

Oak Hill Insider

- News and events at Oak Hill -

August 2019 • Volume 132
Administrator Kim Keckritz



Oak Hill

5-STAR RATED



Congratulations to Magnolia Terrace
for being named
“Best Retirement Home/Senior Living”
for the third year in a row.

UPCOMING EVENTS

- 8/1 Going Away Party for Wendy Slater-Wall. Cake and Punch on Magnolia Terrace at 2:00 P.M.
- 8/6 Munny Band Concert sponsored by Magnolia Terrace 7:00 P.M.
- 8/22 Evergreen Pointe Senior Bingo 6:00 P.M.
- 8/26 Kloepper Tournament at Magnolia Terrace* 6:30 P.M. (\$5)
- September is National Environmental Services & Housekeeping Week
- 9/8 Magnolia Terrace Car Show Noon - 2:00
- 9/15 National Rehab Week through 9/21
- 9/25 Oktoberfest* for residents and their family 4:30 - 7:00 P.M.
- 9/30 Kloepper Tournament at Magnolia Terrace* 6:30 P.M. (\$5)
- October is National Physical Therapy Month
- 10/6 National Healthcare Foodservice Workers Week through 10/12
- 10/6 Healthcare Supplies Appreciation Day
- 10/13 Infection Prevention Week through 10/18
- 10/14 Senior Luncheon* 11:00 A.M. - 1:00 P.M.
- 10/17 Employee Chili Cook-off 10:30 A.M. - 12:30 P.M.
- 10/18 National Shake Out Day
- 10/21 Book Fair 8:00 A.M. - 3:30 P.M.
- 10/28 Kloepper Tournament at Magnolia Terrace* 6:30 P.M. (\$5)
- 10/30 Soup and Pie Supper 4:00 - 6:30 P.M.
- 10/31 Employee Costume Contest 2:30 P.M.

*Please RSVP

<i>Arbor Court</i> Skilled Nursing	pg.7
<i>Evergreen Pointe</i> Transitional Care	
<i>Magnolia Terrace</i> Supportive Living	pg.13
<i>Whispering Pines</i> Memory Care	pg.15

We have beautiful outdoor areas and welcome you to use them. If you would like to have a party or other get together with your family and friends, please talk to the receptionist about reserving one of our pavilion areas. We have a pavilion behind the main dining room at Arbor Court and another one in front of Magnolia Terrace. We would love to see you take advantage of these outdoor areas.

Oak Hill/Magnolia Terrace/Evergreen Pointe
623 Hamacher Street, Waterloo, IL 62298
www.oakhillmonroecounty.com • (618) 939-3488
www.facebook.com/oakhillmonroecounty

www.magnoliaterraceseiorliving.com • (618) 939-0500
www.facebook.com/MagnoliaTerraceSeniorLivingApartments
www.evergreenpointewaterloo.com • (618) 939-0400
www.facebook.com/EvergreenPointeWaterloo

June Perfect Attendance

** January-June Perfect Attendance

Rachel Adams	Deeanna Haines	Sheryl Ragsdale
Kayla Adkins	India Harsey	Mary Randle
Kevin Alexander**	Linda Hatch	Kim Ross
Anna Anderson	Becky Heusohn**	Suzanne Roberts
Ivy Anderson	Rhonda Hooten	Grace Ryan
Jane Asselmeier**	Tammy Huelsmann	Kaitlin Shackelford
Brenda Bequette	Logan Jackson**	Diane Seidel**
Sherri Boles	Janell Johanning**	Wendy Slater-Wall**
Cindy Brinkman	Laura Luehmann	Debbie Smith**
Christy Brinkmann	Silvia Madrigal-Kaltenbronn	Angie Staub**
Marilyn Brinkmann**	Nancy Koesterer	Zoe Staub
Barb Brooks	Carol Marquart	Frances Studt**
Mackenzie Rowe-Brown	Emma McCarthy**	Alyssa Swift
Taylor Brown	Wendy Meister-Juenger**	Erika Tedder
Kathy Browning	Owen Miller	Melissa Todd
Vicki Butler**	Wayne Moallankamp**	Corby Turner
Deborah Carrico	Tammy Moll**	Dawn Vogt
Madelyn Carron	Jennifer Morgan	Nancy Vogt
Mike Deptula	Camille Mudd**	John Wallace
Becky Dunker**	Carol Nash	Kyle Wachtel**
Lonnie Esker	Faith Nikolaisen	Mark Warren
Amy Felix	Susan Nordhaus**	Mary Watkins
Linda Fields	Makenna Norris	Maria Webb
Kay Floarke	Emma Novack	Megan Weber**
McKenna Ford	Bryce O'Connor	Juliet Wilson
John Friedrich**	Travis Oettle	Kaitlyn Wirth**
Mia Gerli	Julia Olszewski	Jess Wittenauer
Kristen Goersch	Kaytlin Patterson**	David Zimmermann
Kathy Goodman**	JoAnn Phillips**	Rebecca Zimmermann**
Dana Grossmann**	Judy Rabbermann	



