

Oak Hill Insider

- News and events at Oak Hill -

May 2018 • Volume 119

Administrator Kim Keckritz



Journey Through the Decades

Celebrating National Skilled Care Nursing Week, 5/14-5/18

Fun events are planned all week for residents and staff

Pg 2

UPCOMING EVENTS

5/1 Older American's Month Kickoff 1:30 P.M.

5/3 National Day of Prayer

5/6 National Nurses Day

5/6 National Nurses Week through 5/12

5/9 Senior Jubilee 9:00 A.M.—1:00 P.M.

5/11 BINGO at the YMCA sponsored by Magnolia Terrace 1:00 P.M.

5/13 National Skilled Care Nursing Week through 5/19

5/21 Kloepper Tournament at Magnolia Terrace* 6:30 P.M. (\$5)

5/30 National Senior Health & Fitness Day 10:00 A.M.

6/6 Block Party 5:00—7:30 P.M.

6/8 BINGO at the YMCA sponsored by Magnolia Terrace 1:00 P.M.

6/27 Outdoor Concert with Belleville Community Band 6:45 P.M.

*Please RSVP

Pinwheels on Parade • Celebrating Older American's Month

During May, areas of our lawn will be adorned with pinwheels in celebration of our older Americans, here at Oak Hill and in our community.

Join us on Tuesday, May 1st at 1:30 P.M. under the Magnolia Terrace Pavilion for a proclamation from County Commissioner, Bob Elmore, music by Lynn Wellman and cookies and punch.



Wear your "Life is a Journey" t-shirt for a group photo at 2pm.

MAY is
Older American's Month

Arbor Court
Skilled Nursing

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Evergreen Pointe
Transitional Care

Magnolia Terrace
Supportive Living

pg. 16

Whispering Pines
Memory Care

pg. 20

Looking Back...

In May 1979, The Monroe County Nursing Home softball team joined the Mon-Clair League. Their team name was "The Nightingales".

National Skilled Care Nursing Week 2018

(Formerly National Nursing Home Week)

Journey Through the Decades

Celebrate with us Monday, May 14 through Friday, May 18

Oak Hill residents and employees will enjoy many fun activities planned throughout the week.

A **special BINGO** card with words describing events or fads from the different eras will be distributed to all residents. Employees can also participate - see the receptionist to pick up a BINGO card. Words will be drawn daily and posted in the lobby and by the employee time clock. Get a BINGO and win a prize! See the receptionist with your card to pick up your gift. Four corners count!

Each day of the week, we will celebrate a different decade. Employees, residents, volunteers, and visitors are encouraged to take part in the fun.

Look for a **themed photo op daily**. Stop by and snap a photo with your friends and family. Please share your photos with us on Oak Hill's Facebook page (Oak Hill Monroe County).

Get ready to dance! Each day of NSCNW we will be highlighting a different decade. This includes the style of music that was popular. **Music will be played** over the intercom at 9:30 & 11:30 A.M. and 1:30 & 2:30 P.M. daily. When you hear the music, grab a partner and "get down!"

Without further ado, here are the featured decades and events planned:

On Monday we will be in the 1980s...

Let's see that big hair, leg warmers, neon anything, and many other fads not mentioned. Anything goes! Enjoy a complimentary bag of Cool Ranch Doritos served between 2:15 and 3:00pm. Special Oak Hill neon sunglasses will be given out throughout the day. Stop by the reception desk to take a guess of how many Reese's Pieces are in a jar for a chance to win the whole jar!

Tuesday takes us back a decade to the 1970s...

Stayin' alive in bell bottoms and tie dye. It's the years of

the disco and Ding Dong snack cakes, which rose to popularity in the '70s and will be our 2:15-3:00pm treat. Before you treat yourself, play a game with a NERF ball, introduced in 1970. Other fashion trends were double denim, flower power, anything fringe, and bell sleeves.

1960s on Wednesday...

The movement of the "hippies" began in the 1960s. Of course, this includes tie dye and bell bottoms, which stayed through to the 70s. Other trends were afros, pant suits, and more. Every year on Wednesday during NSCNW, Oak Hill has a barbeque for the noon meal. Employees can get their complimentary BBQ lunch under the Arbor Court pavilion where a life-sized game of Kerplunk (introduced in 1967) will be set up to play. Residents will be served in the dining areas, evening shift employees can get their meal in the back hallway between 4-5pm, and the bbq meal will be available for night shift on Magnolia Terrace. Smiley faces were trendy in the 60s so don't be surprised if you get offered a bright, yellow smiley face sticker to wear.

Thursday - Welcome to the 1950s..

A popular fashion decade complete with the leather jacket look and poodle skirts. Did someone say ice cream floats? At 2:00pm, come to the back hallway for a complimentary root beer, orange, or cream soda ice cream float. We'll be having Slinky races during this time (2:00-3:00pm).

