

Oak Hill Insider

- News and events at Oak Hill -

September 2020^o Volume 145
Administrator Brian Koontz



UPCOMING EVENTS

WORLD ALZHEIMER'S MONTH *Wear Purple*

- 9/2 Apple Pie Day *Served at Lunch*
- 9/8 Hat Day *Wear a HAT!*
- 9/9 Magnolia Terrace Ice Cream Truck
- 9/11 Chocolate Shake Day *Snack*
- 9/14-18 Environmental Services Week
- 9/16 Grandparents Day Fiesta! *Photo Booth - Dance Video - Free Guacamole* Lets have FUN!
- 9/18 National Cheeseburger Day *Served at Lunch*
- 9/20-26 Therapy Services Week
- 9/21 Punch & Cookies *Snack*
- 9/24 Cherry Jubilee Day *Snack*
- 9/25 School Colors Day *Wear the colors of your Alma mater*
- 9/28 Strawberry Cream Pie Day *Snack*
- 9/28 Whispering Pine Ice Cream Truck

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.9

Evergreen Pointe

Transitional Care

Magnolia Terrace

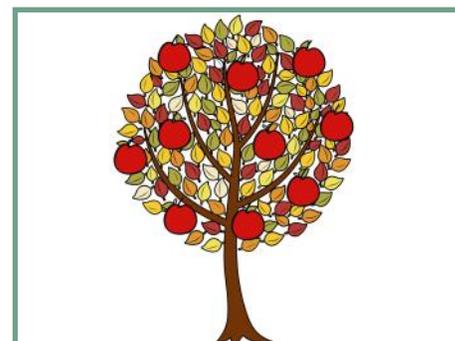
Supportive Living

pg.14

Whispering Pines

Memory Care

pg.18



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



Happy Anniversary Employee Anniversaries

1 Year

Kaitlyn Hargrave, CNA

Heather Myers, LPN

Tracy Sharp, RN

Marcia Sutton, CNA

4 Years

Alicia Suemnicht, Dietary

5 Years

Angelique Hill, LPN

Maria Webb, CNA

9 Years

Judith Rabbermann, Laundry Supervisor

August Birthdays

Employees

- 1 Derek Kempen
- 2 Tammy Kueker
- 4 Ocieunna Hamilton
- 5 Angela Staub
- 6 Jesus Scott
- 7 Kaitlyn Hargrave
- 8 Shandra Goersch
- 9 Courtney Heimburger
- 9 Vicki Ponder
- 9 Juliet Wilson
- 11 Caitlin Crossin
- 11 Misty Sharp
- 17 Meadow Hood
- 19 Kevin Alexander
- 19 Victoria McCluskey
- 20 Bailey Huebner
- 21 Desytine Johnson
- 25 Cherie Horschman

Residents

- 1 Donald Esker
- 4 Marcella Goatey
- 5 Lillian Phillips
- 10 Mary Louise Mueller
- 11 Elaine Hoerr
- 14 Joann Hogg
- 17 Norma Pepmeier
- 19 Penelope "Penny" Chart
- 21 Jack Purdy
- 23 Margaret Kutterer
- 28 Barbara Garris
- 28 Kathleen Voelker
- 28 Viola Fink

Birthday Parties

Mag Terrace TBD

Arbor Court TBD





Employee of the Month

Megan Weber

September
2020

We've received compliments from family members on all the positive things Megan does for their loved ones. Megan keeps her hall very tidy and organized. Megan will always cheerfully do what is asked of her. Megan goes above & beyond to make the residents and family happy. The residents absolutely love her! She assists with any task without question. We really enjoy working with her!

What do families say about Megan:

- It was my mother's birthday on July 11th. Megan baked her a cake that day! Megan also visited with us when my mom had an outdoor visit. Megan was able to help my mom keep her mask on so she could visit with us. We really appreciate everything she does!
- Megan is phenomenal! When my mom was dying she checked on her frequently to make sure she was comfortable. Megan also brought us snacks and ice cold sodas to help us get through the day. She also brought us meals when we couldn't go out.

Other Nominations

- **Melissa Butler:** Melissa is a hard worker who goes above and beyond her job duties. She is friendly and comes in on days off. She is an excellent housekeeper.
- **Kristen Goersh:** Kristen is a hard worker and a great girl. She will be a shining star! When she was trained she ran with it, she was a great housekeeper! Now she is a CNA and she is even better! She has a fantastic personality & she is fun to be around. She is a hard worker and takes the job seriously.
- **Juliet Wilson:** She always has a great work ethic. She shows up on time and comes in early. She is so good with her residents and always knows what to do with any situation.
- **Sara Decker:** She is an awesome nurse. She knows what to do and keeps the residents happy at all times.
- **Ashley Ehrhard:** She is a hard worker and she is good to all the everyone including the staff. She is always ready to help any time you ask.

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

welcome

Welcome to Oak Hill

(New Employees)

- **Megan Harper**
- **Courtney Grueninger**
- **Lexus Capps**
- **Kennedy Jordan**
- **Maddie Bicklein**
- **Renee Hasler**
- **Amber Hudson**
- **Makinzie Dahmer**



Judy Lancaster, past cook at Oak Hill for many years, passed away. We send our deepest condolences to the family. She will be missed.



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

Photo by Mike Labrum on Unsplash



In Memoriam

Here at Oak Hill:

Arnold Hogan	Whispering Pines
Maxine Dill	Arbor Court
Geraldine Harris	Arbor Court
Lucille Zabawa	Whispering Pines

Podiatrist

The podiatrist is back in Arbor Court!!! He will be here on September 3rd and 4th. He will be seeing 2 halls each day and will not be going room to room. Look for Dr. Weik on those days!