Employee Anniversaries

- Dana Grossmann ★ 37 years
- Tammy Huelsmann ★ 13 years
- Marilyn Brinkmann ★ 12 years
- Darlene King ★ 11 years
- Barb Brooks ★ 10 years
- Vicki Ponder ★ 8 years
- Laura Jackson ★ 6 years
- Shandra Goersch ★ 6 years
- Belinda Carter ★ 4 years
- Hailey Rahn ★ 4 years
- Brook Matthews ★ 2 years
- Elizabeth Pauline ★ 2 years
- Kaitlyn Wirth ★ 2 years
- India Harsey ★ 1 year
- Kelley Rednour ★ 1 year
- Mathew Briley ★ 1 year
- Lakia McLemore ★ 1 year

Employees

- 2 Jane Asselmeier
- 5 Kayla Kempen
- 5 Kelli Monroe
- 7 Abigail Burke
- 11 Jessica Wittenauer
- 12 Wendy Meister-Juenger
- 16 Kiara Agnew
- 20 Kyle Wachtel
- 21 Brook Matthews
- 22 Holly Holliday-Pruitt
- 23 Corinna Hipp
- 26 Lindsey Dinning
- 28 Greg Badger
- 31 Cynthia Brinkman
- 31 Nico Steinhauer

Residents

- 1 Diane Otten
- 3 Gladys Ludwig
- 4 Carol Altvater
- 5 Jean Lindhorst
- 6 Sue Zapencki
- 6 Audrey Adams
- 7 Betty Gardner
- 9 Imogene Schmeltz
- 10 Dorothy Merchant
- 11 Shirley Wilson
- 14 Margaret Schwartz
- 18 Doris Kohnz
- 14 Clara Knight
- 20 Ronnie Ann Madsen
- 22 Vernell Rippelmeyer
- 26 Wilburt Kohlmeier
- 27 Leland Wilkening
- 28 Harold Devenport
- 31 Ruby Muench

Birthday Parties

Magnolia Terrace 8/22
 Arbor Court 8/9



Employee of the Month

Grace Ryan
C.N.A.



July
2019

Grace is very caring, good hearted person who is patient and kind to all. She's always willing to pick up and help out wherever needed, including trading with other co-workers when they need off. Goes above and beyond. Takes excellent care of our residents and is very friendly and helpful. Willing to help in other departments. A great employee-we need more people like her! She is a breath of fresh air. Loves her job and the residents. Always happy and the residents enjoy her. She can make a bad day into a good day.

Grace has been at Oak Hill for three years. She lives in Dupo.

Fun fact about Grace is that she is a triplet!

In her spare time, she loves reading, watching T.V., and hanging out with friends.

Working with residents and seeing how happy they are is what Grace says her most memorable moment at Oak Hill is.

Other Nominations

Silvia Madrigal-Kaltenbron, R.N. is very caring and helps out as often as she can. A great nurse with a great attitude. She does everything she can do to help her residents and aides. Always smiling and in a great mood. Completes her work timely. Makes residents smile.

Melissa Todd, Housekeeping is always willing to help out and is caring and a hard worker. She loves the residents, does an excellent job and is pleasant to work with. Always smiling and in a good mood.

Dominique Mackin, C.N.A. shows so much kindness and love towards her residents. She is always willing to help others.

Juliet Wilson, C.N.A. deserves to be recognized for everything she does. She really cares for the resident and will willingly do what is asked of her. Very loving and good with her residents.

Kyle Wachtel, Maintenance works hard on tasks he's given outside of his normal day-to-day duties.



