

# Oak Hill Insider

- News and events at Oak Hill -

October 2019 • Volume 134  
Administrator Kim Keckritz



## Soup and Pie Supper

October 30th

4:00-6:30 P.M.



Pg. 4

## UPCOMING EVENTS

October is National Physical Therapy Month

10/2 & 3 Resident Flu Vaccines

10/6 National Healthcare Foodservice Workers Week through 10/12

10/6 Healthcare Supplies Appreciation Day

10/8 & 10 Employee Flu Vaccines

10/13 Infection Prevention Week through 10/18

10/14 Senior Luncheon\* 11:00 A.M. - 1:00 P.M.

10/16 National Bosses Day

10/17 Employee Chili Cook-off 10:30 A.M. - 12:30 P.M.

10/18 National Shake Out Day

10/21 Book Fair 8:00 A.M. - 3:30 P.M.

10/28 Kloepper Tournament at Magnolia Terrace\* 6:30 P.M. (\$5)

10/30 Soup and Pie Supper 4:00 - 6:30 P.M.

10/31 Employee Costume Contest 2:30 P.M.

11/6 Veterans Program 6:30 P.M.

11/22 Wessl-Pistor 2:00 P.M.

11/25 Kloepper Tournament at Magnolia Terrace\* 6:30 P.M. (\$5)

*\*Please RSVP*

ST. LOUIS POST-DISPATCH

2019

BEST OF

SOUTHWEST  
ILLINOIS



Oak Hill

5-STAR RATED



*Arbor Court*  
Skilled Nursing

pg. 19

*Evergreen Pointe*  
Transitional Care

*Magnolia Terrace*  
Supportive Living

pg. 23

*Whispering Pines*  
Memory Care

Pg. 26



Follow the St.  
Louis Cardinals in  
the post season.

All October game dates are  
listed on page 16 along with  
a World Series bracket  
Watch for upcoming "wear  
red" days.

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



### Employee Anniversaries

Kathy Goodman ★ 20 years

Christina Swistak ★ 15 years

Robyn Stulce ★ 11 years

Rebecca Dunker ★ 4 years

Mark Warren ★ 3 years

Crystal Weber ★ 3 years

Marilyn Braun ★ 2 years

Allie Kueker ★ 2 years

Briana Brinkmann ★ 1 year

Maxwell Heinen ★ 1 year

Mitchell Heinen ★ 1 year

Corinna Hipp ★ 1 year

Cassandra Mackin ★ 1 year

Kimberly Ross ★ 1 year

Jami Nowak ★ 1 year

Emma McCarthy ★ 1 year

Angela Catron ★ 1 year

Nancy Vogt ★ 1 year

1 Makenna Norris

2 Kaitlyn Wirth

2 David Zimmermann

4 McKenna Ford

9 Katherine Browning

9 Elizabeth Reeg

15 Elaine Gruber

16 Helen Goedecke

17 Jessica Baxley

22 Megan Cook

22 Sandy Stevens

25 Alexis Kuschel

27 Alexis Davis

29 Alicia Suemnicht

29 Amy Felix

30 Bryce O'Connor

30 Kelley Rednour

31 Sophia Thorburg

4 Betty Benz

5 Bruce Soehnlín

7 Audrey Rodenberg

7 Velva McGavock

9 June Caesar

10 Mary Lou Haberman

11 Evola Niermann

13 Barbara Michels

16 Patsy Otwell

18 Anna Moore

25 Lucy VanScoyck

25 Kathryn Bellm

29 Virginia Lindhorst

30 Marion Scharf

31 Vernetta Miller

### Birthday Parties

Magnolia Terrace 10/17

Arbor Court 10/4



## Employee of the Month

**Wayne Moallankamp**  
*Maintenance*

October  
2019

*Wayne is always there when you need his help. He's reliable and caring. Knows how to fix just about anything. Always willing to show us how to do things, like fix the TVs. We just love him. Does an amazing job, is so smart, and never complains. He's the BEST! Always pleasant with employees and residents and never declines helping when asked. Very friendly and nice to talk to. Always willing to help. The residents know they can count on him. We love him.*

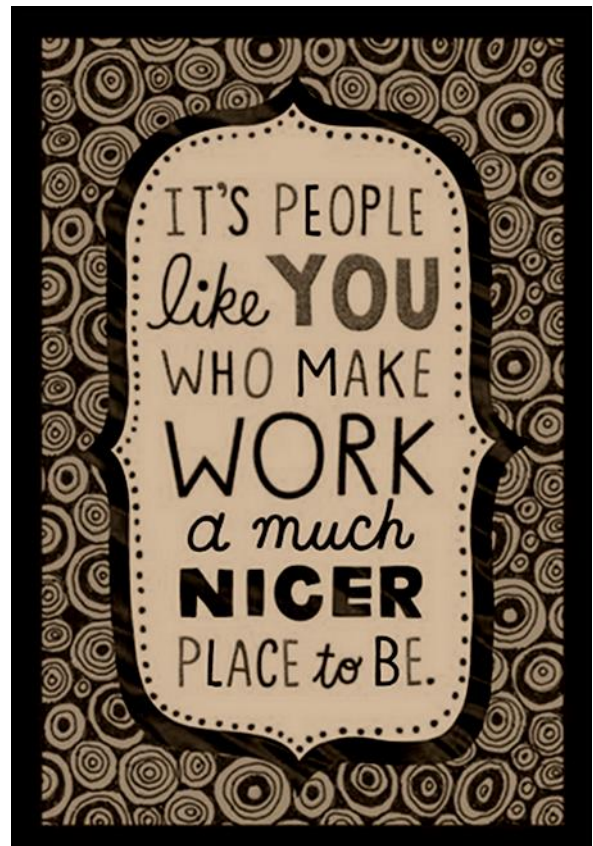
### Other Nominations

**Allie Kueker, L.P.N.**, always has a positive attitude, will pick up shifts when needed, is a good nurse, very compassionate

**Dawn Shields, L.P.N.**, is a loyal employee of 25 years who works a ton of hours. Her nursing knowledge is remarkable- she knows a tremendous amount and teaches us as she goes. The residents and families love her.

