

# Oak Hill Insider

- News and events at Oak Hill -

February 2020 • Volume 138

Administrator Kim Keckritz



## UPCOMING EVENTS

- 02/01 Oak Hill 69 Year Anniversary
- 02/02 Superbowl 49er's vs Chiefs Kickoff 5:30pm Channel 4  
Wear your favorite Jersey
- 02/02 Groundhog Day
- 02/03 Oak Hill's 69th Birthday Party 2:30p to 3:30p
- 02/04 Employee Appreciation Lunch 11a to 1p
- 02/07 Oak Hill Scrubby Dutch Day (Clean Your Space)
- 02/12 Cake Walk 2pm to 3pm
- 02/14 Happy Valentines Day Wear **Red and Pink!**
- 02/16 to 02/22 Random Acts of Kindness Week
- 02/25 Mardi Gras - Wear **Purple, Green & Gold**
- 02/26 Ash Wednesday
- 02/28 Froggy Friday Wear **Green Day!!**
- 02/29 Leap Year!!



ST. LOUIS POST-DISPATCH

2019

BEST OF

SOUTHWEST  
ILLINOIS



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. 11



Oak Hill/Magnolia Terrace/Evergreen Pointe  
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## **A Letter from the Administrator**

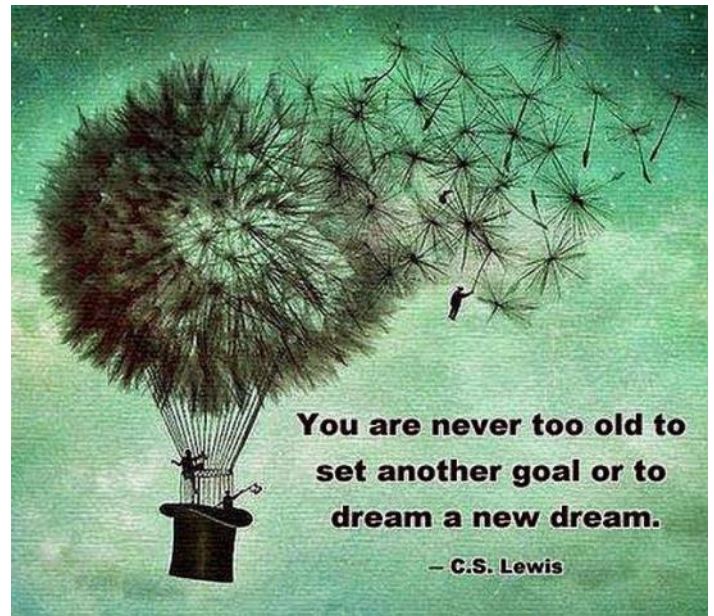
January 24, 2020

Dear Residents, Families and Staff,

What an honor it has been to serve as the Administrator of Oak Hill/ Monroe County Care and Rehab since 2001. I have seen many changes over these years, with the biggest being our move to a new home on Hamacher in 2006. Another significant event was the opening of Evergreen Pointe in 2017.

Over these years, thousands of residents have been served. There have also been many talented staff that I have had the privilege to work with during my time here. It has always been our goal to provide the best home to those that live here and also to provide a great work environment for those who chose to spend part or their entire work career here.

It is a bittersweet decision to go part time. I will certainly enjoy spending more time with my grandchildren and slowing down a bit, but I will also miss my time as the Administrator here. Fortunately, I will still be at Oak Hill three days a week in a part time position as Finance Manager. This position will allow me to support Rachel as the Administrator as she strives to provide the best services possible.



**You are never too old to  
set another goal or to  
dream a new dream.**

— C.S. Lewis

Endings can be sad but at the same time, they also can mean a new beginning. That is certainly the case for me as I am excited to spend more time with my family and also to explore what else God has for me to do in this life.

I want to take this opportunity to thank all of the outstanding staff I have worked with that have made Oak Hill a five star facility. It has been a pleasure and honor to serve alongside you.

