

Oak Hill Insider

- News and events at Oak Hill -

November 2017 • Volume 113
Administrator Kim Keckritz



ST. LOUIS POST-DISPATCH



Oak Hill

5-STAR RATED



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UPCOMING EVENTS

- 11/01 Soup N' Pie Supper 4:00-6:30 P.M.
- 11/03 Last day to reserve your group ticket to *Alice in Wonderland* at MASC Theatre - 11/19 show.
- 11/05 Daylight Savings Time Ends
- 11/08 Veterans Day Program at Oak Hill
- 11/10 BINGO at the YMCA sponsored by Magnolia Terrace 1:00 P.M.
- 11/14 Employee Benefit Day
- 11/16 Today is the day to pick up your stollen if you ordered one.
- 11/20 Kloepper Tournament at Magnolia Terrace* 6:30 P.M. (Costs \$5.00)
- 11/21 Turkey Bowling
- 11/30 Wessell-Pistor Ceremony 2:00 P.M.
- 12/04 Trim-a-Tree
- 12/05 Whispering Pines Resident Christmas Party
- 12/07 Twelve Days of Christmas Begins
- 12/08 BINGO at the YMCA sponsored by Magnolia Terrace 1:00 P.M.
- 12/10 Magnolia Terrace Resident Christmas Party
- 12/12 Arbor Court Resident Christmas Party
- 12/18 Kloepper Tournament at Magnolia Terrace* 6:30 P.M. (Costs \$5.00)

*Please RSVP

IF YOUR SICK DON'T SPREAD THE ICK! Flu season is here!
Please make sure all signs and symptoms are reported immediately.
As always, continue to maintain good hygiene especially hand washing.

FLU PREVENTION



COVER YOUR
COUGH



IF YOU'RE SICK,
STAY HOME



WASH YOUR
HANDS



AVOID TOUCHING
YOUR EYES, NOSE
OR MOUTH



Time changes on

November 5th at 2 A.M.

Fall Back

Set your clocks back 1 hour.

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 Cream
Pumpkin**



\$6 Adults

\$3.50 Children 12 & Under

**Proceeds Benefit the Arbor
Court Activity Department**



BY LEWIS CARROLL
ADAPTED BY BRAINERD DUFFIELD

Alice in Wonderland

DIRECTED BY MATT DOSSETT

Join Oak Hill
November 19th
2:30 P.M.

Join us for a live show at the
MASC Theatre in Waterloo, IL.

Cost is \$8.00 per person – this is the
group rate, a \$4 savings!
\$5.00 for residents.

Invite your friends and family.

Reservation with payment (cash only)
needs to be turned in by November 3rd.

Payment can be given to receptionist or
Stephanie or Wendy on Magnolia Terrace.

Thanksgiving Word Unscramble

1. RGSIIPLM _____
2. ONCR _____
3. RBRRYCAEN _____
4. KISNVIAHTGGN _____
5. KIPMNPU _____
6. NAOOCRICPU _____
7. OWLMERAYF _____
8. SATFE _____
9. ONYCOL _____
10. AIENTV ESNIAMRAC _____
11. VTSHAER _____
12. HUQSSA _____
13. ADEPRA _____
14. ERTYKU _____
15. YMA _____
16. LNAFTHUK _____



A Letter from the Administrator

It seems hard to believe that it is November already! We had hoped by now that we would have been using the new portion of our building, Evergreen Pointe and the addition to Maple hall. Unfortunately things sometimes take longer than expected. We finally received notice of approval from the architect at the Illinois Department of Public Health that we have met the licensure requirements for the physical environment from a life safety perspective. We now will have one additional survey from the Illinois Department of Public Health to determine if we meet the requirements for providing nursing care. This inspection should take place in the next two weeks. If we pass this portion of the inspection, the license will then be granted for occupancy. I want to thank everyone for their patience in this matter.

After the new portion of Oak Hill is opened, we will begin renovations to Rooms 605-608 on Maple hall. These rooms will be used for additional dining and living space and a sunroom will be added off the rooms that are currently rooms 605 and 607. The funds for this renovation will be provided by the Memorial Endowment Association.

