrace 1:00 P.M.
- 8/19 Columbia Days Parade 4:00 P.M.
- 8/21 Solar Eclipse (of the Heart) 1:00 P.M.
- 8/23 Evergreen Pointe Grand Opening & Opening & Ribbon Cutting 3:00 P.M.
- 8/26 Waterloo Homecoming Parade 5:00 P.M.
- 8/28 Klopper Tournament at Magnolia Terrace* 6:30 P.M. (Costs \$5.00)
- 9/08 BINGO at the YMCA sponsored by Magnolia Terrace 1:00 P.M.
- 9/10 Grandparents Day Celebration Car Show with Music by the Sofa
Kings, Barbeque Lunch and More! Noon- 2:00P.M.
- 9/25 Klopper Tournament at Magnolia Terrace* 6:30 P.M. (Costs \$5.00)
- 9/27 Oktoberfest for Residents and Employees and their Family 4:00 P.M.
- 10/01 Magnolia Terrace Baby Show at Columbia FestiFall 4:30 P.M.
- 10/09 Senior Luncheon 11:00 A.M.—1:00 P.M.
- 10/13 BINGO at the YMCA sponsored by Magnolia Terrace 1:00 P.M.
- 10/14 Waterloo Pumpkinfest
- 10/18 Soup N' Pie Supper 4:00—6:30 P.M.
- 10/23 Book Fair at Oak Hill 8:00 A.M.—3:30 P.M.
- 10/25 Senior Bingo at Magnolia Terrace 1:00 P.M.
- 10/30 Klopper Tournament at Magnolia Terrace* 6:30 P.M. (Costs \$5.00)
- 10/31 Employee Costume Contest 2:15 P.M.

*Please RSVP



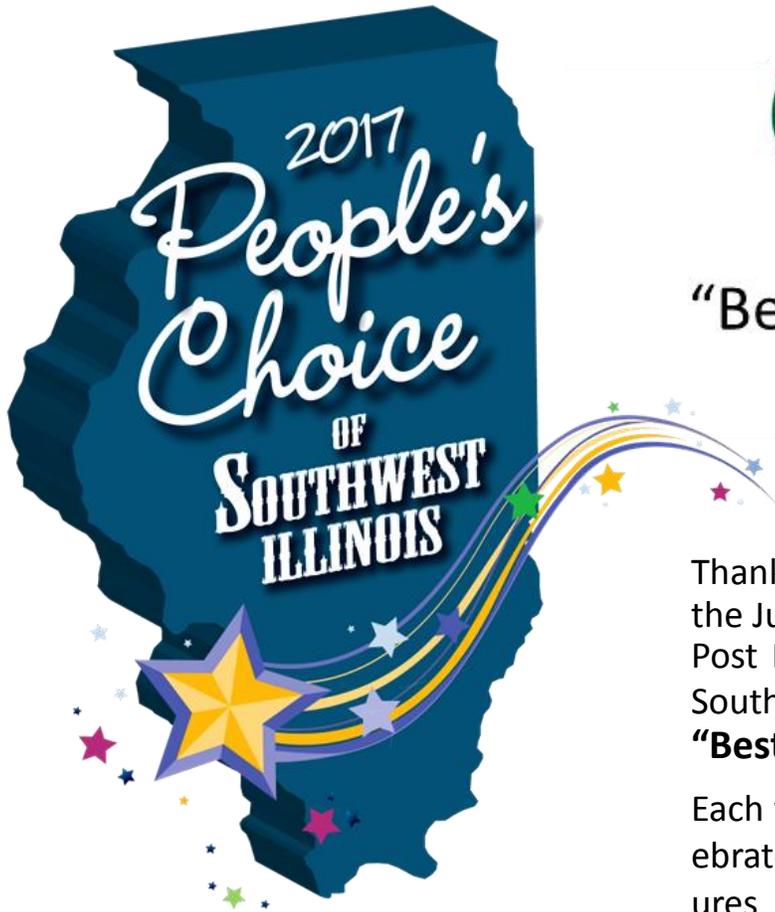
Solar Eclipse

August 21, 2017

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623 Hamacher Street, Waterloo, IL 62298
(618) 939-3488 • www.oakhillmonroecounty.com
www.facebook.com/oakhillmonroecounty

www.magnoliaterraceseniorliving.com
www.facebook.com/magnoliaterraceseniorlivingapartments
www.evergreenpointewaterloo.com



ST. LOUIS POST-DISPATCH



Oak Hill

5-STAR RATED



Oak Hill

Voted

**"Best Retirement Home/
Senior Living"**

Thank you to everyone who voted during the June contest held online by the St. Louis Post Dispatch for "2017 People's Choice of Southwest Illinois" **Oak Hill was voted "Best Retirement Home/Senior Living"**.

