

# Oak Hill Insider

- News and events at Oak Hill -

November 2018 • Volume 123  
Administrator Kim Keckritz



**Thank you to our veterans!**

*“Valor is stability, not of legs and arms, but of courage and the soul”*

*~ John F. Kennedy*

## UPCOMING EVENTS

**November is National Alzheimer’s Disease Awareness Month**

**11/7 Veterans Program for Veterans and Their Family 6:30 P.M.**

**11/9 BINGO at the YMCA sponsored by Magnolia Terrace 1:00 P.M.**

**Held every month: 12/14, 1/11, 2/8, 3/8, 4/12, 5/10**

**11/15 Wear purple**

**11/20 Turkey Bowling**

**11/26 Last day to vote for Wessel-Pistor**

**11/26 Klopper Tournament at Magnolia Terrace\* 6:30 P.M. (Costs \$5)**

**Held every month: 12/17, 1/28, 2/25, 3/25, 4/29, 5/20**

**11/30 Wessel-Pistor Winner Announced**

**12/3 Trim-a-tree**

**12/4 Whispering Pines Family Christmas Party\***

**12/6 Twelve Days of Christmas Begins**

**12/8 Employee Christmas Party\***

**12/9 Magnolia Terrace Family Christmas Party\***

**12/11 Arbor Court Family Christmas Party\***

**12/20 Evergreen Pointe Christmas Party\***

**\*Please RSVP**



Oak Hill

**5-STAR RATED**



*Arbor Court*

Skilled Nursing

pg.9

*Evergreen Pointe*

Transitional Care

*Magnolia Terrace*

Supportive Living

pg.14

*Whispering Pines*

Memory Care

pg.17

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.

William Arthur Ward

Happy

Thanksgiving!



## *A Letter from the Administrator, Kim Keckritz*

*Dear Residents, Staff and Families,*

### **We Need Your Help**

We are always looking for compassionate and caring staff to join our team. If you know of someone who you think would be great, please ask them to apply at Oak Hill. For those interested in a nursing career, we will help them get started and provide the support needed to obtain the necessary education and training. We have recently made a recruitment video to attract new staff to let them know what Oak Hill is all about. Please take a look at this excellent video on our website at [oakhillmonroecounty.com](http://oakhillmonroecounty.com) Please go to the career tab at the bottom of the page to view the video.

### **UNDER CONSTRUCTION**

The Maple Hall renovation is underway! You may have noticed the work that has been done to the exterior of the building that will be our new sunroom. This area will be available for all residents and their families and friends on Arbor Court to enjoy. This sunroom looks directly out into the beautiful Evergreen Pointe courtyard. The two rooms that were previously resident rooms that will lead to the sunroom are under renovation as we work on a new living room space. As you know, the living room near the Arbor Court nurses' station can become quite congested, especially right before meal times. This new area will provide another space to visit and the new sunroom will allow you to feel like you are outside without having to brave the elements. I am sure this will become a favorite sitting and visiting area.

This new area is made possible by funding from the Memorial Endowment Association. Monies donated to the Memorial Endowment Association are used for projects that directly benefit the residents at Oak Hill. If you are interested in contributing to this tax deductible fund, please see Kim Keckritz.

### **MEN AT WORK**

I am sure you have seen the work that is being done to our sprinkler system. Our current sprinkler system has experienced some corrosion in the pipes that must be flushed out. This project is expected to be completed by the end of the year. In 2019, we may replace some of this piping which will mean that you will continue to see people with their heads in the ceiling. We appreciate your patience and understanding as we strive to provide the best services and environment to those who live and work at Oak Hill.

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#### **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.