Fun facts about Grace

Favorite Foods - Pizza, ice cream, and fried rice

Person in History to Meet - Harry Truman, because he had an interesting presidency and I would love to ask him about it.

Favorite TV Show - NCIS

Favorite Movie - Avengers

Favorite Sport - Hockey

Favorite Song/Band - Someone You Loved by Lewis Capaldi

Where Would You Travel - California, because I love the weather and atmosphere there.

Would use 50 millions dollars to - Build a library and fill it with all my favorite books.

Welcome to Oak Hill

(New Employees)

- *Ashley Hemmer, Dietary Aide*
- *Dina Livingston, Cook*
- *Claire Mullins, Dietary Aide*
- *Christy Gardner, C.N.A.*
- *Karan Jenkins, Laundry Aide*
- *Jenny Rambo, L.P.N.*
- *Ali Scace, Dietary Aides*
- *Shamone Williams, C.N.A.*



Seniors May Need New Shoes to Avoid Pain, Prevent Falls

A new research review analyzed the results of 57 published studies of footwear and health issues encountered by older adults before concluding that older adults should take care to select shoes that fit properly and feel good, reports Physician's Assistant. Even shoes that fit well at younger ages may not be good for older adults, because feet change shape as adults age. Ill-fitting shoes can cause painful aches in toes, feet, heels, and more, while shoes that fit well can alleviate foot discomfort. The study team found

that older adults experience improved gait and reduced pain when they get new shoes tailored to match their foot length and width. Meanwhile, the study team suggested that older women should try not to wear heels, or only wear low, broad heels with adequate support. One specialist who was not involved with the study team, Dr. Selene Parekh of the North Carolina Orthopedic Clinic and Duke University, said that the study group did well in outlining basic footwear features that can potentially help older adults, but suggested there is more work to be done.

Sources: Argentum/ Physician's Assistant

Staff News

May you be proud of the work you do and the difference you make!

Belinda,

Our paths first crossed in January when my husband, Jim, was brought to Oak Hill after a broken hip. When I first encountered you, I knew that there was something very special about you. You were unbelievably positive encouraging me and my family saying, “We will have Jim up and on his feet in no time”. And you were true to your word. Before we knew it, you had Jim walking the halls, eating and smiling. The quality of medical care you provide is extraordinary. You are a unique blend of compassion and competence. You regularly demonstrated concern for Him and were a vigilant patient advocate. You truly treat patients and their families as you would want to be treated if you were sick.

When you became aware of the health crisis Jim was facing, you could have chosen to turn away. But instead...

- Your empathetic ear heard the fatigue in my voice when I said that “I need to bring people in to be with Jim at night”.

- Your concerned eyes saw when I was struggling to push Jim down the hallway and get him to eat.

The silent touch of your caring hand spoke out louder than any words. You were a rock for me and my family during our most difficult days.

It has been said that “the purpose of life is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived”. Because of all you do to help Oak Hill residents and by your example of professional excellence, your life has truly had a measurable impact.

My family and I will never forget the kindness you have shown.

You will remain a part of our hearts forever.

Dixie Lauterjung

Congratulations!

We are proud to announce that Sara Decker, daughter of Deb and Larry Decker of Waterloo, received the academic achievement award Sunday, June 23rd at Holy Cross Lutheran School of Nursing in St. Louis. She is the granddaughter of Marie Wilfong at Magnolia Terrace and Mary Lou Haberman at Arbor Court. We are truly proud of all the work that went into receiving this award.

On May 4th, Annette DeBourge was a part of the record breaking, World’s Largest Modern Jazz Dance Class held on the lawn in front of the Missouri History Museum. Over 650 people, young and old, were in attendance.



July memories...

Let's think back to the beginning of July! Residents became bakery artists for a day as they iced their own patriotic cupcakes. We enjoyed donuts from Ahne's while having our first social group in the beautiful Maple Sun-room! In August, residents can participate in making their own 'sack lunch'. Let's make our own sandwiches and treat bags, then enjoy our hand made meal under the pavilion (weather permitting). We also want to explore making our very own fruit smoothies!