The Memorial Endowment Association was established as a testimony to the living relationship we develop with the families who entrust their loved ones to us. The community members appointed to the Endowment Association volunteer their time to provide oversight for the uses of donated funds to Oak Hill and Magnolia Terrace. All money donated is used to purchase something that will benefit the residents. There are no administrative costs. Some choose to donate for a particular project while others may leave money through their will or as a donation and choose to only have the interest from their donation used to purchase items. If you are interested in making a difference in our residents' lives with your charitable donation, please contact Kim Keckritz.

New Van

In December, we will receive a new handicapped accessible van. This van is provided through the Memorial Endowment Association. The van will accommodate up to two wheelchairs or four passengers. It will be used for smaller trips out of the building or for physician's appointments or other times when a resident needs to be taken somewhere. We currently have to take the bus for these trips. Thank you to the Memorial Endowment Association!



Oak Hill

Veterans Program



Honoring Our Veterans

2017

Oak Hill Activity Center
Thursday, November 8th
Six-thirty in the evening

Oak Hill is hosting a ceremony honoring Oak Hill Residents and Staff who served in the US Military

Refreshments served following program.

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.

Award ceremony will be held on November 30th at 2:00pm.

Applications and more information on the back page of this newsletter.



Christmas Party Dates

- 12/4 Trim-a-Tree
- 12/5 Whispering Pines
- 12/10 Magnolia Terrace
- 12/12 Arbor Court
- 12/16 Employee

Trim-a-Tree will be held at 6:30pm
Party invitations will be mailed in November.



Employee Anniversaries

Carla Deterding ★ 25 years
 Marion Jordan ★ 18 years

Lonnie Esker ★ 13 years
 Judy Lancaster ★ 12 years
 Ashley Keeney ★ 12 years
 Kelli Monroe ★ 09 years
 Karen Monterusso ★ 08 years
 Michelle Livingston ★ 04 years
 Kevin Alexander ★ 03 years
 Megan Weber ★ 03 years
 Savanna Zeiger ★ 03 years
 Leah Farris ★ 01 year
 JoAnn Drummond ★ 01 year

Employees

02 Amber Steinheimer
 03 Suzanne Roberts
 03 Jessica Kuschel
 04 Robin Stulce
 05 Stephanie Henke
 09 Camille Mudd
 10 Wayne Moallankamp
 11 Christina Schrader
 12 Maria Webb
 21 Kaitlin Shackelford
 22 Diane Seidel
 23 Lynn Schmidt
 24 Judy Kohler
 24 JoAnn Drummond
 25 Sherri Boles
 27 Kim Keckritz
 29 Savanna Zeiger

Residents

03 Lacy Andra
 03 Helen Rey
 03 Merle Mehrtens
 03 Rick Hargraves
 10 Sally Smith
 11 Marjorie Bottiaux
 15 Marjorie Reed
 16 Rosalia Krewer
 19 Catherine Kutterer
 25 Tom Shaner
 25 Rosemary Fisk
 30 Marilee Johnson

Birthday Parties

Magnolia Terrace 11/22
 Arbor Court 11/10
 Whispering Pines 11/17

Welcome to Oak Hill

(New Employees)

- Marilyn Braun – R.N.
- Briana Brinkmann – Dietary Aide
- Shay Cozart – C.N.A.
- Allie Kueker – L.P.N.
- Val Millang – R.N.
- Gerry Pearce – Assistant Cook
- Tammie Davis – Whispering Pines Activities Professional

Employee of the Month

Barb Brooks, L.P.N.



October
2017

• I received a call from Barb to tell me that my mom's orders had been changed after the doctor came by. I have received these phone calls before and everyone is usually nice, but Barb was super! I felt like I was talking to a friend who really cared and was not just calling me because it was her job. She told me about how my mom had been helping out her roommate and that was nice to hear. She told me to call any time to see how mom was. She was such a friend and I'm not sure if I ever had met her in person. I thanked her for calling and she thanked me for sharing my mom...that was so nice. • A good nurse! Great on Whispering Pines, gets residents to take their meds. • Takes very good care of our residents. Goes above and beyond. • Always smiling, dedicated to meeting the needs of the memory care residents. • Treats every resident and family member with special care and treats them like family. • Takes her time with the residents to ensure she provides the best care. • Families need a good nurse they can feel comfortable speaking to and aware their loved ones are in good hands. • Took the time to make a family member feel comfortable and informed. Kindness and caring goes a long way.

