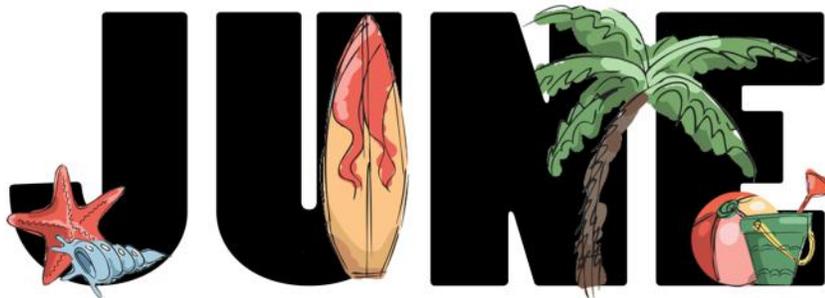


Oak Hill Insider

- News and events at Oak Hill -

June 2020 • Volume 142
Administrator Kim Keckritz



UPCOMING EVENTS

- 6/5 National Doughnut Day
- 6/8 Super Hero Day
- 6/10 Wear Yellow Day! SUNSHINE SMILES!!
- 6/12 Peanut Butter Cookie Day
- 6/12 Red Rose Day
- 6/14 Flag Day
- 6/15 Go Fly a Kite Day
- 6/17 Root Beer Float Day
- 6/18 to 24 National Nursing Assistant's Week
- 6/21 First Day of Summer
- 6/21 Fathers Day
- 6/22 Play Catch Day
- 6/23 Wear Pink Day
- 6/25 National Bomb Pop Day
- 6/29 Sunglasses Day

Due to Coronavirus many public events are cancelled due to CDC restrictions and facility restrictions. We are taking precautions to keep our residents safe.



Oak Hill

5-STAR RATED



Arbor Court
Skilled Nursing

pg. 11

Evergreen Pointe
Transitional Care

Magnolia Terrace
Supportive Living

pg. 17

Whispering Pines
Memory Care

pg. 20



Oak Hill/Magnolia Terrace/Evergreen Pointe
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www.facebook.com/oakhillmonroecounty

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



Happy Anniversary Employee Anniversaries

1 Year

Tammy Kueker, RN
Savannah Morris, Dietary
Brent Toenjes, Dietary

2 Years

Sophia Thorburg, LPN
Jodi Hurst, LPN
Michelle White, RN
Abigail Burke, Dietary
Alyssa Swift, Dietary
Kristen Goersch, CNA
Madelyn Carron, Housekeeping

3 Years

Jamie Whaley, RN
Sue Luttmann, Magnolia Terrace Director
Cherry Cummings, CNA
John Wallace, Maintenance Director

4 Years

Emma Novack, Dietary

5 Years

Marah Donjon, CNA

10 Years

Judy Kohler, WP Activities Director

15 Years

Suzanne Roberts, Restorative CNA

16 Years

Julia Olszewski, Whispering Pines Director

22 Years

Debra Siedle, CNA

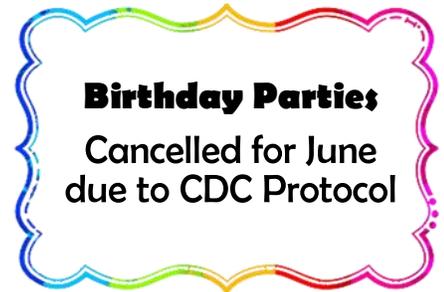
June Birthdays

Employees

1 Amber Barber
1 Deborah Loecher
2 Ebony Winters
2 Nikkita Winters
3 Darlene King
6 Jerry Brown
8 Susan Luttmann
10 Katlyn Chandler
10 Becky Heusohn
11 Judy Rabbermann
15 Linda Grahlherr
15 Julia Olszewski
16 Briana Byington
18 Susan Nordhaus
20 Jamie Salger
24 Mary Watkins
25 Dana Grossmann
26 Alyssa Swift
30 Silvia Madrigal-Kaltenbronn

Residents

1 Joan Schultz
2 Jean Buettner
9 Elveria Werkhaven-Miller
13 Donald Marion
16 Betty Berg
21 Clarence Qualls
29 Mavis June Lawrence



May 29, 2020

Dear Residents, Families and Staff,

Another week without any positive cases of COVID-19 at Oak Hill! There are currently no residents displaying symptoms of COVID-19.

This week, we were visited by the Illinois Department of Public Health (IDPH). They came to complete an infection control survey in order to determine our compliance with infection control standards during this pandemic. We passed with flying colors and the inspectors had no concerns with our practices.

We also were notified this week by IDPH of a new emergency rule mandating COVID-19 testing for all residents and staff at Oak Hill. The Infection Control team at Oak Hill had already started developing a plan for testing. We are working with the local health department to obtain the testing kits.

IDPH stated in their announcement that “testing residents and health care staff is important to keep COVID-19 out of facilities if the virus is not there, detect cases quickly –especially among individuals who are asymptomatic, and stop transmission”. This is our first step toward relaxing the restrictions in place at Oak Hill.

This new IDPH rule also requires Oak Hill to make sure a copy of the facility’s infection control policies and procedures are provided to residents and resident’s families or representatives upon request. If you would like a copy of this information, please contact Jennifer Morgan, our COVID -19 Infection Control team leader at 939-0400, ext 1922.