Each year the Illinois Suburban Journals celebrates the best businesses, community figures and organizations at the annual People's Choice of Southwest Illinois.

The official announcement was made on the evening on July 20th at an event held at Gateway Classic Cars in O'Fallon, IL and in a special section published in the Suburban Journal and the St. Louis Post Dispatch.

Congratulations to all of the People's Choice Winners of Southwest Illinois businesses, restaurants, services and individuals.

Thank you for caring.

It means so much.

To the staff at Oak Hill and Dr. Rohlfing, A thank you and appreciation for the care my husband received while there. His admission at a time when needed was a blessing for his family. Your kindness, compassion and support to us will always be remembered.

*Sincerely, Connie Connelly and family
(Louis Gene Connelly)*

Magnolia Terrace Awning Project Underway



Funds have been raised through memorial donations to add an awning to the entrance of Magnolia Terrace (see rendering above). The awning will provide additional shade to the outdoor seating and a covered path to the end of the sidewalk.



Employee Anniversaries

- Dana Grossmann ★ 35 years
- Tammy Huelsmann ★ 11 years
- Marilyn Brinkmann ★ 10 years
- Darlene King ★ 09 years
- Barb Brooks ★ 08 years
- Joni Suemnicht ★ 07 years
- Vicki Ponder ★ 06 years
- Matthew Schwalbert ★ 04 years
- Laura Jackson ★ 04 years
- Dylan Dungan ★ 04 years
- Shandra Goersch ★ 04 years
- Belinda Carter ★ 02 years
- Hailey Rahn ★ 02 years
- Glenda Schreder ★ 01 year
- Roshond Smith-Stevenson ★ 01 year

Employees Residents

- | | |
|---------------------|----------------------|
| 02 Jane Asselmeier | 01 Diane Otten |
| 05 Kelli Monroe | 03 Gladys Ludwig |
| 08 Randy Kasban | 04 Shirley Renner |
| 11 Hannah Kilwin | Jeannette Johnson |
| 18 Diana Zimmermann | Carol Altvater |
| 26 Lindsey Dinning | 07 Betty Gardner |
| 28 Greg Badger | 10 Dorothy Merchant |
| 28 Lee Franks | 11 Florence Haberl |
| 30 Aimie Seiber | 12 Chris Christopher |
| | Marjorie McClain |
| | 14 Margaret Schwartz |
| | Clara Knight |
| | 20 Ronnie Ann Madsen |
| | Dolores Wright |
| | 23 Mildred Moerke |
| | 24 Stella Laugesen |
| | 25 Marian Obst |
| | 27 Mary Russell |
| | Evelyn Range |
| | 30 Patricia Roever |
| | 31 Lettie Noelke |
| | Ruby Muench |

Birthday Parties
 Magnolia Terrace 8/18
 Arbor Court 8/11
 Whispering Pines 8/18

Lena Woodcock celebrated her 103rd birthday in July! Pictured (right), Dietary Director, Rhonda Hooten and Lena pose with a cake made just for Lena for her birthday. ◀▶



Solar Eclipse (of the Heart)



August 21, 2017 at 1:00 P.M.

A total solar eclipse will occur at 1:17pm, lasting 2 minutes, 10 seconds. Waterloo is in the Range of Totality. This will not happen again until 2024!

*****NOTE!!! Do not view the eclipse without special filtered glasses!!!!*****

Waterloo City Hall has donated enough glasses for Oak Hill residents and employees. Thank you to the City of Waterloo!

Here is a little more information about the solar eclipse (taken from www.eclipse2017.org):

First Contact

At the time known as C1 (first contact), the Moon's disk will first touch the edge of the Sun. At this earliest stage of the eclipse, it's easy to see the "bite" in the Sun grow slowly larger.

Over the next hour and a half, this bite will grow, and will turn the Sun into more and more of a crescent shape. You have to really use your imagination to visualize the moon moving in front of the Sun, because it looks for all the world like simply a big bite that's getting bigger.

Partiality deepens

As partiality deepens, and the sliver of Sun shrinks even more, the sky gets darker - very slowly, but noticeably darker. You don't really see it happening, but you can tell it's changing somehow. The shadows on the ground become very sharp, very contrasty, and you feel like there's something wrong with your eyes. The

wind picks up a bit, and the temperature drops noticeably. Birds roost, evening insects come out, and the world prepares for sunset in the middle of the day....