Photo by Rune Enstad on Unsplash



SEPTEMBER

Celebrating

Environmental Services 9/14 - 18

(Housekeeping, Laundry & Maintenance)

Therapy Department 9/20 - 26

(Physical, Occupational, Speech &
Language and Restorative)

Thank you for
all you do!



2020 60-GAME
SCHEDULE



St. Louis Cardinals

JULY	SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22 FS KC 3:05	23	24 FS PIT 7:15	25 FS PIT 1:15
	26 FS PIT 1:15	27	28 FS MIN 7:10	29 FS MIN 7:10	30	31 FS MIL 1:10	

AUGUST	SUN	MON	TUE	WED	THU	FRI	SAT
							1 FS MIL 6:10
	2 FS MIL 1:10	3 FS DET 6:10	4 FS DET 12:10	5 FS DET 7:15	6 FS DET 7:15	7 FS CHC 7:15	8 FS CHC 7:15
	9 E CHC 6:08	10 FS PIT 7:15	11 FS PIT 7:15	12 FS PIT 1:15	13 F CWS * 6:15	14	15 FS CWS 1:10
	16 FS CWS 1:10	17 FS CHC 7:15	18 FS/FS1 CHC 7:15	19 FS CHC 7:15	20 FS CIN 7:15	21 FS CIN 7:15	22 FS CIN 7:15
	23 CIN 1:15	24 KC FS 7:15	25 FS KC 7:15	26 FS KC 7:15	27	28 FS CLE 7:15	29 F CLE 12:15
	30 CLE FS 1:15	31 CIN FS/E 5:40					

SEPTEMBER	SUN	MON	TUE	WED	THU	FRI	SAT
			1 FS CIN 5:40	2 FS CIN 5:40	3	4 FS CHC 7:15	5 FS CHC 7:15
	6 E CHC 6:08	7 FS/E CHC 3:10	8 FS MIN 7:15	9 FS MIN 7:15	10	11 FS CIN 7:15	12 FS CIN 7:15
	13 FS CIN 1:15	14 FS MIL 6:40	15 FS MIL 6:40	16 FS MIL 6:40	17 FS PIT 6:05	18 FS PIT 6:05	19 FS PIT 6:05
	20 FS PIT TBD	21 FS KC 7:05	22 FS KC 7:05	23 FS KC 7:05	24 FS MIL 7:15	25 FS MIL 7:15	26 F MIL 6:07
	27 FS MIL 2:15	28	29	30			

■ Home Exhibition *Thurs 8/13 vs. CWS: at Field of Dreams, Dyersville, Iowa

HOME **AWAY**

Subject to change
All Game Times are Central Time

All games broadcast on KMOX 1120 AM
and the Cardinals Radio Network

FS = FOX Sports Midwest
F = FOX
E = ESPN
FS1 = FOX Sports 1

FOR FULL SCHEDULE OR BROADCAST DETAILS, PLEASE VISIT cardinals.com

Fall Word Search



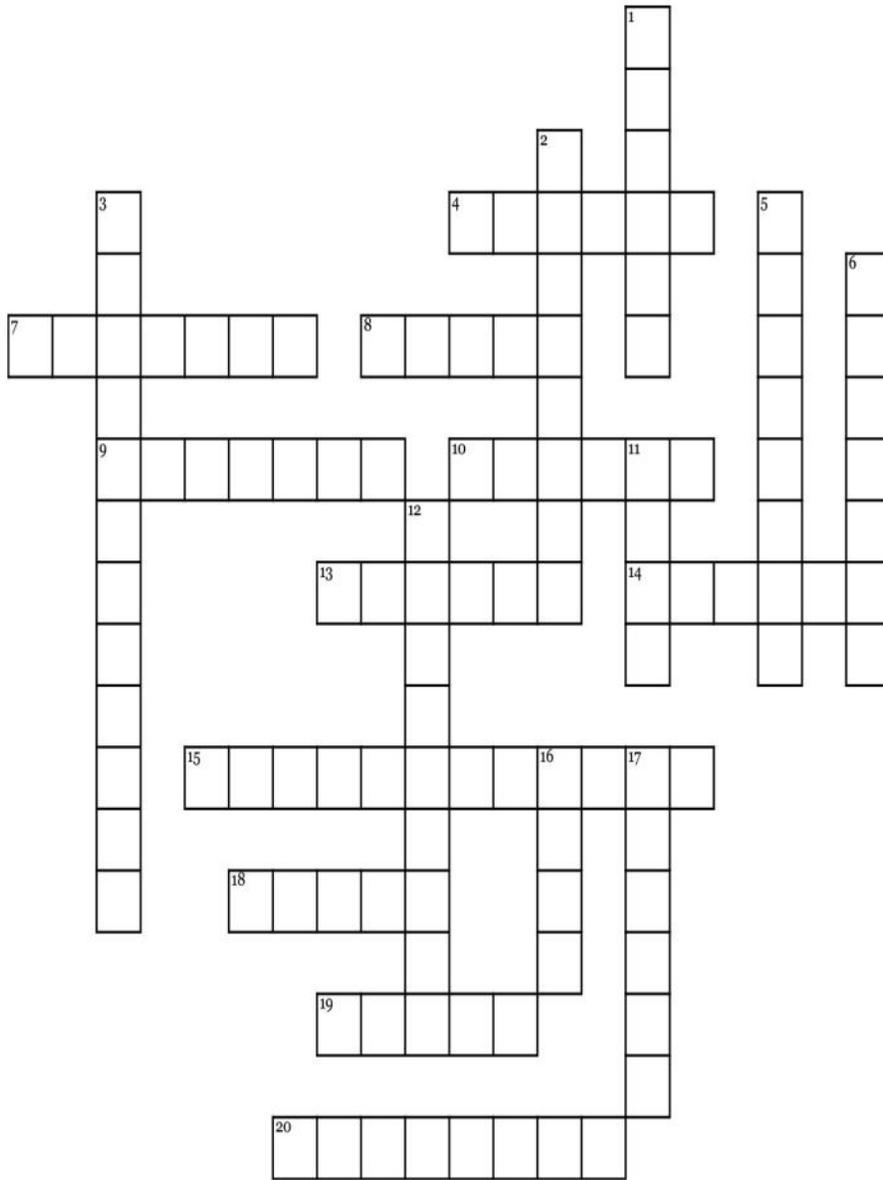
ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



