

Oak Hill Insider

- News and events at Oak Hill -

October 2017 • Volume 112
Administrator Kim Keckritz



ST. LOUIS POST-DISPATCH



Oak Hill

5-STAR RATED



Arbor Court
Skilled Nursing

pg. 10

Evergreen Pointe
Transitional Care

Magnolia Terrace
Supportive Living

pg. 13

Whispering Pines
Memory Care

pg. 17

UPCOMING EVENTS

Reserve your fresh baked stollen today! Baked on and pick up date is 11/16.

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.

10/16 Nominate an Outstanding Employee for the Wessell-Pistor Award

10/23 Book Fair at Oak Hill 8:00 A.M.—3:30 P.M.

10/24 Last Day to Submit Military Photo for Display (Residents & Employees)

10/25 Senior Bingo at Magnolia Terrace 1:00 P.M.

10/26 Magnolia Terrace Halloween Family Night Social

10/30 Kloepper Tournament at Magnolia Terrace* 6:30 P.M. (Costs \$5.00)

10/31 Employee Costume Contest 2:15 P.M.

New Date! 11/01 Soup N' Pie Supper 4:00-6:30 P.M.

11/08 Veterans Day Program at Oak Hill

11/10 BINGO at the YMCA sponsored by Magnolia Terrace 1:00 P.M.

11/20 Kloepper Tournament at Magnolia Terrace* 6:30 P.M. (Costs \$5.00)

11/30 Wessell-Pistor Ceremony 2:00 P.M.

*Please RSVP

Pictured: Magnolia Terrace residents were excited to check out their new awning at the main entrance to Magnolia Terrace. The awning was installed on September 12th and was funded by memorial donations given in honor of Judy Billiter, Terry Holcomb, and Ed Nobbe.

A short dedication ceremony will take place on October 11th at 6:00pm. We will have refreshments and entertainment following the dedication.



Don't miss these great events:

Senior Luncheon 10/9

Book Fair 10/23

Senior Bingo 10/25

Kloepper Tournament 10/30

Employee Costume Contest 10/31

Order your stollen today!

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

www.magnoliaterreseniorliving.com
www.facebook.com/magnoliaterreseniorlivingapartments
www.evergreenpointewaterloo.com



Submit Your Military Photo

Oak Hill would like to honor Residents and Employees who served in the military by displaying a picture of them during their service. Please submit pictures to Stephanie Bastien to be scanned, originals will be returned. If you have submitted a picture in the past, you do not need to resubmit. Deadline for submission is October 24th.

RESIDENT JUDGED

EMPLOYEE COSTUME CONTEST

TUESDAY, OCTOBER 31ST

2:30 - 3 P.M.



*1st, 2nd & 3rd Place Cash Prizes
Everyone leaves with a prize!*

Senior Day Luncheon

Held in the Oak Hill Activity Center
623 Hamacher Street, Waterloo

**Monday, October 9, 2017
11:00 A.M.—1:00 P.M.**

**Educational Speaker
Complimentary Meal
Attendance Prizes**

**Seating is limited
RSVP to 618-939-0500 ext.1459
by October 2nd**

October is National Physical Therapy Month

Here are nine things physical therapists want you to know to age well

1. Chronic pain doesn't have to be the boss of you.
2. You can get stronger when you're older.
3. You may not need surgery or drugs for low back pain.
4. You can lower your risk of diabetes with exercise.
5. Exercise can help you avoid falls—and keep your independence
6. Your bones want you to exercise.
7. Your heart wants you to exercise.
8. Your brain wants you to exercise.
9. You don't "just have to live with" bladder leakage.



Senior Bingo October 25

Free for Seniors 60+

- Free Bingo
- Lots of Prizes
- Complimentary Refreshments
- Two 50/50 Drawings
- Fun! Fun! Fun!



***Dress in a Halloween theme
or wear a costume.**
*A fall-themed basket given
to one lucky participant.*

Magnolia Terrace
Senior Living Apartments
623 Hamacher Street,
Waterloo

Call Stephanie to reserve your spot: 618-939-3488 x1459

SOUP N' PIE SUPPER

November 1, 2017

4:00 P.M. to 6:30 P.M.

