

Oak Hill Insider

- News and events at Oak Hill -

January 2018 • Volume 115
Administrator Kim Keckritz



ST. LOUIS POST-DISPATCH



Oak Hill

5-STAR RATED



Arbor Court
Skilled Nursing

pg. 12

Evergreen Pointe
Transitional Care

Magnolia Terrace
Supportive Living

pg. 15

Whispering Pines
Memory Care

pg. 18



UPCOMING EVENTS

01/01 HAPPY NEW YEAR!

01/12 BINGO at the YMCA sponsored by Magnolia Terrace 1:00 P.M.

01/15 National Hat Day

01/21 Activity Professionals Week

01/29 Kloepper Tournament at Magnolia Terrace* 6:30 P.M. (Costs \$5.00)

02/01 Oak Hill 67 Year Anniversary

02/02 National Wear Red Day

02/04 Super Bowl LLI Sunday—Kickoff at 5:30 P.M.

02/09 BINGO at the YMCA sponsored by Magnolia Terrace 1:00 P.M.

02/13 Mardi Gras

02/14 Valentine's Day

02/14 Arbor Court Cake Walk

02/26 Kloepper Tournament at Magnolia Terrace* 6:30 P.M. (Costs \$5.00)

02/28 Salad Day Fundraiser—Order by 02/27

03/05 Senior Luncheon 11:00 A.M.—1:00 P.M.

*Please RSVP

Wear a hat
on January
15th!



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

A Letter From the Administrator



Dear Residents and Friends of Oak Hill:

Well it is a new year, 2018! I'm sure as you look back over the years some stand out more than others. There are years that are particularly memorable for you, maybe when a child was born or the year you first fell in love or were married. For Oak Hill, 2017 was an exciting year, our 11th year at Oak Hill and our 66th year of providing nursing home care to our community. The big news for 2017 at Oak Hill though was the opening of Evergreen Pointe.

We started the year with roof trusses being set and windows being placed and finished with the opening of Evergreen Pointe on November 16. At times it seemed as though we would never open. We had completed most of the building by May 9 and furnishings were delivered May 15. We held our first public Open House at our block party on June 7. It wasn't until August 29 though before we received a visit from our first inspector, the IDPH architect. After correcting the issues the IDPH architect cited, we patiently waited for our next inspection. The day of our final inspection came on November 3 and we were finally able to move into the Maple hall premiere private rooms but had to wait a little longer for approval to move into Evergreen Pointe. We finally able opened Evergreen Pointe on November 16. The new section is now thriving with a constant stream of admissions. We are so glad to be able to offer this new service to our community.

During 2017, we said goodbye to some of our staff who retired – Shirley Stafford, Arbor Court Activity Director, with 26 years of service; Carla Deterding, Head Cook, with 25 years of service; Dan Borisuk, Environmental Services Director, with 15 years of service; Denise Gross, Physical Therapy, with 25 years of service; and Nancy Wellman, Activity Professional, with 12 years of service. We also welcomed several new staff during the year as we added staff to work at Evergreen Pointe and replaced staff that had left.

In 2017, Oak Hill received a new handicapped van from the Oak Hill Memorial Endowment Committee and the new beautiful therapy garden with fish pond and golf green was also funded by this group along with other donations. Magnolia Terrace enjoyed the addition of a new canopy providing a covered entrance which allows more outdoor seating space for our residents.

In 2017 we continued to strive to provide the best possible quality services to those living at Oak Hill and as a result were recognized as the Best in Senior Living in Southwestern Illinois by the St. Louis Post Dispatch. We also retained our 5 Star rating from CMS for the fifth year.

During the upcoming year, we will be working on improvements to enhance our living environment and services even more. In 2018, we will begin work to add a sunroom and visiting area on Maple hall. We also will be adding a small dining room on Maple hall to allow for additional room in the main dining room.

In 2018, improvements to resident apartments will be made at Magnolia Terrace. The maintenance staff will work with local contractors and suppliers to provide new flooring,

cabinetry and a larger refrigerator and ceiling fans to some of our apartments. At this time, one apartment a month will be remodeled.

I want to take this opportunity to thank you for your support of Oak Hill in 2017! As we begin the new year, I am thankful to be working at Oak Hill with a group of individuals who genuinely care about the residents and take pride in making a positive difference in their lives. We will continue in 2018 to strive to provide the best services for all who live and work at Oak Hill.

*Kim Keckritz
Administrator*



All Oak Hill staff and residents are encouraged to wear a hat of any kind on Tuesday, January 15 in honor of National Hat Day. Who doesn't feel more stylish when wearing a hat?

We encourage a variety of hats: baseball caps, cowboy hats, bonnets, fancy Sunday "goin' to church" hats, fedoras, bowlers, golf hats, straw hats and stocking hats. All staff wearing a hat may wear jeans on January 15.

National Activity Professionals Week is
January 21-27, 2018

This year's theme is
People, Purpose, Passion

The definition of **people** is human beings making up a group or assembly or linked by a common interest and activity professionals bring us all closer together.

