

February 2023

Oak Hill Grapevine

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Celebrating February:

Pennies for Pets Month
Chocolate Month

Black History Month

**February 2nd- Ground Hog
Day**

**February 6th-Pennies for Pets
Day**

February 9th- Crush Day

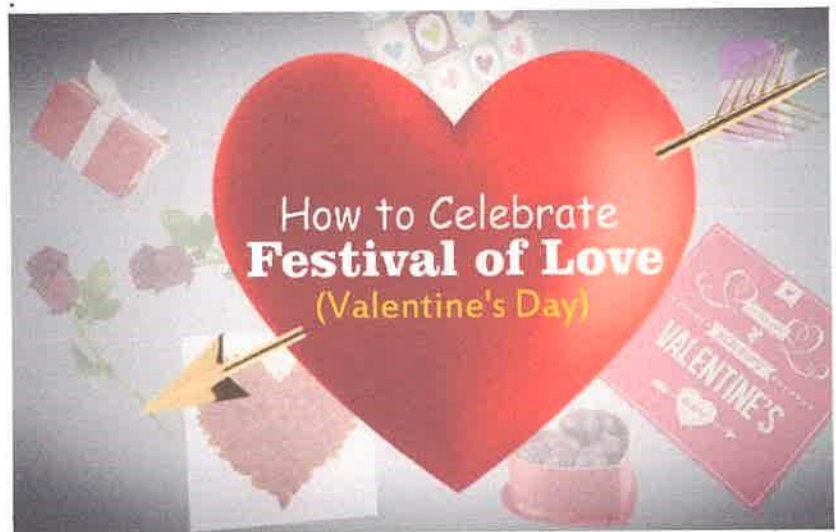
**February 13th- 17th Waffle
Week for Staff and Residents**

**February 14th- Valentine's
Day**

**February 20th- Presidents'
Day**

February 21st- Mardi Gras

**February 22nd- Ash
Wednesday**



How to Celebrate
Festival of Love
(Valentine's Day)

Sharing the Love at Oak Hill!



**In honor of the month of "Love"
staff and residents are encouraged
to wear red each Friday in
February along with Valentine's
Day.**

Heart vs. Head

When it comes to making decisions, must we always choose between listening to our heads and following our hearts? In 2007, inspirational speaker Deb Kulkula decided that she no longer wanted to choose one over the other, so she declared February Renaissance of the Heart Month, an entire month dedicated to making decisions with the heart as well as the intellect.



Many people insist that the best decision-making is data-driven and entirely logical, emphasizing the importance of keeping a “cool head.” Emotions (sometimes called *intuition* or *instinct*) are often seen

to cloud or muddy the decision-making process. Society also tends to influence our decision-making. When it comes to finding a job, people will often follow their heads rather than their hearts. Attractive incentives like higher pay, more prestige, and better benefits take precedence over a low-paying dream job that might satisfy a lifelong passion. And yet when it comes to finding a life partner or choosing a pet, we let our hearts guide us. Culture has told us that when it comes to jobs, we follow our heads, but when it comes to relationships, it’s okay to follow our hearts. The scientific truth is that decision-making almost always requires both cognitive and emotional thinking.

Studies show that almost every decision is really a struggle between our emotions and intellect. Studies of individuals with damage to the emotional centers of their brains show that these people struggle mightily with decision-making. This is because we use both our intellect and emotions to calculate risk and reward, the primary drivers of decision-making.

Relying solely on emotion or intellect to make decisions often drives us to make poor choices. As brains develop from childhood and people amass both good and bad life experiences, we fine-tune our abilities to calculate risk and reward. The wisdom that comes with old age develops from the hard-won lessons taught to both our heads and our hearts.

An Inconvenient Truth

Convenience plays a powerful role in our day-to-day lives. New technologies often rely on promises of convenience: dishwashers replace handwashing, search engines replace encyclopedias, text messages replace emails and snail mail, Amazon replaces the department store. To resist these convenient options in life sometimes means being called quaint, eccentric, or even a fanatic.

But has life become too convenient? That is a question worth asking on February 22, Inconvenience Yourself Day. Convenience frees us from toil and gives us more free time, but should we instead enjoy physical labor? Shopping on Amazon means we never need to leave the house or interact with others. But have we become too isolated? Inconvenience certainly requires more effort, but effort can lead to great benefits, like socializing with friends or learning a worthwhile new hobby. Effort creates feelings of self-worth. Perhaps a little inconvenience is a good thing.

Flannel Favorites

Is flannel the perfect fabric? On February 10, Flannel Day, you can either praise its softness, warmth, and durability, or don a flannel shirt and enjoy all those qualities. What makes this



fabric so cozy and warm? It has a napped, fuzzy finish, the result of combing the fabric to raise its fine, soft fibers. The first flannels came from Wales, where the word *gwalan* referred to “woolen cloth.” In the 17th century,

Welsh textile workers began the process of *carding* sheep’s wool, a method of combing that both disentangled and softened the yarns. The new carded fabric proved both strong, warm, and soft, and became a favorite of Welsh farmers. Flannels made from both wool and cotton soon spread around the globe, first as a favorite garment of the working class, and today worn by just about everybody.

Tall Tales



Residents of Bangor, Maine, celebrate Paul Bunyan Day on February 12, claiming that the lumberjack of American lore was born in the woods outside of the city in 1834. Since 1959, a 31-foot-tall statue of Paul Bunyan has

stood over Main Street, a log peavey in one hand and lumberjack's axe in the other. Visit the city clerk's office in city hall and you'll even find Bunyan's birth certificate hanging on the wall.

While the authenticity of the birth certificate and Bunyan's connection to Bangor is certainly dubious, Bangor's claim as the birthplace of the American lumber industry is beyond question. By the mid-19th century, Bangor had gained renown as the "lumber capital of the world," with Maine's old-growth white pine used to build houses, ship masts, and Maine's many lobster traps.

Minnesotans have their own opinions when it comes to the birthplace of Paul Bunyan. Like Bangor, the logging industry brought prosperity to much of northern Minnesota. Most self-respecting Minnesotans will claim that Paul Bunyan was born in their state. After all, it was Paul Bunyan and Babe the Blue Ox who carved out Minnesota's 10,000 lakes. The only question is, where was he born? The state has no less than five Paul Bunyan statues in five different cities, each claiming to be Bunyan's birthplace.