Oak Hill Activity Center

Dine in or Carry Out



Soups:

Potato

Ham & Bean

Vegetable Beef

Pies:

Chocolate

Coconut

Pumpkin



**Proceeds Benefit the Arbor
Court Activity Department**

Oak Hill

BOOK FAIR

Books & Gifts at GREAT Savings

October 23, 2017

8:00 A.M.—3:30 P.M.



Join us at Oak Hill for a community favorite. There are lots of unique items from greeting card collections, home goods, wearables, nic nacs, marker sets, bamboo pillows and I haven't even mentioned the wide selection of books. There will be novels, biographies, cook books, fun books, serious books, books for small children and up. Books! Books! Books! There will be something for everyone. Get some of your Christmas shopping done early.

This event is open to the public.

Cash, check and credit cards are accepted. Payroll deduction is available for employees.



Employees **Residents**

Employee Anniversaries

Patty Brinkmann ★ 36 years
 Kathy Goodman ★ 18 years

Dan Borisuk ★ 15 years
 Angie Davis ★ 13 years
 Christina Swistak ★ 13 years
 Robin Stulce ★ 09 years
 Kasey Howard ★ 04 years
 Emma Jones ★ 03 years
 Rebecca Dunker ★ 02 years
 Mark Warren ★ 01 year
 Michelle Bohn ★ 01 year

Welcome to Oak Hill
(New Employees)

Brooke Cole – Dietary
Sara Johnston – Dietary
Miranda Pepper – C.N.A.
Felicia Williams – L.P.N.

02 Kaitlyn Wirth	04 Betty Benz
02 David Zimmermann	04 Mary Breeding
04 Elizabeth Bourgeois	05 Bruce Soehnl
05 Rebecca Schrauth	05 Edna Montanye
09 Katherine Browning	07 Velva McGavock
10 Jennifer Forshee	09 June Caesar
12 Sierra Berg	10 Mary Lou Haberman
13 Wendy Slater-Wall	12 Pauline Stumpf
14 Casi Dickneite	15 Ruth Kaemper
15 Elaine Gruber	18 Sophie Eschmann
16 Helen Goedecke	22 Helen Wetzel
16 Lydia Mehring	25 Lucy VanScoyck
16 Miranda Pepper	28 Joan Davis
17 Laura Seidel	29 Virginia Lindhorst
20 Ryan Walls	30 Charles Stripe
22 Sandy Stevens	30 Marion Scharf
27 Rick McMahan	31 Vernetta Miller
27 Pam Woodward	
29 Alicia Suemnicht	
30 Brandy Ventress	

Birthday Parties

Magnolia Terrace 10/19
 Arbor Court 10/13
 Whispering Pines 10/20



Employee of the Month

Meredith Hooten C.N.A.



**September
2017**

- **Great CNA! Hard worker and goes above and beyond**
- **Comes in on her days off. Very dependable**
- **Helps Oak Hill in many ways. Helped dietary on the Eclipse day so that residents and staff were able to go outside.**
- **Sweet, reliable, and a great worker**
- **Does a great job with Spirit Committee events**
- **Always willing to work extra**
- **Goes above and beyond for our residents!**

Meredith has been at Oak Hill for 5.5 years. She lives in Red Bud, IL. Her family includes her dad, Kerry, mom, Rhonda, brother, Mitchell, and dog, Buddy.

Outside of work, Meredith likes listening to music, watching T.V. and being with friends.

At Oak Hill, her most memorable moments happen everyday. Meredith says when she goes into a resident's room and greets them she gets a big smile from them. It makes her smile and confirms Meredith's decision to become a C.N.A. She loves the residents and she loves that she received Employee of the Month.

As for a most embarrassing moment at Oak Hill, after Meredith became a

C.N.A., on her second evening shift, Kim, Oak Hill Administrator, came to congratulate her for passing her C.N.A. test and announced it to everyone.

Becoming a C.N.A. is one of Meredith's biggest achievements along with graduating high school, and moving out on her own this summer.