Onset of Totality

Partiality deepens even more, and the atmosphere actually starts to be a little scary. The sky gets deeper and deeper dark blue, and the Sun-sliver gets thin enough that you can actually start to see it shrinking as you watch it.

As the last bite of the Sun slides away, the sky surrounding the Sun will grow very dark very quickly. In real time, you will be able to see the deep blue turn to twilight blue, and then to bluish-black. Stars and planets will pop out of nowhere. Roosters will crow and insects will chirp as though night is falling. If you look to the west, you'll see a beautiful black curtain rising up out of the Earth, with hints of sunset-orange north and south of it, while off to the east, the sky at the horizon is still rather light. On the ground, your shadow will become impossibly clear and thin, and then will vanish completely as the Sun's light fades to about the intensity of the full Moon. In the last few seconds before totality, that dull blackness you saw off to the west will suddenly spring up out of the Earth, and take over the whole sky like a gigantic curtain being pulled over you. You'll be looking at the actual shadow of the Moon racing toward you at supersonic speed, covering you with its blackness. If you see that, you're very lucky, because it happens so fast. As the last sliver of Sun melts away, you will be able to see several things happening simultaneously. The last little bit of the Sun's light will glare through valleys on the Moon, and will create a "bead" effect at the edge of the Moon's disk. These are called "Baily's Beads", and they are stunning. These will dance around a little, and then will fade away as the very last one of them brightens into a huge bead. Around the edge of the Moon, the Sun's

corona will begin to glow, giving us the famous "diamond ring" effect. It lasts for only about 2-3 seconds, but it is stunning beyond words. Most people will take their filters off at this point (though technically, you're not supposed to look until the diamond ring is totally gone, we're just saying that most people choose to do it anyway). You will see the corona burst into view as the diamond fades away, appearing as though someone is smearing wispy-white cotton candy all around the impossibly black hole that's been cut out of the fabric of the blue-black sky. (We are convinced that the corona comes out while the diamond is still blazing away, and it is a beautiful sight to see.) There may be tongues of red fire visible around the edge of the Sun - these are solar prominences, and no one knows what they will look like until they see them right along with you.

Once totality has officially begun, you can take your viewing glasses and stare away. You will see nothing if you keep them on, and now, during totality, they're not necessary. Don't look away if you can help it. The diamond is gone, all the sun's light is blocked, and you're looking at the most beautiful thing you're likely to ever see - the solar corona, shimmering around the Moon's disk brilliantly (and which is only about as bright as the full Moon). It will look to you as though someone has painted the sky a deep blue-black, has cut an impossibly-black hole in it with a pair of scissors, and then smeared radiant, glowing, shimmering cotton candy around that hole. No picture in the world can do justice to the sight you have before you, and you will want to etch it in your memory forever. Ten years from now, you'll still be able to imagine this sight in your mind - so burn it in there now, while you can.

If you have a second to look away, look at the horizon all around you. It will be the orange of a sunset, all the way around the whole horizon! You are in the middle of the circle of shadow that the Moon has projected onto the surface

of the Earth, and all around you at the horizon, the eclipse is not total! You're seeing the sunset effects of the Sun's light from a hundred miles away or so, all around you! It will be too dark for you to see anything close at hand, but remember **NO** flashlights, **NO** flash pictures (they won't come out). Just stand there and enjoy it.

You'll know when totality is finally coming to an end, because the western sky will brighten dramatically. The shadow is racing along to the next group of eagerly-awaiting people to the east, and your time is sadly coming to an end. The right side of the Sun's black disk will brighten a little, you may see prominences or chromosphere again. Just like that, the corona will dim, the diamond ring will flash into view on the right side of the Sun's disk (and it's time again for your eclipse glasses to go on!). The shadows will come back, the sky will brighten, and the sliver of Sun will majestically return. This is third contact - the end of totality - and you've just joined the very select, very small percentage of humans who have witnessed a total solar eclipse. Congratulations!

Join us by the Magnolia Terrace pavilion any time after lunch on August 21st.



DO NOT look directly at the sun. Unfiltered sunlight will damage your eyes and could cause permanent blindness. Sunglasses will not provide sufficient protection. **ONLY** look at the sun through an approved solar filter. Even safer is to observe indirectly by projecting the sun's image with a pinhole or binoculars.