---

**Vote for one of our outstanding employees for Employee of the Month at the front reception desk.**







# Soup N' Pie Supper

## OCTOBER 30, 2019

**ALL-YOU-CAN-EAT-SOUP**  
**DINE IN 4:00-6:30 P.M.**  
**CARRY OUTS 4:00-6:00 P.M.**  
**ADULT MEAL- \$8.00**  
**KID MEAL- \$3.50**

**COMMUNITY WELCOMED**

**Please, we would love to have you!**

**All proceeds benefit our residents' Activity  
Department.**



**RESIDENT JUDGED  
EMPLOYEE COSTUME CONTEST**

**THURSDAY, OCTOBER 31ST**

**2:30 - 3 P.M.**

**MEET IN LOBBY**



*1st, 2nd & 3rd Place Cash Prizes*

*Everyone leaves with a prize!*



**Wessel-Pistor Excellence Award**

*If you know a staff person who demonstrates a caring, respectful attitude towards residents, families, and fellow staff, please nominate them for this prestigious award.*

*Nominations will be accepted between October 21 and November 14.*

*Residents, Family Members, and Staff may nominate a staff member hired on or before January 1, 2018.*

*See receptionist for an application.*

*Award ceremony will be held on November 22nd.*

*Oak Hill*

**BOOK FAIR**

*Books & Gifts at GREAT Savings*

**October 21, 2019**

**9:00 A.M.—3:00 P.M.**



Join us at Oak Hill for a community favorite. There are lots of unique items from greeting card collections, home goods, wearables, nic nacs, marker sets, bamboo pillows and I haven't even mentioned the wide selection of books. There will be novels, biographies, cook books, fun books, serious books, books for small children and up. Books! Books! Books! There will be something for everyone. Get some of your Christmas shopping done early.

Cash, check and credit cards are accepted. Payroll deduction is available for employees.

This event is open to the public.



## Oak Hill Flu Vaccinations

Residents will receive their flu vaccines on October 2<sup>nd</sup> and 3<sup>rd</sup>.

Employees will receive their flu vaccines on October 8<sup>th</sup> or 10<sup>th</sup>.

The following is from Colleen at the Monroe County Health Department:

The Monroe County Health Department will administer **flu vaccinations** for Monroe County employees and immediate family members who reside in their households during the 2019-2020 influenza season. The 2019-2020 influenza vaccine will protect against the influenza strains that are expected to circulate this year. The Monroe County Health Department offers **quadrivalent flu vaccine** injections (to protect **against 4 strains of flu**) for **age 6mo and up** and High-dose flu vaccine option for **age 65+**, which includes a higher dose of antigen in the vaccine to give older people a better immune response for their immune system, and therefore, better protection against the flu.

### Consent Forms:

Are available at Oak Hill, your Monroe County employee email, and the ADP homepage

Are available online

[www.monroecountyhealth.org](http://www.monroecountyhealth.org) to be downloaded, printed and completed

Please complete and sign the age appropriate form for each patient. Please use Child consent form for under the age of 19yr. No electronic/digital signatures accepted. Children under the age of 18 yrs old require a parent/legal guardian signature.

Forms will be available in office at time of vaccination

If you have any questions about the vaccine or the vaccination clinics, please call: 618-939-3871 x210 from 8AM to 4:30PM. Please visit the CDC's influenza website at <https://www.cdc.gov/flu/about/index.html> for information. Your health care provider also may answer your questions about the influenza virus.

Flu vaccine clinics have been set for your convenience **for all Monroe County Employees and their families on:**

**October 8<sup>th</sup> 6-9am & 2-4pm at Oak Hill**

**October 10<sup>th</sup> 6-9am & 2-4pm at Oak Hill**

**October 11<sup>th</sup> 9am-12pm at the Monroe County Courthouse in the conference room**

We offer walk-in flu vaccinations at the Monroe County Health Department, located at 1315 Jamie Lane, Waterloo, IL 62298 beginning

**October 9<sup>th</sup>, 8am-3:30pm Monday thru Friday (closed for lunch 12-1pm)**

-Please call ahead x210 for nurse availability, as we are conducting off-site flu clinics in the county.

**Extended walk-in clinic hours at Monroe County Health Department 4:30-7:30pm**

**Tuesday, October 15<sup>th</sup>**

**Monday, October 21<sup>st</sup>**

**Monday, October 28<sup>th</sup>**

We will have a **walk-in FLU SHOT ONLY clinic 8am-3pm on Friday, October 11<sup>th</sup>** to coincide with school schedules within the county.

Sincerely,

Colleen Goessling, Community Health Nurse  
Monroe County Health Department



## Misconceptions about Seasonal Flu and Flu Vaccines

### Can a flu vaccine give you the flu?

No, flu vaccines cannot cause flu illness. Flu vaccines given with a needle (i.e., flu shots) are currently made in two ways: the vaccine is made either with a) flu viruses that have been ‘inactivated’ (killed) and that therefore are not infectious, or b) using only a single gene from a flu virus (as opposed to the full virus) in order to produce an immune response without causing infection. This is the case for recombinant influenza vaccines.

### Are any of the available flu vaccines recommended over the others?

CDC recommends use of any licensed, age-appropriate influenza vaccine (inactivated influenza vaccines [IIV], recombinant influenza vaccine [RIV], or live attenuated influenza vaccine [LAIV4]) with no preference expressed for one vaccine over another during the 2018-2019 flu season. Nasal spray vaccine (LAIV4) is again a recommended option for people for whom it is otherwise appropriate. Different flu vaccines are approved for use in different groups of people. Factors that can determine a person’s suitability for vaccination, or vaccination with a particular vaccine, include a person’s age, health (current and past) and any allergies to flu vaccine or its components.