We expect to test all residents and staff in the next two weeks. One of our staff will contact residents or responsible parties to get consent for the testing. We are excited to complete this testing because it means we are one step closer to relaxing restrictions.

If you have any questions or concerns, as always, feel free to call us.

Sincerely,

Kim Keckritz
Administrator

Employee of the Month

Travis Oettle



May
2020

Travis has gone above & beyond to help out all the residents and his co-workers on Magnolia Terrace. He is a great housekeeper. He has jumped right in to help serve meals during the pandemic. His residents love him and request him to be their housekeeper. He has a great attitude and is fun to work with. He is considerate of others. Very polite and friendly. Perfect attendance for the last year!

My name is Travis Oettle and on May 29th I will be employed at Oak Hill for 3 years. I currently live in Red Bud, IL with my parents. I enjoy fishing, hunting and playing pool. My most memorable and biggest achievement is being employee of the month!

Fun facts about Travis!

Favorite Foods : Cheeseburgers and Pizza
One Person in History you would like to meet: Teddy Roosevelt. Mostly because he likes hunting.

Favorite TV Show: Fishing shows, MLB to-night

Favorite Sport to Watch: Baseball! GO CUBS!!

Favorite Song/Band: Thomas Rhett, Elvis Presley, Luke Bryan

Favorite Movies: Venom, Back to the Future, and Goosebumps

Best Childhood Memory: Fishing with my grandpa

If you could travel where and why?: Oregon. So I could go trout fishing!

How Would you use 50 millions dollars?: I would buy a 1969 Pontiac firebird. With what is left I would buy some land to hunt on.

Other Nominations

Rachel May: She goes above and beyond. She is always willing to help anyone!

Judy Kohler: She has done an amazing job with the residents on the pines during the pandemic. She does things with the residents to keep them occupied, like taking an ipod docking station and ipod to a resident so they could listen to her favorite church hymns. Judy also assists with 3 meals a day and passes snacks in between meals. What is really impressive is that when she is done on feeding on Cedar she will check on Spruce to see if they need help. She keeps a positive attitude through all of this, even when she is in pain due to health conditions. She really goes above and beyond to help our residents cope during this difficult time.

Mitchel Heinen: He is hardworking and wise beyond his young years. Eager to learn and willing to try.

Deb Carrico: Deb does her job very well. She goes above and beyond for residents and staff. She pushes residents back to their rooms and really has gotten to know the residents. Maple Hall is always clean. The dirty utility room is even clean and smells good! She loves the residents like they are her own family.

Kyle Wachtel: He did an amazing job on the core flooring. He is always smiling, happy and upbeat!

Jen Morgan: She is a hard worker and is doing a great job taking the lead on covid-19.

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

Happy Anniversary



Congratulations to Carol Nash and her husband, Danny, on celebrating 50 years of marriage! They have both seen many adventures in their lives including living in Old Valmeyer, where their 1st home was swept away by the floods in 93'. They hope to have a social distant BBQ in their backyard to celebrate their anniversary!

Congratulations!

Welcome to Oak Hill

(New Employees)

- *Braden Miller*
- *Demond Edmunds*
- *Evan Rowe Brown*
- *Ethan Rowe Brown*
- *Samantha Seidel*
- *Laura Seidel*
- *Madelynn Rachels*
- *Ashley Seyferth*

Photo by Mike Labrum on Unsplash



In Memoriam

Here at Oak Hill:

Lucille Wetzler

Arbor Court

Helen Cheney

Arbor Court

Allan Laningham

Whispering Pines

Gary Pieper

Evergreen Pointe



To sign up for phone calls or to face time your loved ones please goto the provided link below.
<https://calendly.com/kgard/connecting-to-loved-ones>. Thank you!

Greg Badger

Corporate Compliance Officer

618-939-3488 x1302

Hotline# 855-245-3994



Congratulations to Suzanne Roberts, CNA(Restorative) who won a free ticket anywhere JetBlue flies!! Her brother entered her into the contest and she won! She plans to go and visit her family in South Carolina when restrictions lift. CONGRATULATIONS!!!



Special thanks to the 4-H Club for sending cards and notes of encouragement during this tough time. Our residents greatly appreciate it! Thank you!!



Congratulations to our New CNA;s!!

- Destini Brown**
- Kristen Goersch**
- Angelia Gomez**
- Caryn Miller**
- Jesus Scott**
- Dawnell Smith**
- Jadden Smith**
- Antrinice Stevenson**
- Alyssa Terry**
- Nikkita Winters**



Thank you to HOPE Christian Church for the donation of food boxes! Your Oak Hill Family great appreciated the fresh produce to share with our friends, families and neighbors! Thank you!!

Happy Nursing Assistant Week!

We couldn't do this without you!

thank you!