Forty years on Friday, 1900s-1940s...

That's a lot of fashion fads to cover but we went for the favored era, the roaring twenties. Flapper dresses, suits or suspenders with a bow tie, bob hairstyles, and Cloche hats were all the rage. It will be a great day for a cocktail party. Drop by the activity center/back hallway between 2:00 and 3:00pm for a Great Gatsby style party complete with snacks and drinks.

Oak Hill

Annual

BLOCK PARTY

Wednesday
June 6
5:00 - 7:30 P.M.

Join the fun!
623 Hamacher Street

Complimentary Meal 5:00 - 6:30 P.M.
Music with The Hot Rod Johnny Band

Feel free to bring your lawn chair
Shuttle parking at Southern Illinois Center for Health
R.S.V.P. to Stephanie at (618) 939-3488 x1459
Rain Date 6/7 - Call to confirm (618) 939 - 3488 x1120

HAMACHER STREET

2018

Magnolia Terrace

Senior Living Apartments

OUTDOOR CONCERT

June 27th @ 6:45 P.M.

Join us for a performance by the
Belleville Community Band.

Complimentary root beer floats.
Feel free to bring your lawn chair.
Held at the Magnolia Terrace entrance.

**NATIONAL SENIOR
HEALTH & FITNESS
DAY**

Wednesday, May 30, 10:00am - Noon

Celebrate the 25th anniversary of National Senior Health & Fitness Day, the nation's largest older adult health and wellness event. On May 30, organizations across the country will host events for more than 100,000 seniors.

Join us at Oak Hill on the Magnolia Terrace Walking Trail for a variety of activities including animal interactions, mini-massages, Ageless Grace, yummy snacks, and more!



Employee Anniversaries

Carol Marquart ★ 32 years
 Jane Asselmeier ★ 21 years
 Carol Nash ★ 14 years
 Stephanie Bastien ★ 12 years
 Tonya Hahn ★ 5 years
 Debbie Smith ★ 5 years
 Meadow Hood ★ 3 years
 Robert Smith ★ 2 years
 Carol Sparr ★ 2 years
 Aliza Cory ★ 2 years
 Justin Fausz ★ 2 years
 Dominique Mackin ★ 1 year
 Amie Frye ★ 1 year
 Chelsea Bivins ★ 1 year
 David Zimmermann ★ 1 year
 Leslie Sanders ★ 1 year
 Jardana Harris ★ 1 year
 John Frierdich ★ 1 year
 Lydia Mehring ★ 1 year

Employees Residents

06 Grace Ryan
 07 Carolyn Schneider
 07 Brenda Bequette
 11 Faith Anne Nikolaisen
 11 Rachel Adair
 13 Chelsea Bivins
 14 Litney Hick
 19 Marilyn Braun
 21 Emma Jones
 22 Michelle Bleckler
 23 Jardana Harris
 23 Thomas Wiethop
 25 Megan Weber
 29 Robert Smith
 29 Amanda Hermann

2 Helen Tevebaugh
 5 Wilma Eichenseer
 6 Nancy Kronst
 9 Sharon Mayo
 10 Bernice Schneider
 11 Nancy Merkley
 17 Robert Heberer
 18 Lucille Zabawa
 18 Mary Fowler
 18 Shirley Wittenauer
 21 Arline Mehrtens
 26 Helen Spier
 27 Virginia Harres
 29 Roy Kirleis
 31 Leola Schueler

Birthday Parties

Magnolia Terrace 5/24 Arbor Court 5/11

"The great thing about getting older is that you don't lose all the other ages you've been."

-Madeleine L'Engle



MAY	SUN	MON	TUE	WED	THU	FRI	SAT
			1 FS CWS 7:15	2 FS CWS 12:15	3	4 FS CHI 7:15	5 FS CHI 1:15
	6 E CHI 7:05	7 FS MIN 7:10	8 FS MIN 12:15	9	10 FS SD 9:10	11 FS SD 9:10	12 FS SD 7:40
	13 FS SD 3:10	14	15 FS1 MIN 7:10	16 FS MIN 12:10	17 FS PHI 6:15	18 FS PHI 7:15	19 FS PHI 1:15
	20 FS PHI 1:15	21 FS KC 7:15	22 FS KC 7:15	23 FS KC 12:15	24	25 FS PIT 6:05	26 FS PIT 3:05
	27 FS PIT 12:35	28 FS MIL 1:10	29 FS MIL 6:40	30 FS MIL 12:10	31 FS PIT 6:15		

Home

Away

Game times subject to change

All game times are St. Louis time

Go Cardinals!



