

Oak Hill Insider

- News and events at Oak Hill -

January 2020 • Volume 137
Administrator Kim Keckritz

UPCOMING EVENTS

01/01 HAPPY NEW YEAR!

01/08 National Clean Desk Day

01/15 National Hat Day

01/19-25 National Activity Professionals Week

02/01 Oak Hill 69 Year Anniversary

Check out next month's newsletter for a list of 2020 dates!

Let there be light
On this New Year,
Let there be a new cheer
In the air and in your heart,
For making that one wonderful start
For the year that is to come ahead,
For the year that is now.

So, soak in the spirit of the New Year
And, give one final bow to the year that has gone

Happy New Year!
2020



Oak Hill

5-STAR RATED



Arbor Court
Skilled Nursing

pg.8

Evergreen Pointe
Transitional Care

Magnolia Terrace
Supportive Living

pg.9

Whispering Pines
Memory Care

pg. 1 1

Wear a
hat on
January
15th!



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

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



A Letter from the Administrator

Dear Residents, Families, Friends and Staff of Oak Hill,

I am writing to announce a change in leadership at Oak Hill. After more than 18 years as the Administrator at Oak Hill, I have decided to move to a part-time roll as the Finance Manager. I will continue to be at Oak Hill three days a week and support our home as we continue to strive to provide the best services possible for our community. This transition will occur in February of 2020.

I have thoroughly enjoyed the more than 18 years of working at Oak Hill and have seen many changes throughout the years including moving from Illinois Avenue to our new location on Hamacher in 2006. Those of us who were here at that time will never forget the move during an ice storm that required us to make an emergency move to our new home. One of the best memories of that move was the tremendous support from the community as so many did whatever they could to make the move successful. I also have had the privilege of seeing the addition of Evergreen Pointe added to Oak Hill to offer short-term rehab services to our community. I have worked with many dedicated employees throughout the years and have been truly

blessed to be a part of this community home that has excelled in their mission to provide the best services possible to those who live at Oak Hill. This has been demonstrated by the five star rating that we have maintained since 2013.

Rachel Giffhorn will be assuming the role of interim Administrator in February when I move into a part-time role. Many of you may know Rachel who is currently Director of Corporate Compliance and Quality Assurance at Oak Hill. Rachel has been with Oak Hill for nearly two years and brings more than 20 years' experience as well as a special mix of compassion, knowledge and expertise to the position. Rachel and her husband and two children live in the Waterloo area. Her experience and education in healthcare administration and nursing make her an ideal candidate to assume the role of Administrator at Oak Hill.

For the past 70 years, one thing has remained consistent in Monroe County, an unwavering desire and passion to provide our residents with the best possible care by supporting a county nursing home. I am proud to be a part of this legacy of care that has been provided in our community and will continue to support Rachel and Oak Hill to maintain this high standard of care.

Rachel and I encourage you to stop by or call if you have any questions or simply to say hello. We look forward to continuing and building on the level of excellence of care at Oak Hill.

Sincerely,

Kim Keckritz
Administrator



Employee Anniversaries

Faith Bertram ★ 15 years
 Annette DeBourge ★ 13 years

Debra Carrico ★ 7 years
 Cherie Horschman ★ 6 years
 Donna Kujawa ★ 5 years
 Tracy Scheibe ★ 2 years
 Amber Barber ★ 1 year
 Kayla Kempen ★ 1 year
 Stacy Davis ★ 1 year

Employees

- 1 Tiffany Lipsey
- 2 Jennifer Morgan
- 3 Briana Brinkmann
- 4 Linda Hatch
- 5 Jessica Rawdon
- 6 Tija Walters
- 8 Jamie Whaley
- 15 Alexandra Kueker
- 17 Sheryl Ragsdale
- 19 Olivia Johnson
- 19 Mikayla Vanveghel
- 21 Barbara Brooks
- 21 Christina Swistak
- 27 Deborah Smith

Residents

- 2 Novella Arms
- 4 Larry Lauer
- 5 Ethel Luehring
- 7 Mary Solich
- 11 Edna Poenitske
- 13 Lucille Kistner
- 13 Robert Klube
- 19 Helen Graham
- 26 Edna Probst



Fill in the Blanks

1. _ P _ N T H _ H _ _ S _ T _ P
2. S _ N T _ B _ B _
3. F R _ S T _ T H _ S N _ W M _ N
4. W _ N T _ R W _ N D _ R L _ N D
5. S _ L V _ R B _ L L S

Birthday Parties

Magnolia Terrace 1/16
 Arbor Court 1/10



Employee of the Month

Meredith Hooten

C.N.A.