## *Our Veterans*

William Koenigstein  
Navy



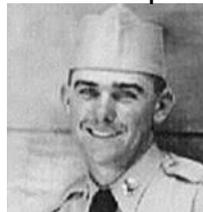
Robert Brown  
Air Force



Tom Shaner  
Navy



Joseph Eschmann  
Army



Clarence Qualls  
Army



William Gallagher  
Navy



Charles Stripe  
Navy



Wilbur Gummersheimer  
Army



Jack Taylor  
Air Force



Floyd Hays  
Navy



George Tuttle  
Army



David Cleveland, Navy  
William Forrester, Army  
Owen Masterson, Navy  
Wayne Moallankamp, Army  
Wendy Slater-Wall, Air Force  
Bruce Soehnlín, Army

*Thank  
you for  
your  
service*

Oak Hill veterans and their family  
and friends are invited to a

# **VETERAN'S DAY** *Celebration*

**Wednesday, November 7th**

Oak Hill

6:30 pm

Refreshments following program

*Honoring Our Veterans*  
**2018**



### Employee Anniversaries

Lonnie Esker ★ 14 years  
Judy Lancaster ★ 13 years

Ashley Keeney ★ 13 years  
Kelli Monroe ★ 10 years  
Karen Monterusso ★ 9 years  
Kevin Alexander ★ 4 years  
Megan Weber ★ 4 years  
Savanna Zeiger ★ 4 years  
JoAnn Drummond ★ 2 years  
Tammy Moll ★ 1 year

### Looking Back...

On November 28, 1979, MCCRC held its 3rd Annual Harvest Dance. Pearl Hirsch was the entertainment and the Harvest King and Queen were Lloyd Mavers & Lilly Cording.

### Employees

1 Logan Jackson  
3 Suzanne Roberts  
4 Robin Stulce  
5 Stephanie Henke  
5 Mary Bark  
5 Elise Hotchkiss  
9 Camille Mudd  
10 Wayne Moallankamp  
12 Maria Webb  
13 Rachel Giffhorn  
15 Briana Stewart  
20 Susan Jenkins  
21 Kaitlin Shackelford  
22 Diane Seidel  
23 Lynn Schmidt  
24 Judy Kohler  
24 JoAnn Drummond  
25 Sherri Boles  
27 Kim Keckritz  
28 Susan Leinicke  
29 Savanna Zeiger

### Residents

3 Helen Rey  
4 Robert Mertens  
11 Marjorie Bottiaux  
16 Rosalia Krewer  
19 Catherine Kutterer  
25 Tom Shaner  
25 Linda Gozdecki  
30 Marilee Johnson



### Birthday Parties

Magnolia Terrace 11/15  
Arbor Court 11/9

## **Welcome to Oak Hill**

### **(New Employees)**

- *Brittney Harget, C.N.A.*
- *Jessica Lutker, R.N.*
- *Megan Barnes, C.N.A.*
- *Mary Grimm, Housekeeping*
- *Maxwell Heinen, Dietary*
- *Mitchell Heinen, Dietary*
- *Cassandra Mackin, C.N.A. Pending*
- *Hannah Marquardt, Dietary*
- *Kimberly Ross, Housekeeping*
- *Piper Hammonds, Dietary*
- *Spencer Breeding, C.N.A.*
- *Gerrick Harris, C.N.A.*
- *Brenda Harry, L.P.N.*
- *Corinna Hipp, R.N.*
- *Wendy Lahai, C.N.A.*
- *Bernita Maurer, Dietary*
- *Jami Nowak, Cook*
- *Emma McCarthy, Staff Development*

## **Welcome Emma McCarthy Staff Development Coordinator**

Hello Everyone! My name is Emma McCarthy. I live in Red Bud with my husband, Nathan; and two children, Lucas (9 y/o) and Brayden (6 y/o). I graduated from SWIC with my Associate's Degree in Nursing in 2012 and my Bachelor's of Science in Nursing from McKendree University in 2014. My family and I enjoy camping and spending time with family and friends on the weekends. Both of our boys are very active in sports so we are always on the go! They are currently in the middle of football season and both teams are doing very well! I decided to work at Oak Hill because I have always heard of what a nice place it is not only to work, but for the residents to live or stay. I never thought that geriatrics is where my nursing career would lead me. This generation, however has done so much in their lifetime that I believe it is an honor and a privilege to ensure they are given the best care possible. I look forward to meeting all of you and starting my journey here at Oak Hill. Feel free to drop in anytime!