Other nominations for Employee of the Month:

Kaitlin Shackelford

Donna Kujawa

April Cadwell

Other nominations for September Employee of the Month

Kaitlin Shackelford (CNA) – Hard worker and goes above and beyond for the residents. Comes in whenever she is needed.

Donna Kujawa (Housekeeping) - Goes above and beyond. Was super helpful with the grand opening of Evergreen Pointe. She helped find “solutions to problems” with cleaning issues. Very polite and has a positive attitude. Team player.

April Cadwell (Dietary) – She’s a new employee and has caught on to her job very quickly. She genuinely likes her job and loves the residents. Hard worker and is always friendly. A great addition to the kitchen staff.

Favorite Song/Band - Meredith loves country especially Shania Twain, Dixie Chicks, or anything 90’s Country

Favorite Movies - *Batman: The Dark Knight*, any *Batman* movie, *Me Before You*, and *How to Lose a Guy in 10 Days*.

Best Childhood Memory – “When I was little I wanted to be Shania Twain; so I dressed up like her and it wasn’t even Halloween. I had the blue jean vest and guitar just like her.”

Where Would You Travel – Cancun and Jamaica because of how pretty the beaches and oceans are. Meredith has never been to the beach.

Would use 50 millions dollars to - Pay off bills, build a dream house, donate to charity and/or to a place of her choosing, put some in savings, and buy a truck.



Fun facts about Meredith

Favorite Foods - Mexican, Chinese
“I have too many to choose from!”

Person in History to Meet - “Rosa Parks because she fought for what was right and never gave up. She is an inspiration to never give up on what you think is right.”

Favorite TV Show - “Grey’s Anatomy” (Meredith says she’s a main character on the show!) and “One Tree Hill”

Favorite Sport - Cardinals Baseball

Wessel-Pistor Excellence Award

If you know a staff person who demonstrates a caring, respectful attitude towards residents, families, and fellow staff, please nominate them for this prestigious award.

Nominations will be accepted between October 23 and November 27.

Residents, Family Members, and Staff may nominate a staff member hired on or before January 1, 2016.

See Rebecca for an application.

Award ceremony will be held on November 30th.

Staff News

*With Deepest Sympathy
to Carmen Kohler on the passing of her father
and to Kay Floarke on the passing of her aunt,
Helen Godare.*

*Thinking of you in this sad time
and sending love.*

*When someone you love becomes a memory,
the memory becomes a treasure.*

*Our thoughts and prayers are with
Barb Goldshmidt and family of Barb's
daughter, Tami Wilson, who was injured
in a motorcycle accident.*



Wear StL Blues attire or blue &/or yellow

On October 19th

Jeans day for those who participate



Eileen and Donna stop for a quick photo at the Oktoberfest.

FLU SHOTS

Free Flu Vaccinations for Monroe County Employees and family members who reside in their households.

October 5th, 11:30am - 3:30pm at Oak Hill

October 13th, 9:00am - 12noon at the Monroe County Courthouse

Consent forms will need to be signed prior to receiving your shot and will be available in advance and on the day of.

Contact 618-939-3871 or see Jennifer Morgan at Oak Hill for more information.

Congratulations to Carol Nash, winner of the Fired Up For Football Basket.

Employees had fun trying to get a toy football through hoola hoops for a chance to win

chances into the drawing for the basket. All participants got to pick from Little Debbie football shaped brownies, Gatorade, and individual bags of Smart Pop popcorn.

The drawing for the basket was held live on the Oak Hill Family Facebook page. If you are not a member of this private group, we'd love to add you. Your co-worker friends on Facebook can add you, also.



Staff News Continued

Thank you to everyone who participated in the 2017 Chili Cook-off. We had 13 chili entries!

WINNERS are: Darlene King (#1) came in first followed by Susan Nordhaus (#10). Third place was a tie between Tammy Bud Huelsmann (#3) and Rhonda Ludwig-Hooten (#13) <Pictured with her prize>. A family member did a "taste-off" and chose #13.

Bottom photo: Crystal poses with a sample of chili.