Autumn Words Puzzle



Across

4. You can purchase this it's a type of gourd
7. You have to wear these when fall comes
8. The air feels like this in the fall morning
9. Halloween is during this month
10. The mornings feel like this in the fall
13. You have to rake these in the fall
14. This is another name for fall
15. This is something you say to get candy
18. People do this to pumkins for Halloween
19. You gets lots of this on October 31st
20. Thanksgiving is in this month

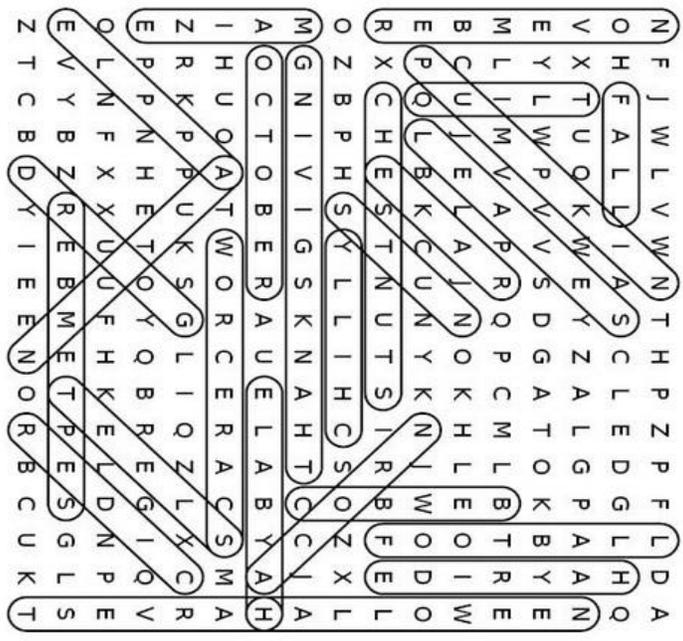
Down

1. Fall is one of these
2. People buy these in October
3. You carve a pumpkin to make this
5. The trees look like this in the fall
6. Some kids dress up like these for Halloween
11. This is found on a tree
12. During this holiday kids get candy
16. This is a chore you do in the fall
17. Many first graders go to the orchard in September and buy these

Autumn Words Puzzle

Fall Word Search

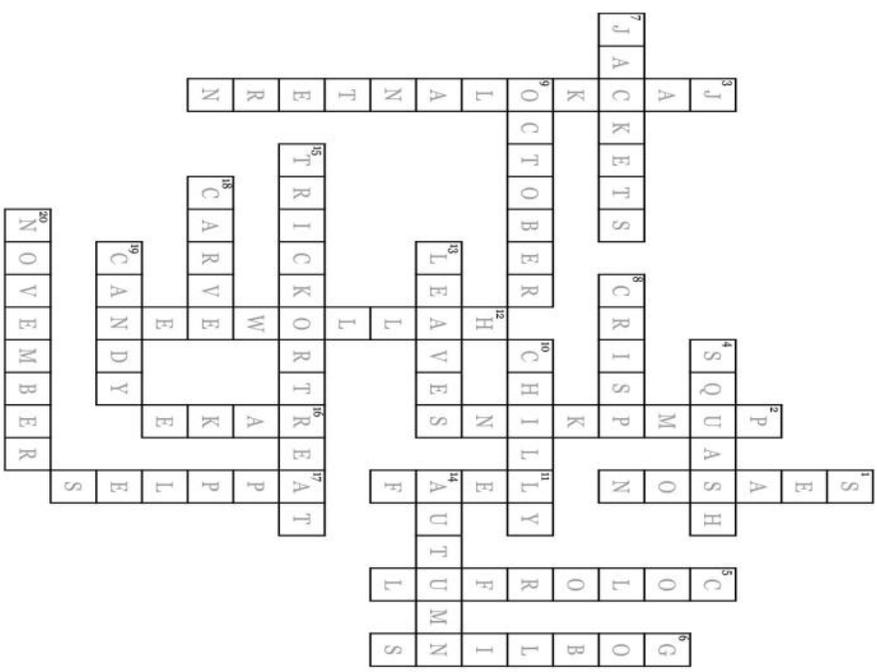
SOLUTION



Find more fun [word search puzzles](#).