The definition of **purpose** is the reason for which anything is done, created, or exists. The activity profession is constantly changing but the one thing that never changes is our love and dedication for our fellow activity professionals.

The definition of **passion** is any powerful or compelling emotion or feeling, as love. ...a person toward whom one feels strong love, a strong or extravagant fondness, enthusiasm, or desire for anything and Oak Hill is honored to share the love for you and the residents in our community.



Thank you to all our activity professionals who truly make a difference to those at Oak Hill.

Susan Cole
Brook Cowell
Tammie Davis
Becky Heusohn
Judy Kohler
Wendy Slater-Wall
Betsie Stoeckel



From the desk of Brook Cowell:

Thank you to all of our activity professionals who bring enjoyment of life to our residents.

I also want to thank the C.N.A.s and nurses who jump on the activity train to provide the best leisure opportunities for our residents! I can't forget about our housekeeping staff! Many times you talk with the residents about the scheduled activities, you invite and encourage residents to attend programs. I can't thank you all enough!

The residents of retirement and nursing homes may spend much of their waking hours with nothing to do, which can take its toll on their emotional and physical health. So, the job of a CTRS (Certified Therapeutic Recreation Specialist) and activity assistants is vital to their well-being. We occupy their time with leisure programs that stimulate the mind and body and promote social interaction. As a team, we assess the needs of residents by interviewing them and meeting with other staff and families. They then plan programs that can include arts, crafts, music, exercise, spiritual programs, social opportunities, and games to meet the resident's preferences. To provide variety, I will contact outside recreation providers such as musicians, movie theaters, restaurants, local schools, and museums to develop programs for the home.

For this particular week, show our activity staff a little bit of extra love with a simple 'thank you' for all they do!

Poem submitted by a Magnolia Terrace Resident

I'm Fine

There's nothing the matter with me,
I'm just as healthy as can be.
I have arthritis in both my knees,
And when I talk, I speak with a wheeze.
My pulse is weak and my blood is thin,
But I am awfully well for the shape I'm in.

I think my liver is out of whack,
And I have a terrible pain in my back.
My hearing is poor and my eyes are dim,
Most everything seems to be out of trim.
The way I stagger sure is a crime,
I am likely to fall most anytime.
But all things considered, I'm feeling fine.

I have arch supports for both feet,
Or I wouldn't be able to walk down the street.
My fingers are ugly, stiff in the joints,
My fingers are impossible to keep in points.
My complexion is bad, due to dry skin,
But I'm awfully well for the shape I'm in.

Dentures drive me crazy,
I'm sleepless at night - -
And then in the morning, I'm a sight.
Memory's failing, head's in a spin,
I'm practically living on aspirin,
But I'm awfully well for the shape I'm in.

But the moral is this - - as the tale will unfold,
That for you and me who are growing old,
It's better to say, "I'm fine" with a grin,
Then to tell everyone of the shape we are in.

2017
Employee of the Year



Tonya Hahn

Tonya is the Nursing Coordinator at Oak Hill. She is also a C.N.A. and has been at Oak Hill for 4 years.

She has lived in New Athens for five years and her home town is Chester. Tonya was married in October to Pete. She has two boys, Trevor, 20 and Ethan, 11.

In her spare time, Tonya loves to shop and spend time with her family. She says she doesn't have many hobbies because she is always willing to work and has been that way her whole life.

A most memorable moment at Oak Hill, before being chosen for Employee of the Year, was being hired for the Nursing Coordinator position. A most embarrassing moment was when she dressed up like a chicken for Halloween.

As for achievements, Tonya says having her children is her greatest achievement, "My children are a gift. They remind me of what is important in life." Another achievement is maintaining her career, family and school all at the same time.

Wessel-Pistor Award 2017

We had a great group of nominees for this year's award.

- | | |
|-------------------|-------------------|
| Keving Alexander | Carol Marquart |
| Faith Bertram | Glenda Schreder |
| Dylan Dungan | Angie Staub |
| Linda Grahlherrer | Alicia Suemnicht |
| Mary Headrick | Wendy Slater-Wall |

Criteria for being nominated:

Employee must demonstrate a caring, respectful attitude toward residents, family members and fellow staff and candidates should perform beyond the expectations of the job, which exemplifies the facility's philosophy of "Service and Devotion to Mankind."



From left to right: Angie Staub, Faith Bertram, Mary Headrick, Kevin Alexander, Wendy Slater-Wall, Alicia Suemnicht, and Carol Marquart.

And the winner is...

Carol Marquart, C.N.A.

(Pictured receiving a cash award from Kim Keckritz, Administrator)



Carol is devoted to providing the utmost quality of care for her residents by treating them with dignity and respect. By becoming familiar with her resident's interests, Carol is able to engage her residents in conversation while providing care. She goes out of her way to provide the little things to make her residents feel more at home. She helps bring residents to activities and even tries to help residents that are not on her hall. She always lends a ear to family members when they have questions about their loved one. Providing care to the elderly population is all about attitude and approach and Carol certainly possesses the qualifications to be nominated for this prestigious award.