Thank you to our hard-working, wonderful dietary department

Rita Biffar
Sierra Berg
Kayla Blosser
Elizabeth Bourgeois
Katherine Browning
April Cadwell
Brooke Cole
Aliza Cory
Madison Damann
Carla Deterding
Casi Dickneite
Justin Fausz
Nathan Flaum
Mia Gerli
Dana Grossmann
Brenden Haas
Litney Hick
Rhonda Hooten
Kasey Howard
Saranne Johnston
McKenna Krebel

Judy Lancaster
Matthew Lepp
Emma Novack
Kylie Peterson
Vicki Ponder
Grace Ryan
Matthew Schwalbert
Laura Seidel
Zoe Staub
Sandy Stevens
Miranda Stewart
Alicia Suemnicht
Dawn Vogt
Ryan Walls
Madisyn West
Thomas Wiethop
Bernadette Willson
Juliet Wilson
Diana Zimmermann
Rebecca Zimmermann

SAVE THE DATE
Benefit Day

For Employees of Monroe County

November 14, 2017

7:00A.M. - 4:30P.M.

*Held at Oak Hill and the
Monroe County Courthouse*

7:00 A.M.- 12Noon. at Oak Hill

623 Hamacher St, Waterloo

1:00 - 4:30P.M. at Monroe County Courthouse

100 S. Main St, Waterloo

How Physical Therapists Manage Pain

As America combats a devastating opioid epidemic, safer, non-opioid treatments have never been of greater need.

Physical therapy is among the safe, effective alternatives recommended by the Centers for Disease Control and Prevention in guidelines urging the avoidance of opioids for most pain treatment.

Whereas opioids only mask the sensation of pain, physical therapists treat pain through movement.

Here's how:

1. Exercise. A study following 20,000 people over 11 years found that those who exercised on a regular basis, experienced less pain. And among those who exercised more than 3 times per week, chronic widespread pain was 28% less common¹. Physical therapists can prescribe exercise specific to your goals and needs.

2. Manual Therapy. Research supports a hands-on approach to treating pain. From carpal tunnel syndrome² to low back pain³, this type of care can effectively reduce your pain and improve your movement. Physical therapists may use manipulation, joint and soft tissue mobilizations, and dry needling, as well as other strategies in your care.

3. Education. A large study conducted with military personnel⁴ demonstrated that those with back pain who received a

45 minute educational session about pain, were less likely to seek treatment than their peers who didn't receive education about pain. Physical therapists will talk with you to make sure they understand your pain history, and help set realistic expectations about your treatment.

4. Teamwork. Recent studies have shown that developing a positive relationship with your physical therapist and being an active participant in your own recovery can impact your success. This is likely because physical therapists are able to directly work with you and assess how your pain responds to treatment.

The American Physical Therapy Association launched a national campaign to raise awareness about the risks of opioids and the safe alternative of physical therapy for long-term pain management.

Author: Joseph Brence, PT, DPT, FAA-OMPT, COMT, DAC

The therapy department at Oak Hill provides pain management, including manual therapy, exercise, education, as well as use of electrical stimulation, ultrasound, and taping techniques. If you would like to speak to one of our therapists about pain management, or schedule an evaluation, please call us at 939-3488 extension 1155.



Loretta found a Hummingbird outside of the main entrance of Oak Hill. After snapping a few photos, our friend came to and flew off.



A look back...

Last month residents of Arbor Court enjoyed a nice lunch with friends at Lisa's Market Street Grille in Prairie Du Rocher! Afterwards, we enjoyed a scenic, educational drive to Forte De Charters in Prairie Du Rocher as well as driving around the Adorers of the Blood of Christ in Ruma, IL.

Don't miss out on the next out trip, tell the activity and nursing staff you are interested in going!

Next trip—Scenic drive around the Valmeyer, IL Bluffs to admire the leaves turning colors!

Looking ahead...

We celebrate our October friends' birthday together Friday, the 13th! We have a very special surprise appearance for your entertainment! GET EXCITED!!