Unlike the flu shot, the nasal spray flu vaccine (also known as the “live attenuated influenza

vaccine” or “LAIV”) does contain live influenza viruses, but the viruses are attenuated (weakened), so that they will not cause flu illness. In addition, these weakened viruses are cold-adapted, which means they are designed to only replicate (multiply) at the cooler temperatures found within the nose.

These viruses cannot infect the lungs or other areas where warmer temperatures exist.

### Is it better to get the flu than the flu vaccine?

No. Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Therefore, getting vaccinated is a safer choice than risking illness to obtain immune protection.

### Do I really need a flu vaccine every year?

Yes. CDC recommends a yearly flu vaccine for just about everyone 6 months and older, even when the viruses the vaccine protects against have not changed from the previous season. The reason for this is that a person’s immune protection from vaccination declines over time, so an annual vaccination is needed to get the “optimal” or best protection against the flu.

### Why do some people not feel well after getting the seasonal flu vaccine?

Some people report having mild reactions to flu vaccination. The most common side

effects from flu shots are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur. If these reactions occur, they usually begin soon after the shot and last 1-2 days. In randomized, blinded studies, where some people get inactivated flu shots and others get salt-water shots, the only differences in symptoms was increased soreness in the arm and redness at the injection site among people who got the flu shot.

There were no differences in terms of body aches, fever, cough, runny nose or sore throat.

Side effects from the nasal spray flu vaccine may include: runny nose, wheezing, headache, vomiting, muscle aches, fever, sore throat and cough. If these problems occur, they usually begin soon after vaccination and are mild and short-lived. The most common reactions people have to flu vaccines are considerably less severe than the symptoms caused by actual flu illness.

#### What about serious reactions to flu vaccine?

Serious allergic reactions to flu vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination. While these reactions can be life-threatening, effective treatments are available.

#### What about people who get a seasonal flu vaccine and still get sick with flu symptoms?

There are several reasons why someone might get flu symptoms, even after they have been vaccinated against flu.

One reason is that some people can become ill from other respiratory viruses besides flu such as rhinoviruses, which are associated with the common cold, cause symptoms similar to flu, and also spread and cause illness during the flu season. The flu vaccine only protects against influenza, not other illnesses.

Another explanation is that it is possible to be exposed to influenza viruses, which cause the flu, shortly before getting vaccinated or during the two-week period after vaccination that it takes the body to develop immune protection. This exposure may result in a person becoming ill with flu before protection from the vaccine takes effect.

A third reason why some people may experience flu like symptoms despite getting vaccinated is that they may have been exposed to a flu virus that is very different from the viruses the vaccine is designed to protect against. The ability of a flu vaccine to protect a person depends largely on the similarity or “match” between the viruses selected to make the vaccine and those spreading and causing illness. There are many different flu viruses that spread and cause illness among people.

The final explanation for experiencing flu symptoms after vaccination is that the flu vaccine can vary in how well it works and some people who get vaccinated may still get sick.

Reference: <https://www.cdc.gov/flu/prevent/misconceptions.htm#>





# A Strong Defense Against Flu: Get Vaccinated!

**FIGHT FLU**



The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

## What are some key reasons to get a flu vaccine?

- Flu vaccine has been shown to reduce flu illnesses, hospitalization, and even death in children.
- During the 2016–2017 season, vaccination prevented an estimated 5.3 million illnesses, 2.6 million medical visits, and 85,000 influenza-associated hospitalizations.
- Flu vaccination also is an important preventive tool for people with chronic health conditions.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A [2017](#) study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.



## Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.



For more information, visit: [www.cdc.gov/flu](http://www.cdc.gov/flu)  
or call **1-800-CDC-INFO**



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention



## What kinds of flu vaccines are recommended?

There are several licensed and recommended flu vaccine options this season:

- Standard dose flu shots made from virus grown in eggs.
- Shots made with adjuvant and high dose for older adults.
- Shots made with virus grown in cell culture instead of eggs.
- Shots made using a recombinant vaccine production technology that does not require the use of a flu virus.
- Live attenuated influenza vaccine (LAIV, the nasal spray vaccine), which is made with live, weakened influenza viruses. It is an option for people 2 through 49 years of age who are not pregnant.



## Is the flu vaccine safe?

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, CDC works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at [www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm](http://www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm).

## What are the side effects of flu vaccines?

**Flu shots:** Flu shots are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get flu from a flu shot. Some minor side effects that may occur include soreness, redness and/or swelling where the shot was given, low grade fever, and aches.

**Nasal spray flu vaccines:** The viruses in nasal spray flu vaccines are weakened and do not cause the severe symptoms often associated with influenza illness. For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever.

If these problems occur, they are usually mild and go away on their own, but serious reactions are also possible. Almost all people who receive flu vaccine have no serious problems from it.

## When and Where to get vaccinated?

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.

Flu vaccines are offered in many doctors' offices and clinics. Flu vaccine is available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace. Use the vaccine finder at [www.cdc.gov/flu/protect/vaccine/vaccinefinder.htm](http://www.cdc.gov/flu/protect/vaccine/vaccinefinder.htm) to find a flu vaccination clinic near you.



# Everyday Preventive Actions Can Help Fight Germs, Like Flu

**FIGHT FLU**



**CDC recommends three actions to fight flu.**

1. The first and most important step is to get a flu vaccination each year.
2. If you get sick with flu, take prescription antiviral drugs if your doctor prescribes them. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women.
3. Take everyday preventive actions that may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.

## *How does flu spread?*

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching his or her own mouth, nose, or possibly eyes. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

## *What are everyday preventive actions?*

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.