Other nominations for Wessel-Pistor 2017

Kevin Alexander – C.N.A

Kevin is a very caring, patient and kind employee. He goes out of the way to help people and get things done right.

Faith Bertram – SLF L.P.N.

Faith is much more than a nurse. She helps with anyone or anything who needs help. She has a good nature and is one of the best people that helps us. She is always going beyond her duties to help. She assists in the dining room. She is a jack of all trades and will do anything when called to assist. She is the first person most folks talk to. She will offer suggestions when questions are posed to her. Most Deserving!

Dylan Dungan – C.N.A

He is very helpful to ALL the patients in the hallway that he is assigned to. He is always very good to everyone all the time.

Linda Grahlherr – Whispering Pines LPN

Linda goes above & beyond to comfort the residents. She is kind & caring and makes me feel better

Mary Headrich – L.P.N.

Mary is always kind & caring to her residents. She tries her best to make them more comfortable & always has a smile for everyone. A true asset to the Oak Hill team.

Glenda Schreder – C.N.A

GlendaWOW.....you are an amazing caregiver! You go above & beyond the requirement of giving the most comfort possible to your patients. Always a smile & hugs for struggling family members who are dealing with extremely sad situations with their loved ones! You are a true angel to Whispering Pines.

Angie Staub – C.N.A

From the day my mom moved into Arbor Court, Angie has been her caregiver. She ensures that my mom's needs are met daily. When caring for my mom, she does so with compassion. More

recently my mom's functioning has been declining and Angie comes in with her easy-going voice and never makes my mom feel ashamed. Furthermore, she is constantly present and works tirelessly to attend to her needs quickly, so she is never kept waiting. She helps my mom maintain her dignity through these difficult times. She soothes my mom when she is sad and sidetracks her when she is upset. My mom is always excited to see her. Angie realizes that patients are someone's parents, and she treats each one with respect and empathy, as if they were her own family members. I believe that sets her apart from other staff members.

Alicia Suemnicht – Dietary Aide

Alicia is a very caring employee who truly enjoys working with the residents. She enjoys listening to them about their past, and their families. She goes out of her way to encourage them to eat and drink, and offers them more foods, snacks, etc. She is kind and giving with them. She has great attendance, and has encouraged her friends to work at Oak Hill. She deserves this recognition.

Wendy Slater-Wall – Magnolia Activities

Wendy goes above and beyond for the resident's on Magnolia Terrace. She always has their best interest in mind at all times and will do whatever it takes to make their days brighter. Whenever there is an activity that Wendy is leading, I know there is going to be a room full of excited residents ready to see the next crazy thing she has come up with, including exercise! Wendy is committed to Magnolia Terrace and is always thinking of what she can try next. She is always working, even on her days off. Her caring attitude is shown to everyone she comes across-residents, co-workers, families, volunteers, entertainers, etc. She is one of a kind!

Congratulations to all our nominees and winner, Carol Marquart!



Employee Anniversaries

- Faith Bertram ★ 13 years
- Annette DeBourge ★ 11 years
- Susan Cole ★ 11 years
- Debra Carrico ★ 05 years
- Cherie Horschman ★ 04 years
- Matthew Lepp ★ 03 years
- Donna Kujawa ★ 03 years
- Jennifer Forshee ★ 01 year
- Elizabeth Bourgeois ★ 01 year

Employees Residents

- 02 Jennifer Morgan
- 04 May Natoli
- 08 Jamie Whaley
- 15 Alexandra Kueker
- 19 Mikayla VanVeghel
- 21 Barbara Brooks
- 21 Christina Swistak
- 27 Deborah Smith
- 30 Judy Lancaster

- 02 Novella Arms
- 04 Kenneth Lieb
- 08 Leona Moskop
- 09 Joan Roush
- 15 Rita Walsh
- 16 Betty Zimmermann
- 17 Helen Werling
- 19 Helen Graham
- 20 Wilbert Gummersheimer
- 26 Edna Probst
- 28 Gerda Gleich
- 30 Gladys Bequette
- 31 Mary Clark

Birthday Parties

- Magnolia Terrace 01/11
- Arbor Court 01/12

Welcome to Oak Hill
(New Employees)

- **Ashley Ehrhard – Dietary Aide**
- **Sammi Casey – C.N.A.**
- **Jamie Salger – C.N.A.**

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

Congratulations to Denise Gross on her December 14th retirement. Denise has worked at Oak Hill in the therapy department for 25 years! She is pictured at a farewell party hosted at Oak Hill.





Employee of the Month

Leah Farris

HR / Accounts Payable



December
2017

- Always willing to go above and beyond.
- Patient even when things are stressful.
- Reliable and always willing to help where she can
- Came in on her day off to make sure staff got paychecks before Thanksgiving.
- Very thorough and efficient in her work.
- Dependable.

Leah has been at Oak Hill for one year in Payroll/Accounts Payable/HR.

She lives in a log home in Columbia with her husband, Chuck and their daughter, Ashlyn. They also have a 29½ year old Tennessee Walking Horse named Jake and a cat named Kitten.