The truth might disappoint Bunyan fans in both Maine and Minnesota. Historians point out that Bunyan was not a real man, but an American legend. This legend may have been based on a real person, a French-Canadian lumberjack named Fabian Fournier. Fournier moved to Michigan after the Civil War and joined a logging crew. At six feet tall, he was a giant. When he wasn't logging, he spent his time drinking and fighting, until he was murdered. Over time, Fournier's legend likely merged with that of another notorious French-Canadian lumberman, Bon Jean. It is believed that the pronunciation of *Bon Jean* is what gave us the name *Bunyan*.

Flights of Fancy

The night of the first full moon of the lunar new year brings one of Taiwan's most famous events, the Pingxi Sky Lantern Festival. Tens of thousands of visitors crowd the small hillside village of Shifen to release rice paper lanterns into the night sky. Participants write their names and wishes upon the lanterns, hoping that they will fly up to the gods, who will grant them their wishes in the new year.

It is believed that the sky lantern was invented in the third century by military strategist Zhuge Liang as a way to send military signals. When the sky lantern tradition arrived in Taiwan, it was adopted by local farmers, who wrote their wishes for a plentiful season on the lantern's paper walls and sent them skyward to their gods and ancestors. Today, anyone who hopes to release a lantern arrives early, giving themselves enough time to purchase a lantern, write a message, and then find a spot to release it before 80,000 people descend upon the town. The sight of the night sky filled with thousands of lanterns is magical to behold.

Challenge of the North



While the Iditarod Trail Sled Dog Race might be the most famous sled dog race in the world, February's Yukon Quest Sled Dog Race is undoubtedly more challenging. Run in

the depths of winter, the Yukon Quest is colder, darker, lonelier, and runs over more challenging terrain. The course runs 1,000 miles from Whitehorse, Yukon, to Fairbanks, Alaska, and follows the historic route of the Klondike Gold Rush. While the Iditarod has 22 checkpoints along the way, the Yukon Quest has only nine. Mushers cross four mountain ranges, traverse frozen rivers, and deal with temperatures plummeting to minus-60 degrees Fahrenheit. Why would anyone want to compete in such a race? The prize money is minimal. The reward is honor and pride.

Naked Ambition



On the third Saturday in February, Japan celebrates *Hadaka Matsuri*, a holiday better known as the "Naked Festival." The name is a bit of a misnomer. The 10,000 men who participate are not really

naked, but instead wear traditional loincloths known as *fundoshi* and white socks called *tabi*.

Why are they naked, or nearly naked? To answer this question, we have to go back 500 years, when local priests of Okayama's Saidaiji Kannonin Temple began the tradition of handing out paper talismans to local villagers for luck and prosperity. As time passed, more and more people came to the temple for the annual ritual, competing with the crowds for the few paper talismans. The jostling battle for the talismans became so great that clothes suddenly seemed an impediment. Soon villagers arrived wearing just their loincloths and socks, and this tradition has endured for 500 years.

Today, thousands of men arrive at the temple to compete not for slips of paper, but for two sacred wooden batons that are still believed to guarantee a year of good fortune. As evening falls, the men wade through freezing cold water as an act of purification before entering the temple. Soon, the men are packed into the temple like sardines, ready to wrestle for the wooden sticks. At 10 o'clock, the lights go out and the priest appears at a window high overhead. Two batons, as well as 100 bundles of twigs, are tossed into the writhing crowd below. After several frantic minutes, the victors emerge with batons held high, assured of their prosperity for the coming year.

Hadaka Matsuri is not Japan's only "Naked Festival." *Ohara Hadaka Matsuri* is held each September in the coastal province of Chiba. For this festival, loincloth-clad men carry portable shrines known as *mikoshi* all around town. Finally, in the afternoon comes *shiofumi*, the time when the men carry the *mikoshi* into the sea as a form of harvest prayer.

February Birthdays for Oak Hill Residents

February 2nd- Joyce Rose

February 3rd- Donald Naumann

February 8th- Gerald Strobel

February 10th- Jacqueline Saurhage

February 12th- Calvin Prater

February 22nd- Inez Roberson

February 23rd- Joan Lenhart

February 27th- Pearl Griebel

February 28th- Alice Schultz

The British Invasion



On February 7, 1964, the Beatles landed in New York to start their first tour of the United States. Just a few days earlier, on February 1, their hit "I Want to Hold Your Hand"

hit No. 1. Two days later, on February 9, the "Fab Four" would perform on *The Ed Sullivan Show* before hysterical fans in the live studio and to record viewership on television sets. The so-called British Invasion had begun. For the next several years, it seemed as if the only sounds coming through the radio were bands from "across the pond." The Dave Clark Five. Herman's Hermits. The Rolling Stones. The Kinks. The Animals. The Who. Prior to 1964, only two British singles ever topped the pop 100. From 1964-65, British bands held the No. 1 spot for an astonishing 56 weeks. The American radio waves had been transformed forever.



Braydon Southerland, Dietary
Jada Berry, Housekeeping
Madelyn Heusohn-Foster, CNA

Staff Birthdays in February

Rhonda Hooten, Dietary Director – February 9

Sara Decker, RN – February 12

Nancy Koesterer, Business Office Manager - February 12

Philip Kaelin, Maintenance Director – February 13

Leah Farris, Payroll and AP – February 23

Carolyn Robison, Compliance Nurse – February 25



Staff Anniversaries in February

Camille Donjon, RN - 10 Years

Tija Walters, RN - 4 Years

Amy Felix, Accounts Receivable - 4 Years

Tiffany Shaw, CNA - 3 Years

Joann Stennis, CNA - 3 Years

Kelsey Stumpf, Dietary - 2 Years

Crystal Huegle, LPN - 2 Years

Shari Kruep, Administrator - 1 Year

Melissa Peters, Cook - 1 Year

Erika King, LPN - 1 Year

Megan Karius, Restorative RN - 1 Year

Kaitlin Rambo, CNA - 1 Year

Caroline Hale, Dietary - 1 Year

Elise Horvath, SCU Activities - 1 Year

Meagan Womble, CNA - 1 Year



Rachel May, Magnolia Terrace Life Enrichment Coordinator

January Employee of the Month



Some fun facts about Rachel: Rachel has worked at Magnolia Terrace for three years. She lives in Waterloo and has three girls, Gabby, Adeline and KJ. They have two cats and a guinea pig. Her most memorable moment here has been receiving the Employee of the Month award. Her biggest achievement is becoming a Mom to her three girls. Favorite foods include steak tacos and black olive pizza. She likes to watch comedy movies and Disney movies with her girls. Her best childhood memory is playing games with her grandparents. She has always wanted to go to Ireland and see the Irish coastlines. If she won the lottery, she would build a new house for her girls in the country.