Kim

**Today I close the door to  
the past...  
Open the door to the future,  
take a deep breath and  
step on through to start the  
next chapter in my life...**

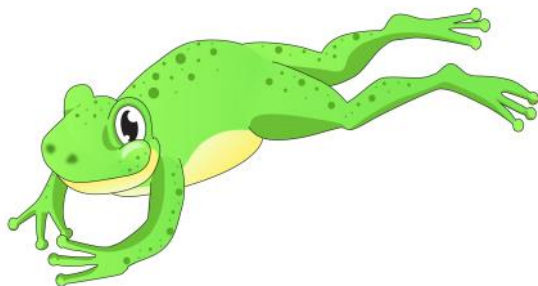




### Employee Anniversaries

McKenna Ford ★ 1 year  
Tija Walters ★ 1 year

Amy Felix ★ 1 year  
Melissa Todd ★ 3 years  
Silvia Madrigal-Kaltenbronn ★ 4 years  
Jennifer Morgan ★ 6 years  
Camille Donjon ★ 7 years  
Meredith Hooten ★ 8 years  
Rita Biffar ★ 11 years



What do you use most while you are at work?? Is it a pen? Is it your shoes? What is it? Drop a paper in the box by Carol's desk to find out the most voted item next month!

### Employees

4 Brittney Edmond  
7 Marie Smith  
8 Victoria Salger  
9 Rhonda Hooten  
12 Sara Decker  
12 Michael Deptula  
12 Nancy Koesterer  
13 Tracy Sharp  
14 Nicholas Devan  
14 Auri Henley  
20 Ali Scace  
21 Kristi Gard  
22 Ashley Ehrhard  
23 Savannah Morris  
23 Leah Farris  
23 Shameka Anderson  
26 Heather Myers  
28 Alec Isaacs  
29 Emma Novack

### Residents

1 Dorothy Pieper  
2 Raymond Dohrman  
2 Joyce Rose  
10 Carol Stapf  
12 Calvin Prater  
12 Lucille Shannon  
18 Janet Heberer  
18 Marie Miller  
20 Ruth Stumpf  
22 Carl Vogt  
25 Marie Wilfong  
25 Owen Masterson  
26 Margaret Heck  
27 Pearl Griebel

### Birthday Parties

Magnolia Terrace 2/6  
Arbor Court 2/14



## Employee of the Month

*Kevin Alexander, RNA*

January  
2020

*Kevin is a hard worker and comes in to work when someone asks him. He is very nice and is a great guy! Since I started he has been really helpful and nice. He ALWAYS has a smile on his face. Thank you Kevin for being such a positive influence to your fellow employees!*

Kevin Alexander is a RNA who has been employed at Oak Hill for almost 6 years. He currently lives in Belleville, IL. His biggest achievement is getting his certification in Juvenile Justice and his beautician license. He enjoys watching old movies for fun. His most memorable moment, while at Oak Hill, has been moving to the therapy department.

**Fun facts about Kevin!**

**Favorite Foods :** Steak and Ribs

**Favorite TV Show** - ESPN

**Favorite Sport to Watch** - Baseball, Basketball, and Football

**Favorite Song/Band** - Frankie Beverly-Featuring Maze

**Favorite Movies** - Action

**Best Childhood Memory** - Playing sports all summer long.

**Where Would You Travel** – Rome, Italy  
**How Would you use 50 millions dollars?** Buy a new house, give some to organizations for the poor. Help some family members.

### **Other Nominations**

Kelly Rednour, CNA works very hard to care for all of the residents. She treats them with dignity and respect. She is always busy and helps out where needed.

*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

# Staff News

## Welcome to Oak Hill

(New Employees)

- Auri Henley , CNA
- Misty Sharp, LPN
- Deborah Loecher, LPN
- Shameka Anderson, CNA
- Katherine Koester, CNA
- Ebony Winters, CNA
- Desytine Johnson, CNA
- Charlesa Clay, CNA
- Nicolas Nobbe, CNA
- William Schneider, Dietary
- Zach Dunker, RN
- Jamie Salger, LPN
- Alec Isaacs, Dietary
- Lidia Madrigal-Kaltenbronn, Dietary
- Scott Phillips, CNA

Lets Welcome our New CNA Students:

Alex Goodmiller

Alexis Kuschel

Brittney Edmond

Jala Harvey

Katerin Goodsell

Marie Smith

Marcia Sutton

Nick Devan

Logan Szymanski



**Congrats to Nancy Vogt on the new addition to her family! This was the first Mercy South baby of 2020!**

**Tyler Jacob Vogt arrived early in the morning at 7 lbs., 13 oz. and 19.5 inches. Tyler shares a birthday with older brother Lucas, 7, and has another older brother, Henry, 5.**

Photo by [Mike Labrum](#) on [Unsplash](#)



## In Memoriam

### Here at Oak Hill:

Olivia Goodman

Arbor Court

Margaret Hankins

Arbor Court

Robert Papaik

Arbor Court

Melvin Fults

Arbor Court

### Families at Oak Hill:

Wanda Meadows

Cynthia Brinkmann  
Housekeeping



Photo by [Hush Naidoo](#) on [Unsplash](#)



Brought to us by health.com

## 13 Ways to Avoid Getting Sick With a Cold or the Flu

Are you avoiding your co-worker with that hacking cough, cold, or flu in the cubicle next to you? Do you open every door knob with your elbow? It's time to get a grip—without opening yourself up to getting sick. Here, medical experts weigh in on 13 different ways you can avoid getting catching something this cold and flu season. Don't say we didn't warn you (or give you the opportunity to stay healthy).