Alana Mollet

Alex Goodmiller

Alexus Kuschel

Alyssa Terry

Amber Barber

Amunya Hayes

Angela Staub

Angelia Gomez

Angie Randazzo

Antrinice Stevenson

Brandy Ballett

Briana Byington

Brianna Brinkman

Brittany Rodenburg

Brittney Edmond

Bryce O'Connor

Charlsea Clay

Cherry Cummings

Cole Nobbe

Courtney Heimburger

Danielle LePes

Darneisha Johnson

Dawnell Smith

Debra Siedle

Destini Brown

Desytine Johnson

Ebony Winters

Faith Nikolaisen

Grace Ryan

Hailey Rahn

Jadden Smith

Jala Harvey

Jen Forshee

Jerry Brown

Jesus Scott

Joann Drummond

JoAnn Stennis

Juliet Wilson

Kaitlyn Hargrave

Katerin Goodsell

Kevin Alexander

Lakia McLemore

Latisha Samuels

Logan Jackson

Logan Szymanski

Lydia Mehring

Madison Blissenbach

Marah Donjon

Marcia Sutton

Maria Webb

McKenna Ford

Meacho Allen

Megan Weber

Melissa Adams

Meredith Hooten

Michelle Dietzel

Missy Hill

Nick Devan

Nikkita Winters

Olivia Johnson

Porchia Allen-Vaughn

Robert Smith

Robyn Stulce

Sandra Arrasmith

Scott Phillips

Sophia Colson

Suzanne Roberts

Teemoko Bibbs

Tiffany Bergen

Tiffany Lipsey

Tiffany Shaw

Winnie Robinson

Happy Father's Day

DOWN

1. Green-thumbed person
3. Grid sport
4. Recollections
6. Look up to
7. One-liners
9. Charming and kind
10. Father's Day month
11. Game on a green
12. Instruct
13. Hallmark's specialty
16. Embrace



©ActivityConnection.com

Use the clues to fill in the crossword.

ACROSS

2. Father's nickname
5. Hold dear
8. Cookout
12. Workshop items
14. Business wear
15. Fearless
17. Father's Day buy



World's Greatest Dad

The following words can be found vertically, horizontally, diagonally, forward, and backward.



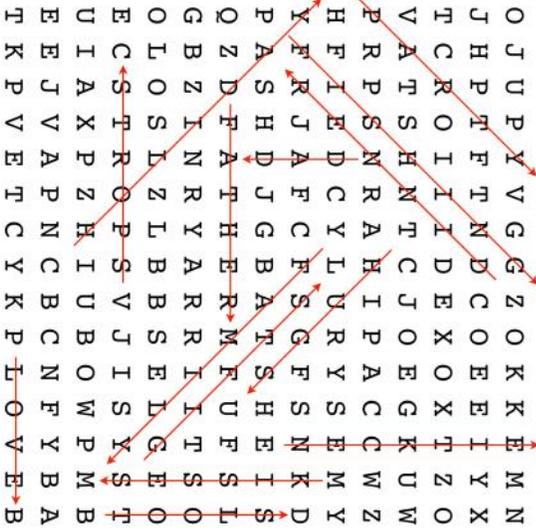
- | | |
|---------|---------|
| DAD | HUGS |
| DINNER | KISSES |
| FAMILY | LOVE |
| FATHER | NECKTIE |
| FISHING | PARTY |
| GIFTS | SPORTS |
| HOLIDAY | TOOLS |



Happy Anniversary

ActivityConnection.com

Evola and Earl Niermann celebrated 65 years of marriage on May 30th. They had the opportunity to chat with family across the US thanks to technology. She talked with her husband, who is in another facility, 4 children, 10 grandkids, and 4 great grandkids. It was a blessed day!



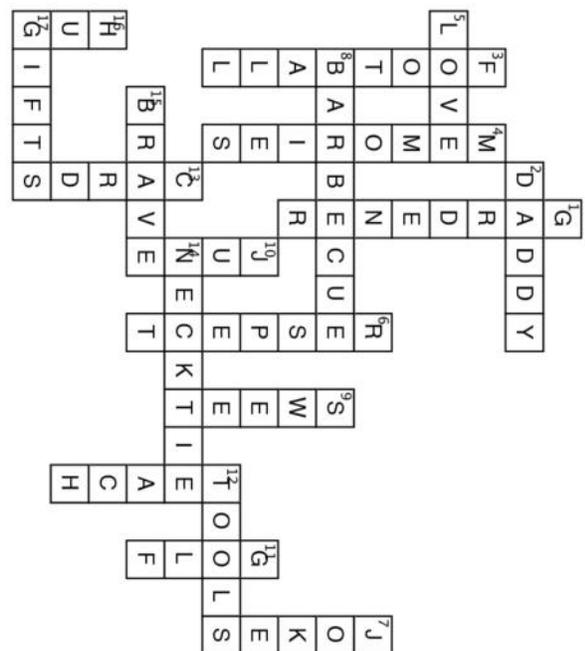
World's Greatest Dad
(solution)

Congratulations



Whispering Pines Nurse, Lindsey Dinning, found out she is expecting her first child! The baby is expected in the fall! Congratulations!!

ActivityConnection.com



Happy Father's Day
(solution)

The Grapevine



Oak Hill-Arbor Court

Napoleon's "Waterloo"

Napoleon's defeat at Waterloo in Belgium occurred on June 18, 1815. Napoleon is remembered as one of history's greatest military strategists. With the French army under his command, he waged war against most of Europe, vastly expanded the French Empire, and crowned himself emperor. After 1812, however, Napoleon suffered grave defeats and was exiled to the island of Elba, but Napoleon was not used to defeat. He escaped from Elba and rebuilt a massive army to march against the foes that had defeated him. At first, Napoleon was successful. On June 16, 1815, he defeated the Prussians. But on June 18 at the village of Waterloo, he commanded his force of 72,000 troops to hold off their attack until mid-day in order to allow the battleground to dry. It was a fatal mistake. During those few hours, new troops joined the opposition, and Napoleon's forces were overwhelmed and overrun. He was forced to return to Paris in defeat and abdicate the throne. Napoleon's reign was over, and the name of Waterloo would become forever synonymous with defeat and humiliation.