Here's what others had to say about Rachel:

- Rachel is always helping everyone, staff and residents.
- We appreciate everything Rachel does for Oak Hill and Magnolia Terrace.
- Rachel does an amazing job with residents. They are always having a good time. The laughter in the dining room from the residents says it all.
- Rachel is hard working, dedicated and helpful to staff and residents. She is always happy and puts a smile on the residents' faces.
- Rachel goes above and beyond when doing activities for the residents and Oak Hill employees. She has been very active with the Spirit Committee and did a wonderful job at the Employee Christmas Party at the Acorns. Thank you Rachel!
- We appreciate Rachel's continued connection with residents, even when they are at Evergreen for rehab or when they transition to long term care.
- Rachel always has such a positive attitude and a smile on her face. The residents and coworkers love her!
- We are so lucky to have Rachel and our residents appreciate her tremendously! We appreciate all of her hard work and the extra time she puts in!!!
- She always, always, always goes above and beyond for Oak Hill.
- Rachel is made for the kind of work that she does. She goes above and beyond to make special moments for our residents and is always willing to help out.

- Rachel is always happy and has a positive attitude! She is helpful, going above and beyond for the residents and staff at Oak Hill. She is very compassionate and dedicated! She is amazing!
- Rachel is dedicated and fun!
- Rachel provides so many activities for the residents. She has compassion and empathy toward the residents.
- Rachel goes above and beyond to help with all the holiday parties. The residents really enjoy her outings. You can tell she really enjoys her job and makes the residents happy.
- Rachel is amazing and always has a smile on her face. She is always willing to help out any department at any time! Keep being fabulous!
- Rachel goes out of her way to help others! She looks for ways to provide the best for the residents, such as offering outdoor activities and searching for new entertainers. She is a great fit at Magnolia Terrace and a blessing to us all. We appreciate all she does for both the residents and the staff.
- Rachel is amazing with our residents. She goes above and beyond to make Oak Hill events a success. Residents are always smiling and laughing during activities.



A person's most useful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others.



February 13-17

Waffle Week

Monday, February 13- Waffles for Magnolia Terrace

Tuesday, February 14- Waffles for Arbor Court

Wednesday, February 15- Waffles for Staff

Thursday, February 16 – Waffles for Whispering Pines and Evergreen Pointe

ALL STARS

Each week we recognize an employee who has gone above and beyond. The staff that are recognized spin a wheel to win prizes. Prizes have been provided by the Endowment Committee. The recent All Stars were:

Janell Johanning, Laundry - \$100 Cash

Sherry Vanover, CNA - \$100 Gas

Rebecca Johnson, CNA - \$100 Cash

Rebecca Heuhosn, Health Information - \$75 Cash



We will recognize American Heart Month and Valentine's Day by wearing Red each Friday in February and on Valentine's Day

Perfect Attendance Winner

Wendy Meister-Juenger, Activities, was the December Perfect Attendance winner of \$500.



Activity Professionals were recognized with a gift and a luncheon on Thursday, January 26.

Thanks for all you do!



Who would you like to give a CRUSH to?!

For **\$1.00** YOU can have an orange Crush soda delivered to your favorite employee or coworker with a sweet message! This includes staff, residents, and resident family members!

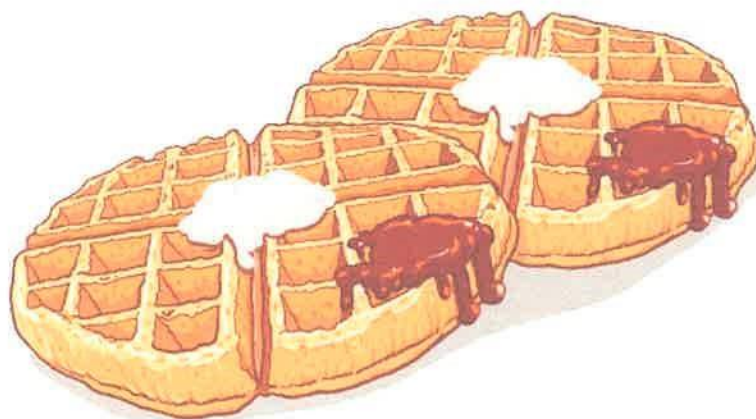
Write your own personal message on a heart!



Place your order TODAY with receptionist at the front desk. **All orders are due by THURSDAY 2/9/23.**

Your favorite employee or coworker will receive their CRUSH soda on Valentine's Day (or their next scheduled shift date)

Any questions ask Chelsea!



Waffles For ALL!

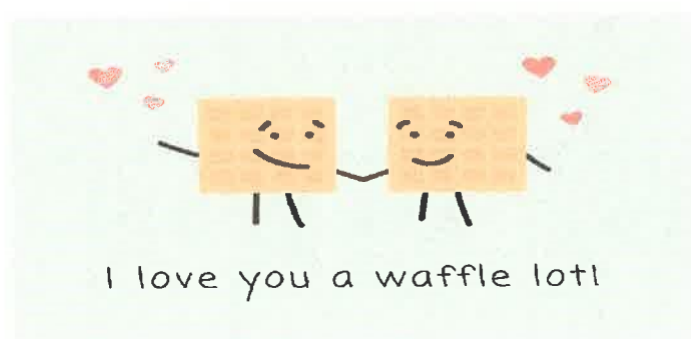
Oak Hill will be serving waffles for residents for breakfast and employees on the week of February 13th -17th:

February 13th- Magnolia Terrace Residents

February 14th- Arbor Court Residents

**February 15th- Employees 6:45 am- 8am and evening shift
2:15 pm- 3pm in the Core**

February 16th- Whispering Pines and Evergreen Residents





PENNIES FOR PETS



During the month of February, the Oak Hill Spirit Committee is coordinating a Random Act of Kindness event, "Pennies for Pets," to benefit Helping Strays of Monroe County!

The Spirit committee is asking everyone to look under their couch cushions, in their pockets and under the floor mats in their cars for any loose change or money to put in the canister at the reception desk during February!

The money will then be donated to Helping Strays! The puppies and kittens at Helping Strays thank you in advance for your generosity!!