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



An Event for Seniors
May 9, 2018

FREE admission to over 40 booths
Sponsored by Oak Hill at Turner Hall
211 E. Cherry Street, Columbia

Entertainment by Golden Era Music (10-11am)

Memories of Elvis/Steve Davis (12-1pm)

Chicken Dinner by Turner Hall Auxiliary
and drinks available to purchase

Lots of Giveaways and great attendance prizes
Free health screenings, answers to your financial
service needs, information on Assisted,
Supportive and Independent Living facilities,
Home Health, Hospice, gym memberships and
many more informational booths



Employee of the Month

April Cadwell
Dietary

• April goes above and beyond for residents (to make them smile). Great employee! Has great attention to detail. Goes above and beyond for the Dietary Department. Wonderful addition to Oak Hill. Very kind to our guests. Does special things for the Evergreen Pointe guests. She made a special/favorite breakfast for one of the guests on Evergreen Pointe on his last morning before he left. He was very surprised and grateful. Very good worker-very efficient. Comes to work with a great attitude every day and doesn't complain. She's very friendly to staff and residents.

April has been at Oak Hill for 10 months in the dietary department. April was a big month for her. Not only was she being celebrated as Employee of the Month, she also accepted the position of Assistant Dietary Supervisor.

April lives in Red Bud with her three children, Landen, 16, Gavin, almost 13, and Leland, 11. She is originally from a small town in Kentucky, Kevil, which is about 15 minutes from Paducah.

In her spare time, April enjoys cooking, camping, and hiking.

Her most memorable moment at Oak Hill was during her two weeks of training for assistant cook. She spilled oatmeal and cream of wheat in the oven back to back.

Other nominations for April Employee of the Month

Sheri Boles, R.N.

Savanna Zeiger, C.N.A.

Jennifer Forshee, C.N.A.

Carolyn Schneider, C.N.A.

Stephanie Bastien, Comm. Events

Christina Swistak, C.N.A.

Sherri Boles, R.N. She is a wonderful, caring nurse who has been picking up a lot of shifts.

Savanna Zeiger, C.N.A. Always willing to help anyone in need and goes above and beyond for residents and co-workers.

Other nominations for April Employee of the Month

Jennifer Forshee, C.N.A. Jen comes to work ready to start her day as soon as she gets report. She is kind to the residents and keeps families updated about their loved one's day. Whenever there is a change in a resident's condition, Jen reports her findings to the nurse and offers reasonable suggestions to improve the situation. Her residents enjoy having her for their C.N.A.

Stephanie Bastien, Community Events Coordinator She did a great job with the last few weeks events for employees! She always has a hello with a smile. It's great to have such an awesome team member. Also, great job on newsletter and all events, including events on Magnolia Terrace.

Carolyn Schneider, C.N.A. Carolyn makes my day. She is good at laundry and calling BINGO, and treats the residents well. Pleasing and helpful to the residents. Helps in so many ways, activities, laundry, meds, bingo, and kitchen. Smiles during all she does-has a beautiful smile. Am grateful to her for my care, she does such a great job. Good worker. Good to residents/always there when needed. Works overtime when needed. She is always ready to help, answer questions, and take care of the residents. Caroline is my favorite person at

Magnolia Terrace. She "reprimands" in a very gentle way. Never says an unkind word to anyone. She always stops to see if I'm okay before she goes home. You will never meet a nicer person. Always friendly and very helpful. She goes above and beyond to help the residents. A considerate person. Always dependable. A great employee. Polite to everyone. Gets here early. She is one of the easiest to like people, so nice to be around. Hard worker. Whenever you need to talk to someone, she is there. Keeps busy-hard worker. Cheerful. Goes the "second mile". Carolyn is an important part of our lives at Magnolia Terrace. It's a joy to see Caroline in the morning and know we will have a good day.

Christina Swistak, C.N.A. Helping and ideas to keep/maintain staff.



Fun facts about April

Favorite Foods - Chicken and Biscuits & Gravy

Favorite TV Show - 911, The Resident, Greys Anatomy, and The Good Doctor

Favorite Sport - Football

Favorite Song/Band - 80s&90s music

Favorite Movies - The Saw series and anything scary, anything with Melissa McCarthy, and Blind Side

Best Childhood Memory – “Eating breakfast with my dad, when I was in elementary school, every morning at RJ’s Café.

Where Would You Travel – “Ireland for no real reason other than I think it would be beautiful”

Would use 50 millions dollars to – “College fund for my kids and an investment account for them. Donate to cancer research and hospitals. Buy some land and build a house. Build more homeless shelters. Travel the world. Lastly...I would buy a monkey 😊”

Members of the Monroe County Endowment Committee, stand under the new projector as they listened to the new surround sound filling the room. This new projector and sound system was provided from donations managed by the Monroe County Endowment Committee.



