

Oak Hill Insider

- News and events at Oak Hill -

March 2020 • Volume 139
Administrator Kim Keckritz



MARCH

UPCOMING EVENTS

Month: National Social Workers Month

3/8 Daylight Savings Time *Spring Ahead*

3/17 St. Patrick's Day

3/18 Salad Day *Get your order in by 3/13* (Forms at front desk)

3/19 First Day of Spring

3/25 Soup and Pie Supper

3/26 First Cardinal's *Wear Jeans and a Jersey*

3/30 Doctor's Day

4/6 Book Fair

4/8 Volunteer Luncheon

Arbor Court
Skilled Nursing

pg.7

Evergreen Pointe
Transitional Care

Magnolia Terrace
Supportive Living

pg.8

Whispering Pines
Memory Care

pg.10



Just a reminder!

Podiatrist 3/2

Eye Doctor 3/9

Dentist 3/24

Please contact Tammy Moll, Social Services at extension 1146 if you have any questions.



HAPPY ST. PATRICK'S DAY

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

Katlyn Chandler ★ 2 years
Jessica Baxley ★ 2 years

Sarah Jorns ★ 2 years
Rebecca Zimmerman ★ 3 years
Dawn Vogt ★ 4 years
Lindsey Dinning ★ 6 years
Katherine Browning ★ 6 years
Litney Hick ★ 9 years
Sherri Boles ★ 11 years
Angela Staub ★ 13 years
Rhonda Hooten ★ 24 years
Dawn Shields ★ 29 years

Birthday Parties

Magnolia Terrace 3/5
Arbor Court 3/13

Employees

2 Cherry Cummings
3 Kristen Goersch
4 Dontasya Phipps
5 Vicki Butler
5 Angel Jenkins
8 Joann Stennis
10 Amie Frye
10 Windie Robinson
11 Linda Fields
11 Tammy Moll
13 Karmen Weller
15 Catherine Bowler
16 Dawn Vogt
18 Dawn Shields
20 Jala Harvey
20 Katherine Koester
21 Emma McCarthy
21 Caryn Miller
23 Melissa Todd
24 Lonnie Esker
24 Rebecca Zimmermann
25 Kaytlin Patterson
26 Mary Headrick
28 Taylor Clifford
30 Sarah Jorns
30 Krystal Funk
31 Mia Gerli

Residents

1 Norma Kayser
1 Marlene Augustine
2 Adeline Ferry
6 Marilyn Carr
8 Shirley Daniels
11 Willis Meyer
13 Richard Noelken
13 Paul Stiening
14 Gloria Vollmer
15 Lois Dudley
17 Martha McClaren
21 Anna Embrich
22 Jack Taylor
23 Helen Kitchen
28 Donald Oliver





Employee of the Month

Lindsey Dinning, RN

February
2020

Lindsey is flexible and positive. She is always kind, cheerful, helpful and is a great addition to the nursing staff. She never complains. Lindsey is willing to help out other nurses and willing to work other halls. She is fantastic with the residents and is always patient. She's the real MVP.

Lindsey Dinning is a RN who has been employed at Oak Hill for 6 years this March. She currently resides in Waterloo, IL with her husband, Jeremy, and their dog, Louie, cat, Ruby, and two ducks, Bob and Jerry. Her favorite hobbies are cooking, gardening, camping, kayaking, hiking and anything that involves the outdoors. Her all time favorite memory, at Oak Hill, is when she was working full time evening shift as a CNA and getting the residents on my hall ready for their prom. She loved watching their excitement! One of her achievements is surviving nursing school.

Fun facts about Lindsey!

Favorite Foods : My Husband's Cauliflower soup

Favorite TV Show - Portlandia

Favorite Sport to Watch - Enjoys going to Cardinal games

Favorite Song/Band - Favorite genre is folk and reggae

Favorite Movies - Christmas with the Kranks, The Night Before, and It's a Wonderful Life.