### 1. Wash your hands as much as you possibly can.

A good rule of thumb (no pun intended)? Each time you shake someone's hand, wash yours. But don't stop there—you want to lather up your hands as much as possible, says Mark Mengel, MD, chair of community and family medicine at Saint Louis University School of Medicine. Running lots of water over your hands will dilute any germs and send them down the drain, and soap will help slough off the germs quicker.

### 2. Don't touch your face.

Your nose and your eyes are the most common places for germs to get into your body, so it's best to avoid touching your face at all (that goes doubly for biting your nails, where germs can live) says Dr. Mengel—at least not until you've washed your hands.

### 3. Get enough sleep.

As if going to bed on time on a normal basis isn't hard enough, you need more zz's when you're feeling under the weather. When you're tired, your body isn't fighting as hard, so Dr. Mengel suggests getting 8–10 hours a night to keep your system in tip-top germ-fighting shape.

### 4. Get your flu shot—every. single. year.

Yes, really. (No, it will not make you sick). The Centers for Disease Control and Prevention recommends everyone six months of age or older get a flu shot every year—ideally by the

end of October, around the time flu season starts showing up.

### 5. Eat enough fruits and vegetables.

Is it always fun to eat healthy the majority of the time? Not really, but eating plenty of fresh fruits and vegetables can help support your immune system, says Jeff Robertson, MD, chief medical officer for health insurance company Regence. That means it can give your body an even better chance of fighting off the flu.

### 6. Work out regularly.

Get those sweats on and exercise, says Ann G. Kulze, MD, CEO and founder of Dr. Ann and Just Wellness. Working out regularly enhances immune function, she explains, which can help your body fight off any cold or flu germs.

### 7. Keep your distance from sick people.

This one might seem obvious, but it applies to more than just keeping a safe distance from sick strangers and colleagues—it pertains to keeping a wide berth to sick family and friends too, when possible, says Dr. Robertson. And if you do have to interact with people who are sick, make sure to be vigilant about washing your hands and not touching your face.

### 8. Keep hand sanitizer on hand.

You know how washing your hands is good protection against cold and flu germs? Sometimes you just aren't near a sink with running water and soap—in those situations, keep sanitizing gel or alcohol-based hand wipes on you at all times. But, pro-tip: Read the label before you buy, says Dr. Robertson. Look for alcohol-based wipes and gels, which are more effective at killing germs than those without alcohol.

### 9. Quit smoking already.

Smoking increases the risk of infections by making structural changes in the respiratory tract and decreasing immune response, according to a study of smokers and infection pub

lished in the Archives of Internal Medicine in 2004. In particular, Dr. Mengel says, smoking destroys cilia, the little hairlike fibers inside our noses, which can help increase infection risks.

#### **10. Be wary of sharing food with others.**

Double-dippers may be passing germs to those who eat after them, Dr. Mengel says, so maybe opt to steer clear of communal snacks—especially at your company's holiday party, when cold and flu season is in full swing. Also worth ditching: Sharing drinks with anyone else—it's just not worth it.

#### **11. Buy a leather bag, and ditch your cloth purse.**

Our purses pick up germs like we do, according to Joseph Brasco, MD, author of *The Great Physicians Rx for Colds and Flu*, so you could be re-infecting yourself every time you pick up your handbag. His suggestion: Put away your cloth purse during the winter months and carry one made of easier-to-wipe-down vinyl or leather. (Of course, you could always just buy more bags.)

#### **12. Try to smile once in a while.**

New research has found that happiness may help you fight off cold and flu germs. Carl Char-netski, MD, professor of psychology at Wilkes University, found that positive thinking, playing with a pet, and other pleasurable behaviors boost your immune system—making it harder for viruses to stick.

#### **13. Think of ways to keep others healthy too.**

Let's say, by some awful luck, you do get sick—when you have to cough and sneeze, do so into the crook of your elbow, not into your hands. Since your hands are a common source of germs, doing that will prevent them from spreading, Dr. Kulze says.