Barb has been at Oak Hill, on Whispering Pines for eight years. She lives in Columbia and has three children, Chrissy, Aaron, and Jared. Barb has a sister, Pat and brother, Calvin.

In her spare time, Barb likes to do crafts, visit resale shops and hang out with her sister.

A most memorable moment at Oak

Hill was being hugged by a dementia patient during a moment of clarity.

Barb considers multiple computer glitches to be her most embarrassing times at Oak Hill.

As for achievements, Barb says, "My three children grew up to be much better people than I ever dreamed of being. I am in awe of them. (Thanks to my mom and Dad's influence)"

Other nominations for October Employee of the Month

Amanda Hermann (CNA)

Very helpful on Whispering Pines. Goes above and beyond for the residents. She has initiated activities and serves homemade snacks. Works on her own time buying supplies for activities. She stepped up to the plate when a change in activity staff occurred. Definitely a team player and she loves the residents and her job. Great asset to Whispering Pines!

Dana Grossmann (Dietary)

Always willing to help out when dietary is short-handed. Stays over and picks up on her days off. Organized, handles stress well, and is great in her position. Does a great job managing serving line. Amazing positive attitude. Give 110% to her job along with helping anyone in need. Puts a smile on everyone's face. Always willing to lend a hand without any hesitation. Always has a smiling face. All around team player!

Angie Staub (CNA)

Does a good job and residents love her. Gives individual attention to each person. I needed a pouch to hold cosmetics and she gave me one. Alert to everyone's needs and does it. Very good CNA. Always in good spirit and makes me feel good. Very good with all the residents on Cottonwood...spoils us!

Erika Tedder (CNA)

Very considerate CNA and does everything she can to make you comfortable. Very friendly and has fresh towels and wash clothes ready. Makes sure everything is done right.

Erika King (CNA)

Goes above and beyond in caring for the residents. Patient and very hard worker. Great asset to Oak Hill!



Fun facts about Barb

Favorite Foods - Chocolate and any kind of potatoes

Person in History to Meet - I'd love to hear Nina Simone sing live

Favorite TV Show - "Breaking Bad"

Favorite Sport - None

Favorite Song/Band - Too many to count!

Favorite Movies - *Dogma*, *Shawshank Redemption*, and *Gone With the Wind*

Best Childhood Memory - Family meals together

Where Would You Travel - Paris with my sister to see the Louvre Art Museum (She's an artist)

Would use 50 millions dollars to - Ten percent off the top would go to St. Jude's Hospital, make sure all my family was cared for, and fun a charitable foundation with the rest.

Staff News

Friends & Family of Oak Hill,

Thank you for your gift of money, cards, and all of concerns, thoughts, and prayers. I really appreciate all the love I get from my Oak Hill family.

*Thanks,
Barb Goldschmidt*

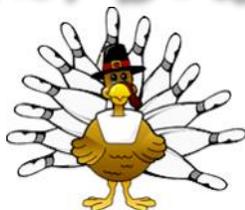


Congratulations to Tonya Hahn (nee Jungewaelter) on her marriage to Pete Hahn on October 13, 2017. The couple had their wedding in Branson, MO.



Congratulations to Angie Randazzo (nee Davis) on her marriage to Anthony Randazzo on October 21st. The newlyweds were married at Schorr Lake Vineyard & Winery.

Turkey Bowling



Tuesday, November 21st
6:15 - 7:05 A.M. & 2:15 - 3:05 P.M.
Held in the Back Hallway

Everyone wins!

All employees will be entered to win a Thanksgiving themed basket.

Benefit Day

For Employees of Monroe County

November 14, 2017
7:30A.M. - 4:30P.M.