Helping Strays is coming Monday Feb. 6th at 9:30am to bring in puppies & kittens for residents and staff to kick-off this event!



February is Chocolate Month!



Chocolate keeps the brain active

Experts say (and we agree) that eating chocolate is good for you. Chocolate contains caffeine, which boosts brain activity and energizes the body.

Interesting Fact About Chocolate

400 beans to a pound of chocolate

Research shows that the average cocoa pod contains 40 beans, and it takes approximately 400 of those beans to make one pound of chocolate.

Joseph Fry made the first chocolate bar

The first chocolate bar was made in 1847 by a British man, Fry, and his sons, making chocolate more affordable in the U.K. and the world over.

The first chocolate treat was hot chocolate

Chocolate treats weren't always candy bars, cakes, bonbons, and the like; the earliest form of chocolate treats was hot chocolate.

Cacao was once a form of currency

The Aztecs, to whom chocolate is native, once used cacao as a means of exchange the same way we use money today.



VALENTINE'S DAY

Celebrating



The Month of Love

We all know February 14th is a very romantic day, but how did it become that way? There are many different theories, and there is no way to tell which is true. But the most popular legend is the story of Saint Valentine.

Saint Valentine was a priest who lived in the Roman Empire around 200 AD. During this time, Emperor Claudius II was known to have outlawed marriage for young men—he believed that married men did not make good soldiers and that his army of single men would be much stronger. But Valentine did not agree with this mandate, and he continued to perform secret marriages for young couples. Sadly, he was caught and sentenced to death. It is said that while he was in prison, Valentine too fell in love, and that he actually sent the first “valentine card” to his love, signing it: “From your Valentine.” Supposedly, he died in the middle of February, thus Valentine’s Day is celebrated on February 14th, in honor of his death.

Other Theories

In ancient Rome, February 15th was the first day of a fertility festival called Lupercalia, dedicated to the Roman god of agriculture. On this day it was tradition for men and women to be paired up randomly by a lottery system to be married.

It is claimed that the Pope Gelasius declared February 14th St. Valentine’s Day during the late 400s AD. Allegedly, Pope Gelasius actually banned the Lupercalia festival because it was a pagan ritual, but perhaps he wanted to see the festival continue on as a Christian holiday.

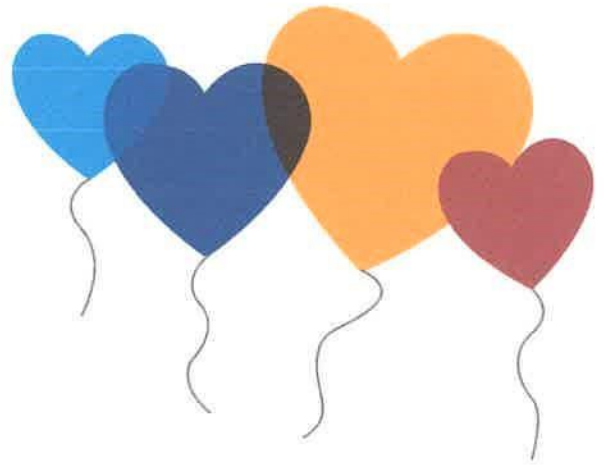
During the Middle Ages in France and England, February 14th was known as the first day of birds’ mating season, and was known as a romantic day.

Activity

There is no way to tell exactly how any holiday came to be, but stories can lead us to ideas that help us create new ideas and maybe better ones. Try to find any similarities in all four stories and piece together a story of your own.



WILL THE REAL SAINT VALENTINE PLEASE STAND UP?



FILL IN THE BLANKS WITH THE WORDS FROM PAGE 2 TO LEARN MORE ABOUT ST. VALENTINE.

Every February 14th, Valentine's Day is _____ in various ways around the world. Some people celebrate by giving _____, candy and cards to those they love. People celebrate love in _____ of Saint Valentine, but... who WAS Saint Valentine, anyway?

One legend says that Valentine was a priest who served in Rome during the third century. At that time, Emperor Claudius II ruled over Rome. Emperor Claudius II believed that single men made better soldiers than _____ men. In the hopes of creating a stronger _____ for his empire, he decided to _____ a law that prohibited marriage for young men. According to the legend, Valentine decided this decree was unjust, and he chose to officiate secret wedding ceremonies for young couples. Emperor Claudius II discovered Valentine's illegal acts and _____ him to death!

Another legend claims that Valentine was a prisoner who fell in love with his jailor's daughter. Before Valentine was put to death, he wrote her a letter and sent the first "valentine" card. He signed the letter "Your Valentine", a _____ that we still use on Valentine's Day cards today.

Perhaps we will never know who the real Saint Valentine was, or the truth behind his story. However, because of his _____, February has been the month to celebrate love for centuries. In fact, the number of cards sold each year for Valentine's Day ranks second only to _____.

Another Valentine's Day figure you may know is Cupid. The word "Cupid" comes from the Latin word "cupido", which _____ to "desire." If you have ever studied Roman mythology, you'll know that Venus was the goddess of love. Cupid was her son. In Greek _____, Cupid is known as Eros (which sounds like "arrows"). Cupid was known as a mischievous character that often went around striking gods and humans with arrows from his _____, making them fall in love. Today, we consider a picture of a heart with an arrow through it as a symbol of love, or falling in love.



WORD BANK

BOW

ENACT

CELEBRATED

CLOSING

TRANSLATES

FLOWERS

CONDEMNED

MILITARY

STRIKING

MARRIED

MYTHOLOGY

CHRISTMAS

LEGEND

HONOR



hug me



xoxo



Spelling CIVIL RIGHTS

Use the clues to fill in the grid.

[illegible]

1. The legislative branch
2. One with a cause
3. Cast a ballot
4. Non-moving passive protests
5. Balanced
6. Keep apart
7. Civil rights leader
8. Strive
9. Selma to Montgomery protest
10. Countrywide
11. 1955 civil rights headliner

The history of... *New Orleans*

Time Line

late 1600s

French explorers and traders arrive.



1763

New Orleans comes under Spanish rule as a result of the Seven Years' War.

1718

New Orleans is founded by the French.

1800

Spain gives Louisiana back to France.

1803

The U.S. acquires the Louisiana Territory from France.

1897

Free man Homer Plessy is arrested for refusing to ride in the segregated car on a train passing through New Orleans.

2005

Hurricane Katrina, the largest and most destructive storm to hit the city, hits land.