Best Childhood Memory - Playing in the woods at my parents house with my two sisters. We would spend all day adventuring and getting very, very muddy... Sorry Mom & Dad!

Where Would You Travel - India

How Would you use 50 millions dollars? Invest in a self sustainable homestead, give portions to my family, start a small business, and save for the upbringing of my future children

Other Nominations

Debbie Smith, RN, is a great mentor and coach. She keeps a close watch on her residents. She is an excellent nurse. Debbie always takes her time seeing patients and their families. She is a very knowledgeable nurse and always is willing to help. She is always here and on time.

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 to Oak Hill

(New Employees)

- Sydney Lockett, Dietary Aide
- Caryn Miller, Care Assistant
- Courtney Smith, Dietary Aide
- Stephanie Arms, RN
- Sandra Arrasmith, CNA
- Brandy Ballett, CNA
- Teemiko Bibbs, CNA
- Amunya Haynes, CNA
- Melanie Lewis, CNA
- Christian Nikolaisen, Dietary Aide
- Windie Robinson, CNA
- Tiffany Shaw, CNA
- Joann Stennis, CNA
- Deborah Thomas, CNA
- Porchia Allen-Vaughn, CNA
- Darnecia Johnson, CNA
- Loretta Lawrence, CNA
- Lauren Martin, LPN
- Latisha Samuels, CNA
- Jesus Scott, Care Assistant
- Kristin Showers, CNA
- Makayla Simmons, CNA
- Antrinice Stevenson, Care Assistant
- Abby Stork, CNA
- Nikkita Winters, Care Assistant



Congratulations to our 2nd Graduating CNA Class:

Alex Goodmiller

Alexis Kuschel

Brittney Edmond

Jala Harvey

Katerin Goodsell

Marie Smith

Marcia Sutton

Nick Devan

Logan Szymanski



HELLO
my name is

Angie



Let's Welcome Angie!

Angie is our new beautician working Monday's and Thursday's starting at 10am. She was born and raised in Waterloo and still lives here.



Corinna Hipp, pictured above, will be shaving her head March 7th for St. Baldrick's. She has raised \$1,084 and her team of four has raised \$5,446 to help fight childhood cancer.



Best Wishes and Congratulations!

Best wishes to Janice Keim, Care Plan Nurse for Arbor Court, on her retirement on March 31st.

Congratulations to Corinna Hipp on her promotion to Care Plan Nurse/Nurse Manager for Whispering Pines.

Congratulations to Sherri Boles on her new position as Care Plan Nurse for Arbor Court.

New Corporate Compliance Director

Greg Badger has accepted the responsibilities of Corporate Compliance Director. Greg will be providing oversight of our corporate compliance program to ensure all of our practices are handled with the upmost integrity. It is always our goal to provide the best services in a matter that is accurate and truthful. If you have any concerns about how something is handled at Oak Hill, you may confidentially contact Greg or call the corporate compliance hotline at (855)245-3994.

The Cake Walk on Arbor Court brought in \$231.82 last month! Thank you for your donations. The money was donated to the American Heart Association.



Greg Badger
Corporate Compliance Officer
618-939-3488 x1147
Hotline# 855-245-3994

Photo by Mike Labrum on Unsplash



In Memoriam

Here at Oak Hill:

Kathryn Bellm	Arbor Court
Albert Nowak	Arbor Court
Virginia Lindhorst	Arbor Court
Melba Todd	Whispering Pines
Alberta Riechmann	Whispering Pines

Families at Oak Hill:

Robert Rogger	Julia Olszewski Whispering Pines, Director
Jim Hasler	Tracy Hasler Nurse Practitioner at Oak Hill

Thank you!

I would like to thank the Oak Hill staff for all the support, love and kindness that you have shown me the past few weeks since the passing of my fiancée, Rob Rogger. This is going to be a difficult journey for me, but with the understanding and compassion of my co-workers and friends, it will be a little easier. Thank you for being there for me.