We hosted a fair to remember in July. Our activities and meals coordinated with our hometown Monroe County Fair. We went back in time as we enjoyed the aroma of corn dogs and popcorn in our home. A fair week wouldn't be complete without enjoying ice-cold lemonade. We also created our own Arnold Palmer drinks (½ lemonade, ½ tea). The sweet savory cotton candy melted in our mouths and the ice cream days reminded us of being a kid again. Residents and staff enjoyed making their own trail mix goodie bag to end another fun filled Monroe County Fair Week!

We went to the horse races, drove remote control tractors, learned more about our neighbors and care team as we played a 'Get

to know me' bingo game, competed against our friends in a variety of carnival games such as corn hole, ring toss, washers, and ball throwing.

Our afternoons were filled with fun snacks; fruit cups of bananas and grapes to represent John Deere's famous brand colors green and yellow, a variety of popcorn flavors for residents and team members to create their own popcorn treat, corn dogs and nachos, a trail mix bar, and our dietary manager, Rhonda's famous fair meal which included options like; fish square sandwiches, corn on the cob, Frank's hot dog with all the toppings offered, and watermelon!

The process of creating art is an enjoyable and relaxing activity, an opportunity to truly live in the moment. We displayed our patriotism through crafting our own American flags. We also made super cute summer door decorations! Check out the watermelon slices and flip flop crafts some residents completed this month. They turned out so cute, we are encouraging more residents to come make a summer door decoration! The sandal craft sparked resident interests in making their own bead necklaces or bracelets. We look forward to making our own jewelry, soon!



August is Relaxation Month

Let's practice mindfulness relaxation techniques.

Mindfulness is the practice of paying attention. It's about seeing what's right here, right now, rather than living in the past or worrying about the future. It doesn't require any special equipment or talent. Everyone can practice mindfulness. In this month's activity, we learn about the benefits of mindfulness and the ways to improve it in our daily lives.

Mindlessness vs. Mindfulness Have you ever taken a walk only to realize you don't remember anything about your stroll? Or started to eat a cookie only to suddenly realize the cookie is gone and all that's left in your hands is your napkin? This happens to most of us! It's common to do things on autopilot. But when we're busy wandering around in our thoughts, we aren't present in what we're doing right now. When we're in that dreamlike state, we're not fully "here." And when we get used to living like this, we miss out on the beauty of our lives. Worse, we get stuck in conditioned ways of acting and thinking that may actually be harmful to ourselves or others. We become vulnerable to depression and anxiety. We feel stressed. Did you know that research has shown that the more our minds wander, the less happy we are? Luckily, there is an antidote to this mindless mental wandering. It's called "mindfulness." Mindfulness means we stop living on autopilot and start paying attention to ourselves and the world around us. Mindfulness is to pay moment-by-moment attention to our thoughts, our feelings, and our bodily sensations. We don't judge; we merely notice. We pay attention. Mindfulness has health benefits, too. Learn about the benefits of mindfulness with this quiz.

A Mindfulness Quiz

1. Mindfulness teaches us to be aware of our feelings and

- A. then move on.
- B. accept them.
- C. challenge them.

Answer: B. when we practice mindfulness, we live in the moment. We focus on our breathing, how our bodies feel, and what's around us. It helps us understand our emotions and realize that they come and go; they don't define us. Once we accept our feelings without thinking of them as "right" or "wrong," we can change unhealthy thought patterns.

2. Regular mindfulness practice can change parts of our brain. True or False

Answer: True. Practicing mindfulness—especially meditation—can make the area of our brains that controls our attention span grow over time. It can also thicken our brain stems and increase the gray matter in our brains, all of which helps us process our emotions better and be healthier.

3. Practicing mindfulness can affect our genes. True or False

Answer: True. The relaxation we feel when we practice being mindful might play a part in determining which genes are active in our bodies. Specifically, it can make the genes linked to inflammation less active. This can not only improve our health but it may help us live longer, too.

4. Mindfulness helps with stress by
- A. making our body resistant to stress hormones.
 - B. changing how we react to it.
 - C. distracting us until the stress passes.

Answer: B. Over time, it gives us more control over our emotions and helps us process them differently. This may also help with anxiety and mood disorders.

5. Mindfulness may help us fend off illness.
True or False

Answer: True. Some studies show that mindfulness may boost our immune systems and even help with the effects of aging. More research is needed to understand exactly what those effects are and how it works.