Word Search!

Find the New Orleans landmarks and features listed below. Words may be forward, backward, diagonal, or even upside down!

F	O	F	D	C	Z	O	O	A	O	O	F	
C	R	L	W	L	N	L	Z	L	N	K	M	G
A	P	E	S	U	V	C	T	E	G	G	D	N
N	B	X	N	V	E	H	D	R	M	C	R	A
A	N	E	O	C	U	I	V	A	A	B	E	Y
L	D	R	A	G	H	N	G	A	R	G	W	A
S	L	C	A	T	R	Q	Z	A	D	A	O	L
T	F	H	J	L	P	T	U	O	I	T	T	A
R	L	R	Z	S	B	A	N	A	G	A	T	B
E	B	I	O	V	P	W	E	P	R	B	I	M
E	O	U	A	D	A	N	A	T	A	T	O	A
T	T	R	G	E	G	W	G	Q	S	N	E	J
J	A	Z	Z	M	U	S	I	C	A	O	O	R

French Quarter

Jambalaya

Jazz Music

Canal Street

Mardi Gras

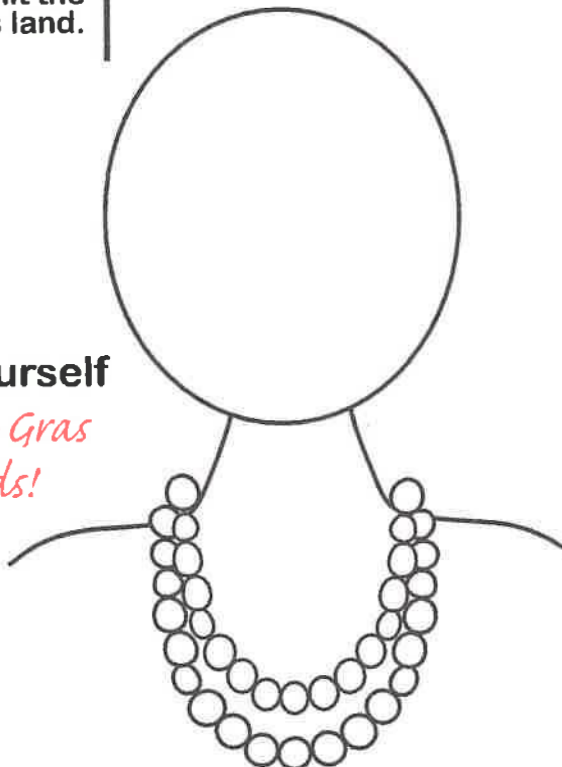
Quiz

What did the French originally name New Orleans, and what did the name mean?

Answer: La Nouvelle-Orléans, meaning "The New Orleans." It was called "new" because France already had a city by that name.

Give yourself

Mardi Gras beads!



Mardi Gras is an annual celebration that falls on "Fat Tuesday," a part of the holiday of Lent. Colorful beads of all shapes and sizes are a fun part of the Mardi Gras celebration. Draw your portrait in the space provided, then color the beads and draw some of your own--as many as you like!

Which President Is It?

Match the photo to the name of the president.

A



E



I



B



F



J



C



G



K



D



H



L



1. Thomas Jefferson ____

5. George H. W. Bush ____

9. Theodore Roosevelt ____

2. Ronald Reagan ____

6. Richard Nixon ____

10. Lyndon B. Johnson ____

3. John F. Kennedy ____

7. Harry Truman ____

11. George Washington ____

4. Jimmy Carter ____

8. Abraham Lincoln ____

12. Dwight D. Eisenhower ____

Which President Is It?

(solution)

1. Thomas Jefferson – H
2. Ronald Reagan – I
3. John F. Kennedy – L
4. Jimmy Carter – D
5. George H. W. Bush – F
6. Richard Nixon – A
7. Harry Truman – K
8. Abraham Lincoln – C
9. Theodore Roosevelt – B
10. Lyndon B. Johnson – G
11. George Washington – E
12. Dwight D. Eisenhower – J

Which President Was Cronkite Referring to?

The following are observations articulated by Walter Cronkite about various American presidents. Match his quote to the president.

A. Hoover

E. Kennedy

I. Carter

B. Franklin D. Roosevelt

F. Johnson

J. Reagan

C. Truman

G. Nixon

K. George H. W. Bush

D. Eisenhower

H. Ford

L. Clinton

1. "He seemed to be a straight arrow, the sort you'd like to have as your lawyer or your banker or as a friend." ____
2. "(He) seemed to me about as stiff in person as he was in public. A highly intelligent man, dedicated to public service who just couldn't connect with the average man." ____
3. "(He) could be as charming in public as he had been in private. But he had another side, a certain attitude of superiority, and arrogance that I found disturbing." ____
4. "I think (he) was the brainiest president of my time, not in political ability but intelligence that could store and recall an incredible amount of complicated material." ____
5. "(He) never shucked the image of a country boy in the big city. But in his self-confident righteousness, he impressed you with the courage of a lion." ____
6. "To me, (he) never seemed comfortable in the presidency. He always seemed to be acting out a rehearsed role. I thought I could see his knees knocking with stage fright." ____
7. "He brought all Americans into the White House. At the times I saw him at his informal news conferences, he could be tough with questioning reporters, but he usually ended the exchange with a wide grin or with a hearty laugh." ____



8. "What you saw was what you got. Without surrendering the dignity of the office, he maintained that hail-fellow comradeship of the locker room. He was fun to be with, shady stories and all." ____
9. "It has been said, and truthfully so, that (he) was larger than life. You felt in his presence that here was raw power capable of lifting great weights and crushing enemies." ____
10. "I've not come to know (him) that well, but in my one sit-down interview with him, I found him forthcoming and humorous." ____
11. "(He) made political enemies, of course, but he never lost the aura of the war hero. In doing his memoirs for television with me, he revealed a great deal more detailed knowledge of the arcane decisions of his administration than the press generally gave him credit for." ____
12. "(He) was the genuine good fellow well met. He was the guy you wish you had known in college." ____



Which President Was Cronkite Referring to?