For more information, visit:

[www.cdc.gov/flu](http://www.cdc.gov/flu)

or call **1-800-CDC-INFO**



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention



### *What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?*

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces like doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.



### *What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?*

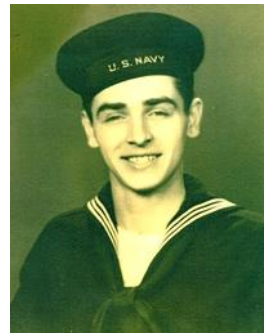
- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.

**Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against flu.**

## **Welcome to Oak Hill**

*(New Employees)*

- **Benjamin Johnson, Dietary**
- **Allison Latner, Dietary**
- **Briana Brinkmann, Care Assistant**
- **Kaitlyn Hargrave, Care Assistant**
- **Lyza Harris, Dietary**
- **Jodie Johanning, Dietary**
- **Hechter Myers, L.P.N.**
- **Tracy Sharp, R.N.**
- **Tiffany Spinner, Care Assistant**
- **Marcia Sutton, Care Assistant**
- **Madisyn West, C.N.A.**
- **Cindy Harvey, C.N.A.**
- **Terrena Walker, C.N.A.**



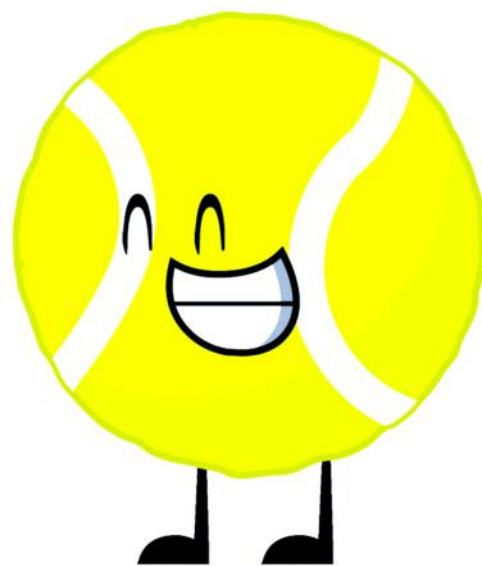
### ***Submit Your Military Photo***

*Oak Hill would like to honor Residents and Employees who served in the military by displaying a picture of them during their veteran's service. Please submit pictures to the receptionist to be scanned, originals will be returned. If you have submitted a picture in the past, you do not need to resubmit. Deadline for submission is October 25th.*

Oak Hill therapy is seeking tennis balls-new or gently used.



The fountain in the front of the facility is getting a facelift. It has been painted and the bushes that had become overgrown, blocking part of the fountain, have been removed. Profits from the gift shop are being used to purchase a wrought iron fence that will be put around the fountain. Thank you to all of our gift shop volunteers for this new wrought iron fence that enhances the beautiful landscaping at Oak Hill.



Please bring your donation to one of our lovely receptionists.



## **Splash of hand sanitizer not enough to stop spread of type A flu virus**



A splash of hand sanitizer is unlikely to halt the spread of influenza in healthcare facilities, according to new research from Japan.

In fact, the type A virus remains infectious in wet mucus from infected patients, even after being exposed to an ethanol-based disinfectant for two full minutes, reported Ryohei Hirose, M.D., Ph.D., Kyoto Prefectural University of Medicine.

“Until the mucus has completely dried, infectious influenza A virus can remain on the hands and fingers, even after appropriate antiseptic hand rubbing,” he said.

The researchers analyzed mucus collected from flu-infected patients and dabbed on human fingers. The goal was to simulate situations in which medical staff could

transmit the virus. It took four full minutes of exposure to ethanol-based disinfectant to do the job, they said. The mucus’s thick hydrogel structure kept the ethanol from reaching and deactivating the virus. “The physical properties of mucus protect the virus from inactivation,” explained Hirose.

The bottom line? Operators should be particularly cautious, said Hirose and colleague Takaaki Nakaya, Ph.D., an infectious disease researcher. “If they don’t adequately inactivate the virus between patients, they could enable its spread,” Hirose said.

Source: McKnight’s Long Term News

## Staff News



Congratulations to Corby Turner who has now joined the team in the Restorative Nursing department.

Congratulations to Megan Cook for passing her CNA exam!



## New C.N.A. Class

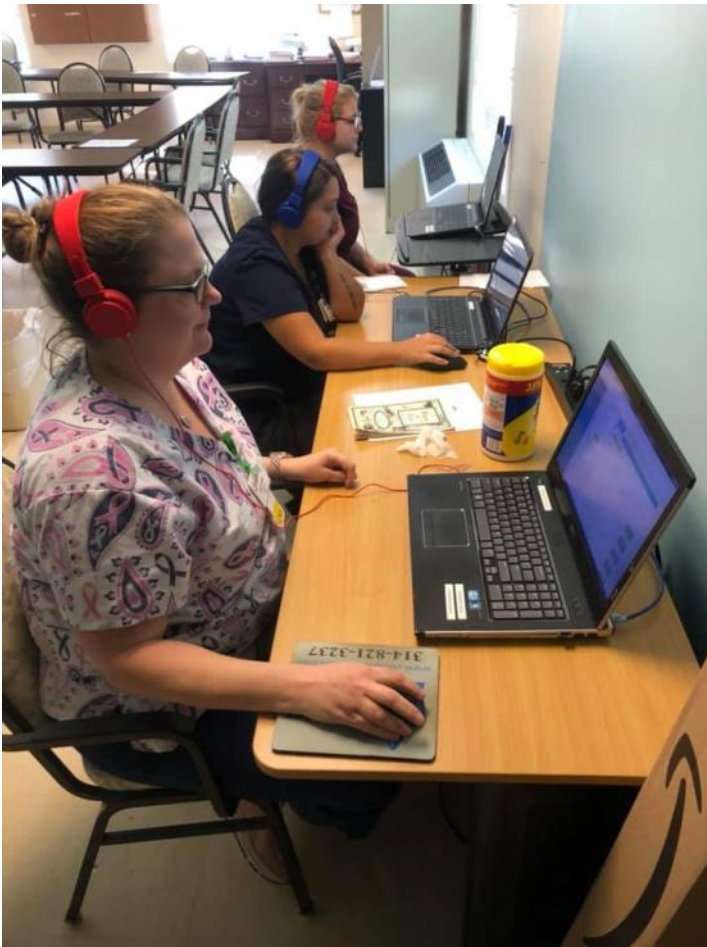
Oak Hill is excited to announce the addition of a CNA Certification course offered right here in our classroom. The class will roll out on Monday, November 11 with an anticipated completion date of Thursday, December 19. Instructor for the course will be Rachel Giffhorn, with assistance by Shandra Gorsch. CPR will be instructed by Emma McCarthy.