*Held at Oak Hill and the
Monroe County Courthouse*

7:00 A.M. - Noon. at Oak Hill
623 Hamacher St, Waterloo

1:00-4:30P.M. at Monroe County Courthouse
100 S. Main St, Waterloo

Stop by either location to meet with the following vendors:

Aflac

BeneFLEX

Delta Dental

1st National Bank

Nationwide

NCPERS Voluntary Life

United Healthcare

VSP Vision Care

Washington Mutual

• *Discover what Voluntary Benefits are available to you*

• *Take the opportunity to have your questions answered*

Caring for the Caregiver

Thank you caregivers, for your gift of compassion and action!

November recognizes family caregivers, for all that you do to ensure that a loved one's needs are met, whether that is directly or indirectly. Caregiving is an around the clock job, 24 - 7 - 365. Sometimes the day to day includes overseeing pill boxes, or making a meal, and other times, it means making sure that all of a family members physical, social, emotional, nutritional, and safety needs are met. It can be an exhausting job, but we are thankful you are there to do it!

The success of rehabilitation patients often depends on the support network and caregivers at home, especially at the time of initial transition. Having help to pick up medications from the pharmacy, get groceries, fix meals, and complete tasks around the house, is invaluable when an individual is recovering from an illness or an injury. Without this assistance, individuals often experience complications, at times causing them to return to the hospital. While caregiving is an important role, it can be wearing on the body, mind, and soul.

Following are some tips for caregivers:

- 1. Seek support from other caregivers. - Discussing your own situation with another caregiver often creates the platform for sharing ideas, resources, and coping strategies.**
- 2. Take care of Number One. - Take care of your own health, so that you can remain physically able to care for your loved one.**
- 3. Accept help! - Don't take on the burden alone. Make a list of things to be done, and identify the ones that don't have to be completed by you, when someone asks what they can do, refer to**

your list to offer them suggestions.

- 4. Learn how to communicate effectively with doctors. - Don't be intimidated! Ask questions, share information and concerns. The doctor can only help if she or he has a true picture of what happens on a day to day basis.**
- 5. Take respite breaks. - Schedule time for you, whether it is getting your hair done, a game of golf, or a quiet afternoon alone. If your cup is empty, you can't fill anyone elses.**
- 6. Watch out for signs of depression. - Being a caregiver is taxing! Often, you have firsthand knowledge and daily reminders of changes and declines in a loved one, sometimes you have a loss of other family roles because of care-giving, and you may be physically and emotionally exhausted. Don't hesitate to reach out for help!**
- 7. Be open to new technologies to help your loved one and yourself. - There are many resources to make your life easier! Check out the website www.CaregiverAction.org as one of these resources.**
- 8. Organize medial information so that it is accessible. - Keeping a listing of medical history, drug allergies, and current medications current and close at hand makes your job easier for doctor appointments and hospital visits. Don't be afraid to offer your lists for medical professionals to copy for their records.**
- 9. Make sure legal documents are in order. - Keeping a copy of power of attorney and advanced directives handy will help you as you navigate the health care system.**
- 10. Give yourself credit! Not every day will be perfect, but you are doing a great job! Being a caregiver is hard, so be gentle with yourself.**

Source: www.CaregiverAction.org



A look back...

WOW! What a busy, fun, and entertaining month we had in October! To start the month off, we had Laurene Taylor put on a “Chicago Fire” skit! She did an AMAZING job! I’m finding out our residents sure do love bowling! A big thank you goes out to the ladies from the Catholic Church of Waterloo and the students from Gibault and SPPS, who volunteer their time every 1st Monday of the month to play bowling with our residents! I introduced pumpkin bowling to the residents later that week. Many got a good laugh rolling a big white pumpkin down the ramp to knock over a tower of spooky ghosts (toilet paper)! A handful of residents enjoyed a beautiful scenic drive along the Valmeyer bluffs. Oh, the stories that were told!

Did someone say BINGO?!? October was FULL of bingo playing thanks to many of our sponsors; the Maeystown Church, the Catholic church, S.H.O.W. (Students Helping Out Waterloo) came to play Bingo with our residents, and volunteer, Sandy Lindhurst hosted a Halloween theme bingo in honor of her mother’s birthday. That’s a lot of bingo prizes

given away to our lucky residents! THANK YOU, volunteers!