SAFE SOLAR VIEWING

- "Eclipse" glasses or welder's goggles rated 14 or higher
- Specially designed solar telescopes or solar binoculars
- Telescopes, cameras and binoculars **WITH** approved solar filters
- Pinhole projector





Oak Hill

Employee of the Month

Marah Donjon

July
2017

•Very pleasant and thoughtful to the residents. She doesn't say a lot, but is soft spoken and comforts the residents as much as possible •Dedicated, hard worker, and a team player •Does anything for the residents •Caring and calming to all •Gives excellent care of the residents •Sweet, will do anything asked of her •Pleasant and always willing to help •Great passionate CNA •Always willing to help and does so with a pleasant attitude. We are lucky to have her at Oak Hill

Marah has been at Oak Hill, as a C.N.A. for two years.

She was born in Red Bud and grew up in Prairie du Rocher, where she still resides.

Marah is the youngest of four siblings, two sisters and a brother. Her oldest sister is married with kids and lives in St. Louis. Next sibling (sister) has one child and lives in Red Bud. And, her only brother works on the railroad.

When she's not working, Marah likes collecting vinyl records and being outdoors. Also, she just bought a 5-speed '95 Jeep Wrangler that her father and brother have been teaching her to drive.

She says she is still a little rough at times but can drive it by herself now.

The residents at Oak Hill, specifically those with dementia, have left an impression on Marah. She has many memorable moments from things they've said to her and other employees.

Other nominations for Employee of the Month:

Becky Heusohn (Activity Aide)

Megan Weber (C.N.A.)

Mike Deptula (Maintenance)

Sarah Decker (CNA)

Janell Johanning (Laundry)

Other nominations for July Employee of the Month

Becky Heusohn (Activity Aide) –

Always does extras for the residents.

Megan Weber (CNA) – *Puts her heart and soul into her job. Very dedicated, never complains, and is always putting a smile on everyone’s face.*

Mike Deptula (Maintenance) – *Never too busy to stop and help a resident. Is kind and funny.*

At Health & Fitness Day he caught a goat that got away from the petting zoo. He deserves a pat on the back.

Sarah Decker (CNA) – *Team player, dependable, and good with the residents.*

Janell Johanning (Laundry) – *Goes above and beyond her duty. Hard worker and always willing to lend a helping hand.*

Favorite TV Show - “The Simpsons”, “Supernatural”, “Game of Thrones”, and many more.

Favorite Sport - Wrestling and UFC

Favorite Song/Band - Anything classic rock or old country and the artist, Lorde

Favorite Movies - *Happy Gilmore, 10 Things I Hate About You, and Dumb and Dumber...and many more*

Best Childhood Memory – *Being outside 24/7 and having no responsibilities.*

Where Would You Travel – *Marah would like to go to Ireland, because “...the land, greenery, and accents are beautiful. I imagine the food is delicious with the multiple ways of cooking a potato”.*

Would use 50 millions dollars to - *“Cut back on hours at work and buy a small house with land in the country and live like I normally do now. I wouldn’t let money “rule” me and (I wouldn’t) spend it all at once”.*

Join Oak Hill in the following parades:

- Saturday, August 19th at 4:00 P.M. -

Columbia Daze

- Saturday, August 26 at 5:00 P.M. -

Waterloo Homecoming

Wear “Spirit of America” or patriotic t-shirt.



Fun facts about Marah

Favorite Foods - Hot dogs

Person in History to Meet - Hank Williams (in his “prime”). Marah says, “He lived an interesting life and it would be amazing to sit down and talk to him about daily life struggles”.

Corporate Compliance Officer-

Janice Keim, R.N.

618-939-3488 x1233

Hotline# 855-245-3994

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 #11: Early Signs of Alzheimer's

With 1 in 3 people over 85 being diagnosed with Dementia, we're all a bit worried about ourselves or our loved ones getting older. However, when SHOULD we start to worry about Alzheimer's Disease? This week's quick tip goes over some surprising early signs we might notice.

5 Signs:

1- Depression-Like Symptoms.

-That's right! Dementia and depression are often mistaken for one another, as both share common traits like: social isolation, trouble sleeping, poor attention, and memory issues.

2- Other thinking problems

- Contrary to popular belief, having trouble with organizing your pills or dealing with bills is not normal as we age.

3- Trouble with everyday tasks

-Starting to have difficulty with things that really shouldn't be hard. For example: getting lost going to a familiar place, messing up a beloved recipe, & forgetting how to play a favorite card game.

4- Visual problems

-Besides some "cheaters" or "readers", serious problems with vision doesn't go hand in hand with getting older. An early sign of Dementia is poor depth perception, poor peripheral vision, & trouble reading smoothly.

5- Memory issues

-The hallmark of Alzheimer's Disease. Forgetting things you've just learned, forgetting that you forgot, and forgetting words are early signs for Dementia.

Let's be aware of the early signs of Alzheimer's, because an ounce of prevention is worth a pound of cure!