National Nurses Day
is May 6, 2018



N is for Never giving up
U is for Understanding what your patients need
R is for the Reliable care you provide
S is for Saving lives
E is for Encouragement and giving others hope

Rachel Adair

Greg Badger

Jessica Baxley

Faith Bertram

Chelsea Bivins

Karmen Blank

Sherri Boles

Marilyn Braun

Barb Brooks

Katlyn Chandler

Rebecca Dunker

Lee Franks

Mary Galvin

Rachel Giffhorn

Helen Goedecke

Shandra Goersch

Linda Grahlherr

Elaine Gruber

Jardana Harris

Mary Headrick

Stephanie Henke

Meadow Hood

Tammy Huelsmann

Laura Jackson

Sarah Jorns

Ashley Keeney

Janice Keim

Christine Kohler

Alexandra Kueker

Sue Luttmann

Sylvia Madrigal-

Kaltenbronn

Keely Meehan

Jennifer Morgan

Camille Mudd

Michelle Murphy

Susan Nordhaus

Sue Parker

Elizabeth Pauline

Lisa Pautler

JoAnn Phillips

Lynn Schmidt

Dawn Shields

Debbie Smith

Carol Sparr

Julian Sroka

Frances Studt

Brandy Ventress

Jamie Whaley



Staff News

Welcome to Oak Hill

(New Employees)

- **Rachel Adair, L.P.N.**
- **Brooke Browning, Housekeeping Aide**
- **Briana Byington, C.N.A.**
- **Jakorey Davis, Laundry Aide**
- **Mary Galvin, R.N.**
- **Rachel Giffhorn, Corp Compliance/Quality Assurance**
- **Logan Jackson, Dietary Aide**
- **Anna Jenkins, Dietary Aide**
- **Desiree Jones, C.N.A.**
- **Alexis Kuschel, Dietary Aide**
- **Faith Nikolaisen, C.N.A.**
- **Jan Reitz, SCU Activities**
- **Julian Sroka, L.P.N.**
- **Adrianna Whelan, Dietary Aide**
- **Rylee Lindhorst, Dietary Aide**
- **Howard Hunter, Dietary Aide**

Congratulations Grandma!



Marilyn Brinkmann helped her son, Justin, and Kimmi Bauer welcome their new bundle of joy, Jett Sawyer Bauer on December 23rd. Jett weighed 7lbs and 4oz and was 19 1/2 inches long.

*With Deepest
Sympathy*

Oh Baby!



Brooke Smith welcomed a beautiful baby girl, Ashlyn May Evans, 7lbs 3oz 21" on April 10, 2018. Congratulations!

~ Our condolences go out to Mike Deptula and the family of Larry Deptula, Mike's dad who passed on April 8th.

~ Janell Johanning's husband, Jeffrey passed on April 26th. Our thoughts and prayers are with Janell and her children during this difficult time.



Employee Only Facebook Page

Find out news sooner by joining the exclusive, employee only Facebook page, **Oak Hill Family**, where upcoming events, special dress days, employee outings, resources, etc. are posted just for you!

Staff News

Happy Trails to You!



Arbor Court's Activity staff member, Susan Cole retired on April 12th after 11 years at Oak Hill. She has already been back to volunteer in the gift shop! Pictured is Susan with her retirement cake at a celebration held for her in the lobby.

She wrote to say thanks:

Thank you - You're the best

Thanks so much for the great retirement party. I appreciate the beautiful framed picture, cake, and send-off. It has been a great experience at Oak Hill.

I look forward to many hours volunteering at the facility. Thanks again to all for the great send-off.

With Much Appreciation,
Susan Cole

Two other retirements took place in April, Joni Suemnicht and Pam Woodward, both with 8 years of service to Oak Hill. They both retired on April 30th.

Employee Outing on May 16th



Join your friends for an evening of fun playing BINGO at the Prairie du Rocher Legion Hall on Wednesday, May 16th at 7:00 P.M. An early game begins at 6:30 P.M. for the die-hard BINGO players.

Cost varies depending on how many cards you buy and what additional games you choose to participate in.

The Legion has food and snacks and drinks (full bar) available to purchase.

Get your co-workers together and come on out. Don't forget to bring a dauber - or you can purchase one there. For more information, contact Rhonda or Meredith Hooten.

Win Tickets to See the St. Louis Cardinals



Watch for your chance to win a pair of tickets to the May 21st Cardinals game during National Skilled Care Nursing Week, May 14-18. Three employees will be chosen to join the employees who purchased tickets to the game that highlights nurses and other healthcare professionals.

Staff News

Shout Out!

Congratulations to Shandra Goersch's daughter who is being inducted into the Phi Eta Sigma Honor Society at McKendree University for completing her Freshman year with Presidential Honors. Way to go!



We Want to Know

Are you celebrating an exciting event or happening or know an employee who is? Let Stephanie Bastien know so it can be shared on the Oak Hill Family Facebook page and here in the newsletter. Anything, big or small, that you feel would be good to recognize is welcome and encouraged. If you don't know who Stephanie is to tell her, feel free to send a message over any of Oak Hill's Facebook pages or send her an e-mail at sbastien@oakhillmonroecounty.com. You can also leave your news in the comment box at the front desk.