© 2014 puzzles-to-print.com

- Across**
4. You can purchase this it's a type of ground
 7. You have to wear these when fall comes
 8. The air feels like this in the fall morning
 9. Halloween is during this month
 10. The mornings feel like this in the fall
 13. You have to rake these in the fall
 14. This is another name for fall
 15. This is something you say to get candy
 18. People do this to pumpkins for Halloween
 19. You gets lots of this on October 31st
 20. Thanksgiving is in this month



- Down**
1. Fall is one of these
 2. People buy these in October
 3. You carve a pumpkin to make this
 5. The trees look like this in the fall
 6. Some kids dress up like these for Halloween
 11. This is found on a tree
 12. During this holiday kids get candy
 16. This is a chore you do in the fall
 17. Many first graders go to the orchard in September and buy these

September 2020

THE GRAPEVINE

Oak Hill Arbor Court



Celebrating September

Happy Cat Month

Labor Day: U.S.
September 7

Hat Day:
September 8

Grandparents Day
September 13

**International Country Music
Day**
September 17

Spa Day
September 22

Good Neighbor Day
September 28



The Autumn Harvest

For centuries, cultures in the northern hemisphere have timed their harvests to coincide with the autumnal equinox on September 22. The word *equinox* comes from the Latin *aequus*, meaning “equal,” and *nox*, meaning “night,” for this was the day of the year when the lengths of night and day were roughly equal. The druids celebrated the harvest festival of Mabon and visitors still flock to Stonehenge to watch the sun rise above the 5,000-year-old monoliths. The ancient Greeks believed that this equinox marked the return of Persephone to the Underworld. Persephone was the daughter of Demeter, goddess of the harvest. The Greeks feared that Demeter would soon become so despondent with the departure of her daughter that the earth would become barren during the cold winter months.

In North America, Native American tribes have ascribed various names to September’s full moon to denote the importance of the harvest. September’s full moon was called the Full Corn Moon or the Barley Moon because it corresponded with the harvest of these grains. The Lakota Sioux even called it the “Moon When the Plums Are Scarlet,” denoting the full ripening of this fruit. The full moon closest to the equinox is still commonly known as the Harvest Moon, which this year happens to fall in early October. In modern society, farmers do not often rely on myths or moons to tell them when crops are ready, but they are just as eager to harvest their crops before the cold weather sets in.

Many crops are ready for harvesting in September, as denoted by the month’s various harvest-themed holidays. September is Organic Harvest Month, Apple Month, Potato Month, and Whole Grain Month, while September 3–7 is both Golden Onion Week and Sweet Corn Week. Many fruits and vegetables are not only ready for harvest at this time of year but many more cool-season vegetables are ready to plant, such as varieties of beets, broccoli, carrots, swiss chard, radishes, and turnips. For industrious types who want to get the most out of their gardens, September is a busy time!

On the Ball

Ballroom dancing was once a privilege afforded only to the upper classes and well-to-do. Today, however, ballroom dancing is a pastime that everybody can enjoy, and you don't need an extravagant ballroom in which to do it. Grab a partner and take to the dance floor for a foxtrot, waltz, tango, pasodoble, rumba, or any other style of dance during the week of September 18–27, Ballroom Dancing Week.



The term *ballroom* comes from the Latin word *ballare*, which means “to dance.” The earliest ballroom dances were invitation-only events where aristocrats were invited to the royal court for formal balls.

Many historians believe that ballroom dancing originated in 16th-century France. The book *Orchésographie*, written by the French cleric Thoinot Arbeau in 1589, explains in great detail the role of dance in aristocratic circles during the French Renaissance. Soon after, in 1650, the French composer and dancer Jean-Baptiste Lully introduced the dance known as the minuet to Paris. These lively and fast-paced dances became all the rage and remained a ballroom staple for a hundred years.

Many formal ballroom dances evolved from folk dances. The minuet was originally a peasant dance from the French province of Poitou. The waltz, too, had its origins as a German peasant dance. During the 18th century, nobles grew bored with the minuet and would steal away to the dances of their servants, where they learned the waltz. The waltz was considered scandalous, with its clasped hands and bodies pressed closely together. It took years before it was accepted into the ballrooms of the aristocracy. So, too, over the years did dances like Argentina's tango and Cuba's rumba gain acceptance to the ballroom. And in the 20th century, as audiences watched Fred Astaire and Ginger Rogers dance across the silver screen, ballroom dancing suddenly seemed accessible to the masses. Today, ballrooms offer dance nights for dancers of all abilities. Whether you are a novice or an old pro, Ballroom Dancing Week is a chance to put on your dancing shoes.

Long-Lived Locomotive

In 1831, Philadelphia and New York were the two largest cities in America. The state of New Jersey, situated between the two cities, became a prime location for a railroad company that could transport people and goods up and down the coast. Robert Stevens founded the Camden & Amboy Railroad (C&A) and enlisted Robert Stephenson and Company of Newcastle, England, to build a steam engine, which was called the *John Bull*. Starting service on September 15, 1831, *John Bull* became the oldest operable steam engine in the country.

The engine was shipped to America in pieces. Steamboat mechanic Isaac Dripps was tasked with putting it together. Despite his inexperience and the lack of assembly instructions, he succeeded. His innovative pilot wheel at the front of the locomotive became standard on almost all steam locomotives at the time. *John Bull* ran for 35 years before being retired. In 1883, it was given to the Smithsonian Institution for exhibition. Then, on September 15, 1981, 150 years after its first operation, *John Bull* ran in Washington, D.C., making it the oldest self-propelled vehicle in the world.

Kitchen Creativity



September 13, or 9/13, brings 9x13 Day, a day for cooks of all abilities to fill their 9x13 pans with something delicious.

These versatile pans can be used for everything from appetizers to dessert. They can hold baked dips, beans, potatoes, casseroles, baked pasta, savory breads, meats, cakes, bars, cakes, and cobblers. The 9x13 pan is truly a workhorse of the kitchen. If you're looking for another excuse to whip up something special in the kitchen, September is Bake and Decorate Month. With apples and pumpkins begging to be picked, why not make one of these the star of your next cake or pie? And don't forget to decorate your dish with a decorative crust or a delightful icing.