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

For questions and comments: csp89f@gmail.com

Welcome to Oak Hill

(New Employees)

Sierra Berg – Dietary Aide

Kayla Blosser – Dietary Aide

April Cadwell – Assistant Cook

Nathan Flaum – Dietary Aide

Tammy Henshaw – C.N.A.

Christine Kohler – L.P.N.

Jessica Kuschel – Laundry Aide

Kylie Peterson – Dietary Aide

Kristi Martel – Dietary Aide

Cole Nobbe – C.N.A.

**Rick McMahan – Maintenance
Assistant**

**Shawnda Turley – Housekeeping
Aide**

Aisha Walker – C.N.A.

**John Wallace – Maintenance
Supervisor**

Ryan Walls – Dietary Aide

Nicole Zimmer – C.N.A. (Pending)

Welcome Back:

Makayela Johnson – C.N.A.



**Fair Week
at Oak Hill
July 24-28**

Employees enjoyed fair themed activities planned by the Oak Hill Spirit Committee during fair week. Among the events, games were played for a chance to win tickets to put towards prizes listed below with winners.

Congratulations to the following employees:

- Eileen Boxx—Coat Hanger Frame
- Emma Jones—Swim Tote with Tumbler Cups
- Joseph Allen—Wall Fountain
- Judy Kohler—Hanging Lantern
- Julia Olszewski—Wooden Angel
- Kayla Blosser—Beige Tote Bag
- Leah Farris—Food Shredder Set
- Liz Smith—Black Tote Bag (Brown Handle)
- Marilyn Brinkmann—Gorilla and Picture Frames
- Patty Brinkmann—Brownie Pan w.Brownies and Cake Stand
- Sara Decker—Chair Cooler
- Silvia Madrigal-Kaltenbronn—Tote Bag w.Matching Lunch Bag
- Susan Cole—Lemonade Set
- Vicki Ponder—Tower of Treats
- Vicki Ponder—Pink Flamingos



School Supplies

We want to help those in our community by collecting school supplies now through August 11th. For every school supply donated, you will get a chance to win a gas gift card. Donations can be dropped off with the receptionist.

***If you are in need of school supplies for your child/children, please let Stephanie Bastien or have someone let her know. Your information will remain confidential.

618.939.0500 x1459

Scrubs on Wheels

August 10, 2017

11:00 A.M.—3:00 P.M.

Payroll Deduction Available

Phone: 866-727-8273

www.scrubsonwheels.com

See posted flyers for more information.

Random Dance Days

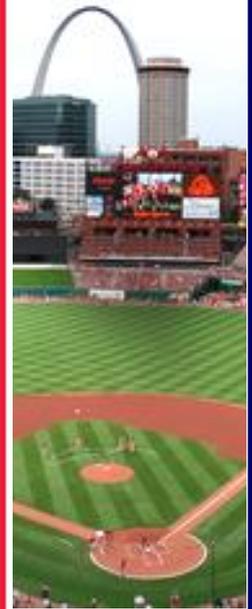
Just for fun, music will be played over the intercom starting in August. Employees and residents are encouraged to dance along together. Please share a laugh and a smile. If you are caught dancing, you could win a prize!

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
		1 FS MIL 6:40	2 FS MIL 7:10	3 FS MIL 1:10	4 FS CIN 5:40	5 FS CIN 6:10
6 FS CIN 12:10	7 FS KC 7:15	8 FS1 KC 7:15	9 FS KC 7:15	10 FS KC 6:15	11 FS ATL 7:15	12 FS ATL 6:15
13 FS ATL 1:15	14	15 FS BOS 6:10	16 FS BOS 6:10	17 FS PIT 6:05	18 FS PIT 6:05	19 FS PIT 3:05
20 E PIT 6:00	21	22 FS SD 7:15	23 FS SD 7:15	24 FS SD 6:15	25 FS TB 7:15	26 FS TB 6:15
27 FS TB 1:15	28	29 FS MIL 6:40	30 FS MIL 1:10	31 FS SF 9:15		

SEPTEMBER/OCT

SUN	MON	TUE	WED	THU	FRI	SAT
					1 FS SF 9:15	2 FS/FS1 SF 3:05
3 FS SF 3:05	4 FS SD 3:40	5 FS SD 9:10	6 FS SD 9:10	7 FS SD 8:10	8 FS PIT 7:15	9 F PIT 12:05
10 FS PIT 1:15	11	12 FS CIN 7:15	13 FS CIN 7:15	14 FS CIN 12:45	15 FS CHI 1:20	16 F CHI 12:05
17 * CHI TBD	18	19 FS CIN 6:10	20 FS CIN 6:10	21 FS CIN 6:10	22 FS PIT 6:05	23 FS PIT 6:05
24 PIT * 12:35	25 FS CHI 7:15	26 FS CHI 7:15	27 FS CHI 7:15	28 FS CHI 6:15	29 FS MIL 7:15	30 FS1 MIL 3:15
1 MIL FS 2:15						



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



"HAPPY BIRTHDAY"

The monthly birthday party will be held in the dining room on Friday, August 11 at 2:00 p.m. The birthday party and the special entertainment will be sponsored by the Columbia Woman's Club. Please plan to attend and help all those who have an August birthday celebrate.