100 years young! Staff and residents enjoyed celebrating fellow residents Sophie E. turn 100 this month! She’s pictured with C.N.A., Meredith below.



Trick-Or-Treat

Residents got to be the ultimate judges for the staff costume contest! Halloween was a day full of candy giving, baking cookies, making worm dirt sweet treats, and socializing with friends!

Did you know?

Weekend Trivia packets can be found at the front reception desk Friday thru Sunday! Give your brain a little workout as you complete word searches, Sudoku puzzles, and trivia questions! If you have suggestions for what can be added to the packets, I welcome FUN ideas!

Looking ahead....

Don't miss out on some amazing, tasty soups and pies Wednesday, Nov. 1st! Soup n' Pie supper dinner will begin at 4:00! Enjoy eating with your family and friends until 6:30. You may get carry outs from 4:00- 6:00.

On the Menu: Potato soup, Ham & Bean soup, and Vegetable Beef soup. Don't skip dessert! We will have Chocolate pie, coconut pie, and pumpkin pie. YUMMMY!!

STOLLEN DAY pick -up will be Thursday, November 16th from 3:00 – 4:30 in the Arbor Court Activity room. Interested in being a part of the Stollen marking process?! Contact Brook Cowell 939-3488 ext. #1130 to volunteer your time Thursday morning! 9:30 will start our Stollen making. Join the fun!

Breakfast out Trip

Monday, Nov. 7th residents will be invited to go out for Breakfast to Denny's Restaurant in Waterloo. The bus will be leaving Oak Hill at 9:00. If you would like to join your loved one in the fun, we will meet you there! Let Brook know if you plan on attending for reservation purposes.

Together We Read Program

Saturday, November 18th we will be having a local group of children come in to read to the residents. The program will start at 10:00 A.M. Our residents loved this in August! If you know your loved one would love this

program too, please let nursing and activity staff know. We will make sure they get invited! You can join in the fun, too!

Take a moment to reflect...

"Gratitude should not be just a reaction to getting what you want, but an all-the-time gratitude, the kind where you notice the little things and where you constantly look for the good, even in unpleasant situations. Start bringing gratitude to your experiences, instead of waiting for a positive experience in order to feel grateful." — Marelisa Fábrega, Author of How to Live Your Life

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." — Albert Schweitzer, philosopher, physician, and medical missionary

"When eating bamboo sprouts, remember the man who planted them." — Chinese Proverb

Wishing you all a blessed, happy Thanksgiving with your loved ones. Be thankful, not just on Thanksgiving, but every day.

Brook Cowell,

Activity Director & Volunteer Coordinator.



Entertainment Shows

Thursday, Nov. 2nd Tommy Tunes at 2:00
Sunday, Nov. 5th Anointed Praise at 2:00
Tuesday, Nov. 7th RSVP Coral Group at 2:00
Thursday, Nov. 9th Lynn Wellman at 2:00
Friday, Nov. 10th BIRTHDAY PARTY
Sunday, Nov. 12th Samuel & R.J. Morgan at 2:00
Monday, Nov. 13th Steve T. at 2:00
Tuesday, Nov. 14th Zionettes Kitchen Band at 2:00
Friday, Nov. 17th Dave Sheppard at 2:00
Sunday, Nov. 19th Rich Cullen at 2:00
Wednesday, Nov. 22nd Joe Powell at 10:30
Wednesday, Nov. 22nd Forrest at 2:00
Saturday, Nov. 25th Rekha Dravina at 2:30
Sunday, Nov. 26th Doug at 2:00
Tuesday, Nov 28th Deutschmeisters at 6:30
Wednesday, Nov. 29th Mary Jane Darnell on the Piano at 2:00
Thursday, Nov. 30th Button Box at 2:00



Thank you to the Waterloo V.F.W. members for hosting the October Birthday party! Having Elvis perform & enjoying yummy cookies made for a happy Friday afternoon!

Written by a resident...



I wish I had a magic wand that would set America right.

Beside our Flag I'd wave it, wave it with all my might.

That would cure all our ills in this our American year.

That would be my special gift to this Land, the Land I hold so dear.