Leah and Chuck have been married 26 years, together almost 30. They met during Leah's first semester of college. Chuck is a lineman for J.F. Electric. Their daughter, Ashlyn is 19 and in her second year of nursing school at SIUE. They have a 22 year old son, Charles, who is in his second year of his lineman apprenticeship for J.F. Electric. He just became a daddy on November 22nd to a baby

girl, Zoey, 9lbs, 2oz, and 21 ½ inches long. She has big feet like her daddy. Some of Leah's hobbies are, seeing her new grandbaby, family, animals, and scrapbooking on occasion.

When asked about a most memorable moment at Oak Hill, Leah said, "Who can ever forget turkey bowling."

And a most embarrassing moment, "When you realize you know the characters on *The Bold and the Beautiful* and that Bill is the father of his grandson." Note: *The Bold and the Beautiful* is on during Leah's lunch break.

As for achievements, Leah says, "It's always a good day when direct deposits go in like they should and I don't have any payroll checks to correct on pay check runs."

Other nominations for December Employee of the Month

Melissa Todd (Housekeeping) – Always helping everyone, even if they do not ask. Worked really hard on the opening day of Evergreen Pointe and made everything look beautiful.

April Cadwell (Dietary) – Goes above and beyond for Oak Hill's dietary department. She is eager and willing to help whenever she's needed. Always has a smile on her face. Great addition to the Oak Hill family.

David Zimmerman (Housekeeping) – The Magnolia Terrace residents love David. He's a good, friendly employee who does extras when not asked.

Amie Frye (Health information) – Always smiling, positive and helpful. Always finds solutions to concerns in a positive way.

John Frierdich (Gardener) – Did a good job straightening up the gardens this spring. There was a lot to be done. Many residents and guests have commented on the gardens. During a Magnolia Terrace resident council meeting, a resident asked if the walking trail could be cleaned, John was out the next day cleaning it off.

Sara Decker (CNA) – Gets along well with others. Good with residents and always willing to lend a hand.



Fun facts about Leah

Favorite Foods - Grandma's chicken and dumplings and fried okra.

Person in History to Meet - Abraham Lincoln, I've always been fascinated with Lincoln.

Favorite TV Show - *Walking Dead*

Favorite Sport - Football and softball when my kids played. Professional sports: football

Favorite Song/Band - I like all kinds of music from bluegrass to hard rock. A couple of my favorites are: 80's, Def Leppard, and Fool in the Photograph

Favorite Movies - *The Notebook*, *Secretariat*, and *Seabiscuit*

Best Childhood Memory – Spending time at Grandma's house in the summer. To this day I still like to hang my sheets outside to dry because the smell reminds me of Grandma's house.

Where Would You Travel – Rome, because of the history and architecture.

Would use 50 millions dollars to - Take care of my family and donate to good causes and those in need.

Staff News

Congratulations Leah!



Congratulations to Leah Farris on the arrival of her first grandbaby, Zoey who was born at 11:42pm November 22nd. She weighed 9 lbs 2oz. and was 21 1/2 inches long. Mom says Zoey has her daddy's big feet. She was less than 2 hours old in this picture and was wide awake and looking around.

Congratulations Angel!

Angel Hill graduated from LPN school and will be working as a night nurse here at Oak Hill.

With Deepest Sympathy

Our heartfelt sympathy goes out to Diana Karsten on the passing of her brother.

Wishing you peace to bring comfort, courage to face the days ahead and loving memories to forever hold in your heart.

2018 Spirit Committee Nominees

The 2018 Spirit Committee Nominees are:

April Caldwell	Janell Johanning
Brook Cowell	Darlene King
Mike Deptula	Glenda Schreder
Leah Farris	Alicia Suemnicht
Kathy Goodman	Melissa Todd
Tonya Hahn	Felicia Williams
Meredith Hooten	

The first meeting will be held on January 23rd at 2:30 in the conference room. Members will discuss and plan various events throughout the year.

Twelve Days of Christmas Winners

Day 1 Mini Fridge—Cherry Cummings and \$50.00 Cash—Juliet Wilson

Day 2 Harry & David Treat Basket—Alicia Suemnicht and \$25.00 Cash—April Caldwell

Day 3 \$25.00 Applebee's Gift Card—Justin Fausz and Karaoke Microphone—Amie Frye

Day 4 Drone—Leah Farris and \$50.00 Cash—Eileen Boxx

Day 5 Stainless Steel Trashcan, 3pc Set—Glenda Schreder and \$25.00 Cash—Michelle Murphy

Day 6 Rolling Under-Seat Suitcase—Christine Kohler and \$30.00 Lily's Nails Gift Card—Kaitlin Shackelford

Day 7 Spinner Suitcase—Rita Biffar and \$50.00 Cash—Savanna Zeiger

Day 8 \$30.00 Gallagher's Gift Card—Matthew Schwalbert and Tower of Treats—Tammie Davis

Day 9 Phone Sound Bowl & Charger—Debra Carrico and \$25.00 Cash—Laura Seidel

Twelve Days of Christmas Continued

Day 10 Tactical Flashlight—Jessica Stull and Quirkle Game—Brooke Smith

Day 11 Tower of Treats—Becky Heusohn and Snowman Cookie Jar with a Variety of Cookie Mixes—Stephanie Henke

Day 12 Basket of Goodies—Judy Rabbermann and Google Home Mini—Dawn Shields

Employee Open House Winners

Winner of TV ❄️ Ashley Keeney

Game 1 Winners ❄️ Helen Goedecke—Two-person Canopy Swing

Maria Webb and Lisa Pautler ❄️ “Let It Snow” Towel Set.