(solution)

1. "He seemed to be a straight arrow, the sort you'd like to have as your lawyer or your banker or as a friend." **K) George H. W. Bush**
2. "(He) seemed to me about as stiff in person as he was in public. A highly intelligent man, dedicated to public service who just couldn't connect with the average man." **A) Hoover**
3. "(He) could be as charming in public as he had been in private. But he had another side, a certain attitude of superiority, and arrogance that I found disturbing." **E) Kennedy**
4. "I think (he) was the brainiest president of my time, not in political ability but intelligence that could store and recall an incredible amount of complicated material." **I) Carter**
5. "(He) never shucked the image of a country boy in the big city. But in his self-confident righteousness, he impressed you with the courage of a lion." **C) Truman**
6. "To me, (he) never seemed comfortable in the presidency. He always seemed to be acting out a rehearsed role. I thought I could see his knees knocking with stage fright." **G) Nixon**
7. "He brought all Americans into the White House. At the times I saw him at his informal news conferences, he could be tough with questioning reporters, but he usually ended the exchange with a wide grin or with a hearty laugh." **B) Franklin D. Roosevelt**
8. "What you saw was what you got. Without surrendering the dignity of the office, he maintained that hail-fellow comradeship of the locker room. He was fun to be with, shady stories and all." **J) Reagan**
9. "It has been said, and truthfully so, that (he) was larger than life. You felt in his presence that here was raw power capable of lifting great weights and crushing enemies." **F) Johnson**
10. "I've not come to know (him) that well, but in my one sit-down interview with him, I found him forthcoming and humorous." **L) Clinton**
11. "(He) made political enemies, of course, but he never lost the aura of the war hero. In doing his memoirs for television with me, he revealed a great deal more detailed knowledge of the arcane decisions of his administration than the press generally gave him credit for." **D) Eisenhower**
12. "(He) was the genuine good fellow well met. He was the guy you wish you had known in college." **H) Ford**

February

Magnolia Moments

Last months recap.... In January we had a theme of groovy 1960's. We started the month off with tie dying shirts, socks, and bandanas. The Pickin Bud's came for the first time to entertain everyone. They did a great job on guitar and mandolin. We started our Groovy week off with making groovy centerpieces for the dining room. Alan B. came and played sixties music and everyone wore their tie dye. Also took some groovy pictures, played groovy bingo, and ended the week with groovy games. Celebrated marshmallow day with snowman poop. Also national pie day with deep dish fruit pie and can't forget the ice-cream to go with our pie! Tried a new game called roll a snowman with dice.

Groovy Centerpieces



1960's Party



Roll A Snowman

Winner's

Round 1 - Jean B.

Round 2 - Mary O.

Round 3 - Jean B.

Round 4 - Audrey R.

Round 5 - Corrine K.

Round 6 - Audrey R.

Round 7 - Pat M.

Round 8 - Corrine K.

Round 9 - Corrine K.

Round 10 - Jean B.



Virginia Mueller
Dorothy Sapienza

February Birthday's

9th - Wilma Kohl
18th - Janet Heberer
22nd - Edith Orsech
25th- Marie Wilfong

★★★★**HAPPY**★★★★
PRESIDENTS' DAY

Wear RED every
Friday in
February !

Shirley Doolin became a
great grandma again,
number fourteen!

January 1, 2023

Mira Ella Rose

6lbs. 2oz.

Upcoming Events....

February 7th - Leaving @ 9:00 am

Join us for a drive to Grafton/Alton to
look for eagles & lunch out @ Just Desserts.



February 13th - Homemade Waffles @ 8:00 am in the
dining room!



February 14th - Heart Social/ Happy hour
with Rekha playing piano @ 2:30 pm.



Wear Red & Pink for Valentine's Day !

February 21st - Social & Music with Alan



Brandt @ 2:00 pm

Wear Green, Purple, Mardi Gras Mask, & Beads!

February 24th - Lunch out leaving @ 11:15 am
@ Mr. BBQ's in Waterloo

****Sign up binder on the table by the elevator for
outings.**



News from Whispering Pines



alzheimer's association®

Alzheimer's Association "In the Moment" Support Group

There will be an Alzheimer's Association, "In the Moment," support group meeting at Oak Hill, in the Arbor Court Activity Center from 7 pm to 9 pm on Thursday, February 23rd. The video, "Caring for a Loved One with Alzheimer's: An Emotional Journey," will be shown the first part of the group. The second half of the group will be for sharing.

This support group is for caregivers of those with Alzheimer's and other dementias. The meeting is open to the public and Oak Hill family members. Please be sure to wear a mask during the meeting.

The support group facilitators are Julia Olszewski, M.S., memory care director at Oak Hill, and Pat Felix,

RN, retired staff development coordinator at Oak Hill. Please call 618-939-3488 ext. 1248 if you have any questions.

For other support and information, please call the Alzheimer's Association's toll-free number: 800-272-3900.



February Dining Room Concerts on the Pines

Here is the schedule of musicians for February:

9—Forrest Bevineau, "The Singing Sheriff"

14—Terry Roberson, "The Singing Cowboy"

17—Ron Schewe on the Accordion

20—Pearl Hirsch on the keyboard

28—Brad Cook

All music programs will start at 2 pm in the Cedar dining room.



Exercise-Focused Dementia Research

The disappointing failure of so many drug trials has led some doctors and scientists to turn their focus to dementia prevention. Studying the effects of physical activity has been one of the areas being researched the most.

An 11-year study recently concluded. The study followed over 500,000 people for a little over 10 years. During that time, 5,000 people from the study were diagnosed with dementia. People who exercised vigorously most weeks by playing sports, working out, or fast walking were 35 percent less likely to get dementia (even if they were genetically predisposed). Non-exercisers who were active doing chores, housework, or dancing socially, for example, were 21 percent less likely to be diagnosed with dementia.

Researchers from Dartmouth University recently published a study of people taking various memory tests after exercising. Their activity levels were recorded

automatically through Fitbit watches worn by the participants. The study was small, with just over 100 participants. People who did moderate exercise like walking or relaxing yoga showed improvements in “episodic memory,” or remembering events—like a lunch date earlier in the month—after working out. People who did high-intensity workouts like biking or running showed more improvement in “spatial memory,” which helps you recall where you put your keys or a driving route.

Activity Connection, February 2023



How did the doorbell propose to his girlfriend?

~He gave her a ring!

What kind of flower do you never give on Valentine's Day?