Winter months are coming, don't allow the winter blues get to you! Come check out the book fair Monday, Oct. 23rd and get lost in a story this winter! It'll be taking place in Arbor Court's activity room 8 A.M. – 3 P.M.

SOUP & PIE SUPPER • NOV. 1st, 4-6:30 P.M.

Did someone say STOLLENS?!?

Get your order(s) in for this delicious, mouth watering cinnamon bread with icing and cherries to boot. Pick up your freshly baked stollen on November 16th between 2:00 and 4:15 p.m. ...and when I say "freshly baked" I mean right out of the oven!!

HALLOWEEN BASH

A day FULL of SCARY, GOOEY, FUN, and TASTY activities! Stop by all day to participate in activities Tuesday, October 31st! Invite your grandchildren and family members to participate in our Trick-Or-Treat parade fun starting at 2:30!

Who will you make laugh?

What is the cutest season?

Awwtumn.

How do you fix a broken pumpkin?

With a pumpkin patch

**When does a skeleton laugh?
When something tickles his funny bone**

**Why was the mummy so tense?
He was all wound up**

SHOUT OUT to ALL our VOLUNTEERS

We appreciate from the bottom of our hearts the time you take to simply stop in to say hello to a resident, become an ice cream scooper during the summer months, be a smiling face the residents see as they walk into the gift shop, provide birthday entertainment and bingo prizes throughout the year, and so much more that NEVER goes unnoticed! As being a volunteer myself through the years, I truly know how much volunteers contribute to an organization such as Oak Hill! THANK YOU for making Oak Hill activities and events be such a BIG SUCCESS!! I look forward to working alongside many of you in upcoming activities.

See a new activity on the calendar that you're curious about? Please stop by my office and ask how you can be involved!

“Volunteers do not necessarily have the time; they just have the heart.” — Elizabeth Andrew

“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.” — Helen Keller

God’s Blessings,
Brook Cowell, Activity Director



Thank you to St. Peter and Paul United Church of Christ in Waterloo for visiting Oak Hill in September. Children read with us and helped make bookmarks



Oak Hill Oktoberfest



▲ Betty Benz poses with the Waterloo German Band.

► Activity Director, Brook had her first go at making our infamous potato pancakes. Great job Brook!

Of course, the real magic happens in the kitchen where the batter is prepared. **Great job to Rhonda and the dietary department!!!**

▼ Little dancers!



▲ The cool weather didn't stop Delores from enjoying an evening outdoors with her family.



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

October 30
November 20*
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 October 13 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

**October 13
November 10
December 8**

Magnolia Moments



Last Month's Recap in a Snap...

We were blessed with some beautiful weather in September allowing us a few exercise classes under the pavilion and many days relaxing under our new Magnolia Terrace awning. Our morning of fishing proved fruitless but for the good company and fresh air, and we also enjoyed a lunch out at an open-air winery in Belleville. We pulled out the paints and let the residents get creative as they decorated butterflies, rubber ducks and ceramic circus animals and Debbie Largent hosted a craft of beautiful sunflowers with a twist—smiley faces.

GAME WINNERS

Washers

- Don 47 Woo-hoo!!!
- Tom 33
- Arline 23
- Rhenelda 23

Wii High Scores

- Maude 221
- Don 197
- Dot 197
- Tom 195
- Rhenelda 184
- Ruby 176
- Arline 172
- Joe 165

Pie Face

Everyone was a winner at Pie Face because we got to laugh while our friends got smothered in whipped cr me!!! The only residents who got away with a clean face were Rhenelda and Bob. And in an amazing feat, that can only be explained as heavenly intervention, C.N.A., Kathy Goodman escaped the whipped cr me hand a total of five turns. Thanks to all the good sports.

Pictured:

Birthday girl, Mary Mueller takes a turn in the hot seat. She did remove her glasses before playing.



Pictured: Joe Eschmann hopes for a big catch during September's fishing trip at Waterworks Pier.

UPCOMING EVENTS

10/1 Baby Show at the Columbia Fes-tiFall We're judging a baby show. I guarantee an hour of pure cuteness! Come out and watch the fun.