Welcome Nancy Berg

You may have noticed a new face in the Oak Hill business office. Nancy is the new person in charge of Billing/Accounts Receivables.

Getting to know you...

Nancy lives in Fults with her husband of 30 years, Michael. Together they have 5 children (his, hers and theirs) all grown, Mike Jr.,

Jamie, Jeremy, Crystal and Justin, the youngest, who is getting married this month!

Nancy is originally from Valmeyer and her husband is from Ferguson, MO. They recently moved from Shakopee, MN, where they had relocated to, from their previous jobs with Lincoln Automotive / PentAir Corp.

Though she has worked in many various industries, her first job was working at the old Monroe County Nursing Home for a summer during her teenage years. She left there to work in the office at New Hope Living and Learning Center, a children's home in Waterloo, that was run by her mother, Audrey. Another previous job of Nancy's was Deputy Assessor for the Monroe County Assessor's office.

We are excited to have Nancy at Oak Hill in her current position because she is well-educated and has a long career working in the Accounting and Finance world for various industries such as, a distribution center for automotive parts known as APS; a few manufacturing plants of various products under PentAir; the business journal newspaper of Minneapolis/St Paul ; as well as an university, Capella University. She has Master's Degree in Educational Professional Studies in Finance and Accounting and AA and BS degrees in Business Administrations and Accounting.

Some of Nancy's hobbies are sports, fishing, dancing, horseback riding and learning. I love animals, having dogs, cats, chickens, ducks, goats, horses and of course pigs.

Nancy says she is "so happy to be here. I look forward for the opportunity to grow and enhance my learning within the Health Care industry and wish to finish out my career working for such a great organization."



Volunteers enjoyed listening to Elizabeth LaKamp after being served a delicious meal.

Taking a look back...

The month of April brought many rainy days, even some snow flurries! Our seniors took advantage of the few warm, sunny days mid – way through the month by having an outside social. The residents celebrated in true St. Louis Cardinal fashion on opening day by eating popcorn, sweet “corn dogs”, and cheesy- beer pretzels! The residents did this all while watching Cardinals’ top plays over the years on the big screen, before the first pitch was thrown at 6:15 that night.

Our residents and guests can enjoy watching the Cardinals game on the big screen in the activity room every night it’s being aired on FS Midwest. The Arbor Court activity room is opened for you to gather with company every evening until 8:00 p.m.

During the month of April we celebrated Queen Elizabeth II’s birthday by watching a documentary about the Buckingham Palace. Residents look forward to watching more documentaries on the big screen.

The resident council members asked to host a Dairy Queen lunch during the month of April.

The activity department LOVES seeing the smiles on our seniors’ faces. Please continue to recommend to us special meals you will like to be catered in. Thank you to the volunteers who jump in to help cater to the residents!

Kitchen Talk- Cooking Club The cooking club made delicious peanut butter cookies while reminiscing about all the different ways they baked cookies in their kitchen. When the cooking club met again for the 2nd time this month, they made a delicious Jiffy Mixed Berry Cornmeal Cobbler! We’ve attached the recipe to this month’s newsletter for you to enjoy with your family. A perfect Mother’s Day brunch dessert!

Join the club if you enjoy socializing with friends while tasting yummy treats! We meet again in May on the 7th and the 21st!

Volunteer opportunity! Do you like baking? Share your talents and love for the kitchen with our residents as you lead your own cooking class!



SAVE THE DATE!

Cinco de Mayo Fiesta – Friday, May 4th
Waffle Delight Breakfast- Tuesday, May 8th
Spring Stories & Songs with SPPS 1st graders –
Tuesday, May 8th

May Birthday Party- Friday, May 11th

Mother's Day – Sunday, May 13th

Armed Forces Day – Saturday, May 19th

Memorial Day – Monday, May 28th

National Senior Health & Fitness Day —
Wednesday, May 30th

Resident Council: Meeting will be held on Wednesday, May 23rd in the activity room at 2:00. Please note the change to the FOURTH WEDNESDAY this month instead of the third due to us celebrating National Skilled Care Nursing Week May 14th- May 18th! Please invite your roommate and neighbors to share with us what you have been loving within the activity program! What activities do you want more of? Have any concerns? This is another time for you to express any concerns you may have. Come say hello to the new secretary!

Exciting announcements from one of our resident council members, Bruce. His grandson, Nick from Colorado is graduating High School this May! Congratulations, Nick, and all students graduating this spring!

Arbor Court Entertainment Schedule

Entertainment begins at 2:00 P.M.

unless listed differently below.

Tuesday, May 1st: Steve T.

Wednesday, May 2nd: Children playing the piano at 3:30

Sunday, May 6th: The Worthing 10s

Tuesday, May 8th: Dave Sheppard

Thursday, May 10th: Lynn Wellman

Friday, May 11th: Birthday party surprise entertainer!

Sunday, May 13th Alan & R.J.