Julia Olszewski



From the desk of the Administrator

The change in administration announced earlier has changed. Unfortunately Rachel Giffhorn has decided to not accept the position of Interim Administrator. I will continue to serve as the Administrator full time until a new Administrator is recruited and trained. After that I will work at Oak Hill as the Finance Manager three days a week. It is our goal to provide the very best services at Oak Hill and we will be diligent in choosing a new Administrator who shares those goals. Please stop by if you have any questions about these changes.

Kim



Congrats to Nick Devan on the new addition to their family!

Baby Maverick Alexander was born February 5 at 10:35 weighing 6 pounds 15 ounces and measuring 19 inches long



Rhonda Hooten

Dawn Shields

15 + Years of Employment

Rhonda Hooten celebrates 24 years and Dawn Shields celebrates 29 years of employment this month! Both enjoy spending time with the residents and seeing them smile! Rhonda's favorite memory was one Halloween when a student working came dressed as a blowup ballerina. She brought him out to the residents and everyone had a great laugh. Dawn shared about moving from the old building to the new building and the excitement it brought. She enjoyed the beauty of starting again somewhere new. Congratulations!





Hi Everyone,

Spring is right around the corner! And we are so ready for it. Our outdoor trips will start back up this month. So check with Activities for sign up sheet. And don't forget to bring in your favorite recipes.

Kristi Gard

Saturday Volunteer Bingo, in Arbor Court, is limited to 20 RESIDENTS. Please sign up on the sheet outside the activity door!



MUSIC in Arbor Court

3/1 Anointed Praise

3/3 Steve Turnbow

3/5 Forrest

3/8 RJ & Alan

3/10 Dave Sheppard

3/12 Lynn Wellman

3/15 Rob Callmeyer

3/16 Rodney Conner

3/17 Mark Rajborn

3/20 Pearl Hirsch

3/22 Bill Lynch

3/24 Deutchmeister

3/27 Linda Ford

3/30 Nit Pickers



Wishing you a rainbow
for sunlight after showers-
Miles and miles of Irish smiles
for golden happy hours-
Shamrocks at your doorway
for luck and Laughter too,
And a host of friends that never ends
Each day your whole life through!

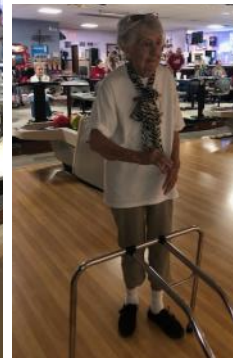
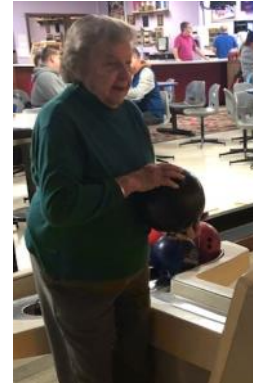


February Magnolia Moments

Welcome to our new resident Wilma Kohl! February has come and gone so quickly this year. We started the month off creating crafts for Valentine's crafts with sharpies, rubbing alcohol, and canvas.



The resident's on Magnolia Terrace play Bowling a few times a week on the Wii. We decided we would take our bowling skills to the bowling alley. We spent a Friday afternoon bowling at West Park Bowling Alley in Columbia. While bowling we found out we all seem to have a curve when we bowl, but fun was had by everyone. We also had our own cheering section while bowling.



Enjoyed frozen yogurt at Yo-Toppings in Waterloo. Can't go wrong with a large bowl of yogurt with all the toppings you can eat .



Pizza party, create your own ice-cream sundae bar, and Entertainment by Dean Martin and Elvis. Elvis brought many laughs and made many ladies blush.



Played a game of how many candy hearts can you stack? For some it was how many candy hearts can we eat while we watch others stack hearts. The highest stack of hearts was made by Bob Mertens 28 high.