Game 2 Winners ❄️ Jennifer Morgan—\$50.00 Cash

Mary Headrick and Diana Karsten—Ozark Trail Tumbler

Game 3 Winners ❄️ Mark Warren—Zero Gravity recliner

Debbie Smith and Brook Cowell—Ghirardelli Holiday Chocolates

Game 4 Winners ❄️ Lydia Mehring—Keurig and 40 K-Cup Pods

Carla Deterding and Vicki Ponder—Mason Jar Cookie Mix

Game 5 Winners ❄️ Alicia Suemnicht—22-Piece Pyrex Set

Theresa Russo and Carol Marquart—Cookie Skillet

Game 6 Winners ❄️ Julia Olszewski—Pioneer Women 14-Piece Cutlery Set and Susan Cole—\$25 Cash

Rhonda Hooten—Christmas Container with Hershey’s Kisses

Attendance prizes were drawn throughout the day. Congratulations to our winners.



Employee of the Year Nominees (L to R): Leah Farris, Dawn Vogt, Marah Donjon, Tanya Hahn, Faith Bertram, Carol Nash, Megan Weber, Wendy Slater-Wall, Theresa Russo, and (kneeling) Meredith Hooten



Having fun at the Employee Open House are (L to R): Jennifer Morgan, Brook Cowell, Christy Brinkmann, and Tammy Moll



Posing with Santa and Mrs. Claus are (L to R) Amanda Hermann, Miranda Stewart, and Marah Donjon

Below: Dawn Vogt



Diane Seidel and Marilyn Brinkmann pictured celebrating the holiday.



Taking a look back...

Our resident enjoyed the Trim-A-Tree event, big thanks goes out to the Bud light Brass Band and Lucy for entertaining our residents and guests for the evening!

December brought many days and nights filled with Christmas cheer as many volunteer groups from local churches and schools caroled through the halls. Many students from the local grade schools delivered adorable, colored Christmas cards! We have quite the artists in town!

Residents took a bus tour through the Way of Lights in Belleville at Our Lady of the Snows Shrine, then were in "awe" seeing all the beautiful Christmas lights displayed on the homes of Waterloo.

Thank you to all of you who joined in the Christmas celebration at our Arbor Court Christmas Party! Thank you to Tom and Forrest for providing musical entertainment after dinner!

Arbor Court Kitchen Talk

Many residents enjoyed a Christmas breakfast held in the activity room. Residents got to smell, watch, and taste the sensational blueberry, chocolate, and plain pancakes prepared right in front of them! The activity department made sure to make plenty of pancakes for our caring nursing staff. Thank you to all those who helped the residents

down to the Christmas Breakfast program. Afterwards, we all enjoyed watching White Christmas. Pancakes and a Christmas movie started our day off right!

I look forward to continuing our "Kitchen Talk" program into the New Year. Residents will have the chance to discuss recipes amongst each other, then come together to cook or bake whatever it is they have decided to make for the month!

Dairy Queen lunch is on the way in January! Activity staff will be knocking on your doors to take your order for a Dairy Queen Lunch box special. This made possible by multiple families' generosity to donate a "DQ meal night"! Words can't express how thankful we are to be a part of a generous, loving community who always keep our seniors in your hearts! Stay tuned for more information to follow!

Resident Council News

Our Resident Council hosted a fun holiday party for all the residents here at Oak Hill. They requested Elizabeth LaKamp to be their musical entertainer! She sure did put on a show for us! We look forward to seeing her again in the New Year!

If you want to be a part of a fun group that hosts parties and talks about what is happening at Arbor Court, join the Resident Council! We want to hear from you! Resident Council is held every 4th Wednesday of the month at 2:00. Let us know how we can make your home better!



Test Your Brain...

Weekend trivia packets can be found at the front reception desk Friday thru Sunday, they also can be found at the Arbor Court Nurses station! Give your brain a little workout as you complete word searches, unscramble words, Sudoku puzzles, and trivia questions! Your ideas are welcome if you have fun suggestions for what can be added to the packets.

Together We Read ...

Little ones from St. Paul United Church of Christ will be coming over to read to our residents Saturday, January 20th! Our residents truly enjoy their time with you! It's always nice when we can come together, no matter the age, to read a book, magazine, or a newspaper!

If you or another group would like to come read with our residents please feel welcome to! You can leave a message with Brook by calling Oak Hill 939- 3488 ext. 1130.

Did you know?