Monday, May 14th: Tommy Tunes

Wednesday, May 17th: Lucy on the piano

Friday, May 18th: Cocktail party with Pearl

Sunday, May 20th: Rekha Dravina on the piano at 2:30

Tuesday, May 22nd: Deutchmeisters at 6:30

Wednesday, May 23rd: Joe Powell at 10:00

Thursday, May 24th: Forrest

Friday, May 25th: Linda Ford on Guitar

Sunday, May 27th: Rob Callmeyer 2:30

Thursday, May 31st: The Button Box Band

Laugh a little more ... Always share a smile

What has ears but cannot hear?

A cornfield.

Two pickles fell out of a jar onto the floor.

What did one say to the other?

Dill with it.

What did the Dalmatian say after lunch?

That hit the spot!

Why was the baby strawberry crying?

Because her mom and dad were in a jam.

How do we know that the ocean is friendly?

It waves!



The volunteer sign-in binder can be found on the Volunteer station located right outside the Arbor Court activity room.

You may also see the monthly calendar posted right above the table. What activity programs interest you in engaging with our residents?

This binder helps the volunteer coordinator keep track of the wonderful individuals who volunteer at Oak Hill. It is my #1 contact reference sheet I go to when I need to send you mail to make sure you get invited to all of our FUN events!

THANK YOU for all you do providing smiles to our residents and guests of Oak Hill!



**Volunteer Spot Light
Ron Chase,
Volunteer Chaplain**

Who inspires you?

People who deal with adversity and beating the odds; people who refuse to let a debilitating sickness define who they are and what they can't do, or people who do not allow their place of origin, or ethnicity determine their future!

What was the best concert you ever attended?

I love the big band sounds of the 40s and 50s. Usually provided at Queeny Park, in St. Louis, every Spring. I attended a concert honoring Tommy Dorsey that was just wonderful! I wanted to jitterbug to "In the Mood".

Where's your favorite place in the world?

I love the fresh, clean environment of Estes Park, Colorado. This place is so beautiful and clean!

What are you passionate about?

I am passionate about offering hope and discovering a fresh beginning through the love of God. Teaching the bible and discovering a fresh new insight into the wisdom it offers.

What is your favorite movie?

One of my favorite movies of all time is "Christmas Story". Every time I watch it, I can reflect upon my own childhood!

What is the craziest thing you've ever done?

One of the craziest thing I have ever done was going "skinny dipping" in March! It was a warm day, but as soon as I dove into the water, I discovered that the water was frigid! Needless to say, I was in and out of the water—and dressed within 5 minutes!

What is your favorite family tradition?

I love my family, but my tradition is being together with my grandkids, and great-grandkids. They are precious!



Jiffy Mixed Berry Cornmeal Cobbler

INGREDIENTS

YIELDS: 8 SERVINGS

6 tbsp. (3/4 stick) cold unsalted butter, cut into pieces, plus more for pans
8 c. assorted berries (such as strawberries, blueberries, and blackberries)
2/3 c. sugar
1/4 c. all-purpose flour, spooned and leveled
2 tbsp. fresh lemon juice
2 tsp. pure vanilla extract
1 (8.5-oz.) box Jiffy Corn Muffin Mix
1/2 c. chopped pecans
1 large egg, beaten

DIRECTIONS

PREP TIME: 0:15

COOK TIME: 0:35

TOTAL TIME: 0:50

Preheat oven to 400°F. Butter 8 (5-inch) cast-iron skillets. Arrange on a rimmed baking sheet lined with aluminum foil. Toss together berries, sugar, flour, lemon juice, and vanilla in a bowl. Transfer to prepared skillets, dividing evenly. Cut butter into corn muffin mix until crumbly. Stir in pecans. Stir in egg with a fork until combined but still crumbly. Sprinkle mixture over berries, dividing evenly. Bake until fruit is bubbly and crust is golden brown, 20 to 24 minutes. Cool 10 minutes. Serve warm or at room temperature.

Ice Cream Days are Just Around the Corner

Residents will enjoy **FREE** ice cream on
Mondays, Wednesdays and Fridays

Starting June 2nd through Sept. 1st
2-3pm in the Gift Shop.



Visitors & Employees
will be charged only
a small fee for this
quality ice cream.

Looking for
volunteers to scoop
and serve.



Arbor Court residents were ready to get outside on one of the first nice days of the year. Thank you to our great staff for helping arrange this.

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

Magnolia Terrace

Senior Living Apartments

Klopper Tournaments



Held at Magnolia Terrace
623 Hamacher Street, Waterloo

\$5.00 per person/6 games

1st, 2nd, & 3rd place cash winners

Last place gets their admission fee back!

Complimentary Refreshments

May 21*

September 24

June 25

October 29

July 30

November 26

August 27

December 17*

Tournaments are held on the last Monday of the month except the months with an asterisk.