*Emma  
McCarthy*





## Employee of the Month

**Debbie Smith**  
*Registered Nurse*

*Debbie is a very good nurse. She is very good to the C.N.A.s who are on her hall and is thorough in her work. Families love her. She's organized and keeps her hall staff on task. Has excellent assessment skills and is very knowledgeable. Debbie is always willing to stay over to help when needed. She is a great team player, great nurse, and great with families. Takes great care of my family. Has great communication and is very reassuring. Pays great attention to detail and is always accurate with orders and great at documenting. Goes above and beyond. Dependable. Makes sure family is aware of what is going on.*

Deb has been an R.N./floor nurse at Oak Hill for 5 years. She lives in Valmeyer with her husband, Bob. They have four children, Brian, Becky, Mike, and Eric and two grandchildren, Luke and Kristin.

In her spare time, Deb likes to walk, hike, bike, read, and do word searches.

Her most memorable moment at Oak Hill was celebrating her 60th birthday.

Receiving the award for Employee of the Month is her most embarrassing moment at Oak Hill.

As for achievements, Deb is proud to have put all of her kids through college.

### Other Nominations:

#### John Wallace, Maintenance Director

He's been doing a great job with all the projects going on. Always here working many hours day and night. Puts 100 percent into everything he does. Has a positive attitude.

Anna Jenkins, C.N.A. So sweet and kind. The residents and families enjoy having her. Anna is helpful, patient, and does the best that she can to get all of her work done without complaining. She is a good asset to Oak Hill.

### Chili Cook-off



Congratulations to the 2018 Chili Cook-off winner, Lonnie Esker.

Second place chili was made by Julia Olszewski and third place, Crystal Weber. Thank you to everyone who participated by bringing chili or taste testing and voting.



Congratulations to Kelly Anderson on her marriage to Kyle Rednour.

Our deepest sympathy goes out to Jan Reitz and her family on the loss of Jan's mom, Pat Waterman.

**Dawn Shields, L.P.N.** Excellent nurse. Looks out for the residents needs and is a great team player. Dawn is very sweet and thinks of others around her.

**Wayne Moallankamp, Maintenance** Is committed to being at Oak Hill when needed. This was especially apparent when the sprinkler system leaked. Wayne is a great worker and always dependable. He's very friendly and cares for others.



### Fun facts about Deb

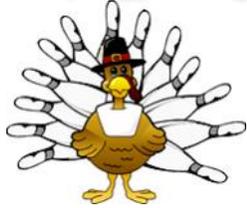
**Favorite Foods** - pizza and chocolate  
**Person in History to Meet** - grandmothers because I never knew them  
**Favorite TV Show** - "American Ninja Warrior"

**Favorite Sport** - gymnastics  
**Favorite Song/Band** - Eagles  
**Favorite Movies** - *Sound of Music*, *Wizard of Oz*, and *Polar Express*  
**Best Childhood Memory** - Growing up on a farm with 7 siblings, mom and dad playing ball with us, and late night BBQs.

**Where Would You Travel** - Vermont to see fall leaves and Holland to see tulips.

**Would use 50 millions dollars to** - vacations, cancer research, leave (money) to children and grand children to enjoy life.

# Turkey Bowling



**Tuesday, November 20th**

**6:45 - 7:05 A.M. & 2:15 - 3:05 P.M.**

**Held in the Back Hallway**

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

# Magnolia Terrace

Senior Living Apartments

## Klopper Tournaments

Held at Magnolia Terrace  
623 Hamacher Street, Waterloo

\$5.00 per person/6 games

1st, 2nd, & 3rd place cash winners

Last place gets their admission fee back!