Leaf-Peepers Delight



By the last weekend of September, Fall Foliage Week, you have likely noticed that the weather has begun to cool and leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves.

Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Not only does chlorophyll absorb sunlight and convert light energy to the chemical energy plants need to survive but they also give leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. But what of the brilliant red hues? The color red is the result of a pigment produced in autumn called *anthocyanin*. Cool nights stimulate the production of sugars within trees, and this stimulates the leaves to produce anthocyanin. Weather conditions in late summer, such as drought, heavy rain, or too many clouds, can affect the production of sugars and the resulting anthocyanin, either resulting in eye-popping (more sugar) or dull reds (less sugar). Dedicated leaf peepers enjoy nature's show regardless.

New England enjoys fame as a prime leaf-peeping destination, thanks to its leafy forests and chilly September nights, a combination that produces excellent fall foliage displays. Yet plenty of other places around the world offer excellent fall foliage. Japan is a prime spot for leaf-peeping, especially the northernmost island of Hokkaido, where leaves begin to turn as early as mid-September. Romania's Carpathian Mountains offer another excellent destination, especially the alluring Lake Sfânta Ana. No matter where you go, if there are leaves and chilly nights, then you are bound to find some spectacular fall foliage.

From The Activity Department 😊

Our summer is almost over and a Beautiful Fall is on the way. We Celebrated August with a visit or two from the Ice-Cream Truck. Making us all feel like a kid again. And our Kindness Rocks Craft was a great hit and we can't wait to see where our Rocks travel. WE have plenty of rocks if you would like to paint one. We have great plans for this month. Johnny Appleseed Golf, Candy Corn Toss, Apple Bingo, Mosaic Crafts and a whole lot more. Also our Resident Council will meet on September 28th. If you have never been, please join us 😊 Refreshments will be served. We will send out a reminder notice in advance. Have a Great Month 😊

Love,
Kristi, Becky & Wendy

Shetland's Golden Fleece



The last Saturday in September brings Shetland Wool Week, a week that places Scotland's generations-old textile industry in the spotlight. Shetland wool is a luxuriously soft, warm, and airy wool that is sheared from Shetland sheep, a breed that originally hailed from the Shetland Islands, found in the northernmost isles of Scotland. *Fair Isle* knitwear, sweaters that are world famous for their colorful patterns, warmth, comfort, and durability, come from the Shetland island named Fair Isle, where knitters have been turning Shetland wool into garments since the 1600s. Family-based knitters produce up to 40 garments a year by hand. With hundreds of pending requests, buyers may have to wait years before they get a genuine Fair Isle

Britain's "Bobbies"

Visitors to Britain might be surprised to learn that their police officers are nicknamed "bobbies" and that they carry no firearms. The invention of this unique police force on September 29, 1829, is credited to then-British Home Secretary Sir Robert Peel, for whom they are named.



Before 1829, there was no British police force. Order was maintained by a mishmash of officials: night watchmen, local constables, and the red-coated army soldiers we remember from the American Revolutionary War. Sir Robert

Peel's vision was to create a centralized and professional law enforcement body for the service of all equally under the law, not just the well-to-do. Britain had long been at war with France, and many Britons were familiar with France's powerful, state-run police force. Peel also knew that many Britons would be opposed to forming such a force in Britain, so he launched his police force in central London and laid out nine principles for policing that he called the "General Instructions." Chief among these was the notion of *policing by consent*. Peel wanted the authority of his officers to rest on the support of the public, not the threat of power by the state.

Peel's Metropolitan Police, headquartered on a small street called Scotland Yard, did not don the red coats of the army, but black coats, tall wool hats, and shiny badges. They did not carry firearms, for they did not rule by force but by consent of the populace. Instead, they carried a short club and a whistle, which they could blow if they needed backup. Officers walked routine beats so that their faces would grow familiar, thereby gaining the trust of the citizenry. In time, the Metropolitan Police and their so-called "Peelian Principles" of policing were deemed a smashing success. In London, officers came to be called "Peelers," after Sir Robert Peel, and also, more famously, "Bobbies." Those Peelian Principles are, for the most part, still practiced today. In Britain, most Bobbies still do not carry firearms, and they proudly police by consent.

September Birthdays

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

Lily Tomlin (comedian) – September 1, 1939
Richard Wright (author) – September 4, 1908
Raquel Welch (actress) – September 5, 1940
Jacob Lawrence (artist) – September 7, 1917
Otis Redding (singer) – September 9, 1941
Jesse Owens (athlete) – September 12, 1913
Agatha Christie (author) – September 15, 1890
B.B. King (musician) – September 16, 1925
Frankie Avalon (singer) – September 18, 1940
Jim Henson (puppeteer) – September 24, 1936
Serena Williams (tennis pro) – September 26, 1981

"The Catch"



On September 29, 1954, Willie Mays made one of baseball's biggest plays on baseball's biggest stage. It was Game 1 of the World Series between Mays' New York Giants and the Cleveland Indians. The score was tied 2–2 in the top of the eighth inning when Cleveland batter Vic Wertz hit a line drive to deep center field. With the crack of the bat, Mays sprinted to the deepest part of center and made a spectacular over-the-shoulder catch on the warning track and still had the presence of mind to quickly throw the ball into the infield to keep the runners from advancing. New York went on to win the game and sweep the series for a World Series title, and Mays' catch, remembered forevermore as simply "The Catch," has gone down in history as one of the greatest plays ever made.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Autumn is a second Spring when every leaf Is a flower.
Arbor Court