December
2019

Meredith is very dedicated to the residents and a good caregiver. Families and residents love her. Meredith is very caring, kind and funny. She would do anything for you that she could. She is the BEST and we love her! Residents and families can always count on her.

Meredith Hooten, CNA and has been employed with Oak Hill for 7 and a half years. She lives in Red Bud she enjoys time with her Dad(Kerry), Mom(Rhonda), Brother(Mitchell) and 2 dogs Buddy and Gracie. A big achievement for Meredith is being nominated for the Wessel-Pistor Award. Some things Meredith does, when she is not at work, is listening to music, watching TV and movies. Her most memorable moment at Oak Hill is seeing her residents smile and that makes her day. Another memorable moment was winning employee of the month for the 2nd time. Her most embarrassing moment at Oak Hill was how they announced she was employee of the month. Meredith talks about how she was called for a resident that had fallen and what really happened was that she won!

Fun facts about Meredith

Favorite Foods - Mexican/Chinese

Favorite TV Show - "Grey's Anatomy"/"Chicago Fire, Med, PD"/HGTV/ Any Medical Dramas

Favorite Sport to Watch - Baseball and Hockey

Favorite Song/Band - Country Music

Favorite Movies - Batman-The Dark Knight, Fast and the Furious, The Grinch, Made of Honor

Best Childhood Memory - Hanging out with her Aunt and singing country songs! Meredith says, "My Aunt is one of the reasons I am country fan!"

Where Would You Travel - Somewhere Tropical like Cancun, Fiji, Mexico, The Caribbean, and the Bahamas.

How Would you use 50 millions dollars? - Go on Vacation! Payoff bills, maybe buy a house, donate to a charity, donate some to my hometown of Prairie du Rocher.

Staff News

Welcome to Oak Hill

(New Employees)

- Robin Easton, Housekeeping Aide
- Melissa Butler, Housekeeping Aide
- Nicholas Devan, Care Assistant
- Markeisha Hill, Care Assistant
- Britany Mosley, Care Assistant
- Emily Thompson, LPN
- Amelia Wright, CNA
- Taylor Clifford, Dietary Aide
- Katerin Goodsell, Dietary Aide
- Krystal Funk, Music Therapist
- Kristi Gard, Activity Director
- Erika Penet, LPN
- Leah Farris, Payroll

Other Nominations

Carol Marquart, CNA, is a pleasure to work with. She is a very good worker and looks after everybody. Carol even calls a great BINGO! She is great to be around and is very nice to everybody. Carol loves all of us as if we are her own family.

Brianna Byington, CNA, is always willing to pick up and help out. She has enthusiastically allowed students to shadow her. She always has a smile and provides excellent care. Brianna you are just AWESOME!

To vote for one of our outstanding employees, stop by the front desk to fill out a form and turn in a nomination slip.

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

Oak Hill

Employee of the Year 2019



Mary (left) pictured with Administrator, Kim Keckritz

Mary Watkins

*Dear Oak Hill and Magnolia Terrace Staff (Family),
Thank you very much for the lovely and thoughtful memories wind chime you sent to John's Funeral. We are grateful for your outpouring of support, love and concern.*

Sincerely,

Faith, Mark, Jeni and Mark Jr.

Ten Essential Tips for Seniors

From baby boomers to senior boomers: 10 tips to keep you healthy and fit

In the last census baby boomers, those 65+, accounted for 13% of the population. This age group grew at a faster rate than the population under age 45, and it's clear that the US is an aging population. Happily, aging is different now than it was for our parents and grandparents. Today, there are more people living longer than at any other time in history. In fact, boomers will number 78 million by 2030. "This generation, associated with social change including the civil rights and anti-war movements in the 1960s, has another important cause "staying healthy," says soon-to-be 65-year-old Arthur Hayward, MD, a geriatrician and clinical lead physician for Kaiser Permanente. "We need to become activists in promoting healthful behaviors and try our best to remain active and healthy the rest of our lives."