Complimentary Refreshments



November 26

December 17\*

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

R.S.V.P. to 939-0500 x1459

## Christmas Party Dates



12/3 Trim-a-Tree

12/4 Whispering Pines

12/8 Employee

12/9 Magnolia Terrace

12/11 Arbor Court

12/20 Evergreen Pointe

## FREE BINGO at the YMCA

# Magnolia Terrace

Senior Living Apartments

Open to the public

Complimentary refreshments

Great Prizes

Held at 1:00pm on the following 2018 dates:

November 9 and December

Reservations not required.

You do not have to be a member of the YMCA to attend.

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

*Invitations will be mailed soon.*



## **October Memories**

During the month of October, the cooking club baked a delicious pumpkin bread filled with cream cheese! We made a double batch to share with others throughout the home. You will definitely want to try this recipe! Your guests will LOVE this sweet treat at your holiday gatherings. See the recipe attached!

BINGO is a FAVORITE program of our residents! We thank our local students from Waterloo High School that volunteer once a month to facilitate a bingo program! The ladies from the Maestown Church and U.C.C. never disappoint in hosting their monthly bingo with us. They always bring yummy treats and smiling faces! We also had a family sponsored birthday/ Halloween bingo at the end of the month. It was pretty spooky! If you and your organization want to sponsor a bingo program, please contact Brook for more details! Our residents are voicing they want to play bingo often.

Our October birthday party was a dance party with ELVIS PRESELY! Thank you to the ladies of the VFW Auxiliary organization for sponsoring October. Our residents enjoyed the cookies and punch, along with the gift shop certificates for our birthday folks.

If you need some inspiration in your life, stop by the activity room to see our art wall come to life each week! Residents have been making beautiful and colorful Fall pieces to display for all to see!

Thank you to all our musician entertainers who fill our months with musical bliss! We are able to offer music 3-5x a week!

**November comes  
and November goes,  
with the last red berries  
and the first white snows.**

**With night coming early,  
and dawn coming late,  
and ice in the bucket  
and frost by the gate.**

**The fires burn  
and the kettles sing,  
and earth sinks to rest  
until next spring.**

**- Clyde Watson -**



THANK YOU to all who spent their night with us at our Soup n' Pie supper! We hope you enjoy this evening as much as we do. It's the perfect holiday kickoff party!

### **November News**

As the weather continues getting colder, the activity department wants to remind everyone of all the resources available to you for all your leisure enjoyment!

### **Reading Material**

The ***Belleville News Democrat & St. Louis Post Dispatch*** paper are set out every morning to be shared amongst residents, family, & guest. You can find these papers in the front lobby, the activity room, and in the living room when extras have been provided to us.

***News and Views program*** will be moved inside to the living room. An activity assistant will read the daily news to any resident who wants to hear the most current news.

**Library-** Did you know you have access to any novel located in the living room book shelf? Please ask a staff member if you need assistance going through the books. What will you read this winter?!?

Magazine rack- a variety of magazines are sure to keep your mind busy as you read about all the current fashion trends, cooking recipes, hunting and traveling adventures, garden and home decorating tips, health and exercise tools, etc.

### **Viewing Pleasure**

The television is always on in the living room. Staff will happily change the station for you.

Movies in Green Leaf dining room – Movies can always be turned on for you on the nice size flat screen! A movie is turned on at 10:00 a.m. on Wednesday and Thursday mornings when church service is going on in the activity room. Staff provide Cinema Saturdays; where movies are played at 10:00 a.m. and 2:00 p.m. However, you are welcome to watch a movie anytime except during meal times.

THE BIG SCREEN located in the activity room has the local news channel on every morning from 8 a.m.- 10:00 a.m. The *Game Show Network* is on at 12:00 p.m. - 2:00 p.m. When there is not a scheduled program going on.

Sunday Football—*NFL* football games are turned on at 12:00 p.m. -2:00 p.m. and turned back on at 3:00 p.m. after the Sunday Entertainment. Come cheer on your team before and after lunch and supper! Sundays are made for Faith, family & football!

Our bird aviary is located in the Arbor Court living room and is an area created with a bird collection that provides color, sound, and movement to the residents. Read all about birds in the magazine called ***Birds & Blooms***. You can find the magazine on the magazine rack.