"LOOKING BACK"

We had another successful "fish fry". We served 82 people, 40 residents and 42 staff & visitors. The weather cooperated so we were able to go outside under the pavilion. A well-deserved round of applause to everyone who helped. My dad, who had just turned "99" loves to help fry the fish. His motto is, "Seven minutes you know or they will be too hard." So with the help of Gene Prange, Ruth Pope, Bill & Sue Kunkel and Betty Gross, the fish were perfect. Thank you to the activity staff, the dietary department, maintenance and the volunteers for making this another great time.

"GIVING TO THE COMMUNITY"

The Resident Council gave \$150.00 to shop for food to be donated to the Hope Church Food Pantry. Susan, Becky & I headed in the bus to Aldi in South County. We got a lot of the food items the food pantry doesn't get a lot of—pop tarts, cereals, granola bars, and easy mac. These items are things that kids can make themselves. The lady at the food pantry said in the summer when there is no school, they need a lot more food and things for the kids. Thank you to the Resident Council for the donation.

"GAME WINNERS"

Bowling-Joyce Rose & Bob Buettner

Ring Toss-Betty Zimmermann

Washers-Virginia Lindhorst

Bean Bag Toss-Virginia Lindhorst

Hot Potato-Betty Zimmermann

"COMING EVENTS"

- 03-Doug Althoff-2:00**
- 06-Doug Althoff-2:00**
- 07-Bowling-2:00**
- 10-Lynn Wellmann-2:00**
- 11-Birthday Party-2:00**
- 13-Alan & RJ-2:00**
- 14-Steve Turnbow-2:00**
- 16-Resident Council-2:00**
- 17-Lucy-2:00**
- 18-Linda Ford-2:00**
- 20-Rich Cullen-2:00**
- 21-Ron & Tom-2:00**
- 23-Joe Powell-10:00**
- 24-Forrest-2:00**
- 27-Doug Althoff-2:30**
- 29-Helen Campbell-2:00**
- 29-Deutschmeisters-6:30**
- 31-Button Box-2:00**

We had a "first time" singer Elizabeth Lakamp and the residents really had a good time. She likes to interact with the residents. They all told her she should come back and perform. She is booked for the coming months.

"A Bittersweet Goodbye"



When I retired on July 21st, I was unsure as to what the rest of my life would be like, as one era had ended but another one began. It pained me to retire from the position I so dearly loved and have enjoyed for the past 26 ½ years. I am grateful for my time here and for the residents and families I have come to consider friends as we have shared many hours & days together sharing stories of the "Good Old Days". I have also had many good times sharing laughs and cries with the staff. I have enjoyed working with everyone. Retirement feels great because I will spend more time with my family and my husband. To all of you, thank you for all the great memories, as I will truly miss all of you.

"GRANDMA'S GARDEN"

*In my Grandma's Garden
Where the sun shines warm and bright,
I love to watch her plants grow,
In sweet colors that delight!
Her pumpkins, orange and yellow,
Zucchini, long and green,
And on the vine her strawberries,
Add to this scene.
She grows her plants with love and care,
She tends their needs each day,
When I get older I will grow,
My garden the same way.*

Come Play Kloeppet



Magnolia Terrace

Senior Living Apartments
623 Hamacher Street, Waterloo, IL 62298

\$5.00/person • 6 games

1st, 2nd, 3rd & Last Place ca\$h winners

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

Complimentary Refreshments

2017 Kloeppet Tournament Dates

July 31	October 30
August 28	November 20*
September 25	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 August 11th 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

**July 14
August 11
September 8
October 13
November 10
December 8**

Magnolia Moments



Magnolia Terrace



WELCOME to *Magnolia Terrace*

 *Arline & Butch Mehrrens*

 *Mary Mueller*

Last month recap in a snap...