Let's work together on increasing our mindfulness and relaxation awareness through numerous relaxation sessions we will be offering.

It's all fun & games...

August activities will include a variety of different type of bingo games for example,

'Fair Bingo' and 'Under the Sea' Bingo will be two new bingo card themes residents get to have fun with.



Music & Movement



Our activity assistants will continue to be creative with our exercise classes offered; Ribbon &

Rhythm, Fun with Noodles, Sit & Be Fit, Musical Movement Mondays, and Fitness Fridays will bring a fresh new, fun feeling of moving.

Wii Bowling will be available to play on the big screen in the activity center. Look for additional Wii Bowling group programs to be scheduled on the activity calendar!



Let's have a picnic!



On August 13th, residents can enjoy making their own sandwich and eating it outside under the pavilion for a fun lunch picnic! Becky and Wendy will be coming by your room to get RSVPs before the 13th.



August Music Days

Thursday, August 1st - Forrest

Tuesday, August 6th - Steve T. and his special guests

Thursday, August 8th - Lynn on the piano

Sunday, August 11th - Alan & R.J.

Monday, August 12th - Tommy Tunes

Tuesday, August 13th - Dave S.

Thursday, August 15th - Lucy on the piano

Friday, August 16th – Linda Ford

Sunday, August 18th - Rich Cullen

Thursday, August 22nd - Elizabeth LaKemp

Friday, August 23rd - Cocktail party with Pearl

Tuesday, August 27th – An evening with the Deutchmeisters at 6:30 p.m.

Wednesday, August 28th - Joe Powell at 10:00 a.m.

Our August birthday party will be Friday, August 9th at 2:00 p.m. in the activity center! Thank you to the Columbia's Women Club for being our August Birthday Month Hostesses!

August Days Trivia

August was named for Emperor Augustus Caesar, the grandnephew and adopted son of Roman Emperor Julius Caesar. Originally, August had only 30 days. But legend has it that the Roman senate wanted the month to be named after Augustus and wanted it to have as many days as July, which was named after Julius. Therefore, one day was taken from the month of February and added to August.

“Dog Days” of Summer August is traditionally the hottest month of the year in the northern hemisphere, and the time period between July 3 and August 11 is sometimes referred to as the “dog days” of summer. The nickname refers to Sirius, or the Dog Star. Mediterranean stargazers first observed that these sultry days occurred about 20 days before or after the rising and setting of Sirius with the sun.



What's Lucky in August?

Lucky Color: Yellow

Lucky Numbers: 5 and 7

Lucky Letters: A and T

Lucky Plant: Sunflower

Lucky Days: Sunday and Friday

Bird of the Month – Kingfisher



What eats mummichogs and sticklebacks (both small fish), burrows in

landfills, road cuts, and construction sites, and has flown the earth for at least 600,000 years with fossils to prove it? The belted kingfisher. Different species of these small, squat birds with big, sturdy heads and dagger like bills are found on every continent except for Antarctica.

Scientists know relatively little about kingfishers. One anomaly is that female belted kingfishers are more colorful than their male counterparts, which is unusual in the bird world. Both are gray and blue, but the females also have a bright rusty-red “belt.”

Another interesting fact is that male and female kingfishers take turns incubating eggs and feeding their babies. Despite their stocky build, kingfishers are fast flyers. They spend their time hunting fish in rivers and estuaries. Belted kingfishers dive-bomb their prey from perches on trees and sometimes telephone poles.



Volunteer Corner

Ice cream days continue to make our Mondays, Wednesdays, and Fridays a little bit sweeter. Thank you to our volunteer friends who have scooped out a bowl of happiness thus far! Ice cream days wouldn't be as sweet if we didn't have your generous help! Here are available dates we would love to have your help:

August: 2nd, 12th, 16th, 19th, 21st, 23rd, 26th

Manicure Mondays will be on August 12th and August 26th from 10:00- 11:30 a.m. We have many ladies who like to get their nails painted. Is this a program that interests you and your organization in helping us with? We need extra hands to help make our residents nails pretty.

Rachel Giffhorn
Corporate Compliance Officer
618-939-3488 x1147
Hotline# 855-245-3994

Puzzles lead to Sharper Brains

Those over 50 who played puzzles such as crosswords and Sudoku have better brain functioning according to research involving more than 19,000 participants and led by the University of Exeter and King's College London.