~Cauliflower.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

WHISPERING PINES						
Church on the Pines Classic TV IN2L Walk to Birdcage Popcorn Party & Tunes	5 Morning Stretches Family Feud IN2L Short Stories IN2L Gniled Cheese Party!	6 Ball Kick\Toss Finish the Phrase Armchair Travel-US IN2L Cooking with Elise	7 Nail Care - Students 10am Catholic Mass* Bingo IN2L Coffee Club	8 Relaxation IN2L 10am UCC Church* 2pm Singing Sheriff - Forrest on Pines Coffee & Snack Chat	9 Brain Games\Trivia Movie Matinee IN2L 2pm Arbor Court Music* Coffee & Snack Chat	10 Guided Meditation IN2L Beauty Spa City Guesser IN2L Saltbox: Classic TV
Church on the Pines Library Book Cart Superbowl Party! Popcorn Party & Tunes	12 Relaxation IN2L Reading Circle & Trivia Netflix: Movie Time IN2L Coffee & Snack Chat	13 Ball Kick\Toss February Trivia - IN2L 2pm Singing Cowboy - Terry Robertson on Pines Cookies & Coffee	14 Relaxation IN2L 10am Catholic Mass* Bingo IN2L Cookies & Coffee	15 Waffles Day on Pines 10am UCC Church* Valentine's Day Party! Donut Shop	16 Brain Games\Trivia Movie Matinee IN2L 2pm Accordion - Ron Schewe on the Pines Favorite Cereal Snack	17 Hand Stretches Beauty Spa Bird Feeder Craft Alexa Music Reminisce
Church on the Pines Funny Videos IN2L Walk to Birdcage Popcorn Party & Tunes	19 Morning Stretches Table games & puzzles 2pm Pearl on Pines Cookies & Coffee	20 Ball Kick\Toss Armchair Travel - Europe 60s/70s Music\Trivia IN2L 1960\70s Day Party!	21 Morning Stretches 10am Ash Wednesday Church Service* (ALL) Bingo IN2L Coffee & Snack Chat	22 Morning Stretches 10am Baptist Church* TED Talks IN2L City Guesser - IN2L Happy Birthday Joan!	23 Brain Games\Trivia Netflix: Movie Time IN2L 2pm Arbor Court Music* California Trivia\Videos California Day Social!	24 Stars\Stripes Stretch Beauty Spa Saltbox: Classic TV IN2L Sherbert Floats Pinecone Craft
Church on the Pines Library Book Cart Walk to Birdcage Pizza Party	26 Relaxation IN2L Armchair Travel - US Saltbox: TV Humor IN2L Monthly Birthday Party!	27 Ball Kick\Toss Junk Drawer Detective 2pm Music Reminisce with Brad on the Pines Cookie Club	February 2023			

Activity schedule subject to change. IN2L touch screen computer. * Off unit activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Independent Bingo 5 8:00 am- On one Ones 10:00am- Tabletop Games with Holly 2:00 pm- Movie Matinee "The Sound of Music"	8:00 am- House Calls 9:30 am- Therapy Dog 10:00 am- Tai Chi 10:30 pm- Valentine's Day Trivia 2:00pm- Bingo Pets for Pennies Week	8:00 am- House Calls 10:00 am- Nail Care 2:00 pm- Travel to Boston, Massachusetts Pets for Pennies Week	8:00 am- House Calls 9:30 am- Stretch and Flex 10:30 am- Catholic Mass 2:00 pm- Chocolate Covered Strawberry Making	8:00 am- House Calls 10:30 am- Methodist Church 2:00 pm- Bingo Crush Day	8:00 am- House Calls 10:00 am- Fit and Fab Friday with Megan 10:30 am- IN2L Games 2:00 pm- Country with Carla Johnson	8:00 am- House Calls 10:00am- Fit N Fab Friday with Megan 10:30 am- News and Views 2:00 pm- Tommy Tunes Music
Independent Bingo 12 8:00 am- One on ones 10:00 am- Table top Games with Holly 2:00 -Superbowl Tailgating Party!	8:00 am- House Calls 10:00 am- Yoga 10:30 am- Reminiscing "Remember the Cost" 2:00 PM- Valentine's Day Entertainment with Tommy Myrda!	8:00 am- House Calls 10:00 am- Magazine Scavenger Hunt 1:30 pm- Hot Chocolate Social 2:00 pm- Resident Council Valentine's Day	8:00 am- House Calls 9:30 am- Stretch and Flex 10:30 am- Catholic Mass 1:15pm- Meet Margie the Therapy Dog! 2:00 pm- February Birthday Bash with Rob Callmeyer!	8:00 am- House Calls 10:00 am- Gospel Sing Along 10:30 am- UCC Church 2:00 pm- Bingo	8:00 am- House Calls 10:00am- Fit N Fab Friday with Megan 10:30: News and Views 2:00 pm- Forrest the Singing Sheriff	8:00 am- House Calls 10:00 am- Fit and Fab Friday with Megan 10:30 am- IN2L Games 2:30 pm- Rodney Conner Saxophone
Independent Bingo 19 8:00 am- One on ones 10:00-Table top Games with Wendy 2:00 pm- Netflix Series Continues	8:00 am- House Calls 10:00 am- Stretch and Flex 10:30 am- Presidents' Day Trivia 2:00 pm- Bingo Presidents' Day	8:00 am- House Calls 10:00 am- Mardi Gras Bead Game 2:00 pm- Mardi Gras Parade on Big Screen with King cake and Cocktails! Mardi Gras	8:00 am- House Calls 9:30 am- Stretch and Flex 10:30 am- Ash Wednesday Church Service 2:00 pm-Card Lotto Ash Wednesday	8:00 am- House Calls 10:30 am-Lutheran Church 2:00 pm- Bingo	8:00 am- House Calls 10:00 am- Fit and Fab Friday with Megan 10:30 am- IN2L Games 2:30 pm- Rodney Conner Saxophone	8:00 am- House Calls 10:00am- Fit N Fab Friday with Megan 10:30 am- News and Views 2:00 pm- Forrest the Singing Sheriff
Independent Bingo 26 8:00 am- One on ones 10:00 am- Crafts with Kate 1:30 pm- Presbyterian Church	8:00 am- House Calls 10:00 am- Drumming on the Big Screen 1:30 pm- Hot Chocolate Social 2:00 pm- Bingo	8:00 am- House Calls 10:00 am- Nail Care 2:00 pm- Shopping Day!	 FEBRUARY 2023			
Independent Bingo 25 8:00 am- One on ones 10:00 am- Crafts with Kate 1:30 pm- Presbyterian Church	8:00 am- House Calls 10:00 am- Nail Care 2:00 pm- Shopping Day!	8:00 am- House Calls 10:00 am- Nail Care 2:00 pm- Shopping Day!	 FEBRUARY 2023			