Hopefully there is warm weather on the way so we can start walking outside, sitting on the patio, enjoying games under the pavilion, and go on more outings.



Happy Leap Day!

Where do most people eat on Leap Day ?



Whispering Pines News

M

HELD IN CEDAR DINING ROOM

*Family and friends
are welcome to attend*

U

Friday, March 6th 2:30 pm
*Forrest Bevineau, "The Singing
Retired Sheriff"*

Thursday, March 12th 2:30 pm
Tommy Tunes

S

Monday, March 16 2:30 pm
Tommy Tunes

I

Saturday, March 21st 2 pm
*Lynn "The Piano Man" and
Nancy Wellman*

Thursday, March 26th 2:30 pm
Alan and RJ

C

Monday, March 30th 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, March 26th**, in the classroom at Oak Hill, 623 Hamacher, Waterloo, from 7 pm to 9 pm. The first part of the group will be educational. The second half of the meeting will be for sharing.

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



What do you call a cow with a twitch?

Answer: Beef Jerky



Why Do We Forget Names?

By Dr. Rob Winningham

One of the most common complaints about memory is “I can’t remember their name.” In this short article, I will discuss this phenomenon and give some suggestions, and hopefully peace of mind.

There are a couple of primary reasons we sometimes are unable to remember someone’s name. First, we often don’t encode or make a new memory of someone’s name in the first place. We can’t later retrieve a name if we never stored it. The failure to make a new memory of someone’s name when you first meet them is probably the most common challenge.

The second main reason we might not remember someone’s name is *not* because we haven’t learned it but rather we can’t retrieve or find their name in our memory banks. This situation is known as the *Tip of the Tongue* state. With *Tip of the Tongue* experiences, we know the name, we know we know the name, we might even know what sound or letter the name starts with, but alas, it won’t come to us. I am happy to report that *Tip of the Tongue* states do not

appear to be a sign of a more significant problem, although they do often occur with increasing frequency during middle and late adulthood. However, middle age and older adults are more likely to solve a *Tip of the Tongue* state than a younger adult. One strategy for dealing with these situations is to simply stop thinking about the name for a while. Or, think about people and things related to the name, such as other people associated with the person, places you have been with the person, and so on.

If you want to remember someone’s name, you might want to do one or more of the following:

When learning someone’s name, imagine someone else you know with the same name. Quickly imagine whether the two people you know with the same name could be friends or if they have some sort of commonality.

Ask the person to spell their name. This will give you more time to rehearse and possibly create a visual image of the name.

After learning someone’s name, you can try repeating it back to them, hold it in your mind for a moment, and rehearse it by using it in a normal conversation. If you

forget the name in the first few minutes, go ahead and ask them to remind you again. Be sure to address them by their name when you depart.

Try writing the name down as soon as possible and rehearse it over the next day or two.

Finally, don't worry if you are unable to remember a name. It is normal and something that most of us find challenging at times.



Teepa Snow and Julia Olszewski

Julia Olszewski, WP Director, is now a Certified Independent Positive Approach to Care (PAC) Coach

Julia Olszewski, director of Whispering Pines, became a PAC Certified Independent Coach in January 2020. A PAC Certified coach uses the knowledge, awareness, and skills of their team, and develops them; helping to take their team to the next level in providing the best possible care for their residents with dementia. In order to become certified, Julia had to complete pre-course work, a 2-day seminar (including working one full day with Teepa Snow, an international dementia trainer and specialist), complete coursework and exercises with Whispering Pines staff and meet with a PAC mentor. C. N.A. Megan Weber, C.N.A. Juliet Wilson, DON Susan Nordhaus and Activity Professional Judy Kohler participated in the required exercises for Julia to become a certified PAC coach. Julia is very excited to start practicing the PAC skills with Whispering Pines staff and with future C.N. A. classes at Oak Hill!