Next, I would seek our young protestors. I would ask them to reappear,

I would ask them what their wishes for this Land this Land they hold so dear.

Perhaps it's to stop all pollution to have streams and air that's clear.

Perhaps that's one of their wishes for this land we all hold dear.

And as I go down my list to all I'll lend an ear,

I'll especially listen to the old and the poor for it was their labor that built this land, this land that they once held dear.

But that magic wand, it's my will to me that's perfectly clear I'm what makes or breaks this land, this land that I hold so dear.

And I failed I didn't participate in politics. I'm not alone, am I?

Name withheld.

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

Upcoming Kloeppet Tournament Dates

| | |
|------------------------|--------------|
| November 20* | June 25 |
| December 18* | July 30 |
| 2018 January 29 | August 27 |
| February 26 | September 24 |
| March 26 | October 29 |
| April 30 | November 26 |
| May 21* | December 17* |

Tournaments are held on the last Monday of the month except the 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 November 10 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



Upcoming BINGO Dates

| | |
|--------------------|---------------------|
| November 10 | May 11 |
| December 8 | June 8 |
| | July 13 |
| 2018 | August 10 |
| January 12 | September 14 |
| February 9 | October 12 |
| March 9 | November 9 |
| April 13 | December TBD |

Magnolia Moments



Last Month's Recap in a Snap...

We started the month with a parade of babies. Magnolia Terrace sponsored a baby show at the Columbia FestiFall where four brave judges (Bob, Marie, Mary Lou and Tom) had the unimaginably difficult job of choosing babies with the best smile, brightest eyes, and cutest pumpkin despite their bribes of blown kisses and giggles.



We lucked out again and had beautiful weather for our campfire. With the help of Alan Brandt, we sang camp songs and roasted marshmallows for s'mores. A few ladies took a Saturday morning to peel and chop apples allowing them to simmer overnight for apple butter for breakfast. Our scenic ride took us to the crumpled church on Old Baum Church Rd, The cave entrance to Rock City and the beautiful foliage along the bluffs. The birthday party found us throwing spiders, pinning the tail on a blowup donkey and catching sticky donuts in our mouths. We ended the month with a spooky senior bingo and a family night of giggles and games.

Birthday Party Games

The games were harder than they looked. No one could beat Ruby's score of 3 on the spiderweb stick or Rhenelda's score of 3 on the spider ring toss. Mary Lou hit the donkey dead center of his tushy for the pin the tail on the donkey game and Charles and Helen K. were the two brave souls to hold their hands behind their backs and catch a donut in their mouths.

Wii High Scores

| | | | |
|----------|-----|--------|-----|
| Maude | 222 | Tom | 200 |
| Dot | 216 | Ruby | 196 |
| Rhenelda | 204 | Joe | 174 |
| Don | 202 | Arline | 147 |



UPCOMING EVENTS

11/1 10:15am *Washers*

11/1 4:00pm *Soup and Pie Supper*
Come support the Arbor Court Activity Department by eating all-you-can-eat soup and a slice of delicious pie. Tickets are \$6. Served in the activity center.

11/2 10:15am *Fall Craft* We are making owls out of pinecones.

11/2 1:15pm *Scenic Drive* Finally, the leaves are changing colors. We will ride through Madonnaville on our way to Prairie Du Rocher and back home on Ames Rd.

11/3 LAST DAY TO RSVP FOR *Alice in Wonderland @ MASC Theatre* on 11/19 Bus will leave at 2:00pm and the play starts at 2:30pm. Cost is \$5 for residents. Residents can buy additional tickets for family for \$8.

11/4 9:15 *Paraffin Wax and Mini Massages* Come pamper yourself with our paraffin wax dip and enjoy a mini massage. Sign up for massages by the cereal bar.

11/6 10:15am *Dollar Tree*

11/6 2:00pm *Music with Forrest*

11/9 1:30pm *Giggles and Goodies* We will turn on the TV and have some laughs as we watch YouTube videos.

11/12 6:15pm *George Portz and the Friends of Bluegrass* Our first Eppinger Concert will be at 7pm at the American Legion in Columbia.