Researchers calculated people who engage in word puzzles have brain function equivalent to 10 years younger than their age, on tests assessing grammatical reasoning and eight years younger than their age on tests measuring short-term memory.

McKnight's Long-Term Care News

Sudoku

Fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

Answer on page 16

AUGUST	SUN	MON	TUE	WED	THU	FRI	SAT
					1 FS CHI 6:15	2	3 FS OAK 8:07
	4 FS OAK 3:07	5 FS LAD 9:10	6 FS LAD 9:10	7 FS LAD 2:10	8	9 FS PIT 7:15	10 FS PIT 6:15
	11 FS PIT 1:15	12	13 FS KC 7:15	14 FS KC 7:15	15 FS CIN 6:10	16 FS CIN 6:10	17 FS CIN 6:10
	18 FS CIN 12:10	19 FS MIL 6:45	20 FS MIL 6:45	21 FS MIL 6:45	22 FS COL 6:45	23 FS COL 7:15	24 FS/FS1 COL 6:15
	25 FS COL 1:15	26 FS MIL 6:40	27 FS MIL 6:40	28 FS MIL 1:10	29	30 FS CIN 7:15	31 FS CIN 6:15

Home Away

Game times subject to change. All game times are St. Louis time
All games broadcast on KMOX 1120 AM and the Cardinals Radio Network



Listening to Music Is Most Beneficial for Older People in Stress Relief

A study from Queen's University Belfast found music can lower stress levels in older adults, reports *Newstalk*. Older men and women also experienced more stress reduction than younger adults. Prior to the study, participants created playlists of music they would listen to in stressful situations. When they arrived at the lab, they were told they would have to deliver an address to be video-recorded and assessed. Half of the group then listened to their playlist, and the other half listened to a radio documentary. The music group had more stress reduction. "The results indicate that personal music listening can support stress management for both younger and older adults," said Queen's University Belfast's Jenny Groarke.

Sources: Argentum/Newstalk



MAGNOLIA MOMENTS



AUGUST 2019

Welcome new residents Harold Devenport, Joan Zeisset, Donald Marion, and Richard Noelken

A HUGE welcome to Rachel May — Magnolia Terraces’ new activity director.

Congratulations, Rachel, on getting the greatest job in the world where you will spend your days with the most wonderful people on Earth.

GAME WINNERS

Bunco

At Kathy’s table— known as the “*Everyone Gets a Bunco*” table...

Don wins with a bunco. Bob wins with a Bunco. Dottie wins with a Bunco. Marie M wins 3 games and has a Bunco.

Meanwhile at Wendy’s table—known as the “*Holy Moly! Will this game ever end so that everyone can finally go to bed??*” table...Catherine wins two games. Barb wins two games. Lucy wins a game. And ,after fifteen minutes of grueling play and a puny score of three, Lucy rolls a Bunco and the crowd goes wild!!!!

Washers

Maude triumphs with a score of 34 while Arline, Lucy and Ruth all tie with a fantastic score of 24.

But only Bob brought home the Monkey!!!



Bean Bags

Maude 315	Arline 230	Bob M 195
Don 170	Ruth 165	Barb 160

Ball in Cup

Ruth 45	Elsie 40	Audrey 35
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Wii High Scores

Rhenelda 212, Don 193, Ruby 193, Maude 184, Joe 180, Marie 171, Arline 160

Doris concentrates hard during her turn at our giant KERPLUNK ↴



Catherine and Don laugh as they struggle with frozen treats at Tuesday’s concert ↵





Jean shares her birthday party with 1 year old Isaac and Faith serves up funnel cakes during fair week.



**** Due to the summer heat, Walmart trips will be taken at 10:15am in August****

UPCOMING EVENTS

Thu. 8/1 2:00pm Say goodbye to Wendy. Free hugs!!!!!!

Mon 8/5 1:30pm Music with The Singing Cowboy

Tue. 8/6 6:00pm Municipal Band Concert This is a special concert featuring more music, ice cream sponsored by Oak Hill and guest bus driver Stephanie Bastien. WooHoo!!!

Thu. 8/8 1:30pm Meet & Greet with Rachel, your new activity director.