## **Brain Games, Board Games, Exercises & More!**

A variety of board games and decks of cards are always available for you to borrow. They are located on a table in the activity room.

A table has been set up in the living room specifically for you to put puzzles together. We have a variety of different puzzles that you can work on.

Get creative! We have a variety of coloring pages and crayons that you may use anytime!

Keep moving! We have hand cycles available for you to keep building up your arm strength. Let the activity staff know whenever you want us to set it up for you!

Activity packets are created that are filled with Word search puzzles, Sudoku, trivia questions, fun facts, and coloring pages. These packets are set out every Friday afternoon at the nurses' station and front reception desk.

Crochet club meet monthly in the activity room. However, if you want to work on a piece more often, we will happily let you take your yarn and hook to your room.

## **Scheduled Programs**

Check out your monthly activity calendar to remind you of when your favorite activity is taking place! We have activities to meet all your social, cognitive, physical, and leisure needs! If we don't have an activity that interests you, please tell the Activity Director, Brook. I try to fill the calendar with every leisure activity everyone loves; music, bingo, church, exercise, trivia, art, nail care, cooking club, crotchet club, movies, sport games, council meetings, and social gatherings! We really do try our best to have it all!

**RESIDENT COUNCIL MEETING WILL BE WEDNESDAY, NOVEMBER 21<sup>ST</sup> AT 2:00 P.M. IN ACTIVITY ROOM. PLEASE JOIN US FOR OUR SOCIAL AND GET CAUGHT UP WITH YOUR HOME HAPPENINGS.**

**DAIRY QUEEN LUNCH WILL BE CATERED IN TO ARBOR COURT RESIDENTS. ACTIVITY STAFF WILL BE ASKING YOU WHAT YOU'LL LIKE TO ORDER. DATE TBA.**

**OUR ANNUAL VETERANS PROGRAM WILL TAKE PLACE IN THE ACTIVITY ROOM WEDNESDAY, NOVEMBER 7<sup>TH</sup> AT 6:30**

## **VOLUNTEER NEWS**

NOVEMBER BRINGS A COUPLE NEW SMILING FACES AND HELPING HANDS! PLEASE WELCOME OUR VOLUNTEERS AND THANK THEM FOR SOCIALIZING WITH US!

THANK YOU TO THOSE WHO SHARE THEIR LOVE FOR MUSIC WITH US, AND VOLUNTARILY PROVIDE MUSIC TO OUR EARS!

STUDENTS FROM SPPS AND GIBAULT WILL BE BOWLING WITH US MONDAY, NOVEMBER 5<sup>TH</sup>! COME PLAY!

STUDENTS FROM RED BUD ELEMENTARY WILL BE SPENDING THEIR MORNING WITH US FRIDAY, NOVEMBER 9<sup>TH</sup>. THEY WILL JOIN US IN A FUN FITNESS FRIDAY PROGRAM!

STUDENTS FROM WATERLOO HIGH SCHOOL WILL BE SPENDING THEIR AFTERNOON WITH US TO PLAY BINGO WEDNESDAY, NOVEMBER 14<sup>TH</sup>!

PASS THE WORD ONTO YOUR GRANDCHILDREN WHO MAY BE HOME FROM COLLEGE ON FALL BREAK; THEY CAN COMPLETE THEIR SERVICE HOUR PROJECTS WITH US! IT MAY EVEN SPARK THEIR CAREER INTERESTS!

## WHEN MUSIC HITS YOUR BRAIN

### LOVE

Music cause the brain to re-lease dopamine- the same “feel good” chemical surg-ing when we fall in love.

### MOVE

Our brains are hardwired to move to music. Tune in to run farther, swim faster, and bike longer.

### FEEL

Passion for music is physical. Your pupils dilate, your heart beats faster, and your skin gets goosebumps.

### RELAX

Music can lower anxiety, en-courage relaxation, and even lull insomniacs to sleep.