11/13 11:00am *Veterans' Lunch* All veterans are invited for a free lunch at Applebees. Bus leaves at 11:15am.

11/13 2:00pm *Music with Monty Jackson*

11/16 9:15am *Resident Council Meeting*
Come out and let your ideas be heard. The meeting will be attended by departments supervisors from dietary, maintenance, and housekeeping.

11/20 10:15am *Flower arranging with Debbie Largent*. Let Wendy know if you will attend.

11/20 2:00pm *Music with Thomas Myrda*

11/22 1:30pm *Birthday Party* Come out and celebrate the birthdays of all residents born in November.

11/26 5:30pm *Hometown Harmony Christmas Concert* Come out and see a wonderful Christmas concert held at Hope Christian Church. Concert starts at 6:30pm and tickets cost \$5. Money will be taken in advance for tickets.

11/27 2:00pm *Music with Tom Ostresh*

11/30 10:15am *Brain Games* Come out and challenge your brain with some thinking games.

11/30 1:30pm *Trip to Dairy Queen* Nope, it's never too cold for ice cream. We're taking a trip to Dairy Queen for food or treats or whatever.

11/30 6:30pm *Owl Talk with Mark Glenshaw* It's the last installment of owl talks with amateur naturalist Mark Glenshaw. He has been studying owls in Forest Park for over ten years. This talk will focus on owl mating and owlets and will take place in the activity center.

Whispering Pines News

M

HELD IN CEDAR DINING ROOM

Friday, November 3rd 2:30 pm

Forrest Bevineau-The Singing Sheriff

U

Saturday, November 18th 2:30 pm

Lynn "The Piano Man" Wellman

S

Monday, November 20th 2:30 pm

Pearl Hirsch-Accordion/Keyboard

I

Tuesday, November 30th 2:30 pm

The Singing Cowboy - Terry Roberson

C



Residents Enjoy McDonald's Treats

A HUGE thank you to Theresa Russo in housekeeping for bringing in McDonald's hamburgers and French fries on Wednesday, October 18th, for the residents and staff of Whispering Pines. Many of us (ok, I am telling my age) can remember when there was only a walk-up window to order your food at McDonald's. I can also remember planning my food order when my mom was driving us kids to South County. Yes, we had to go all the way across the "old" Jefferson Barracks bridge to get a McDonald's hamburger! There was nothing like a burger, or Big Mac, French fries (fried in beef tallow) and a milkshake. Though the food process has changed over the years, (and the prices!) the food still tastes about the same. You have to love those Golden Arches!

Thank you, Theresa, and your friend at McDonald's, for making such a delicious donation to our family on Whispering Pines! It was a treat!!



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, November 30th, in the classroom at Oak Hill, from 7 pm to 9 pm. The first part of the group will be educational. 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

*To the staff of
Whispering Pines:*

No words can express how grateful I am for the fantastic care Dave received while a part of your family. I love you all.

Barb Kendall and the Kendall family

WP Activity Staff Attend Seminar

Judy Kohler, Tammie Davis and Julia Olszewski attended a seminar given by Jolene Brackey called “Creating Moments of Joy with People Who have Alzheimer’s,” on Octobert 27th. Jolene’s seminar taught staff how to provide a meaningful relationship with those we care for who have memory loss.

Alzheimer’s Education Program at Morrison Talbot Library on Nov. 20th

Interested in learning more about Alzheimer’s and dementia? Attend the Alzheimer’s Association, “The Basics: Memory Loss, Dementia, and Alzheimer’s” program at 6:00 pm at the Morrison Talbot Public Library, 215 Park Street, Waterloo, IL.



- Alzheimer's is a type of and the most common form of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life - memory, thinking, and behavior. Alzheimer's disease accounts for 60 to 80 percent of dementia cases.

- Alzheimer's worsens over time.
- Alzheimer's has no current cure, but treatments for symptoms are available and research continues.
- The most common early symptom of Alzheimer's is difficulty remembering newly learned information.

• 10 Early Signs and Symptoms of Alzheimer's

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor. With early detection, you can get the maximum benefit from available treatments and you can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer

Source: www.alz.org

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