How to do it? Dr. Hayward recommends these 10 easy health tips for seniors to help baby boomers live longer and thrive:

Quit smoking. Take this critical step to improve your health and combat aging. Smoking kills by causing cancer, strokes and heart failure. Smoking leads to erectile dysfunction in men due to atherosclerosis and to excessive wrinkling by attacking skin elasticity. Many resources are available to help you quit.

Keep active. Do something to keep fit each day, something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps

you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.

Eat well. Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary changes and exercise. Calcium and vitamin D supplements can help women prevent osteoporosis.

Maintain a healthy weight. Extra weight increases your risk for heart disease, diabetes and high blood pressure. Use the Kaiser Permanente BMI (body mass index) calculator to find out what you should weigh for your height. Get to your healthy weight and stay there by eating right and keeping active. Replace sugary drinks with water, water is calorie free!

Prevent falls. We become vulnerable to falls as we age. Prevent falls and injury by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. Did you know that people who walk barefoot fall more frequently? Wear shoes with good support to reduce the risk of falling.

Stay up-to-date on immunizations and other health screenings. By age 50, women should begin mammography screening for breast cancer. Men can be checked for prostate cancer. Many preventive screenings are available. Those who are new to Medicare are entitled to a "Welcome to Medicare" visit and all Medicare members to an annual wellness visit. Use these visits to discuss which preventative screenings and vaccinations are due.

Prevent skin cancer. As we age, our skin grows thinner; it becomes drier and less elastic. Wrinkles appear, and cuts and bruises take longer to heal. Be sure to protect your skin from the sun. Too much

sun and ultraviolet rays can cause skin cancer.

Get regular dental, vision and hearing checkups. Your teeth and gums will last a lifetime if you care for them properly that means daily brushing and flossing and getting regular dental checkups. By age 50, most people notice changes to their vision, including a gradual decline in the ability to see small print or focus on close objects. Common eye problems that can impair vision include cataracts and glaucoma. Hearing loss occurs commonly with aging, often due to exposure to loud noise.

Manage stress. Try exercise or relaxation techniques, perhaps meditation or yoga as a means of coping. Make time for friends and social contacts and fun. Successful coping can affect our health and how we feel. Learn the role of positive thinking.

Fan the flame. When it comes to sexual intimacy and aging, age is no reason to limit your sexual enjoyment. Learn about physical changes that come with aging and get suggestions to help you adjust to them, if necessary.

Source: www.parentgiving.com



Page 3. Fill in the Blank Answers: 1. Up on the Housetop, 2. Santa Baby, 3 Frosty the Snowman, 4. Winter Wonderland, 5. Silver Bells

Start 2020 off with intentional wellness! If you find you have physical barriers to staying active or preventing falls, contact our Outpatient Therapy Department at 618-939-0400 x1956, and find out how we can help you overcome those obstacles.

Happy New Year!

Twelve Days of Christmas Winners

Cash: Robert Smith, Megan Weber, Katherine Browning, Jodie Johannig, Mitchell Helnen, Bonnie Christlansen, Kelli Monroe, Kaitlyn Weber, Kayla Kemper, Jodi Hurst, Allcia Suemnicht