The Arbor Court activity room is available to you for personal use throughout the week and weekend! When there isn't an activity scheduled on the calendar, please feel welcome to come in to work on a puzzle, play cards with family members or residents, scan through a newspaper or magazine, complete word searches, watch TV or a movie, or even show your artistic side by coloring! We are so blessed by the community to have these resources to provide to you.

We LOVE your HELP!

Manicure Mondays are scheduled the following dates:

Monday, January 8th at 10:00 A.M.

Monday, January 22nd at 10:00 A.M.

Our ladies enjoy listening to relaxing music and catching up on all the latest gossip, while getting a fresh coat of paint on their nails. We could use some extra hands to help paint nails during this time. At times the line for nails can be out the door!

A BIG THANK YOU goes out to local high school students who have stepped up to volunteer their time throughout the month of December. Since October, the S.H.O.W (Students Helping Out Waterloo) program from WHS has been spending one day a month with us bowling or playing bingo after school. We're thankful for this relationship that has been built and are looking forward to all the fun we have planned for our residents in the New Year!

To EVERYONE who volunteers throughout the week to host a church service, bingo programs, card lotto programs, birthday parties, and so much more thanks a million! We appreciate all of you who continue to volunteer your time with us at Oak Hill.

Let's Paint!

The activity department is looking to build up their art appreciation program for our residents. We are looking for donations of wooden paint easels, so residents can continue to enjoy painting during their time with us. If you or someone you know is looking to upgrade their paint easel, we will gratefully enjoy having the one you may not use anymore!



Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.

-Plato

Thank you to all of our entertainers who have performed

beautiful music this past year for our residents! We love the weeks filled with a variety of musicians! Thank you to those who have booked shows with us already for the New Year! We look forward to working with you and we are working hard to fill the New Year with talented artists!

The Arbor Court activity staff want the residents to know that we hear you and your requests of musical entertainers. We're excited to bring in new performers throughout the coming year. This will take time, along with trial and error as new performers come into play for the first time. However, we will continue to listen to your feedback. We also are so lucky to have many local talented artists who want to share their love for music with us! Thank you to our "regulars" who have booked shows with us in the New Year!

Check out This Month's Entertainment

- Tuesday, January 2nd: Steve Turnbow
- Wednesday, January 3rd: Elizabeth LaKamp
- Sunday, January 7th: Anointed Praise
- Monday, January 8th: Tommy Tunes
- Tuesday, January 9th: Dave Sheppard
- Thursday, January 11th: Lynn Wellman
- Friday, January 12th: Birthday party -Surprise guest appearance
- Sunday, January 14th: Alan & R.J.
- Wednesday, January 17th: Paul Gibbs
- Thursday, January 18th: Lucy on the piano
- Friday, January 19th: Marijane on the piano
- Monday, January 22nd: Sam Brown
- Tuesday, January 23rd: Deutchmeisters
- Wednesday, January 24th: Joe Powell
- Thursday, January 25th: Forrest

This month's education piece:
What is Recreational Therapy?
Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.



The purpose of the RT process is to improve or maintain physical, cognitive, social, emotional and spiritual functioning in order to facilitate full participation in life. Services are provided or directly supervised by a "Certified Therapeutic Recreation Specialist" (CTRS).

Recreational therapy includes, but is not limited to, providing treatment services and recreation activities to individuals using a variety of techniques including arts and crafts, animals, sports, games, dance and movement, drama, music, and community outings. Recreational therapists treat and help maintain the physical, mental, and emotional well-being of their clients by seeking to reduce depression, stress, and anxiety; recover basic motor functioning and reasoning abilities; build confidence; and help them socialize effectively.



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

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

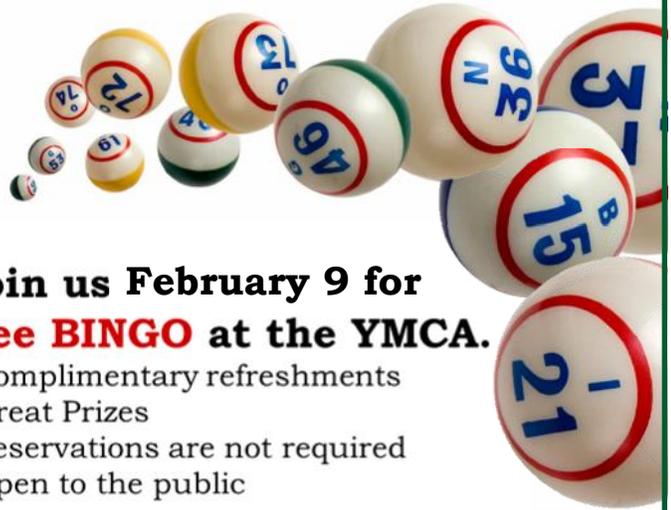
Tournaments are held on the last Monday of the month except the months with an asterisk.