Celebrating June

- National Donut Day
June 5th
- Super Hero Day
June 8th
- Peanut Butter Cookie Day
June 12th
- Flag Day
June 14th
- Go Fly A Kite Day
June 15th
- Root Beer Float Day
June 17th
- Father's Day
June 21st
- Play Catch Week
June 22nd
- Wear Pink Day
June 23rd
- National Bomb Pop Day
June 25th
- Sunglasses Day
June 29th
- Arbor Court Birthdays**
Joan S. June 1st

From The Activity Girls:

Well, we made it through the May showers. We are all looking forward to nicer, warmer weather and a little sunshine. Last month we started \$pay to play\$. And you all have earned well over \$400.00 In funny money. Great job keeping our minds stimulated. Keep up the good work. As always, if you need anything, let us know on our daily house calls.

~Kristi, Becky & Wendy~

The Making of a Man

Not only is June 21 Father's Day, but June is Men's Health Month. All June long, we are asked to honor the men in our lives: dads, husbands, brothers, and uncles. Ironically, research suggests that men may be unsure of how best to honor themselves, partly because some men are questioning traditional definitions of manhood.

The strong silent type. A man of action and not words. The breadwinner. The jock. The buffoon. All of these are common male stereotypes. And while working hard, enjoying sports, and joking around are certainly positive qualities, some psychologists argue that American society tends



to overemphasize qualities of toughness, self-reliance, material wealth, and emotional detachment in boys and men. Qualities such as willingness to compromise, showing vulnerability, expressing emotions, and nurturing others are viewed as feminine and signs of weakness. This wasn't always so. In the late 19th century, men were expected to be compassionate caretakers. But when the bulk of men's work moved from the homestead to the factory, masculine ideals began to shift. In fact, the Boy Scouts were founded in 1910 to reinforce those qualities of loyalty, courteousness, and kindness that were feared to be lost. Many men today share similar fears.

Groups of men all across the country, such as Philadelphia's Masculinity Action Project and the global ManKind Project, are attempting to promote "healthier masculinity." They hope to keep all of the positive traits of manliness while throwing out characteristics that are harmful. While some critics have gone so far as to call this a "war" on traditional masculinity, many men in these groups feel better about themselves: they have better relationships, stronger core values, and better mental health. These men are not only becoming, in their eyes, better men but they are becoming better humans. Furthermore, when these men understand and define what makes them positive male role models, they are better equipped to pass those traits along to younger generations.

Nailed It!

In preparation for the footloose and barefoot days of summer, June 1 is Nail Polish Day. While today's nail art is largely a reflection of personal style, when it originated nearly 5,000 years ago in Babylonia, nail polish was a marker of social status and class. Babylonian warriors ground *kohl*, a charcoal-like mineral, into a dark powder and used it to color their nails and lips before going into battle. The dark shade signified a high rank. Similarly, around 3000 BC, the Chinese used varying nail colors to signify differences in rank and dynasty. Rulers often wore bright colors like red, gold, or silver, while lower classes could be punished if they dared to wear colors deemed acceptable only to the ruling class. It wasn't until much later, in 19th-century Paris, when manicure parlors became fashionable and women regularly began to "get their nails done." In 1878, an American named Mary Cobb, after learning the art of the manicure in Paris, opened a shop in New York City, America's first nail salon called "Mrs. Pray's Manicure." Cobb would go on to open a series of salons, invent the emery board, and market an entire line of nail products. Cobb was truly the mother of the nail salon industry.

Ladies' Day at the Ballpark



During the early years of baseball, the game was geared toward an audience of men, for many during that narrow-minded era believed that the rules of baseball were just too difficult for women to understand. That is, until 1883 when the New York Gothams (soon to be Giants) hosted the first "Ladies' Day" at the Polo Grounds, where women were admitted free of charge. Baseball player, manager, and pioneer Abner Powell would later capitalize on this promotion when his own New Orleans Pelicans struggled to draw crowds. Powell held Ladies' Days every week throughout the season. His reasoning? Not only would it expand the game's audience but the presence of women would discourage unruly behavior.

A Monument to Love

On June 17, 1631, Mumtaz Mahal died during the birth of her fourteenth child. The emperor of India, Shah Jahan, was so devastated by the death of his wife that he commanded a mausoleum be built in her honor, one so beautiful that it would never be matched. Today, the Taj Mahal stands unmatched as a monument to undying love and marital devotion.



By all accounts, Shah Jahan and his wife were deeply close. Mumtaz Mahal's name, bestowed upon her by the emperor, means "the exalted one of the palace." The empress's residence was the finest ever built, decorated in pure gold and precious stones, with rosewater fountains. Mumtaz was both a confidant to Shah Jahan and an advisor on matters of state. She was even allowed to use the Mehr Uzaz, the emperor's personal seal, to validate imperial decrees. The empress was as beautiful as she was smart and cultured, a woman more than worthy of the mausoleum constructed in her honor.