Sandwich Maker: Heather Leek

Portable Lounger: Katerin Goodsell

Tool Set: Angela Catron

Party Platter: Sophia Colson

Phone Charger: Juliet Wilson, Kevin Alexander

BBQ Grill & Wok: Tracy Sharp

Hickory Farms: Marla Webb

Camp Chair: Angel Jenkins

Stainless Tumblers: Judy Rabberman

Striped Luggage: Melissa Todd, Crystal Woodsmall

Cookie Jar: Deanna Harris

Polinsettla Candle: Darlene King

Faberware Cooking Set: Carol Sparr

Throw: JoAnn Phillips

Slim Jims: Susan Nordhaus

Keurig: Sophie Thorburg

Gift Basket: Jacquelyn Carr

Tablet: Judy Kohler

Robot Vac: Angel Hill

Pyrex/Pub Mix: Emily Thompson, Becky Dunker

Mitts: Linda Harch

Snack Basket: Alexis Ruschal

Pub Mix: Markelsha Hill, Marcla Sutton, Courtney Helmburger, Kristen Goersch

Bath Bombs: Indla Harsey

Rachel Ray Stoneware: Lindsey Dinning

Camera: Litney Hick

Massage Pillow: Angellita Lipsey



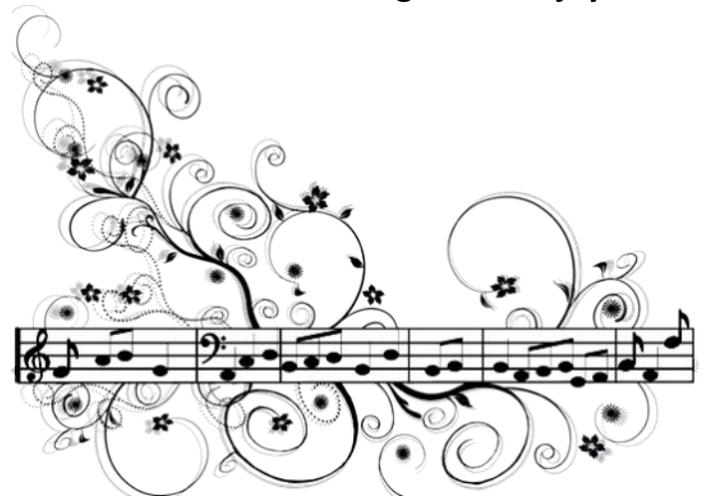
Hi Everyone,
Just wanted to take this opportunity to thank you for all the warm wishes. What an incredible time to join your family. I look forward to this New Year and thank you to all the staff and volunteers for all your hard work to make this season so great.
Kristi

Welcome Sister Krystal Funk!

Sister Krystal Funk started work at Oak Hill in mid-December. Sister Krystal is a Music Therapist with experience in long-term care settings. She will be working 2 days per week on Whispering Pines and the rest of her time in other areas of Oak Hill. She is very talented in singing and playing the guitar and has a large repertoire of music. The residents on Whispering Pines have enjoyed her music and have requested her to sing daily! We have enjoyed Christmas and folk music and some oldies-but-goodies. She is a treat that I am sure residents of all ages will enjoy!

**January Music Entertainment
 in Arbor Court**

- Jan 2- Forrest Beivenue 2:00p
- Jan 5- Anointed Praise 2:00p
- Jan 7- Steve Turnbow 2:00p
- Jan 9- Lynn Wellman 2:00p
- Jan 10- Birthday Party 2:00p
- Jan 12-R.J Morgan 2:00p
- Jan 13- Tom Tunes 2:00p
- Jan 14- Dave Sheppard 2:00p
- Jan 17- Pearl Hirsch 2:00p
- Jan 19- Rob Callmeyer 2:00p
- Jan 20- Saxophone Rodney 10:30-11:30a
- Jan 21- Elizabeth La Kamp 2:00p
- Jan 22 Joe Powell 10:00a
- Jan 24 Linda Ford 2:00p
- Jan 28 Deutchmeisters 6:30pm



UPCOMING Arbor Court EVENTS

- January 8th. National Clean Office Day
- January 15th National Hat Day
- January 19-25 Activity Professionals Week
- February 1st Oak Hill's 69th Anniversary

Magnolia Terrace

December Moments



We started the month of December with an evening out to see Hometown Harmony perform on Sunday evening of the 1st .



We had some special guests come and visit with us, they gave us lots of cuddles and kisses. Eight labradoodle puppies came to spend the afternoon with us. The residents loved getting to hold them and asked if we could keep one for our pet here on Magnolia .

Trim-a-Tree we had an evening of music from the Bud light Brigade, a special visit from Ms. Claus and Santa. Fun was had by all, and we even had a few who sat on Santa's lap to say what they wanted for Christmas this year.



We also enjoyed the reindeer races three times this month even though some of the reindeer took their time to reach the finish line.

Tried a new game of pass the saran wrap ball to Christmas music. That was quite the game and took longer than we thought to get to the last surprise inside. After that the residents all tried pop rock candy that was candy cane flavored. That was a first for everyone, having candy pop on their tongues.

Can't forget the Christmas crafts that were created. Debbie our volunteer brought supplies in so everyone could make door decorations for Christmas.

Also made Christmas trees out of cinnamon sticks, buttons, and Christmas material to hang in the hallway.