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We have the most fun in senior living

Magnolia Terrace
Senior Living Apartments



**Join us February 9 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

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



WELCOME to *Magnolia Terrace*
✿ Shirley Lieb

Last Month's Recap in a Snap

December was a busy month, stuffed with holiday cheer. We started December trimming the tree - carols, cocoa and pictures with Santa and Mrs. Claus filled the evening. Our halls are also decorated with pinecone elves, foam reindeer, snowmen and Santas made by the residents. We had a "Blue Christmas" starring Elvis at our annual family Christmas party. Great food, family, and dancing made it not-so-blue after all. Residents enjoyed two evenings out when we enjoyed a concert by the Metro Singers in Columbia and the Millstadt Choir at the Zion Evangelical Church. Residents also enjoyed two scenic drives—one through the National Shrine at Our Lady of the Snows and one around Waterloo to see the light displays. The St. Paul UCC harpists, several bands of carolers and a sing-a-long with pianist Rob Callmeyer made this season very merry. And, of course, we stuffed ourselves with free ice cream during our 12 Days of Christmas.

Pictured: Rhenelda and Bob celebrated at the December birthday party. Everyone who participated in the games won a cute elf (shown).

Game Winners

Reindeer Races

Dot M had an amazing run with her reindeer, Cupid, taking home \$2.00 in gift shop coupons. Ruby, Emma and Arline took home seven wins with Prancer. Rhenelda and Maude had 5 wins with Blitzen. Marie, Tom and Lucy threatened Comet with the glue factory which got them 3 wins while Joe, Lucille, Don, and Butch cheered on their reindeer for 2 wins. Now, the reindeer are all too tired to pull Santa's sleigh. Sorry kids!

Jingle Bell Toss

Maude	13
Catherine	11
Lucille	10
Joseph	10

Wii High Scores

Don	203
Rhenelda	200
Maude	198
Arn	195
Tom	187
Dot	172
Joseph	168
Ruby	150



Upcoming Events

Mon. 1/1 2:00pm Music with Dave Shepherd

Thurs. 1/4 1:30pm Bean Bags

Sat. 1/6 9:15am Paraffin Wax -Come dip your hands and elbows (optional) in warm wax. It's fun, you'll feel smooth all day, and it's good for arthritis.

Sat. 1/6 9:15am. Mini Massages - Only 15 spots available so sign up today. Sign up sheet on cereal bar.

Sat. 1/6 Eppinger Foundation Presents Pianist Zack Swain @ St. Paul's UCC Church in Columbia. This is a free concert. Sign up sheet is at cereal bar. Bus leaves at 6:15pm.

Mon. 1/8 2:00pm Music with Morgan Ladyman

Thurs. 1/11 1:30pm Birthday Party. Celebrate the birthdays of Novella A., Helen W., Helen G., and Gladys B.

Mon. 1/15 10:15am Dollar Tree

Mon. 1/15 2:00pm Music with Terry Robberson "The Singing Cowboy"

Thurs. 1/18 9:15am Resident Council Meeting. Let your concerns and ideas be heard. Representatives from maintenance, dietary, and housekeeping will be in attendance.

Thurs. 1/18 1:30 Brain Games. Test your mind with these fun thinking games.

Sun. 1/21 St. Paul's Concert Series presents vocalists Mark Parker and Shannon O'Heron singing songs from many genres. This is a free will offering concert. Sign-up sheets are on the cereal bar. Bus will leave at 1:15pm.

Mon. 1/22 1:30pm Snowman Races

Wed. 1/24 2:00pm Music with the Silver Belles

Thurs. 1/25 1:30pm Washers

Fri. 1/26 6:30pm Owl Talk with Mark Glenshaw—Spend the evening with a Forest Park amateur naturalist and learn about owl mating and owlets.

Mon. 1/29 2:00pm Music with Alan & RJ

Thank You

Thank you for all the good help that fixed a very good Christmas party. A lot of people helped and they did a good job.

*Thanks again,
Beverly Hirstein*

Whispering Pines News

M

HELD IN CEDAR DINING ROOM

Monday, January 8th *2:30 pm*
Forrest Bevineau, the "Singing Sheriff"

U

Thursday, January 11th *2:30 pm*
Tommy Tunes

S

Monday, January 15th *2:30 pm*
Pearl Hirsch-Accordion/Keyboard

I

Saturday, January 20th *2:00 pm*
Lynn "The Piano Man" Wellman

C

Monday, January 22nd *2:30 pm*
Terry Roberson, the Singing Cowboy



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, January 25th, in the classroom at Oak Hill, from 7 pm to 9 pm. The speaker will be Monica Vasquez, MA, QIDP, from Human Support Services. Monica will be speaking on the Savvy Caregiver program that she will be teaching to those who provide care to individuals with dementia. The Savvy Caregiver Program is a unique approach to family caregiver education. The program offers ideas gathered from many disciplines and sources. Throughout the series caregivers are urged to learn, develop and modify approaches they can use to lessen their own stress and improve their particular caregiver situation.

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*



The staff of Whispering Pines would like to thank our families for their kind generosity and thoughtfulness during the holiday season. The candy, popcorn, cookies, cheese and meat trays, food items and other gifts were greatly appreciated! Thank you so very much for thinking of us at this time of year.