Construction of the Taj Mahal began in 1632 and continued for 22 years, employing 1,000 elephants and 22,000 artisans from India, Persia, and Europe. The mausoleum's architect was most likely court architect Ustad Ahmad Lahauri, the same man who designed Delhi's Red Fort. Situated across the Yamuna River from the royal palace, Shah Jahan could gaze upon the final resting place of his beloved wife forevermore. The mausoleum is made of white marble and inlaid with precious and semi-precious stones such as jade, crystal, lapis lazuli, amethyst, and turquoise. Its central dome rises 240 feet, surrounded by four minarets. The Ninety-Nine Names of God are inscribed in calligraphic inscriptions on the sides of Mumtaz's tomb. Not only is the Taj Mahal an enduring symbol of India's rich cultural heritage but it remains the finest example of Mughal architecture in the world. The tomb and its surrounding gardens host eight million visitors each year, and the complex has repeatedly been included on lists of the New Seven Wonders of the World.

Horsing Around



In June of 1878, photographer Eadweard Muybridge put an end to a debate that had been raging for years: whether or not all four of a horse's hooves left the ground during a gallop.

Muybridge was no mere photographer but also a savvy inventor. Cameras in 1878 had lengthy exposure times of two seconds, but over two seconds a horse in motion would have galloped across an entire field, preventing it from being photographed. Muybridge's solution was to create a mechanical wooden shutter that could close within one-thousandth of a second. His photos seemed to freeze time, capturing each movement of the horse. He not only proved that all four hooves left the ground but he created the first motion picture and laid the foundations of the movie industry.



On Thin Ice



In June of 1844, a marvel of modern engineering opened to the public in London, a “Glaciarium,” or the world’s first indoor skating rink. A flyer advertised the occasion: “This establishment... was opened on Monday afternoon. The area of artificial ice is extremely convenient for such as may be desirous of engaging in the graceful and manly pastime of skating.” The rink even boasted alpine views and mounds of snow. How did the Glaciarium achieve this feat in the middle of summer? By not using real ice and snow at all. Despite the picturesque appearance, the ice was made of a mixture of pig fat and salts. Even worse than the strange appearance, it smelled horrible. The brave few who dared try indoor skating soon abandoned the pastime.

It wasn’t until 1876 that true refrigeration technology allowed for the creation of man-made ice and a real Glaciarium was opened in London. Inventor and veterinarian John Gamgee had developed a method of freezing meat for long-distance transport. He tweaked the same technology to create his skating rink. A layer of earth, cow hair, and wooden planks was laid on a foundation of concrete. This was topped with copper pipes that carried a homemade solution of glycerin, ether, nitrogen peroxide, and water. As Gamgee’s solution flowed through the copper piping, water poured on top of the pipes froze solid. Gamgee was also keen to use some of the same marketing tools from the original Glaciarium. He staged an alpine scene in the background and even included a live orchestra to play for his intrepid skaters. At first, his Glaciarium proved so attractive to the wealthy that he found he could operate it on a members-only basis. Gamgee even opened two more rinks across town. The success was short-lived, however. Gamgee suffered from his own technological achievement. His mechanics for freezing made the ice so cold that his rinks became shrouded in a bone-chilling fog. Before long, his members had abandoned the new pastime completely, preferring to skate on nature’s frozen lakes and ponds.

June Birthdays

In astrology, those born between June 1 and 20 are the Twins of Gemini. A Gemini’s dual nature is expressed through skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent. Those born between June 21 and 30 are Cancer’s Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators.

Morgan Freeman (actor) – June 1, 1937
 Angelina Jolie (actress) – June 4, 1975
 Prince (musician) – June 7, 1958
 Frank Lloyd Wright (architect) – June 8, 1867
 Hattie McDaniel (actress) – June 10, 1893
 Harriet Beecher Stowe (author) – June 14, 1811
 Paul McCartney (musician) – June 18, 1942
 Bob Vila (builder) – June 20, 1946
 George Orwell (author) – June 25, 1903
 Bernard Harris Jr. (astronaut) – June 26, 1956
 Lena Horne (singer) – June 30, 1917

Elvis Shocks the Nation



By 1956, Elvis Presley had already hit No. 1 on the music charts with “Heartbreak Hotel,” and he was becoming a rock ‘n’ roll sensation, but nothing prepared the public for his live performance of “Hound Dog” on *The Milton Berle Show* on June 5, 1956. Elvis had already appeared on television several times, including on *The Milton Berle Show*. But in these appearances, Elvis was always filmed close-up or behind his guitar. On June 5, the 21-year-old Elvis was televised head to toe, swinging his hips in wild gyrations as he danced, earning the moniker “Elvis the Pelvis.” The next day, critics across the country roundly criticized Elvis, calling him vulgar and untalented. Ed Sullivan declared Elvis would never appear on his show. None of this criticism stopped Elvis from becoming rock ‘n’ roll’s first superstar. In the end, Elvis’ critics had to eat their words.

Caption This Winners

1st week- Marian T.



Trump tweeted, "Go back to work."

4th week-



"I solved the equation of happiness."

2nd week- Pearl G. & Patsy K.



"Breakfast Special, Bacon & Eggs"

5th week- Bob K.



"Hey Diddle diddle,
I thought you ran off with the dish?"

3rd week- Loretta C.