R.S.V.P. to 939-0500 x1459

FREE BINGO at the YMCA

Sponsored by

Magnolia Terrace
Senior Living Apartments

Open to the public

Complimentary refreshments
Great Prizes

Held at 1:00pm on the following 2018 dates:

May 11, June 8, July 13, August 10,

September 14, October 12, November 9

Reservations not required.

You do not have to be a member of the YMCA to attend.

YMCA, 9514 Caring Way, Columbia, IL • 618-281-9622



Dietary manager, Rhonda Hooten, serves Bob Brown a special waffle during SL Week at Magnolia Terrace.

SL (Supportive Living) Week is celebrated all across Illinois in April and we were no exception.



Don Esker, left, and Joe Eschmann, right, help the magician in his final act. Magician DJ Edwards, removed his suit coat while his hands were chained together. This was another special activity to celebrate our residents during SL Week.

Magnolia Moments



Magnolia Terrace



WELCOME to Magnolia Terrace

Mary Krebel

Virginia Malott

Last Month's Recap in a Snap...

April showers brought umbrella paintings to our hallways. We have such talented residents. We rooted for the Cardinals together for their home opener and learned more about protecting ourselves from scams with Officer Spencer. Two residents showed off their cooking skills by making their favorite versions of vegetable soup and sharing it with us all.

We ended the month by celebrating SLF Week. Our family night was a big success. Residents and staff danced to the music of The Rivertown Sound Quartet and residents struck big at our senior bingo - congratulations to Joseph, Stella, Marie W., Ruby, Maude, and Diane. Everyone woke to the delicious smell of waffles on Wednesday, enjoyed the illusions of DJ. Edwards on Thursday and more fun bingo to end the week.

UPCOMING EVENTS

- Tue. 5/1 1:30pm Older Americans Month Kick-Off—see page 1
- Thu. 5/3 1:15pm Scenic Drive to anywhere we decide
- Sun. 5/6 1:30pm Craft Make a colorful kite craft for your door.
- Mon. 5/7 10:15am Flower Arranging with Debbie Largent. RSVP to Wendy. Create a flower arrangement.
- Mon. 5/7 1:15pm Walmart Note: Not on Wednesday
- Tue. 5/8 10:00am Blood Pressure Checks with Faith
- Wed. 5/9 9:00am Senior Jubilee Oak Hill is sponsoring a Senior Jubilee at the Columbia Turner Hall. Browse vendor booths, sign up for door prizes and drawings, and enjoy free giveaways and live music at 10:00am.
- Wed. 5/9 1:30pm Music with The Silver Belles. The ladies are back with new dances and new outfits!
- Thu. 5/10 10:30am Photo Shoot Look nice, powder your nose and put on a smile. We're taking professional style pictures for you to share with your family. Photos will be taken in the sunlit hallway between Magnolia Terrace and the Arbor Court lobby.

- *Fri. 5/11 8:00am Mother's Day Breakfast* Enjoy a special breakfast served right to your table. Yep, we'll feed the men too!
- *Sat. 5/12 9:15am Mini Massages* enjoy a ten minute shoulder, head and neck massage while listening to soothing music. Sign up at the breakfast counter.
- *Mon. 5/14 2:00pm Music with Doug Altoff*
- *Wed 5/16 3:30pm Gospel Music* Three beautiful little angels will sing for us.
- *Thu. 5/17 10:15am Dollar Tree*
- *Thu. 5/17 1:15pm Horse Races* Come cheer on your favorite horse just for fun
- *Sat. 5/19 9:15am Paraffin Wax* Dip your hands and elbows in hot wax. You'll feel smooth all day.
- *Mon. 5/21 11:00am Lunch Out* We are headed to the new German restaurant in Belleville, Hofbräuhaus.
- *Mon. 5/21 2:00pm Music with Terry Roberson*
- *Tue. 5/22 10:00am Weigh-ins with Faith*
- *Thu. 5/24 9:15am Resident Council Meeting* Come out and let your ideas be heard. The meeting will be attended by departments heads from

dietary, maintenance, and housekeeping. Also get a sneak peek at June's activity calendar.

- *Thu. 5/24 1:30pm Birthday Party* We are celebrating the birthdays of residents born in May. Come out for cake and games.
- *Mon. 5/28 2:00pm Music with Forrest*
- *Tue. 5/29 7:00pm Municipal Band Concert* Summer concerts are back! This is the first of the summer season municipal band concerts taking place outdoors at the Waterloo courthouse.
- *Wed. 5/30 10:00am National Health and Fitness Day.*—see page 3
- *Thu. 5/31 10:00am Fishing @ Lakeview Park Pier.* We'll provide the poles and bait.
- *Thu. 5/31 1:15pm Beanbags*

Game Winners

Wii High Scores

Dot	213
Tom	212
Don	212
Maude	211
Joe	204
Ruby	198
Rhenelda	194
Arline	177



Ten residents were awarded t-shirts for participating in a walking program every day for a year. Pictured left to right are Charles Stripe, Diane Otten, Ruby Muench, Butch Meyer, Lucy VanScoyk, Bob Brown, Jean Brown, Rhenelda Goessling, Jack Taylor, and Joe Eschmann.