What started as an acting gig in a Waterloo City welcome video, turned into a real fishing session. It was a beautiful Thursday morning—just windy enough to keep the heat away. Eight residents patiently sat holding fishing poles while the fish snatched their worms and swam off, that is, until we began to pack it all up. Joe yells, “I got one” and reels in a lively fish that immediately spit out its hook and flopped about on the deck. As soon as we took pictures and threw the poor guy back (the fish—not Joe) Lucille yells, “I got one.” This was her *second* bite of the morning, but the first successful catch. In fact, it was the first successful catch of her life because she’d NEVER been fishing before! It was exciting. A special thanks to my brave ladies, Ruby and Maude, for grabbing these wiggling fish with their bare hands while I squealed and grossed out.

Our scenic drive was so popular, we had to do it two weeks in a row. We drove around Monroe county spotting quilt paintings on historic barns. The drives took an hour and a half and ended with some cold watermelon in the dining room.

UPCOMING EVENTS

August Highlights:

- Senior Bingo 8/9
- Family Night 8/10
- Solar Eclipse 8/21
- Homecoming Parade 8/26
- Shopping at Rural King 8/31

(Continued on next page)

GAME WINNERS

Horse Shoes

We fudged the scoring a bit to play rubber horseshoes in the dining room, but ten players broken into two teams came out to play.

Red Team (Ruby, Rhenelda, Lucy, Don, & Tom) Won the first game 19 to 13

Blue Team (Ruth, Maude, Joe E, Butch, & Mary Lou) took the second game 27 to 20.

Summer Ringtoss

In a game that proved much harder than it looked, Ruby made five points by banking an inner tube off the wall to ring a pool noodle.

Wii High Scores

TEAM A	TEAM B
Maude 218	Rhenelda 178
Tom 211	Leota 177
Don 203	Dot 170
Ruby 165	Joe 167

UPCOMING EVENTS

8/1 Municipal Band Concert at the Waterloo Courthouse. This concert starts early due to a preshow band so the bus will leave at 6:00pm. This is one of three concerts we will attend in August. Chairs are provided. Dress appropriately.

8/2 Bean Bags @ 1:15pm.

8/3 Bowling in the dining room. That's right. We're going to roll out the alley and roll a 5 lb ball at real bowling pins.

8/7 Music with Terry Roberson (The Singing Cowboy) @ 1:30pm

8/9 Senior Bingo @ 6:00pm Magnolia Terrace is hosting another Senior Bingo. Seniors in the community as well as residents are invited to participate. Delicious treats, great prizes, and friendly faces are all offered free of charge. Please RSVP to Stephanie at 939-0500 ext 1459 by August 2nd. The evening meal will be served in residents' rooms by 5:00pm.

8/10 Magnolia Terrace Family Night @ 5:00pm. August's family night will be a happy hour!! Our entertainment is provided by Tommy Tunes. Please RSVP with # of guests to Stephanie or Wendy by Friday August 4th. Snack and drinks will be provided. Evening meal will be served in the dining room from 4:30 to 5:30pm.

8/12 Paraffin Wax @ 9:30am. Come pamper yourself. We will have

paraffin wax available for you to dip your hands and elbows into. It's fun, and you'll have smooth skin all day long. Gentlemen are welcome too.

8/14 Music with Linda Ford @ 1:30pm.

8/15 Municipal Band Concert at the Waterloo Courthouse. Bus leaves at 7:00pm. This is one of three concerts we will attend in August. Chairs are provided. Dress appropriately.

8/16 Music with Morgan Ladyman @ 1:30pm.

8/18 Birthday Party @ 1:30pm. Come out and celebrate the birthdays of our residents born in August.

8/21 Resident Council Meeting @ 9:15am.

8/21 Total Solar Eclipse. We will head outside to view the solar eclipse. It will happen at 1:17pm. Glasses will be provided. PLEASE DO NOT VIEW WITHOUT THESE SPECIAL ECLIPSE GLASSES!! Waterloo will see two minutes and ten seconds of totality.

8/21 Music with Dave Sheppard @ 2:00pm.

8/23 Owl Talk with Mark Glenshaw @ 6:30pm. This is the second part of a three part series from amateur naturalist, Mark Glenshaw. This talk is titled *Forest Park Owls: Hunting and Feeding*. This talk will

include stories, handouts and videos. (Sorry, no live owls). This talk will take place in the Arbor Court activity room.

8/24 Washers @ 1:30pm.

8/26 Paraffin Wax @ 9:30am. Come pamper yourself. We will have paraffin wax available for you to dip your hands and elbows into. It's fun, and you'll have smooth skin all day long. Gentlemen are welcome too.