The class will meet in the evenings from 3-7 PM for theory, Mondays through Thursdays. Clinical practice will follow in 2 groups, one on weekends from 6:30 AM to 3 PM, and another weekdays during the same time.

All class participants are required to be employees of Oak Hill prior to start of the course. Oak Hill currently has positions available as Care Assistants, Housekeeping and Dietary Aides.

The course is being offered at no charge, but a contract for one year of service following completion of the course is required. This includes fees for books, registration and course instruction.

For more information, please reach out to Rachel at x1147! Feel free to share this information with family and friends. Class enrollment is limited to 15 students.



Pictured: Oak Hill staff using our new 24/7 accessible Relias Learning program for continued education.

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



# 2019 MLB Postseason schedule

(Subject to change; listed by date)

## WILD CARD

Tuesday, Oct. 1: NL Wild Card Game

Wednesday, Oct. 2: AL Wild Card Game

## DIVISION SERIES

*A = Involves club with best record;*

*B = Not involving club with best record*

Thursday, Oct. 3: NLDS 'A' & 'B' Game 1

Friday, Oct. 4: ALDS 'A' & 'B' Game 1

Friday, Oct. 4: NLDS 'A' & 'B' Game 2

Saturday, Oct. 5: ALDS 'A' & 'B' Game 2

Sunday, Oct. 6: NLDS 'A' & 'B' Game 3

Monday, Oct. 7: ALDS 'A' & 'B' Game 3

Monday, Oct. 7: NLDS 'A' & 'B' Game 4

Tuesday, Oct. 8: ALDS 'A' & 'B' Game 4

Wednesday, Oct. 9: NLDS 'A' & 'B' Game 5

Thursday, Oct. 10: ALDS 'A' & 'B' Game 5

## LEAGUE CHAMPIONSHIP SERIES

Friday, Oct. 11: NLCS Game 1

Saturday, Oct. 12: ALCS Game 1

Saturday, Oct. 12: NLCS Game 2

Sunday, Oct. 13: ALCS Game 2

Monday, Oct. 14: NLCS Game 3

Tuesday, Oct. 15: ALCS Game 3

Tuesday, Oct. 15: NLCS Game 4

Wednesday, Oct. 16: ALCS Game 4

Wednesday, Oct. 16: NLCS Game 5

Thursday, Oct. 17: ALCS Game 5

Friday, Oct. 18: NLCS Game 6

Saturday, Oct. 19: ALCS Game 6

Saturday, Oct. 19: NLCS Game 7

Sunday, Oct. 20: ALCS Game 7

## WORLD SERIES

*Games 1-2, 6-7 at club with better*

Tuesday, Oct. 22: Game 1

Wednesday, Oct. 23: Game 2

Thursday, Oct. 24: Travel day

Friday, Oct. 25: Game 3

Saturday, Oct. 26: Game 4

Sunday, Oct. 27: Game 5

Monday, Oct. 28: Travel day

Tuesday, Oct. 29: Game 6

Wednesday, Oct. 30: Game 7

Keep track of the World Series progression by filling in this bracket.



NO. 3 SEED

NO. 3 SEED



NO. 2 SEED

NO. 2 SEED

NO. 5 SEED

NO. 5 SEED



NO. 4 SEED

NO. 4 SEED

NO. 1 SEED

NO. 1 SEED





# OAK HILL CHILI COOK-OFF!

**THURSDAY • OCT 17**

LOCATED IN THE BACK HALLWAY

10:30 AM TO 12:30 PM

## **WINNER**

First, Second, and Third prizes along with participation prizes for all who enter.

## **EAT**

Enjoy sampling and voting before choosing a bowl to have for your lunch. Complimentary toppings bar and hot dogs available.

## **ENTER**

All chili recipes welcome. Make at least 7qts or an average sized crock pot of chili. It would be helpful to know in advance if you are entering but not necessary. Call Stephanie at 939.0500 ext.1459

*\*Judged by popular vote. Winner will be announced on day of.*

● **FOR EMPLOYEES OF OAK HILL** ●



Inactive? No problem.

## Senior muscles respond like an athlete's to resistance training. Alicia Lasek

Seniors who have never exercised regularly have the same ability to build muscle mass as highly trained athletes in the same age group, according to a new study from the University of Birmingham.

The researchers compared muscle biopsies of master athletes in their 70s and 80s to that of inactive seniors in the same age group after a bout of resistance training. The biopsies – taken before and after training – revealed that both groups had an equal capacity to build muscle in response to exercise.

The results were unexpected, and show that even starting late in life can help delay age-related frailty and muscle weakness, reported lead researcher Leigh Breen, Ph.D. “[I]t doesn’t matter if you haven’t been a regular exerciser throughout your life, you can still derive benefit from exercise whenever you start.”