10/2 Music with Doug Altoff 2:00pm

10/4 Coloring 10:15am Come color Autumn pictures to decorate the halls. We will also design our own racecars to be used in an upcoming activity.

10/5 Dollar Tree 10:15am Come buy dollar treasures for your little goblins

10/5 Craft 1:30pm Come out and try your hand at some cute Fall crafts. All supplies included.

10/5 Campfire 6:30pm We're lighting a campfire, making s'mores, and singing silly songs along with Alan Brandt out by the pavilion.

10/7 Parafin Wax 9:15am Come dip your hands and elbows in soothing hot wax. You'll feel smooth all day.

10/9 Lunch Out 11:00am Come have a nice lunch out at Eckerts. We'll tour the store too. Congratulations to Al-vera for winning a free lunch.

10/9 Music with Linda Ford 2:00pm

10/11 Apple Peeling and apple butter making in the Terrace Room. 10:15

10/11 Awning Dedication 6:00pm Meet outside the Magnolia Terrace entrance to dedicate our awning and thank the families who made it possible.

10/11 Music with Joe Powell 6:15pm

10/12 Scenic Ride 10:00 Come take a leisurely drive to see the leaves.

10/12 Brain Games 1:30pm Come exercise your brain with some brain games. There will be treats.

10/16 Headless Horsemen Races 1:30pm It's a spooky horserace in honor of Halloween.

10/18 Soup and Pie Supper 4:00-6:30pm Arbor Court Activities is once again hosting their annual Soup and Pie Supper. Cost is \$6.00.

10/19 Resident Council Meeting 9:15am Come out and let your ideas be heard. The meeting will be attended by departments heads from dietary, maintenance, and housekeeping. Also get a sneak peek at November's activity calendar.

10/19 Birthday Party 1:30pm Come celebrate the birthdays of all residents born in October.

10/21 Paraffin Wax 9:15am Come dip your hands and elbows in soothing hot wax. You'll feel smooth all day.

10/23 Flower arranging with Debbie Largent. Remember to return your bud vase.

10/23 2:00pm Music with Dave Shepard

10/25 1:00pm It's time for another Senior Bingo. Call some friends (over 60) to come play bingo for mystery envelopes. Please RSVP to Wendy or Stephanie by October 23rd. Lunch will be served to you in your room.

10/26 6:00pm It's our Halloween Family Night, an evening of games and costumes. Bring your sense of humor and your most fun family members to play games and win prizes. Light snacks will be served.

10/30 Rural King 10:15am Come browse our local Rural King store and grab some free popcorn.

10/30 Music with Terry Roberson 2:00pm.

10/31 Staff Costume Contest 2:30pm Stick around after bingo to watch the silly staff parade around in their Halloween costumes and vote for your favorite costume.

10/31 We're handing out candy to any trick-or-treaters that wander in. Meet in the dining room. Don't forget to tell your grandkiddos to come over.

Magnolia Terrace Halloween Party
*For Magnolia Terrace Residents and
 Their Family*
 10/26/2017

Hors' d'oeuvres and games
 RSVP to Wendy by 10/19
 618.939.0500 ext 1459

Halloween
 costume party

If you need help getting a costume let a staff member know.



Joe checks out one of our weird gourds before decorating for the Oktoberfest.

Ruby poses with her guests at the Oktoberfest photo op.



Magnolia Terrace Residents made close to 300 sandwiches that were donated to the Hope Christian Church Food Pantry!

Hospice of Southern Illinois reached out to us with the "Sandwich Ministry" idea and we loved helping.