Staff Complete Alzheimer Education Classes Alzheimer's Education for Employees

Oak Hill staff have completed courses through HC Interactive, an online Alzheimer's education program approved by the Alzheimer's Association. This education has been made possible through a generous grant from the Monroe County 708 Mental Health Board.

Staff who work on Whispering Pines are required to have 12 hours of Alzheimer's education upon hire and then annually per regulations. Other staff who work on WP are required to have 4 hours of Alzheimer's education when working on WP.

All Oak Hill staff have been given the opportunity to increase their knowledge about Alzheimer's and dementia through these online classes. The following classes are offered: Dementia Basics, Dementia-Related Behavior, End-of-life Dementia Care, Dementia Advanced Care and Activities of Daily Living. Activities of Daily Living include bathing, dressing, grooming, eating, oral care, recognizing and managing pain, using the bathroom, and mobility, transferring and positioning.

The following staff have completed online courses in December:

Kayla Adkins	Meadow Hood
Kevin Alexander	Darlene King
Sara Decker	Erika King
Kathy Goodman	Donna Kujawa
Madison Gotto	Valerie Millang
Tonya Hahn	Geralyn Pearce
Jardanna Harris	Miranda Pepper
Amanda Herrman	

See Julia on Whispering Pines to complete on-line Alzheimer education classes at home **OR** here at Oak Hill on one of our computers if you don't have one at home.

Did you know that over 50% of residents in long-term care settings have a diagnosis of Alzheimer's or dementia? That means that everyone who works at Oak Hill either works with or knows someone with dementia.

These classes can help **ANY** employee become a better caregiver by learning more about this disease.

You can earn up to 29 hours of extra pay by completing this Alzheimer training. You can complete it over the next few months and receive pay.

Hereditary and Alzheimer's: A Discussion

By Ava M. Stinnett

Today, 1 in 10 people aged 65 and older has Alzheimer's dementia—a progressive disease that affects a person's memory, thinking, and movement. There are approximately 47 million people worldwide with Alzheimer's or other dementias, and the number of people living with Alzheimer's is growing. With the disease affecting more families—physically, emotionally, and financially—it's natural to wonder if Alzheimer's is hereditary.

Alzheimer's is not typically hereditary, meaning that the majority of cases are not caused by the genes received from one's parents. There are, however, two types of genes that can play a role in affecting whether a person develops a disease: risk genes and deterministic genes. Risk genes increase the likelihood of developing a disease but do not guarantee it will happen. Deterministic genes directly cause a disease, guaranteeing that anyone who inherits them will develop the disorder. When Alzheimer's disease is caused by deterministic

variations, it is called “familial Alzheimer’s disease,” with many family members in multiple generations being affected. True familial Alzheimer’s disease accounts for less than one percent of cases worldwide. (Alzheimer Europe, 2014) It’s important to keep in mind that Alzheimer’s is common in the elderly, so it is not unusual for two or more family members to have it. In fact, according to the Alzheimer’s Association, “The greatest known risk factor for Alzheimer’s is advancing age. Most individuals with the disease are age 65 or older. The likelihood of developing Alzheimer’s doubles about every five years after age 65. After age 85, the risk reaches nearly 50 percent.” (Alzheimer’s Association, 2017) While we can’t change our family history or age, we may be able to influence other risk factors through lifestyle and management of other health conditions. These factors include head trauma and heart and vascular conditions.

Head trauma. Researchers believe that a person who has had a serious head injury, such as from a motor vehicle or sports accident, may be at greater risk of developing Alzheimer’s disease, especially when trauma occurs repeatedly or involves loss of consciousness. Using seat belts and wearing a helmet when participating in sports like football, ice hockey, baseball, or boxing are important preventive measures.

Heart and vascular conditions. Growing evidence, including studies from donated brain tissue, links brain health to heart health. Heart and vascular conditions—from high blood pressure, stroke, diabetes, heart disease, and high cholesterol—may increase the chances of developing Alzheimer’s disease. These studies suggest that plaques and tangles are more

likely to cause Alzheimer’s symptoms if strokes or damage to the brain’s blood vessels are also present. Working with your doctor to monitor your heart health and treat any problems that arise is crucial to maintaining good heart health. Other lines of evidence suggest that strategies for overall healthy aging, including maintaining an ideal weight, avoiding alcohol and tobacco, staying socially connected, and exercising your body and mind, may help keep your brain as well as your body fit.

Sources

Alzheimer Europe. (2014, November 14). Is Alzheimer’s disease hereditary? Retrieved from <http://www.alzheimer-europe.org/Dementia/Alzheimer-s-disease/Is-Alzheimer-s-disease-hereditary>

National Institute on Aging. (2017, May 16). What happens to the brain in Alzheimer’s disease? Retrieved from <https://www.nia.nih.gov/health/what-happens-brain-alzheimers-disease>



*May the dawn of this New Year
fill your heart with new hopes,
open up new horizons,
and bring for you
promises of brighter tomorrows.
Have a wonderful year ahead.
Happy New Year!*