Resistance training is any exercise that causes muscles to contract against external resistance. Breen recommends that seniors incorporate it into everyday life. “Activities such as gardening, walking up and down stairs or lifting up a shopping bag can all help if undertaken as part of a regular exercise regime,” he said.

The study was published in *Frontiers in Physiology*.

### Message from your Oak Hill Therapy Team:

#### IT’S NEVER TOO LATE TO START EXERCISING!

**The benefits of regular exercise include many facets of our life: health and longevity, improved mood, improved cognition and slowing of cognitive decline, decreased falls, and improved life satisfaction through independence.**

**Whether you have an exercise program, and want an “upgrade”, or you are just getting started, contact the Oak Hill Therapy Department for Evaluation and Development of a personalized exercise program.**

**Call Us at: 618-939-0400 x1956 for more information**



## September Memories

Fall décor became the talk as we began to get ready for another fall season! We are looking forward to pumpkin picking in October!

The rain cancelled the outside portion of the Car Show, but residents were able to enjoy a bbq lunch while listening to musical performer, Tommy Tunes followed by Alan, & R.J. We had 3 hours of music!

We celebrated many birthdays. Thank you to the volunteer ladies for hosting a fun birthday party!

Arbor Court residents requested bingo to be available for them to play on Saturdays. We are asking help from our volunteers to make this happen for our residents. We are encouraging volunteers to sign up or stop by to help on Saturdays 1:00- 3:00 p.m. The program will be set up in the Arbor Court dining room and be 100% facilitated by volunteers. The bingo game will start at 1:30 and end at 2:30 p.m. Any on duty team members (nursing dept., dietary, housekeeping) are encouraged to provide any assistance, too!

An Intergenerational Program kicked off in September! Oak Hill has partnered with Children

First Learning Center, both Waterloo locations and Columbia location, to begin our intergenerational program - an inclusive program engaging children and seniors in playful activities. Children (pre-k classes) will be here on the first and second Tuesday of each month from 9:00 a.m.- 10:00 a.m.

## October

Red Bud Elementary Students will once again be in our building throughout the school year to have fun with our residents. We look forward to having them join us.

Resident Council will be Wednesday, October 16<sup>th</sup> - Please join us to discuss our monthly activities and special events. This is a great time for you to suggest any new ideas or express any concerns.

October is "Learn how to bowl" month. Did you know we play REAL bowling every 1<sup>st</sup> Monday of the month at 2:00 p.m. in the activity center?!? If you haven't played yet, this is the month to try!

October is filled with many fun celebrations, featured foods, and games! Check out the below list of dates you can have EXTRA FUN ! Celebrate these fun days with your family, team members, and residents!

**Book Month and Reading Group Month**  
It's the perfect time to Cuddle Up with a Book and solve the Secret Book Quote puzzles. Start your own book club or reading group this month.

**Boo! Month (or Scary Month)** – Appropriately, we also celebrate Monster Mash Day (Oct. 20), A BOO-tiful! Day (Oct. 23), Franken-stein Friday (Oct. 25), and Halloween this month. We have a SPOOKY Halloween Bingo card set to share with you and we will have the material for you to make your very own Frankenstein and Witch Trick or Treat bag!

**Fire Prevention Month** – While the campaign lasts the entire month, most fire departments designate the second week of October as Fire Prevention Week (Oct. 6–12, 2019). Also, the anniversary of the Great Chicago Fire is October 8.

**Photographer Appreciation Month** – A month to acknowledge and appreciate the good work done by photographers everywhere to preserve family history, current events, the beauty of nature—in short, everything we see but tend to forget. **We have planned a ‘Photo Day’ for our residents to get their picture taken October 2<sup>nd</sup> at 10:00 a.m.**

**Cookbook collectors Month-** Have your family members bring in a cook book of yours. Let’s discuss more about our favorite recipes during our discussion hours. Ask activity staff for our Cookbook Cooking Puzzle to solve!

**World Series Month** – The World Series begins on October 22, 2019. Follow all to post season action—see page 16.

## Featured Foods – Did you know?

**American Cheese Month** – American Cheese Month is a celebration of North American cheese makers. Enjoy a grilled cheese sandwich this month. FYI: Cheese Month (without the American) is celebrated in June.

### Apple Appreciation Days Continue –

Sponsored by the U.S. Apple Association, Apple



Month can be celebrated any time from September through November. Celebrate Apple Betty Day (Oct. 5) and Caramel Apple Day (Oct. 31) this month.

**Bake and Decorate Month** – To prepare for the upcoming holiday season, bake and decorate cookies or cupcakes this month.

**Candy Corn Month** – Celebrate Candy Corn Day (Oct. 30) by creating Candy Corn Art.

**We will have candy corn coloring pictures available** in the activity center!

**Caramel Month** – We also celebrate Caramel Apple Day (Oct. 31) in October. You got your caramel in my corn! Since it's Popcorn Pop-pin' Month *and* Caramel Month, make Caramel Corn.

**Chili Month** – Perfect for those chilly days ahead. ALL STAFF CHILI-COOK OFF happening Thursday, October 17<sup>th</sup>! If you plan on bringing chili for the cook off please let Stephanie and/or Brook know by October 15<sup>th</sup>! See flyer on page number 17.





**Cookie Month** – We also celebrate Home-made Cookie Day (Oct. 1) this month.

FYI: December is Fill the Cookie Jar Month.

**Pizza Month** – It's Pizza Month! Celebrate Beer and Pizza Day (Oct. 9) with a pizza party.

*We will feature some of these fun foods during our new weekly 'Happy Hour' event taking place in the Green Leaf dining room!*

**Professional Pride- thank you for all you do!**

**Healthcare Foodservice Workers Week** (Oct. 6–12, 2019) The week honors employees who work behind the scenes preparing and serving food in healthcare facilities.