Special Days

1 **Apple BINGO**
 Apple Pie Day

2 **Mosaic Seed Canvas Crafts**

3 **Activity Packet \$Pay To Play\$**

6
 7
 8 **Applesseed golf HAT DAY**

 9 **Candy BINGO**

 10 **Chocolate Milkshake Day**

 11 **Activity Packet \$Pay To Play\$**

13
 14 **Grandparent BINGO**

 15 **Macarena Day**

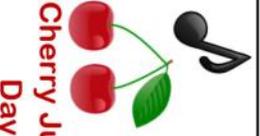
 16
 17
 18 **National Cheeseburger Day/Johnny Applesed Painting**

 19 **Activity Packet \$Pay To Play\$**
 Oktoberfest Begins

20 **National Fruit Punch Day**

21
 22 **SPA DAY**

 23 **FALL BINGO!**

24 **Cherry Jubilee Day**

 25 **Candy Corn Toss**
 Wear College Colors

 26 **Activity Packet \$Pay To Play\$**
 HAPPY FALL
 of all!

27
 28 **Strawberry Ice-Cream Day**

 29 **WILD CARD BINGO**

Sept. 20


Yom Kippur Begins



September

Magnolia

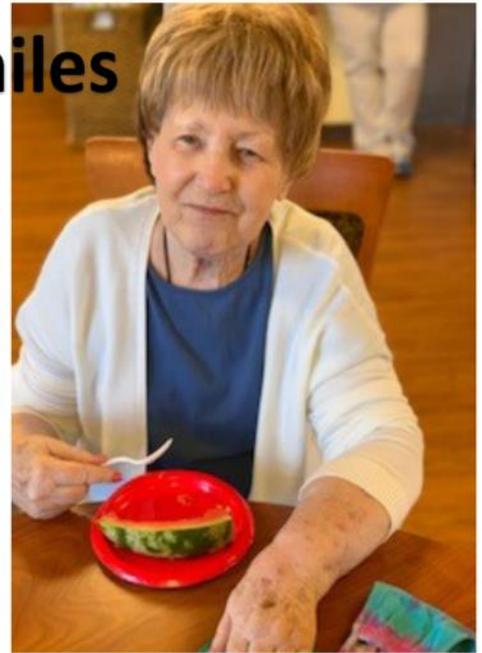
Moments



August has come and gone so quickly at Magnolia. We are glad to be able to have visit outside with family and friends. We also have been glad to be able to gather in small group activities of 10 or less. This month we had multiple watermelon days and ice cream socials weekly.

Happy hour was a hit and many people enjoyed a glass of wine or an ice cold beer. We painted ice cream cones on canvas and also had a day of painting rocks. Our plan is to share the rocks in the community and make others smile. The month of August will end with us having McDonald's. We are looking forward to September & cool weather.

Watermelon & Smiles



Getting a Kick Out of Old Age

“There is still no cure for common birthday.” - John Glenn

“ I don’t feel old. I don’t feel anything till noon. That’s when its time for my nap.—Bob Hope

“Old age is fifteen years older than I am.” - Oliver Wendell Homes

Upcoming September Events



9/1 Resident Council

9/2 Apple Pie Day / Apple Bingo

9/8 Hat Day



9/9 Ice Cream Truck

9/11 Chocolate Shake Day

9/13 Grandparents Day



9/14 Johnny Apple Seed Day

9/16 Fiesta Day

9/18 National Cheeseburger Day / Happy Hour

9/22 Punch & Cookie Day

9/28 Strawberry Cheesecake Ice cream



Birthdays This Month

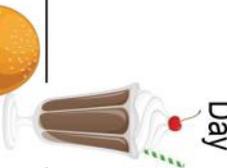
1st- Don Esker

10th- Mary Mueller

14th- JoAnn Hogg

17th- Norma Pepmeier

23rd- Maggie Kutterer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
6	7	8	9	10	11	12
	 Happy Labor Day	 Resident Council & Donuts Happy Birthday Don Eskeri!	 Apple Pie Day & Apple Bingo		 Chocolate Shake Day	
13	14	15	16	17	18	19
 Happy Grandparents Day	 Happy Birthday JoAnn Hoggel!		 Fiesta!	 Happy Birthday Norma Pepmeieri!	 National Cheeseburger Day/ Happy Hour	
20	21	22	23	24	25	26
	 National Punch Day & Cookies	 Autumn Begins	 Happy Birthday Maggie Kutterer!	 Apple Bingo & Apple Cider		 Octoberfest Begins
27	28	29	30			
	 Strawberry Cheesecake Ice Cream Day					

* Activities Subject to Change

Whispering Pines News

In honor of Labor Day, September 7, we interviewed several residents about the jobs they held while in the workforce. We, the staff at Oak Hill, thank them for their hard work and contribution to society. Here are their responses:

Joe E.: I farmed, drove the tractor and helped pour concrete walls, floors, foundations and sidewalks.

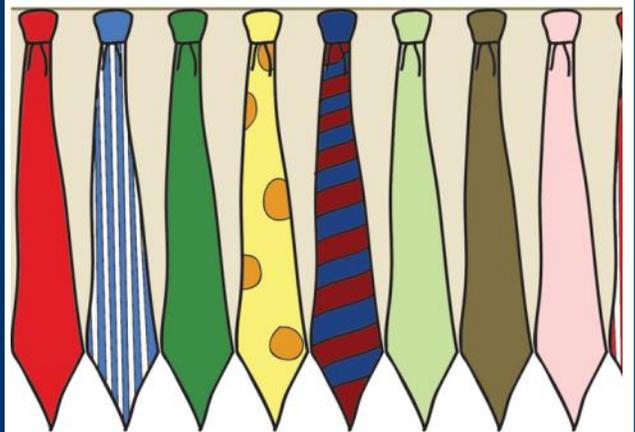
Bobby S.: I was drafted and served in the Army for 2 years. Then I worked for Northwest Airlines as a reservation agent which meant I sold tickets in person and on the phone. Mind you, I had to do this without any computers. I liked working with the public and other employees.