### LEARN

Add rhythm to learn faster. Studies show that learning beat patterns can improve math skills.

### NOVEMBER ARBOR COURT ENTERTAINMENT SCHEDULE

**SUNDAY, NOV. 4<sup>TH</sup>: ANNOINTED PRAISE**  
**TUESDAY, NOV. 6<sup>TH</sup>: GUITAR KARAOKE WITH STEVE**  
**THURSDAY, NOV. 8<sup>TH</sup>: LYNN ON THE PIANO**  
**SUNDAY, NOV. 11<sup>TH</sup>: ALAN & R.J.**  
**MONDAY, NOV. 12<sup>TH</sup>: TOMMY TUNES**  
**TUESDAY, NOV. 13<sup>TH</sup>: DAVE SHEPPARD ON THE GUITAR**  
**THURSDAY, NOV. 15<sup>TH</sup>: LUCY ON THE PIANO**  
**FRIDAY, NOV. 16<sup>TH</sup>: PIANO MUSIC**  
**SUNDAY, NOV. 18<sup>TH</sup>: THE WORTHING 10S GROUP**  
**WEDNESDAY, NOV. 21<sup>ST</sup>; FORREST**  
**FRIDAY, NOV. 23<sup>RD</sup>: COCKTAIL PARTY WITH PEARL**  
**SUNDAY, NOV. 25<sup>TH</sup>: RICH CULLEN**  
**MONDAY, NOV. 26<sup>TH</sup>: PIANO MUSIC**  
**TUESDAY, NOV. 27<sup>TH</sup>: THE DEUTHMEISTERS AT 6:30 P.M.**  
**WEDNESDAY, NOV. 28<sup>TH</sup>: JOE POWELL AT 10:00 A.M.**

### HAPPY BIRTHDAY!

WE WISH A HAPPY BIRTH-  
DAY TO HELEN REY SATUR-  
DAY, NOVEMBER 3<sup>RD</sup>.

WE WISH A HAPPY BIRTH-  
DAY TO ROSALIA KREWER  
FRIDAY, NOVEMBER 16<sup>TH</sup>.

WE WISH A HAPPY BIRTH-  
DAY TO TOM SHANER SUN-  
DAY, NOVEMBER 25<sup>TH</sup>!

WE CELEBRATE THEIR  
BIRTHDAYS TOGETHER FRI-  
DAY, NOVEMBER 9<sup>TH</sup> IN THE  
ACTIVITY ROOM FOR OUR  
MONTHLY BIRTHDAY PARTY!

## CREAM CHEESE FILLED PUMPKIN BREAD



### INGREDIENTS:

#### Cream Cheese Filling

- 1 8 ounce package of cream cheese, softened
- 1/2 cup granulated sugar
- 1 tablespoon all-purpose flour
- 1 egg
- 1 teaspoon vanilla

#### Bread

- 1 2/3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon pumpkin pie spice
- 1/2 cup vegetable oil
- 1 1/2 cups granulated sugar
- 2 eggs
- 1 cup pumpkin puree

### INSTRUCTIONS:

Preheat the oven to 325 degrees F. Grease a 9-by-5 inch loaf pan with nonstick spray.

For the cream cheese middle: In a medium bowl using an electric mixer combine the cream cheese, sugar, flour, egg and the vanilla and beat until smooth. Set aside.

For the bread: In a medium bowl whisk together the flour, baking soda, salt, cinnamon, nutmeg and the pumpkin pie spice. Set aside.

In a large bowl using an electric mixer beat together the vegetable oil, sugar, eggs and the pumpkin puree until well combined.

Add the flour mixture to the pumpkin mixture a little at a time, stir until just evenly combined.

Pour 1 1/2 cups of the batter into the prepared loaf pan. Spoon the cream cheese mixture over the top of this layer and spread evenly, then add the remaining batter.

Bake for 65 to 75 minutes or until a toothpick inserted into the center comes out clean. For softer edges cover with foil the last 15 minutes of baking. Cool in pan for 15 minutes before removing, then place on a wire rack and cool completely before slicing.