**Licensed Nursing Home Residents' Rights Month** – This year's theme is "Stand for quality," with the goal of highlighting the importance of high-quality care for residents' dignity, comfort, and overall quality of life. Our resident council meeting is held October 16<sup>th</sup> at 2:00 p.m.

**Pastoral/Clergy Appreciation Month** – It's a month that congregations set aside each year to honor their pastors and pastoral families. Celebrate Pastoral Care Week (Oct. 20–26) and Clergy Appreciation Day (Oct. 13). Thank you to all our pastoral/clergy volunteers who spend their days with us!

**Customer Service Week** (Oct. 7–11, 2019) – It is a week to celebrate the great job that customer service reps (receptionists, patient account reps, etc.) are doing for your organization.

### **Focusing on Health & Wellness**

**Audiology Awareness Month** – A month to promote audiology and the importance of hearing protection. How's Your Hearing?

**Blindness Awareness Month** – Take some time out to learn a few simple ways to help protect your eyes and take care of your vision during World Blindness Awareness Month.

**Breast Cancer Control/Awareness Month** – The third Friday in October is also National Mammography Day (Oct. 18).

**Physical Therapy Month** – Sponsored by the American Physical Therapy Association.

**Positive Attitude Month** – Celebrate Think Positive Thursday (Oct. 3), World Smile Day (Oct. 4), and Silly Saturday (Oct. 5). We got spirit, how about you?! We wear pink on Wednesdays! Every Wednesday show your support for breast cancer awareness month by wearing PINK!



Mmmm....Soup n' Pie Event happening  
Wednesday, October 30<sup>th</sup>. See page 4 for  
more details.

**Halloween Staff parade – Thursday, October  
31<sup>st</sup> – This is always a fun costume day! Who  
will have the BEST Halloween costume this  
year?! Walk in our Halloween Parade during  
our Halloween Happy Hour 2:00- 3:00 p.m.  
Parade will start at 2:30.**

**Staff may wear jeans with a Halloween  
themed or Fall color shirt on October 31<sup>st</sup> if  
they aren't dressing up in costume.**

**Saturday Bingo – volunteers needed.**

**Do you LOVE playing bingo?! Do you  
enjoy helping others? Our residents want to  
play bingo on Saturdays, but we need your  
help. Sign up at the volunteer station or let  
Brook know a Saturday that works best for  
you. The program will be scheduled 1:30-  
2:30 in the Green Leaf dining room. We ask  
volunteers to be available 1:00- 3:00 to al-  
low for extra time to help residents to the  
dining room to play. All materials provided.**

The BOO! Game

How many words can you think of that con-  
tain a double "O"? Come up with the longest  
list and you win! Any team member can turn  
their list into Brook. Any resident can turn in  
their list to any activity staff member.

## **October LIVE Music**

Tuesday, October 1<sup>st</sup>

Steve T. –karaoke singing and guitar playing

Thursday, October 3<sup>rd</sup>

Forrest –singing the classics

Friday, October 4<sup>th</sup>

ELVIS PRESELY! – Birthday Party

Sunday, October 6<sup>th</sup>

Bill Lynch – acoustic guitar

Tuesday, October 8<sup>th</sup> - Dave Sheppard

Thursday, October 10<sup>th</sup>

Lynn Wellman on the piano

Sunday, October 13<sup>th</sup> - Alan & R.J.

Tuesday, October 15<sup>th</sup>

Tommy Tunes on the guitar

Thursday, October 17<sup>th</sup>

Lucy's stories on the piano

Friday, October 18<sup>th</sup>

Linda Ford on the guitar singing the classics

Sunday, October 20<sup>th</sup> - Rich Cullen

Tuesday, October 22<sup>nd</sup>

The Deutchmeisters- polka music

Wednesday, October 23<sup>rd</sup>

Joe Powell karaoke singing at 10:00 a.m.

Thursday, October 24<sup>th</sup>

Performances by Elizabeth

Friday, October 25<sup>th</sup> - Pearl on the piano

Monday, October 28<sup>th</sup> — 6:00p- 7:00p

St. Paul U.C.C. Community Band Night



# Magnolia Moments



**Welcome to our  
new resident Marti McClaren!  
We started the month of  
September off by baking peach  
cobbler on Labor day .The  
residents then enjoyed peach  
cobbler and ice cream for  
dessert.**

**Also we had  
Entertainment by  
Tom Myrda for the  
Labor day.**



**Braeutigam Orchard was a  
warm but fun trip . We went on  
a wagon ride, tasted apples,  
shopped, enjoyed apple cider  
slushies, and brought home  
watermelon for everyone to  
enjoy .**







Played washer outside on September 5th and enjoyed the beautiful weather.

**Joe Esschmann - 1st place**

**Arlene Mehrtens - 2nd place**

**Bob Mehrtens - 3rd place**



**Flower Arranging with Debbie**



Enjoyed painting sunflowers one afternoon in September. Everyone put their own personal touches on their sunflowers .



Happy Birthday to Mary Mueller, Don Esker, Norma Pepmeier, and JoAnn Hogg !