Jack P.: After high school, I went to college on a football scholarship. While in school, my dad made me come home to be a union bricklayer, just like him and my brother were bricklayers. I made a good living at it.

Velva M.: Was a pediatric and family practice nurse—most of the time at Scott AFB. Most of her career was spent taking care of babies and young children.

Harold D.: I worked as a maintenance mechanic. Anything that ran, I could work on. When I was a kid I liked to take things apart and put them back together.

Marge B.: I was a secretary in downtown St. Louis. I typed a lot and helped other staff. I could type 62 words per minute on a typewriter, we didn't use computers back then. I liked working with the people—we always helped each other out. The company I worked for did the schedule for the baseball Cardinals. I had a pass to any baseball game that I wanted to see!



alzheimer's association®

Alzheimer's Association "In the Moment" Support Group

Due to COVID-19, there will not be a September's 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.

Whip K.: I farmed while my brothers were in the service. I also was a very successful carpenter—I helped build houses. I loved it—happy all the way through!

Allan M.: I worked at the Federal Reserve Bank in St. Louis. I handled money and I enjoyed the work. Later on I worked at the Schnucks store in Columbia.

June C.: I was a secretary at a fuel oil company in St. Louis. I lived close enough that I could walk to work—only 8 blocks away.

Bill G.: I was a ship welder. I worked for American Shipbuilding Company on Front Street in St. Louis. It was HOT work! I liked the guys I worked with and the welding. My dad had a welding shop and that is where I learned to weld.

Helen T.: I worked as a telephone operator. Sometimes I was accused of listening to people's conversations and I told them, "You don't say nothing worth listening to!" Also, worked at Stix, Baer and Fuller as a floor person.

Novella A.: I was a hairdresser and I had a beauty shop in my home. I started fixing hair when I was real young.



Kathy V.: Worked in her husband's meat store here in Waterloo. Husband, Gene, would get calls in the middle of the night to come pick up a deer that someone hit with their car so it could be processed.

Charlie C.: Worked on trains—did everything from shoveling coal to being an engineer. "I was THE boss!" Train route took him from E. St. Louis to Vincennes, Indiana and back.

Elveria M.: Worked with special needs students and at one time was the State Superintendent for children with special needs. Traveled a lot.

Nancy M.: Was a nurse at St. Anthony's Hospital. Was the supervisor-in-charge on the behavioral health wing. Went to nursing school in Evansville, Indiana. Her daughter, Linda, followed in her footsteps and is a public health nurse.



Challenging Dementia Behaviors

People living with dementia often experience changes in their ability to process language, which means they it may become increasingly difficult for them to understand words. This can result in many challenges, including the ones listed below:

1. Constantly saying “What?” or asking you to repeat yourself

This usually leads to an assumption that the person is experiencing hearing loss. While this may be true, it is also quite likely that their hearing is actually not the issue. Instead, they may be experiencing changes in their ability to understand language.

Did you know that people with mid-stage dementia commonly miss one out of every four words that are spoken to them? When that many words are being lost, it becomes increasingly difficult to understand what someone is trying to say to them, so they may often ask you to repeat yourself.

Try this: Instead of increasing your volume, try using less words and speaking more slowly.

2. Having trouble following instructions

While some might assume that the individual is being stubborn or defiant, it is very likely that they may in fact be having trouble following a set of directions due to changes in language processing.

Try this: When providing instructions, give only one step at a time and keep the number of words to a minimum.

3. Resisting Care

There are a wide variety of reasons that this may occur, but one of the most significant is that the person living with dementia is simply not understanding what the care partner is attempting to do. Even though the care partner believes that they are explaining things adequately, they are often providing too many words and speaking too quickly to allow for the individual living with dementia to process and understand.

If the individual is missing some or most of the words, then it is likely they will become confused, startled, or alarmed when someone tries to remove their pants or touch their face, and they may strike out in self-defense.

Try this: When providing care, use just a few words, speak more slowly, and provide visual cues to allow for optimal processing.

4. Being agitated or distracted in noisy environments

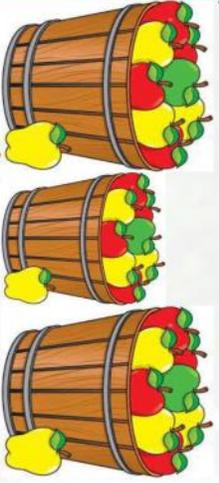
It is extremely common for individuals to have a much more difficult time processing language in noisy or busy environments. The more stimuli present, the more challenging it can be to follow and process the words in a conversation.

Try this: Choosing a calmer environment, such as a quiet restaurant rather than a bustling one, or an empty day room rather than the busy common area, can help optimize the ability to process language.

5. Turning up the TV or radio volume

It is very easy to assume that this action is due to a hearing loss, or maybe even a desire to irritate a spouse or roommate! However, it is quite likely that the individual may be experiencing a change in the ability to understand language. They likely do not understand this change is occurring, so they may feel that they may be able to understand the words better if they increase the volume.