Mon. 8/12 1:25pm Music with Rob Callmeyer

Thu. 8/15 1:30pm Bean Bags

Mon. 8/19 1:30pm Music with Linda Ford

Thu. 8/22 9:15am Resident Council Meeting This will be the first meeting with your new activity director. Come with suggestions and ideas for her.

Thu. 8/22 1:30pm Birthday Party Come out and celebrate the birthdays of Gladys, Sue, Ronnie Ann, Harold, and Ruby.

Thu. 8/22 6:00pm. Senior Bingo Free for everyone. Win big prizes. Dinner will be served in your rooms.

Mon. 8/26 1:30pm Music with Ron Schewe and Tom Jones

Thu. 8/29 1:30pm Horse Races Place your bets on this super high stakes game.

Whispering Pines News

HELD IN CEDAR DINING ROOM

*Family and friends
are welcome to attend*

M

Friday, August 2nd 2:30 pm

Forrest Bevineau, “The Singing Retired Sheriff”

U

Thursday, August 8th 2:30 pm

Alan and RJ

S

Saturday, August 17th 2:00 pm

Lynn “The Piano Man” and Nancy Wellman-Keyboards

I

Monday, August 19th 2:30 pm

Pearl Hirsch-Keyboards

C

Monday, August 26th 2:30 pm

Terry Roberson, the “Singing Cowboy”



alzheimer's association®

Alzheimer's Association “In the Moment” Support Group

The next meeting will be held on Thursday, August 29th, from 7 to 9 pm in the classroom at Oak Hill.

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.

Alzheimer's literature is available on the rack outside of the classroom and is free for everyone.



The Benefits of Reminiscence Therapy in Treating Dementia

By Ava M. Stinnett

As you may know, in many cases of Alzheimer's or other forms of dementia, it is recent memories that begin to deteriorate first. Reminiscence therapy is “a treatment that uses all the senses—sight, touch, taste, smell and sound—to help individuals with dementia remember events, people and places from their past lives.” As part of this process, caregivers might use objects to help individuals recall memories. By sharing memories from the past through reminiscence therapy, it is believed that people with dementia can develop more positive feelings

while managing some of the more distressing symptoms of the illness such as stress and agitation. In addition, it can help boost mood and stimulate conversation. How does it work?

Reminiscence therapy uses the ability to recall events that happened long ago, even when short-term memory is failing. The caregiver or professional reminiscence therapist will start by showing some key multi-sensory items designed to trigger memories (e.g., a photograph of the first moon landing, a 1950s kettle, or an old-fashioned egg beater). They might also play a popular song from the 1940s or '50s, or show clips from a film of the same era. The photographs, treasured items, or favorite songs are then used to stimulate conversation and remind the person with dementia of their identity.

With this type of minimal prompting, individuals with dementia may recall memories from childhood and young adulthood. This can help people feel more confident and provide them with the ability to talk about those things that are meaningful to them. Reminiscence therapy is often carried out in care settings; however, it can also be done at home with a loved one and be just as beneficial. Here are some tips:

Create a memory box filled with items that have meaning to your loved one. This could include photographs, baby items, or anything that you perceive might be treasured or would evoke a memory. If necessary, do some research to determine which items would signify key events that they might remember. Allow time to rummage through the items and talk about what they mean.

Then include simple activities, such as guided conversation and storytelling, to help your loved one with dementia to feel less isolated and more connected to the present.

For people with dementia, reminiscence therapy can help reinstate personal identity—even for a short time—and help them hold on to cherished memories.

Sources

Eldercare Alliance. (2019). Benefits of reminiscence therapy. Retrieved from <https://eldercarealliance.org/blog/benefits-remembrance-therapy/>

Huntsman, M. (2014). How reminiscence therapy improves the lives of Alzheimer’s patients. Alzheimer’s.net. Retrieved from <https://www.alzheimers.net/remembrance-therapy-improves-alzheimers/>

Sudoku answers (Puzzle on page 11)

4	3	5	2	6	9	7	8	1
6	8	2	5	7	1	4	9	3
1	9	7	8	3	4	5	6	2
8	2	6	1	9	5	3	4	7
3	7	4	6	8	2	9	1	5
9	5	1	7	4	3	6	2	8
5	1	9	3	2	6	8	7	4
2	4	8	9	5	7	1	3	6
7	6	3	4	1	8	2	5	9