Article is located at: <https://www.health.com/condition/cold-flu-sinus/13-ways-to-avoid-getting-sick-with-a-cold-or-the-flu>



Hi Everyone!

This is a note to reintroduce a program we have run here at Oak Hill for sometime! The program is called Music and Memory. This program helps individuals with a wide range of cognitive and physical conditions to engage with the world, ease pain, and re-claim their humanity through the use of personalized music playlists.

When I was hired we talked about this program and also a possibility of expanding the program to the living spaces. There is current research that talks about music, any type of music, being played in spaces residents sit. When this happens the music can help decrease negative behaviors that occur when sitting unoccupied.

So, currently our program is being re-vamped and will come out again by the end of February or March. Hoping to meet the needs of our residents again!

I look forward to meeting with the residents and getting this out soon! I also appreciate any donations that have been made to our program.

Thank you!

Sr. Krystal Funk, ASC  
Music Therapist

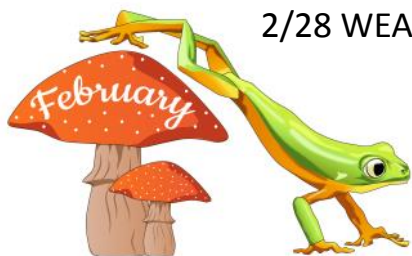


### February Music Entertainment in Arbor Court

2/2 Minnie Pearl  
2/4 Steve Turnbough  
2/5 Joe Powell  
2/6 Forrest  
2/9 R.J And Carl  
2/10 Tommy Tunes  
2-11 Dave Sheppard  
2/13 Lynn Wellman  
2/14 Brad Cook  
2/16 Bill Lynch  
2/18 Singing Cowboy  
2/19 Mark Rajorn  
2/23 Rob Callmeyer  
2/25 Duetchmeisters

### UPCOMING EVENTS

2/1 Oak Hill's 69th Anniversary  
2/7 FROG RACES  
2/12 CAKE WALK  
2/14 VALENTINES PARTY /WEAR RED OR  
PINK OR BOTH  
2/21 BIRTHDAY BASH  
2/28 WEAR FROG GREEN



### WE NEED YOUR RECIPES

Dear Residents, Family and Staff,

We are so delighted to tell you something new here on campus. One of our dear residents has a suggestion of sharing recipes with our dietary staff. And then preparing the meal with the staff. We thought this was a great idea and we are running with it. Every month a different division will host the recipe and it will be served on all divisions. But we could not stop there. We are going to incorporate all the recipes into "Oak Hill 69th Anniversary Cookbook. So bring us your favorite recipes. Family members, we are counting on your favorites too. There will be a form to fill out In Arbor Court lobby. Just look for the recipe box.

Thank you in Advance,

Kristi Gard

Activity Director

*We would like to thank all of the Oak Hill staff for the wonderful, loving care you all have shown Urban/Dad/Grandpa/Great Grandpa while living there. From the management, Doctor Rohlfing and her staff, all the nurses and personal care givers, to the kitchen, house-keeping, physical therapy and all of the support staff, you are an amazing team!*

*He sure loved the camaraderie between residents and staff, the entertainment, church services & special activities which provided for a joyful atmosphere.*

*We feel truly blessed to have had you all caring for him.*

*The family of Urban Wittenauer*



# January

## Magnolia Moments

**Welcome to our new resident June Lawrence! We started the New Year's day off with the movie Sully and popcorn. Since it was a new year there was new entertainment. We had Everett who played Elvis and Johny Cash putting on quite the show. Butch came to entertain playing guitar and singing which he has been doing for 40 years. Both were a big hit and will be back throughout 2020.**

**The residents asked if we could do a bean bag tournament so we did. The men and women are quite competitive when we play. The tournament was men vs. women. They played two days with 7 rounds total. It was quite serious each round but the residents had fun cheering on their teams. The men must have practiced extra because they came out ahead and won the tournament.**

**Congrats to Bob M., Joseph E, Don E, and Ed Q to winning the bags tournament.**

**This year we will celebrate some special days monthly. For the month of January we had strawberry ice-cream day on the 15th, also was hat day too. On the 21st was lollipop day and everyone received a special card with a lollipop too. The 22nd was, "No need to Knead day," so we made beer bread and enjoyed it with lunch and dinner. For the last day in January it is homemade hot chocolate day so guess what, we will be warming up with homemade hot chocolate.**

Hat Day



**Wii bowling we will be signing up to play against other SLF facilities. The team will be made up of the top 4 bowlers on Magnolia Terrace. SLF week will be here before we know it. There will be lots of fun activities planned to celebrate.**