"From rags to Riches"

6th week- Marjorie



"Keep trying."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Life is short..... Eat dessert first..... Sycamore/Hickory	8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Bingo-Cottonwood/Maple 2:45-3:30- Bingo-Sycamore/Hickory	8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Music-Cottonwood/Maple 2:45-3:30- Music-Sycamore/Hickory	8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 2:00-4:00-Monthly Auction Cottonwood/Maple Sycamore/Hickory	8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Music-Cottonwood/Maple 2:45-3:30- Music-Sycamore/Hickory	8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Bingo-Cottonwood/Maple 2:45-3:30- Bingo-Sycamore/Hickory *NATIONAL DONUT DAY	10:00-12:00-Facetime 12:00-2:00-House calls
10:00-12:00-Facetime 12:00-2:00-House calls	7 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Bingo-Cottonwood/Maple 2:45-3:30- Bingo-Sycamore/Hickory	8 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Music-Cottonwood/Maple 2:45-3:30- Music-Sycamore/Hickory	9 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- TBA Cottonwood/Maple 2:45-3:30- TBA Sycamore/Hickory	10 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Music-Cottonwood/Maple 2:45-3:30- Music-Sycamore/Hickory	11 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Bingo-Cottonwood/Maple 2:45-3:30- Bingo-Sycamore/Hickory *Red Rose Day *Peanut Butter Cookie Day	12 10:00-12:00-Facetime 12:00-2:00-House calls
10:00-12:00-Facetime 12:00-2:00-House calls	14 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Bingo-Cottonwood/Maple 2:45-3:30- Bingo-Sycamore/Hickory GO FLY A KITE DAY	15 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Music-Cottonwood/Maple 2:45-3:30- Music-Sycamore/Hickory	16 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Root Beer Float Day Cottonwood/Maple 2:45-3:30- Root Beer Float Day Sycamore/Hickory	17 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Music-Cottonwood/Maple 2:45-3:30- Music-Sycamore/Hickory	18 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Bingo-Cottonwood/Maple 2:45-3:30- Bingo-Sycamore/Hickory	19 10:00-12:00-Facetime 12:00-2:00-House calls
 Flag Day (US)	21 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Bingo-Cottonwood/Maple 2:45-3:30- Bingo-Sycamore/Hickory *PLAY CATCH TODAY	22 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Music-Cottonwood/Maple 2:45-3:30- Music-Sycamore/Hickory *WEAR PINK DAY	24 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- TBA Cottonwood/Maple 2:45-3:30- TBA Sycamore/Hickory	25 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Music-Cottonwood/Maple 2:45-3:30- Music-Sycamore/Hickory *National Bomb Pop Day	26 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Bingo-Cottonwood/Maple 2:45-3:30- Bingo-Sycamore/Hickory	Summer Begins 27
 Father's Day	28 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Bingo-Cottonwood/Maple 2:45-3:30- Bingo-Sycamore/Hickory *WEAR YOUR SUNGLASSES INSIDE DAY	29 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Music-Cottonwood/Maple 2:45-3:30- Music-Sycamore/Hickory	30 8:00- Breakfast Helpers 9:00-12:00-House Calls 1:1 Visits 1:45-2:30- Music-Cottonwood/Maple 2:45-3:30- Music-Sycamore/Hickory			

*Times and Events are subject to change. TBA= Too be announced.

June 2020
 Oak Hill- Arbor Court

Magnolia Moments



May has brought us many rainy and chilly days. We are all ready for warm and sunny days as we go into the summer months. We have been outside and enjoying all the flowers that have bloomed and are blooming.

Mother's day was a new experience for us this year, but we made the best of the day. Smiles, tears, laughs, and memories were made on Mother's Day 2020. Everyone received a flower, a sweet treat, and a personalized card. Who knew there was a Mother's Day song too. Thanks to creativity from one of Magnolia Terrace's CNA's.





Though all the changes we still smile and enjoy the little things in life. We play hallway bingo and everyone is a winner! Celebrated red nose week on May 21st, wearing a nose in a new way this year.



We cant wait to see all of our family and friends again. Thank you to everyone who has kept all of us here at Magnolia Terrace in your thoughts and prayers. Also thank you to anyone who has sent a card, colored pictures, called to check on us, and donated items to keep us busy.



RED NOSE DAY



June Birthday's



2nd - Jean Buettner

3rd - Darline King (Staff)

8th Sue Luttmann (Staff)

13th - Don Marion

21st - Ed Qualls

29th - June Lawrence

Flag Day
June 14



Donut Day - June 5th

Flag Day - June 14th

Root Beer Float Day - June 17th

Father's Day - June 21st

Pink Day— June 23rd

Bomb Pop Day— June 25th

Sunglasses Day—June 27th



72 Years & Counting
Happy Anniversary to
Bob & Jean Brown !

June 19th

Whispering Pines News



Thank you to Ahne's Bakery!

For the past several years we have always had a "donut day" once a week on Whispering Pines when staff would pick up donuts, pastries or coffeecakes for the residents for their afternoon snack. Now, ALL of Oak Hill gets to enjoy Ahne's treats on Wednesdays, Thursdays and Fridays when residents enjoy donated day-old pastries and donuts! It gives the staff great joy to see the residents savoring the local bakery goods. Nothing beats an Ahne's chocolate-iced long john and a cup of coffee.



alzheimer's association®

Alzheimer's Association "In the Moment" Support Group

Due to COVID-19, there will not be a June Alzheimer's Association, "In the Moment," support group meeting at Oak Hill. For support and information, please call the Alzheimer's Association's toll-free number: 800-272-3900.

Things My Father Taught Me

Residents were interviewed and asked what important lesson did their father teach them:

Whip: Had to crank start our pick-up truck to make it run.