Try this: Sometimes suggesting a gradual shift to a different type of programming, such as a music station rather than all-talk radio, may help to ease some frustration for someone struggling with language processing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Breakfast – Coffee Cake Lunch – Roast Beef Butterfrik Ranch Chicken Dinner – Ham Salad Sandwich Tuna Noodle Casserole Garden Veg. Soup</p>	<p>Breakfast – Cinnamon Roll Lunch – Pizza Grilled Liver & Onions Dinner – Crab Meat Pasta Salad Cold Plate Polish Sausage on Bun</p>	<p>Breakfast – Muffin Lunch – Smoked Sausage Broccoli Chicken Divan Dinner – Homemade Vegetable Soup Bologna Sandwich Beef Cube Steak</p>	<p>Breakfast – Éclair Lunch – Fried Chicken Swedish Meatballs Dinner – Breaded Chicken Livers Pork Cutlet</p>	<p>Breakfast – French Toast Lunch – Nacho Chicken Bake Meatloaf Dinner – Broccoli Cheese Soup Popcorn Shrimp Braunschweiger Sandwich</p>	<p>Breakfast – Biscuit & Gravy Lunch – Aloha Chicken Bacon Cheeseburger on Bun Dinner – Ham & Cheese Quiche Lorraine</p>	<p>Breakfast – Muffin Lunch – Sliced Turkey Cranberry Glazed Pork Loin Dinner – Beef Ravioli w/ Marrara Sauce Chicken Club Sandwich</p>
<p>Breakfast – Coffee Cake Lunch – Fried Chicken BBQ Beef on Bun Dinner – Bratwurst on Bun Sloppy Joe on Bun</p>	<p>Breakfast – Pancake Lunch – Meatloaf Lemon Pepper Tilapia Dinner – Tuna Paty Sweet & Sour Chicken</p>	<p>Breakfast – Muffin Lunch – Baked Turkey Crunch Mushroom Swiss Burger on Bun Dinner – Open Faced Pork Tenderloin Sandwich Egg Salad Sandwich</p>	<p>Breakfast – Biscuit & Gravy Lunch – Lasagna Herbed Chicken Breast Dinner – Vegetable Soup Chicken Salad Cold Plate BLT Sandwich</p>	<p>Breakfast – French Toast Lunch – Herb Roasted Pork Loin Cheese Stuffed Shells Dinner – Philly Cheesesteak w/ Grilled Peppers/Onions on Bun Chicken Pot Pie</p>	<p>Breakfast – Cinnamon Raisin Bread Lunch – BBQ Chicken Corn Dog Dinner – Bacon & Cheese Quiche Beef & Macaroni Bake</p>	<p>Breakfast – Donut Lunch – Baked Ham Turkey Club on a Croissant Dinner – Grilled Swiss & Bacon Sandwich Chicken Tenders Minesotone Soup</p>
<p>Breakfast – Danish Lunch – Pot Roast Stuffed Green Pepper Dinner –Chicken Noodle Soup Tuna Salad Sandwich Pork Fritter</p>	<p>Breakfast – Pancake Lunch – Honey Glazed Pork Chop Spaghetti w/ Meat Sauce Dinner –Cheesburger Cheese Tortellini w/ Alfredo Sauce</p>	<p>Breakfast – Cinnamon Roll Lunch – Salisbury Steak Bratwurst on a Bun Dinner – Chicken Dumplings Deil Sandwich</p>	<p>Breakfast – Banana or Pumpkin Bread Lunch – Ham & Beans Grilled Chicken & Vegetable Pasta Dinner – Taco Salad Grilled Frank on Bun</p>	<p>Breakfast – Donut Lunch – Resident Choice Dinner – French Dip Beef Sandwich Catfish Nuggets</p>	<p>Breakfast – Biscuits & Gravy Lunch –Italian Baked Fish Parmesan Turkey Cutlet Dinner – Hickory Grilled Chicken Breast on a Bun Peachy Pork Chop</p>	<p>Breakfast – Muffin Lunch – Cheese Manicotti with Marrara Smothered Steak Dinner – Chicken Salad on Croissant/Brown Sugar Mustard Glazed Smoked Sausage</p>
<p>Breakfast – Cinnamon Roll Lunch - Cheddar Baked Chicken Glazed Ham Dinner – BBQ Pork on Bun Egg Salad Sandwich</p>	<p>Breakfast – Pancake Lunch – Beef Tips in Gravy Salmon Paty Dinner – Pub Burger on a Bun Mexican Lasagna</p>	<p>Breakfast – Muffin Lunch – Smoked Sausage Broccoli Chicken Divan Dinner – Homemade Vegetable Soup Bologna Sandwich Beef Cube Steak</p>	<p>Breakfast – Éclair Lunch – Fried Chicken Swedish Meatballs Dinner – Breaded Chicken Livers Pork Cutlet</p>	<p>Breakfast – Donut Lunch – BBQ Ribette on Bun / Country Fried Steak Dinner – Biscuit & Gravy French Toast Sausage /Bacon</p>	<p>Breakfast – Pancakes Lunch – Fried Catfish BBQ Chicken Sandwich Dinner – Turkey & Cheese Melt Pizza Pasta Casserole</p>	<p>Breakfast – Cinnamon Raisin Break Lunch – Veal Cutlet on Bun/ Cornflake Chicken Dinner – Chicken Alfredo Over Fettuccini Hot Ham & Cheese on a Bun</p>

September 2020
Meal Calendar

Meal Tickets can be purchased at the front desk for \$3.00.

Yom Kippur Begins

Grandparents Day

Labour Day

Autumn Begins

Rosh Hashanah Begins

Oktoberfest Begins