**Happy Birthday**

**Happy Birthday to Virginia Mallot, Helen Werling, and Betty Congleton!**



**Pearl Hirsch came and played piano for our birthday party. She has been playing piano for over 70 years.**



# February

## Upcoming Events

- **2/3 Singing Cowboy 2:00 pm**
- **2/6 Trip to Alton & Lunch at Just Desserts leaving @ 9:00 am**
- **2/7 Bowling at West Park Bowling Alley @ 1:00 pm**
- **2/10 Monty Jackson singing @ 2:00 pm**
- **2/12 Cake Walk (Arbor Court) @ 2:00 pm**
- **2/13 Pizza Party @ 5:45 pm, Ice-cream Sundae Bar @6:30 , Special Guest @ 7:00 pm**
- **2/14 Happy Valentine's Day Wear Pink & Red**
- **2/17 Pianist Rob Callmeyer @ 1:30 pm**
- **Cherry Pie Day**
- **2/18 Homemade Pancake Breakfast @ 8:00 am**
- **2/21 Lunch out @ Joe Bacardi's 10:30 am**
- **2/24 Music with Alan and RJ**
- **2/27 Birthday Party @ 2:00 pm**
- **2/28 Sunshine Singer's @1:30 pm**



# Whispering Pines News

**M**

**HELD IN CEDAR DINING ROOM**

*Family and friends  
are welcome to attend*

**U**

**Thursday, February 6th 2:30 pm**  
*The Nitpickers*

**Friday, February 7th 2:30 pm**  
*Forrest Bevineau, "The Singing  
Retired Sheriff"*

**S**

**Tuesday, February 11th 2:30 pm**  
*Tommy Tunes*

**I**

**Saturday, February 15th 2 pm**  
*Lynn "The Piano Man" and Nancy Well-  
man*

**C**

**Monday, February 17 2:30**  
*Pearl Hirsch, Keyboard*

**Monday, February 24th 2:30**  
*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, February 27th**, 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.

**February is Chocolate  
Lover's Month**

Our residents will be making some delicious chocolate treats this month. We usually cook and bake on Tuesdays and this month we have fudge, brownie sundaes, Eskimo Cake (a frozen chocolate treat) and chocolate cream



**HAPPY NATIONAL  
CHOCOLATE LOVER'S MONTH!**  
pies on the menu. My mouth is watering just thinking about these delicious treats!





## How to Care for the Caregiver by Ava M. Stinnett

More than 65 million family caregivers—29% of the U.S. adult population—provide an average of 20 hours of care per week; some provide care around the clock. The physical and emotional toll can be overwhelming. So how can you nurture yourself as the caregiver?

1. Seek support from other caregivers. There are great benefits from knowing that there's a network of other caregivers you can turn to for encouragement and problem-solving.
2. Take care of your own health. You need rest, healthy food, plenty of water, and time away—whether it's taking a walk, meeting a friend for a movie, or taking a nap.
3. Keep your own doctor appointments. Let your doctor know that you are a caregiver and be sure to mention any signs of depression (e.g., overeating or loss of appetite; difficulty concentrating, remembering details, and making decisions; feelings of hopelessness).
4. Be flexible. Why argue for 30 minutes to get your loved one to wear matching socks only to realize that you went out with your own shirt on backward?

5. Keep things in perspective and embrace humor whenever possible.
6. Realize that there is no “perfect” way to be a caregiver except by providing the most love and patience you can gather that day.
7. Look for helpful online resources, such as the Alzheimer’s Association ([www.alz.org](http://www.alz.org)), the National Institute on Aging ([www.nia.nih.gov](http://www.nia.nih.gov)), or the National Alliance for Caregiving ([caregiving.org](http://caregiving.org)).
8. Consider seeking respite care. Besides residential facilities, there are day and drop-in centers for adults, and in-home services that can take some burden off caregivers. You can call your local aging care offices or research options online at [eldercare.acl.gov](http://eldercare.acl.gov). While your loved one may be resistant at first, they may actually enjoy the opportunity to be around peers.
9. Know that even if they don’t know who you are, you know who they are.
10. Most importantly, remember that caregiving often calls us to lean into love we didn’t know possible.

## References

National Alliance for Caregiving in collaboration with AARP. (November 2016). *Caregiving in the United States*.

Speers, P., & Walker, T. (2013). [\*The Inspired Caregiver: Finding Joy While Caring for Those You Love\*](#). CreateSpace.