Harold: To not drive like Monster Trucks!

Bobby: My father taught me how to work—what you CAN and CAN't do.

Jack: "Stay out of trouble."



Summer Skin Care Precautions for the Elderly

As you age, your skin grows thinner, more fragile and less likely to protect and rejuvenate itself. Because sun damage is the greatest threat to human skin, people with sensitive, older skin must take diligent precautions to avoid as much sun exposure as possible.



Dermatologists recommend that you apply an SPF 30 formula to exposed skin daily, whether you'll be indoors or out. Sunscreen of this strength is scientifically proven to absorb 97% of harmful UV rays, which are able to pass through clouds and glass.

While various methods and cosmetic topical products are effective, understand that no single approach is 100% successful in warding off ultraviolet (UV) radiation, a known cause of skin cancer and other skin-related diseases.

The best advice is to combine smart sun care tools and techniques to protect your mature skin from the harmful effects of the sun. Here are some tips to help keep you sun-safe all season long.

1. Don't Tan and Don't Burn

Use a sun shade or beach umbrella at the pool or shore. Sunbathing is not a good idea for mature skin that has already sustained a lifetime of damage from the sun's UV rays. Tanning and sunburn increase your risk for skin cancer greatly.

2. Pick Shade Over Sun

Whether you're at home or out walking, prevent sun damage to elderly skin by staying in shady corridors or porches, especially during the hottest part of the day. The American Academy of Dermatology (AAD) notes that the sun's rays are strongest in North America between 10 a.m. and 4 p.m.

3. Apply Sunscreen Daily

Sunscreen is the most powerful skin care product you can use to protect aging skin.

Reapply sunscreen after sweating or showering and use it liberally.

4. Don't Forget to Moisturize

Keep skin moist with a high-quality lotion or cream. Elderly skin is already prone to dryness, which sun damage and hot temperatures can make worse. A good moisture barrier created by applying a skin care cream or lotion prevents water loss from the various layers of skin.

5. Wear Protective Clothes

Long-sleeved pants and shirts create excellent, inexpensive sun protection for elderly skin. Clothing with a tight weave offers substantial, reusable, and full body coverage, unlike sunscreens that wash off and must be re-applied. The Skin Cancer Foundation suggests using specially designed UV hats and clothing that provide extra sun safety for times when you wish to be outdoors.

6. Use Protective Accessories

Fabrics and films that block UV radiation are also used to make umbrellas, sunglasses, window shades and car window tints. Shield your sensitive skin from sun damage with these items that are endorsed by the Skin Cancer Foundation.

7. Sun & Medication - Beware

Some people taking over-the-counter or prescription drugs find that their skin



Summer Skin Care Precautions for the Elderly (cont.)

becomes oversensitive to the sun.

They can get serious skin damage including sunburn, blisters, rashes or swelling when out in the sun. Some of the medications which may set off these reactions include antibiotics (tetracycline and sulfa drugs), diuretics (water pills), anti-depressants, anti-psychotics, anti-diabetic preparations and some acne drugs containing vitamin A or its derivatives.

When a medication has been prescribed, check the common side effects with your doctor. For over-the-counter preparations, read the label and information leaflet to find out the possible side effects.

If you have an unusual reaction, check with your doctor.

Other tips to help you stay cool even when you are out of the sun but it's hot outside:

1. Drink plenty of water

Although beverages containing alcohol and caffeine seem to quench your thirst, they actually cause dehydration. You may be on fluid restrictions, so speak to your doctor and verify the amounts of fluids you can drink when the weather is hot.

2. Stay in your home

Stay indoors and in the air conditioning as much as possible. If air conditioning is unavailable, stay on the lowest floor out of the sun. Fans are not effective when the temperature is above 90° F and humidity is above 35%.

3. Eat light, eat right

Eat well balanced light meals and avoid using the oven in the hottest part of the day. Keep fresh produce chilled in the refrigerator and snack on that. Think salads, veggies,

even chilled soups as good alternates for heavier meals.

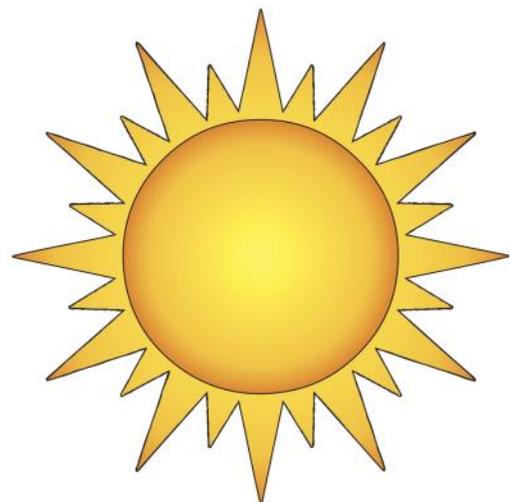
4. Avoid temperature changes

Avoid extreme temperature changes such as taking a cool shower immediately after coming in from the heat. It may sound good, but may result in hypothermia, particularly for the elderly. A good way to cool off is to lightly spray water on your body.

5. Do it later

Reduce, eliminate, or reschedule outdoor activities until the temperature is cooler (usually in the early morning or late evening).