**September  
Birthday  
Party**





# Upcoming Events in October on Magnolia Terrace

**10/1 Drive through Lone Elk Park and Lunch out**

**leaving @ 9:00 am**

**10/7 Music with the Singing Cowboy @ 2:00 pm**

**10/8 S'mores and Campfire songs with Alan Brandt**

**outside under the pavilion**

**10/11 Kathy Goodman's Retirement Party @ 2:00 pm**

**10/14 Music with Mark Arbon @ 2:00 pm**

**10/15 Trip to Braeutigam Orchard store and wagon ride  
around the pumpkin patch**

**10/17 Magnolia Terrace October Birthday Party**

**@ 2:00 pm**

**10/21 Flower Arranging with Debbie @ 10:15 am**

**& Pianist Rob Callmeyer @ 1:30 pm**

**10/23 Family Night Happy Hour**

**10/24 Shopping at Nice Twice Thrift Store and**

**Yo Topping's frozen yogurt (Pick all your  
favorite toppings)**

**10/28 Music with RJ and Alan @ 2:00 pm**

**10/29 Lunch @ Blue Owl leaving @ 10:15 am**

**10/31 Halloween Social Hour and Employee**

**Costume Parade @ 2:30 pm**



*Magnolia  
Terrace's  
Spooktacular  
Halloween  
Happy Hour*

*(Wear your  
Favorite  
Costume)*

*October 23,  
2019*

*6:00-7:30 P.M.*

*Appetizers and  
Drinks*

*Entertainment  
Ken Roberts  
as  
Johnny Cash*



**RSVP to**

**Rachel by**

**October 8 ,**

**2019**

**(618) 939-  
3488 Ext.**



**1483**

# Whispering Pines News

## HELD IN CEDAR DINING ROOM

**M**

*Family and friends  
are welcome to attend*

**U** Friday, October 4th 2:30 pm  
Forrest Bevineau, "The Singing  
Retired Sheriff"

Tuesday, October 8th 2:30 pm  
Tommy Tunes

**S**

Thursday, October 17th 2:30 pm  
Alan and RJ

**I** Saturday, October 19th 2:00 pm  
Lynn "The Piano Man" and Nancy  
Wellman-Keyboards

Monday, October 21st 2:30 pm  
Pearl Hirsch, Keyboard

**C**

Monday, October 28th 2:30 pm  
Terry Roberson, the "Singing Cowboy"

*Thank you to the family of Frances  
Meyer for their generosity in creat-  
ing the Frances Meyer Fund which  
has allowed us to add another music  
program each month for our resi-  
dents on Whispering Pines!*



alzheimer's association®

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

The next meeting of the Alzheimer's Association, "In the Moment" Support Group will be held on **Thursday, September 26th**, in the classroom at Oak Hill, 623 Hamacher, Waterloo, from 7 pm to 9 pm. **The video, "Complaints of a Dutiful Daughter," will be shown.** This documentary reveals the various stages of a woman's Alzheimer's disease and her daughter's response to the illness. The second half of the meeting will be for sharing.

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



What happened to the bee  
that fell in love?

It got stuck on its "honey."



## Caregiver Stress: Maintaining a Sense of Balance

By Ava M. Stinnett



More than 65 million family caregivers, 29% of the U.S. adult population, provide an average of 20 hours of care per week; some provide care around the clock.

Caregiving is stressful work, and the physical and emotional toll can be overwhelming. Family caregivers tend to have at least one thing in common: They forget to take care of themselves.

Extended periods of providing care can affect a caregiver in many ways, including sleeplessness, reduced ability to concentrate, mood swings, depression, and even a weakened immune system. How can you lighten the load and nurture yourself as a caregiver?

First, prioritize self-care and don't be afraid to share your wish list. Whether it's going to a movie, taking a walk, meeting a friend for lunch, or having someone cook a meal or help clean the house, even a short break can provide a change in perspective and allow you to recharge your batteries. While many caregiving tasks might be things you want to do yourself, there are plenty of other chores that people could take over, such as grocery shopping, yardwork, and taking your loved one to their next medical appointment.

Sometimes it can be difficult to ask for and accept help. Try to remember that helping others makes people feel good. Even just having someone sit with your family member while you take a break can be beneficial. In addition, many communities have eldercare or respite services, which can give you some time for yourself while providing a positive impact on your health and wellness. For your physical health, the Mayo Clinic suggests these tips:

- Eat healthy foods.
- Get enough sleep.
- Go for a daily walk.
- Take your medications as prescribed.

Keep preventive medical appointments. When feasible, remember to connect with friends, relax with meditation, or work on a hobby such as tending a garden. Support groups can help you feel less alone as you work to manage your time, energy, and patience. Support group members know what you're going through and can help by offering some new strategies to manage your caregiving responsibilities.

### Sources

Goyer, A. (2015). *Juggling life, work, and caregiving*. Chicago: American Bar Association.

Mayo Foundation for Medical Education and Research (MFMER). (2019). Caregiver stress: Don't forget self-care. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20317392>.

## Mental Notes



- Scientists have discovered that mental puzzles and exercises can stimulate the dendrites (memory storage compartments) of your brain cells.
- Severe mental decline is usually caused by disease, whereas most age-related losses in memory simply result from inactivity and a lack of mental exercise and stimulation. Just like physical exercise, when it comes to your brain, "use it or lose it."
- Put away your calculator and balance your checkbook the old-fashioned way—with pencil and paper. It's mind healthy!
- Research shows that being around other people is good for your memory. Close ties with others seem to improve mental performance. Maintain social connections for your mind's sake.

Make music for your mind's sake! Researchers who study aging and the brain say that playing a musical instrument or learning how to play a new instrument keeps dendrites growing.

## ***Senior Day Luncheon*** ***"Fall Into Wellness"***

**Held in the Oak Hill Activity Center**  
**623 Hamacher Street, Waterloo**

**Monday, October 14, 2019**  
**11:00 A.M.—1:00 P.M.**

**Educational & Entertaining Speakers**  
**Complimentary Meal**  
**Attendance Prizes**

**Seating is limited**  
**RSVP to 618-939-0500 ext.1459**

### ***October is National Physical Therapy Month***

Here are nine things physical therapists want you to know to age well

1. Chronic pain doesn't have to be the boss of you.
2. You can get stronger when you're older.
3. You may not need surgery or drugs for low back pain.
4. You can lower your risk of diabetes with exercise.
5. Exercise can help you avoid falls—and keep your independence
6. Your bones want you to exercise.
7. Your heart wants you to exercise.
8. Your brain wants you to exercise.
9. You don't "just have to live with" bladder leakage.