# November 365 Inspiration



1. A person I am thankful for.
2. A place I am thankful for.
3. A food I am thankful for.
4. A trinket I'm thankful for.
5. A word I'm thankful for.
6. A memory I'm thankful for.
7. A luxury I'm thankful for.
8. A number I'm thankful for.
9. An emotion I'm thankful for.
10. A book I'm thankful for.
11. A time of day I'm thankful for.
12. An appliance I'm thankful for.
13. A color I'm thankful for.
14. A smile I'm thankful for.
15. A technology I'm thankful for.
16. A color I'm thankful for.
17. A tradition I'm thankful for.
18. Something in my home I'm thankful for.
19. A warm object I'm thankful for.
20. A soft object I'm thankful for.
21. A wooden object I'm thankful for.
22. A dessert I'm thankful for.
23. A view I'm thankful for.
24. A part of nature I'm thankful for.
25. Something green I'm thankful for.
26. Something old I'm thankful for.
27. Something new I'm thankful for.
28. A tradition I'm thankful for.
29. A store I'm thankful for.
30. Something from my childhood I'm thankful for.
31. A photo I'm thankful for.

## Take The November Challenge!

So many ways to use the CY365 Inspiration List!

1. Find one item on the list for the day.
2. Try them in order or find them randomly.
3. Pick and choose a few that move you, filling in around the rest of your photos.
4. Have fun!





# MAGNOLIA MOMENTS



NOVEMBER 2018

*Welcome Danny Asbury*

*Welcome Betsy Stuart*

*Welcome Barbara Michels*

## Last Month's Recap in a Snap...

We stuffed our bellies with brats and potato pancakes during Oak Hill's annual Oktoberfest featuring Butch's Polka Kings. We lucked out with another gorgeous night for our campfire where we roasted marshmallows and sang songs around a campfire outside the pavilion. We ate breakfast in our jammies, ate fried chicken at Aunt Maggie's, painted pumpkins, and made scary monsters to hang on our doors.

Great News... Magnolia Terrace won second place in an AALC sponsored photo contest.

## GAME WINNERS

### Washers

Maude	37
Arline	26
Lucy	24

### Skeeball

Maude	90
Rhenelda	80
Butch	80
Lucy	70
Ruby	70
Don	70

### Horse Races

No one could believe that Horse #1 could take the win six times, but **Helen** and her meticulous training techniques brought her victory. Yet she could not stop Horse #2 from tying her six wins due to the nonstop encouragement from **Ruby, Marie W** and **Mary Lou**.



Residents enjoy lunch out at Aunt Maggie's on Main

### Wii High Scores

Maude	213
Don	206
Joseph	189
Rhenelda	181
Marie	180
Butch	179
Arline	164
Ruby	154

### Bean Bags

Ruth	95
Arline	70

### Bean Bags (Speed Round)





## UPCOMING EVENTS



Thu. 11/1 10:00 Meet a Candidate Jason Jones, candidate for county clerk, will come introduce himself and take questions

Thu. 11/1 1:15pm Turkey Races It's horse races with a turkey of a twist.

Mon. 11/5 2:00pm Music with Alan & RJ

Wed. 11/7 10:15am Coloring Let your mind wander as you color and chat with friends

Wed. 11/7 6:30pm Veteran's Program We are honoring our veterans during a short ceremony in the Arbor Court activity center. Refreshments will be served.

Sat. 11/10 6:15pm Eppinger Foundation Concert singers Deborah Sharn and Carolbeth True will be performing at St Paul Church in Columbia. The concert is free. (7pm-9pm)

Mon. 11/12 11:00am Lunch out @ Applebees. Veterans will receive a free meal.

Mon. 11/12 2:00pm Music with Forrest

Tue. 11/13 6:30pm Trivia Come test your memory of miscellaneous facts

Thu. 11/15 9:15am Resident Council Meeting Come to our monthly meeting and get a sneak peek at next month's calendar. Supervisors from maintenance, housekeeping, and dietary will be in attendance. For questions and concerns.