Many people who are elderly grew up in a time when little was known about how too much sun could cause skin cancer and premature aging of the skin. The truth is that it is never too late for sun protection. By protecting your skin from too much sun you can help prevent the onset of skin cancer and more sun damage to the skin. Keeping your skin healthy can help you enjoy your “golden” years to the fullest!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



	1 Breakfast – Pancake Lunch – Honey Glazed Pork Chop Spaghetti w/ Meat Dinner – Cheeseburger on a Bun	2 Breakfast – Cinnamon Roll Lunch – Salisbury Steak Bratwurst on a Bun Dinner – Chicken Dumplings Deil Sandwich	3 Breakfast – Banana or Pumpkin Bread Lunch – Ham & Beans Grilled Chicken & Vegetable Pasta Dinner – Taco Salad Grilled Frank on Bun	4 Breakfast – Donut Lunch – Resident Choice Dinner – French Dip Beef Sandwich Catfish Nuggets	5 Breakfast – National Donut Day Lunch – Italian Baked Fish Parmesan Turkey Cutlet Dinner – Hickory Grilled Chicken Breast on a Bun Peachy Pork Chop	6 Breakfast – Muffin Lunch – Cheese Manicotti with Marinara Smothered Steak Dinner – Chicken Salad on Croissant Brown Sugar Mustard Glazed Smoked Sausage
7 Breakfast – Cinnamon Roll Lunch - Cheddar Baked Chicken Glazed Ham Dinner – BBQ Pork on Bun Egg Salad Sandwich	8 Breakfast – Pancake Lunch – Beef Tips in Gravy Salmon Patty Dinner – Pub Burger on a Bun Mexican Lasagna	9 Breakfast – Smoked Sausage Lunch – Broccoli Chicken Divan Dinner – Homemade Vegetable Soup Bologna Sandwich Beef Cube Steak	10 Breakfast – Biscuit Lunch – Fried Chicken Swedish Meatballs Dinner – Breaded Chicken Livers Pork Cutlet	11 Breakfast – French Toast Lunch – Nacho Chicken Bake Meatloaf Dinner – Broccoli Cheese Soup Popcorn Shrimp Braunschweiger Sandwich	12 Breakfast – Biscuit & Gravy Lunch – Aloha Chicken Bacon Cheeseburger on Bun Dinner – Ham & Cheese Quiche Lorraine	13 Breakfast – Muffin Lunch – Sliced Turkey Cranberry Glazed Pork Loin Dinner – Beef Ravioli w/ Marinara Sauce Chicken Club Sandwich
14 Breakfast – Coffee Cake Lunch – Roast Beef Buttermilk Ranch Chicken Dinner – Ham Salad Sandwich Tuna Noodle Casserole	15 Breakfast – Donut Lunch – Pizza Grilled Liver & Onions Dinner – Crab Meat Pasta Salad Cold Plate Polish Sausage on Bun	16 Breakfast – French Toast Lunch – Chicken Scampi Beef Stroganoff Dinner – Tomato Soup Grilled Cheese Sandwich Hot dog on Bun	17 Breakfast – Danish Lunch – Potato Soup Chef's Salad Baked Mostaccioli Dinner – Beef Goulash Fish & Cheese Sandwich	18 Breakfast – Cinnamon Roll Lunch – BBQ Riblette on Bun Country Fried Steak Dinner – Biscuit & Gravy French Toast Sausage / Bacon	19 Breakfast – Pancakes Lunch – Fried Catfish BBQ Chicken Sandwich Dinner – Turkey & Cheese Melt Pizza Pasta Casserole	20 Breakfast – Cinnamon Raisin Break Lunch – Veal Cutlet on Bun Cornflake Chicken Dinner – Chicken Alfredo Over Fettuccini Hot Ham & Cheese on Bun
21 Breakfast – Coffee Cake Lunch – Fried Chicken BBQ Beef on Bun Dinner – Bratwurst on Bun Sloppy Joe on Bun	22 Breakfast – Pancake Lunch – Meatloaf Lemon Pepper Tilapia Dinner – Tuna Patty Sweet & Sour Chicken	23 Breakfast – Muffin Lunch – Baked Turkey Crunch Mushroom Swiss Burger on Bun Dinner – Open Faced Pork Tenderloin Sandwich Egg Salad Sandwich	24 Breakfast – Biscuit & Gravy Lunch- Lasagna Herbed Chicken Breast Dinner – Vegetable Soup Chicken Salad Cold Plate BLT Sandwich	25 Breakfast – French Toast Lunch – Herb Roasted Pork Loin Cheese Stuffed Shells Dinner – Philly Cheesesteak w/ Grilled Peppers/Onions on Bun Chicken Pot Pie	26 Breakfast – French Toast Lunch – BBQ Chicken Corn Dog Dinner – Bacon & Cheese Quiche Beef & Macaroni Bake	27 Breakfast – Donut Lunch – BBQ Chicken Corn Dog Dinner – Bacon & Cheese Quiche Beef & Macaroni Bake
28 Breakfast – Danish Lunch – Pot Roast Stuffed Green Pepper Dinner – Chicken Noodle Soup Tuna Salad Sandwich Pork Fritter	29 Breakfast – Pancake Lunch – Honey Glazed Pork Chop Spaghetti w/ Meat Dinner – Cheeseburger on a Bun Cheese Tortellini w/ Alfredo Sauce	30 Breakfast – Cinnamon Roll Lunch – Salisbury Steak Bratwurst on a Bun Dinner – Chicken Dumplings Deil Sandwich				

June 2020

Meal Calendar