One of the most memorable nights in December was the Christmas party and music by Miss Jubilee. Enjoyed spending the evening with family, a delicious dinner prepared by the kitchen, and some of the best cake. The residents made some great memories and had some great food.



Thank you, to everyone who has played, caroled, and performed on Magnolia with Christmas music the month of December.



Whispering Pines News

HELD IN CEDAR DINING ROOM

M

*Family and friends
are welcome to attend*

Friday, January 3rd 2:30 pm

U Forrest Bevineau, "The Singing
Retired Sheriff"

Thursday, January 9th 2:30 pm

Tommy Tunes

S

Tuesday, January 14th 2:30 pm
Alan and RJ

Saturday, January 18th 2:00 pm

I

Lynn "The Piano Man" and Nancy
Wellman-Keyboard

Monday, January 20th 2:30 pm

Pearl Hirsch, Keyboard

C

Monday, January 27th 2:30 pm
Terry Roberson, "The Singing Cowboy"

Thank you to the family of Frances Meyer for their generosity in creating the Frances Meyer Fund which has allowed us to add another music program each month for our residents on Whispering Pines!



alzheimer's association®

Alzheimer's Association
"In the Moment" Support Group

The next meeting of the Alzheimer's Association, "In the Moment" Support Group will be held on **Thursday, January 30th**, in the classroom at Oak Hill, 623 Hamacher, Waterloo, from 7 pm to 9 pm. The first part of the group will be educational. The second half of the meeting will be for sharing.

Anyone who has a loved one or friend with dementia is welcome to attend. Literature on Alzheimer's disease and other dementia is available on the literature rack outside of the classroom. Refreshments will be served. For more info, please call Julia at 618-939-3488, ext. 1248.



Let It Snow!

Residents enjoyed playing with the snow from our recent snowfall of 7.5 inches. Pictured, Marge Bottiaux is throwing a snowball. Snow was tasted, touched and used to make creative art.



Safety first

Home Safety Checklist

By Ava M. Stinnett

According to the Alzheimer's Association, 1 in 9 Americans aged 65 and older has Alzheimer's disease. There are approximately 48 million people worldwide with Alzheimer's or other dementias. More than 65 million caregivers, 29% of the U.S. adult population, provide an average of 20 hours of care per week; some provide care around the clock at home. Here are some tips for making your home dementia friendly.

- Display emergency numbers and your home address near all telephones. Put all cell phones and portable equipment in a safe place so they will not be easily lost.
- Install smoke alarms and carbon monoxide detectors in or near the kitchen and all sleeping areas. Check their functioning and batteries frequently.
- Install secure locks on all outside doors and windows. Install alarms that notify you when a door or window is opened, and hide a spare house key outside in case the person with Alzheimer's disease locks you out of the house.
- Avoid the use of extension cords if possible. Place lamps and appliances close to electrical outlets. Tack extension cords to the baseboards of a room to avoid tripping. Cover unused electrical outlets with child-proof plugs.
- Check all rooms for adequate lighting. Place light switches at the top and the bottom of stairs. Add night-lights in dark areas.
- Remove throw rugs throughout the house. Use textured strips or nonskid wax

on hardwood and tile floors to prevent slipping.

- Install childproof door latches on storage cabinets and drawers designated for breakable or dangerous items. Lock away all household cleaning products, matches, knives, scissors, blades, small appliances, and anything valuable.

- In the bedroom, use a monitoring device (such as those used for infants) to alert you to any sounds indicating a fall or other need for help. This also is an effective device

- In the bathroom, place nonskid adhesive strips, decals, or mats in the tub and shower. If the bathroom is uncarpeted, consider placing these strips next to the tub, toilet, and sink. Use a raised toilet seat with handrails or install grab bars beside the toilet as well as in the tub/shower. Remove the lock from the bathroom door to prevent the person with Alzheimer's from being locked inside. Keep all medications (prescription and over-the-counter) in a locked cabinet. Use child-resistant caps as needed. Keep in mind that it may not be necessary to make all of the suggested changes. This article covers a wide range of safety concerns that may arise, and some modifications may never be needed. It is important, however, to re-evaluate home safety periodically as behavior and abilities change.

Source

Allen, K. (2019). Making Your Home Dementia Friendly. BrightFocus Foundation. Retrieved from <https://www.brightfocus.org/alzheimers/article/making-your-home-dementia-friendly>