Whispering Pines News

M

HELD IN CEDAR DINING ROOM

Friday, October 6th 2:30 pm

Forrest Bevineau-The Singing Sheriff

U

Friday, October 13th 2:30 pm

Tommy Tunes

S

Monday, October 16th 2:30 pm

Pearl Hirsch-Accordion/Keyboard

I

Tuesday, October 24th 2:30 pm

Steve Turnbow

C

**Nancy Wellman, CAP,
Retired in September**

Pictured: Nancy (R)
with Judy Kohler



It is with mixed feelings that we say good-bye to Nancy Wellman who has worked in activities with us for over 12 years. Nancy has been a very dedicated individual who truly loved all of the residents she worked with over the years. She also was committed to continually keeping up-to-date with her profession and became a Certified Activity Professional and National Certified Dementia Practitioner. She also represented colleagues as a regional representative with the Illinois Activity Professional Association (IAPA). Nancy was also instrumental in the organization of the local Monroe-Randolph Activity Professionals Association and highly encouraged her peers to become members of this group and IAPA.

We are sad to see Nancy leave Whispering Pines, but we understand that she has begun a new chapter in her life. Families have said Nancy is: “a jewel,” “an asset,” and “you will never find anyone to take her place.”

Nancy, we wish you and your family the best. Know that you will live on in the hearts and minds of those residents you cared for and their families. God bless you!



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, October 26th, in the classroom at Oak Hill, from 7 pm to 9 pm. The topic for the evening is, “Alzheimer's 101: The Basics.” The second half of the group will be for sharing. Alzheimer's literature is available on the rack outside of the classroom door.

Anyone who cares for or has a loved one or friend with dementia or Alzheimer's is welcome to attend. Refreshments will be served. For more information, please call Julia at 618-939-3488 ext. 1248.



Thank you!

Words cannot say, "thank you," enough for all that is done to take care of my mom, Doris Koch. I appreciate all the care that is given to mom. I cannot begin to know everyone who cares for my mom, but as a small "thank you" I want to share some goodies. Please share with others.

Thank you and God's blessings!

Juli Deterding and Family

Fall Bazaar Cancelled

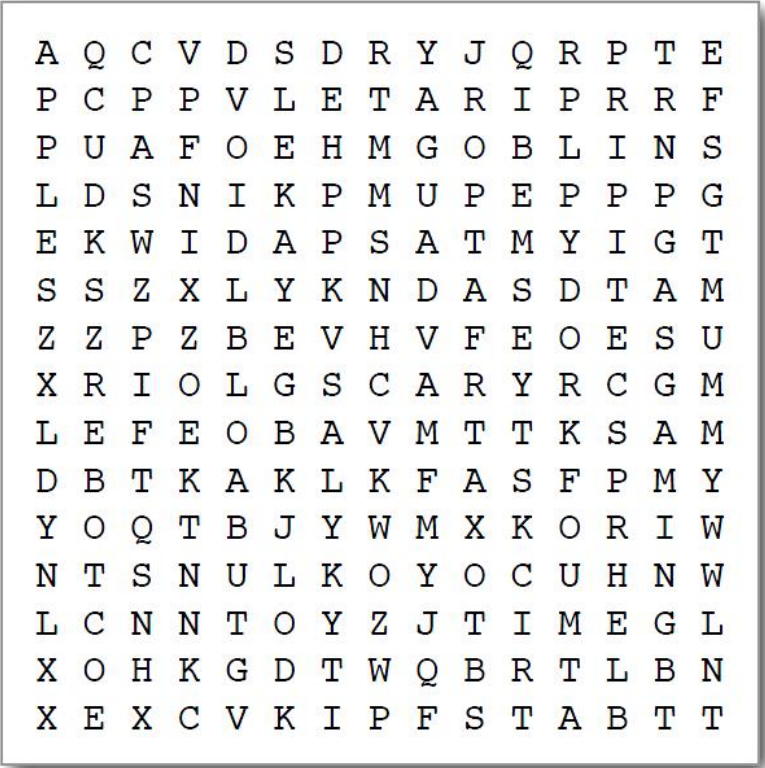
The Whispering Pines Fall Bazaar Fundraiser, held annually the second Saturday of November, has been cancelled this year. The staff and residents of Whispering Pines wish to thank you for your past support.



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

All Hallows' Eve

The words listed below can be found vertically, horizontally, diagonally, for-



APPLES

PIRATE

BATS

PUMPKINS

CANDY

SCARY

COSTUMES

SKELETON

GHOST

SPIDER

GOBLIN

SPOOKY

MASK

TREAT