8/26 Waterloo Homecoming Parade @ 5:00pm. You can sign up to ride on the bus and wave to the crowd or to sit on the sidewalk and watch the whole parade. Sandwiches will be served as a packed lunch. *see signup sheet for actual leaving times.

8/28 Music with Monty Jackson @ 1:30pm.

8/28 Monthly Kloepper Tournament @ 6:30pm. RSVP to Stephanie. 939-0500 ext 1459.

8/29 Municipal Band Concert at the Waterloo Courthouse. Bus leaves at 7:00pm. This is one of three concerts we will attend in August. Chairs are provided. Dress appropriately.

8/31 Rural King @ 10:15pm. We are taking a short trip Rural King to shop around.

8/31 Painting @ 1:30pm. Come paint your choice of rubber duck, animal figurine, or "stained glass" butterfly.

The Baby Show at the Monroe County Fair was a HUGE hit! There were 34 babies up to 2 years old, 17 boys and 17 girls. Winners were....

Best Smile (Girl) - Nora Wright

Prettiest - Brooklyn Kubelka

Best Dressed Cowgirl - Savannah Chandler

Best Smile (Boy) - Noah Nobbe

Most Handsome - Hudson Schmidt

Best Dressed Cowboy - Remington Scott Bark

Here are a few of the pictures from the event. Additional photos can be found on Facebook at Magnolia Terrace Senior Living Apartments.



Fishing



Rock Painting #WaterlooRocks



Corn Shucking

Whispering Pines News

M

HELD IN CEDAR DINING ROOM

Tuesday, August 8th 2:30 pm

Forrest Bevineau-The Singing Sheriff

U

Monday, August 14th 2:30 pm

Tommy Tunes

S

Saturday, August 19th 2:30 pm

Pearl Hirsch-Accordion/Keyboard

I

Monday, August 21st 2:30 pm

Lynn Wellman-Keyboard

C



Oak Hill Staff Completed Alzheimer's Training

The following 13 staff successfully completed 8 hours of Alzheimer training during the month of July:

Linda Grahlherr, LPN

Dominique Mackin, CNA

Michelle Bleckler, CNA

Judy Kohler, Activity Professional

Christine Kohler, LPN

Lee Franks, RN

Marah Donjon, CNA

Amanda Hermann, CNA

Mary Headrick, LPN

Kayla Adkins, CNA

Nancy Wellman, Certified Activity Professional

Janice Keim, RN

Julia Olszewski, Whispering Pines Director

Mary Buettner, Attorney, to Speak at August 31st Alzheimer Support Group



The next meeting of the Alzheimer's Association "In the Moment" support group will be held on Thursday, August 31st, in the classroom at Oak Hill, from 7 pm to 9 pm. Mary's presentation is on "Estate Planning for the Client with Dementia." The second half of the group will be for sharing. Alzheimer's literature is available on the rack outside of the classroom door. Refreshments will be served. For more information, please call Julia at 618-939-3488 ext. 1248.

Pat Felix, retired RN and staff development coordinator from Oak Hill, taught the classes.

This training will apply to the 12-hour mandatory training required by the State of Illinois for anyone who works on the Alzheimer's unit 50% or more of their time. Additional staff will also be trained as research has shown that a high percentage of those living in long-term care facilities have some type of dementia.

After completing this course, staff will have a better understanding of dementia and Alzheimer's and as a result will be able to work more effectively with our residents.

My Caregiving Friend.

When I was lost, you showed the way.
When I was frightened, you calmed fear away.
You made me laugh, when I wanted to cry.
I fail so often and you tell me; "Just try."
You are my friend, and I forgot your name.
I called for help and it was you; who came...
The time is short and soon, I must go.
There's just one thing left for you to know.
The sun and rain help to make the garden snow.
And so, I leave with a final, loving refrain,
You are the sunshine ~ I am the rain...
~Tim Brennan

Thank you!

"I just wanted to let you all know how much I appreciate everything you did for my sister, Cathran Sutberry and for visiting us at the funeral. She looked beautiful and at peace."

~Margaret Crews and Family

Lucretia Kipping Celebrated her 102nd Birthday with Family & Friends



We celebrated Lucretia Kipping's 102nd birthday on Friday, July 21st. We had a cake from Ahne's, punch, flowers, gifts, a balloon and visits from family all day. Attached is a 5 generation family photo, with the following from left to right: Carol Shelton, Lucretia Kipping, Marlene Middleton, Lacey Shelton and Jace Shelton.

Evergreen Pointe

Transitional Care

We are excited to have our official grand opening and ribbon cutting ceremony on Wednesday, August 23, 2017. Local businesses and organizations will gather to celebrate the opening of Evergreen Pointe in our community.



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.