April Showers was the theme of the April painting party. It was fun to see what designs and colors residents used to paint their umbrella. Pictured, Maude Brandt chose to paint her umbrella pink and purple.



Bob Brown and Lucille Shannon wait for their vegetable beef soup to get done so they can share it with the residents during lunch. The residents and staff LOVED participating in taste testing the soups.



The St. Louis Cardinals Home Opener is like a holiday around Monroe County. Magnolia Terrace hosted a get-together in the dining room to watch the game together. Those in attendance enjoyed hotdogs, chips, popcorn and more. Some met to play cards during commercial breaks.



Whispering Pines News

M

HELD IN CEDAR DINING ROOM

Friday, May 4th 2:30 pm
Forrest Bevineau, the "Singing Sheriff"

U

Thursday, May 10th 2:30 pm
Tommy Tunes

S

Saturday, May 19th 2:00 pm
Lynn "The Piano Man" Wellman

I

Monday, May 21st 2:30 pm
Pearl Hirsch-Keyboards

C

Tuesday, May 21st 2:30 pm
Terry Roberson, the Singing Cowboy

*Family and friends are invited to attend our
"dining room concerts" with the residents.*



*Whispering Pines to have
Brain Health Exhibit at
Senior Jubilee on May 9th*

Stop by the Senior Jubilee, hosted by Oak Hill, on Wednesday, May 9th, from 9 am to 1:30 pm, in Columbia, IL, at Turner Hall. Draw a "healthy brain tip," out of the basket at our table and win a prize! Everyone who participates is a winner. There will be entertainment, numerous attendance prizes and lots of give-a-ways from many vendors. Hope to see you there!



Alzheimer's Association "In the Moment" Support Group Meeting

The next meeting of the Alzheimer's Association "In the Moment" support group will be held on Thursday, May 31st, in the classroom at Oak Hill, from 7 pm to 9 pm.

During the first half of the group the video, "Complaints of a Dutiful Daughter," will be shown. This video reveals the various stages of a mother's journey through Alzheimer's disease and her daughter's response to the illness. This documentary was an Academy Award nominee.

The second half of the group will be for sharing. Alzheimer's literature is available on the rack outside of the classroom door.

Anyone who cares for or has a loved one or friend with dementia or Alzheimer's is welcome to attend. Refreshments will be served. For more information, please call Julia at 618-939-3488 ext. 1248.

Food for Thought

"They (the residents) are giving you the opportunity to show them you respect their wishes, you respect their right to make decisions, and you love the essence of who they are. Be glad of the opportunity."

--Claudia Strauss



Can You Hear Me Now?

Most of our residents have vision and/or hearing difficulties.

Try to focus on the senses they have left.

Can't See, but can...

***Feel the touch of your hand
Hear music with headphones
Hear the voice of their loved one or
their dog barking
Taste the warmth of tea
Smell cinnamon rolls baking
Feel cozy all wrapped up***

Can't hear, but can...

***See your smile
See a child
See you twirl in your dress
Taste bubblegum
Taste warm soup from a mug
Feel a baby kitten
Feel safe with you***

How can you enliven the senses they have left?

***Excerpt from Creating Moments of Joy
Along the Alzheimer's Journey by Jolene
Brackey***



My Mother's Hands

**Hands that hold our family together.
Hands that express love and beauty.**

Hands that make one feel safe.

**Hands that stroke brows
to ease worry and pain.**

Hands that sew, mend and iron clothes.

Hands that knead dough and bake cookies.

Hands that prune roses and plant flowers.

**Hands that write words
of encouragement and belief.**

Hands that gather wood and build fires.

Hands that rub sore muscles and heal.

Hands that create and wrap gifts.

Honest hands. Giving hands.

Scarred hands. Working hands.

Praying hands.

Hands that have held hope and longing.

**Hands that have nestled
soft babies and grandsons.**

**Hands that have wiped tears
and caressed cheeks.**

**Hands that have clutched
heartache and loss.**

**Hands that have flipped burgers,
canned and cooked many meals.**

**Hands that have worked the soil,
fed animals and seeded fields.**

**Hands that have hung IV bags
and passed instruments.**

**Hands that have made beds
and pulled up our covers.**

**Hands that have strewn popcorn
and decorated trees.**

**Hands that have washed,
brushed and curled hair.**

Hands that have soothed many souls.

Strong hands. Loving hands.

Holding onto dreams and faith.

A blessing to behold.

The gift of my mother's hands.

~ Te' Werner

***Happy Mother's Day to all of the moms
who live and work at Oak Hill!***