Thu. 11/15 1:15pm Birthday Party Happy Birthday to Bob M, Catherine K, Linda G, and CNA Diane S.

Sun. 11/18 "Christmas with Emma" Come to a Christmas celebration at the 'ol Hinky-Buck homestead. Reminisce and hear stories of days of old. Bus leaves at 1:00pm.

Mon. 11/19 2:00pm Music with Terry Roberson

Sun. 11/25 6:30pm Home Town Harmony Christmas Concert at Hope Church. Tickets are \$5. Wendy will collect money by Monday 11/12. The bus leaves at 5:45pm.

Mon. 11/20 2:00pm Music with Tommy Tunes

Thu. 11/29 1:30pm Painting We are painting a Christmas scene on canvas. Wear messy clothes.



Residents enjoy an evening around the campfire.



# Whispering Pines News

**M** HELD IN CEDAR DINING ROOM

*Thursday, November 8th 2:30 pm*

Tommy Tunes

**U** *Wednesday, November 14th 2:30 pm*  
Forrest Bevineau-The Singing Sheriff

**S** *Saturday, November 17th 2:00 pm*  
Lynn "The Piano Man" and Nancy Wellman-Keyboard

**I** *Monday, November 19th 2:30 pm*  
Pearl Hirsch-Accordion/Keyboard

**C** *Thursday, November 26th 2:30 pm*  
Terry Roberson, The Singing Cowboy

**Whip Kohlmeier Honored for 52 Years and Founding Member of the Kaskaskia Trail Chorus**



The Kaskaskia Trail Chorus entertained the residents of Whispering Pines and their guests on Thursday, October 25, in the Arbor Court Activity Center. They sang many of our favorites, including "You Will Never Walk Alone," and "Happy Trails to You." Whip Kohlmeier, resident of Whispering Pines, sang lead with the group. Whip was also presented a certificate for being a founding member and 52 year member of the group.

*November is National Alzheimer's Disease Awareness Month*



*Last Meeting of 2018:  
Alzheimer's Association  
"In the Moment" Support  
Group Meeting*

*~Thursday, November 29th~*

The next meeting of the Alzheimer's Association "In the Moment" support group will be held on Thursday, November 29<sup>th</sup>, in the classroom at Oak Hill, from 7 pm to 9 pm.

The first half of the group will be an educational program. 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.

The next meeting will be held on Thursday, January 31<sup>st</sup>, 2019.



## **November is Alzheimer's Awareness Month**

**Alzheimer's disease is a progressive and fatal brain disease. As many as 5.2 million Americans are living with Alzheimer's disease and as many as 16 million will have the disease in 2050. Alzheimer's destroys brain cells, causing problems with memory, thinking and behavior severe enough to affect a person's work, lifelong hobbies or social life. Alzheimer's gets worse over time and it is fatal. Today it is the 6<sup>th</sup> leading cause of death in the United States and the only cause of death among the top 10 in the U.S. that cannot be prevented, cured or slowed down.**

**During National Alzheimer's Awareness Month we take time to pay tribute to those who courageously live with this disease every day and to remember those who lost their lives to Alzheimer's. With the caring support of family members, medical professionals, scientific researchers and caregivers, those living with Alzheimer's disease are provided the highest quality of life possible.**

**The citizens of Monroe County continue to support those involved with this disease. Oak Hill operates the only dedicated Alzheimer's long-term care unit in the county. This unit, named Whispering Pines, provides compassionate care 24 hours a day, 7 days a week for up to 40 individuals who are living with this disease. Staff who work on Whispering Pines receive extensive Alzheimer's disease training annually.**

**In addition to Whispering Pines, Oak Hill supports the Alzheimer's Association "In the Moment" support group. This group meets monthly at Oak Hill and provides resources and support to families and caregivers of those living with Alzheimer's disease in our community.**

**Please join Oak Hill in honoring those with Alzheimer's disease and their caregivers this month.**