ARBOR COURT ACTIVITY CALENDAR

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Magnolia Terrace

1:30 Satin Hands 3:00 Hymn Singing 6:00 Rummy & Wii Bowling	5 9:30 Sit & Be Fit 1:30 Snow Ball Toss 2:45 Baking upstairs in the Terrace Room 6:00 Rummy & Wii Bowling	6 9:00 Trip to Grafton/Alton Eagles And lunch out @ Just Desserts 10:00 Bible Study (Upstairs) 2:30 Horse Races 6:00 Grab your neighbor & come play a game!	7 9:15 Shopping @ Walmart 9:30 Exercise Video 10:30 Rosary ** 1:30 Bingo 6:00 Rummy & Wii Bowling Last Day to turn in Ground Hog Day Coloring Page!	8 9:30 Morning Manicures 10:30 UCC Church ** 2:00 Painting Door Signs 6:00 Rummy & Wii Bowling Groundhog Day	9 9:30 Sit & Be Fit 1:30 Bingo (2 Cards) 6:00 Rummy & Wii Bowling 6:00 Grab your neighbor & come play a game! Wear RED	10 9:30 Morning Manicures 10:30 Lutheran Church ** 2:00 Birthday Party with Pearl on Piano 6:00 Rummy & Wii Bowling Chocolate Kiss Day! Happy Birthday Wilma K.!	11 9:30 Sit & Be Fit 1:30 Bingo (2 Cards) 6:00 Rummy & Wii Bowling 6:00 Grab your neighbor & come play a game! Wear RED	12 9:30 Morning Manicures 10:30 UCC Church ** 2:00 Shopping @ Dollar Tree 6:00 Rummy & Wii Bowling	13 9:30 Sit & Be Fit 1:30 Bingo (2 Cards) 6:00 Rummy & Wii Bowling 6:00 Grab your neighbor & come play a game! Wear RED	14 9:30 Shopping @ Walmart 9:30 Exercise Video 10:30 Catholic Mass ** 12:30 - 1:30 Balance with Jennifer (Therapy) 1:30 Heart Bingo 6:00 Rummy & Wii Bowling	15 9:30 Morning Manicures 10:30 UCC Church ** 1:15 Shopping @ Dollar Tree 6:00 Rummy & Wii Bowling	16 9:30 Sit & Be Fit 1:30 Painting & Decorating Masks for Mardi Gras Social (Dice Game) 3:30 Mardi Gras Bead Roll 6:00 Grab your neighbor & come play a game! Wear RED	17 9:30 Morning Manicures 10:30 UCC Church ** 2:00 BBQ's (Waterloo) 2:00 Ron Schewe on Accordion 6:00 Rummy & Wii Bowling Happy Birthday Edith O.!	18 9:30 Shopping @ Walmart 9:30 Exercise Video 10:30 Ash Wednesday Church Service ** 1:30 Bingo 6:00 Rummy & Wii Bowling Happy Birthday Edith O.!	19 9:30 Resident Council 10:00 Bible Study (Upstairs) 10:15 Blood Pressure's w/ Faith 2:00 Social & Music with Alan Brandt Wear Green, Purple, Mardi Gras Mask, & Beads!	20 9:30 Sit & Be Fit 1:30 Bingo 2:45 Word Games 6:00 Rummy & Wii Bowling	21 9:30 Card Lotto 10:00 Bible Study (Upstairs) 1:30 Horse Races 6:00 Grab your neighbor & come play a game!	22 9:30 Sit & Be Fit 1:30 Bingo 6:00 Rummy & Wii Bowling	23 9:30 Morning Manicures 10:30 UCC Church ** 2:00 Shopping @ Dollar Tree 6:00 Rummy & Wii Bowling	24 9:30 Sit & Be Fit 1:30 Bingo (2 Cards) 6:00 Rummy & Wii Bowling 6:00 Grab your neighbor & come play a game! Wear RED	25 9:30 Morning Manicures 10:30 UCC Church ** 2:00 Shopping @ Dollar Tree 6:00 Rummy & Wii Bowling	26 9:30 Quarter Bingo 1:30 Presbyterian Church ** 6:00 Rummy & Wii Bowling	27 9:30 Sit & Be Fit 1:30 Bingo 6:00 Music with the Church Ladies 7:00 Rummy & Wii Bowling	28 9:30 Card Lotto 10:00 Bible Study (Upstairs) 1:30 Horse Races 6:00 Grab your neighbor & come play a game!	29 9:30 Morning Manicures 10:30 UCC Church ** 2:00 Shopping @ Dollar Tree 6:00 Rummy & Wii Bowling	30 9:30 Sit & Be Fit 1:30 Bingo (2 Cards) 6:00 Rummy & Wii Bowling 6:00 Grab your neighbor & come play a game! Wear RED	31 9:30 Morning Manicures 10:30 UCC Church ** 2:00 Shopping @ Dollar Tree 6:00 Rummy & Wii Bowling	1 9:30 Shopping @ Walmart 9:30 Exercise Video 10:30 Rosary ** 1:30 Bingo 6:00 Rummy & Wii Bowling Last Day to turn in Ground Hog Day Coloring Page!	2 9:30 Morning Manicures 10:30 UCC Church ** 2:00 Painting Door Signs 6:00 Rummy & Wii Bowling Groundhog Day	3 9:30 Sit & Be Fit 1:30 Bingo (2 Cards) 6:00 Rummy & Wii Bowling 6:00 Grab your neighbor & come play a game! Wear RED	4 10:00 Exercise Video 1:30 Movie (Ground Hog Day) 6:00 Rummy & Wii Bowling	5 10:00 Exercise Video 1:30 Movie (Mask) 6:00 Rummy & Wii Bowling	6 10:00 Exercise Video 1:30 Movie (Imagine) 6:00 Rummy & Wii Bowling Happy Birthday Janet H.!	7 10:00 Exercise Video 1:30 Movie (Annie) 6:00 Rummy & Wii Bowling Happy Birthday Marie W.!
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Wear RED every Friday in February!

* All Activities are Subject to Change

** Church is held in the Oak Hill Activity Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Meal Calendar						
Breakfast – Coffee Cakes Lunch- Chicken Fried Chicken Baked Ziti with Italian Sausage Supper-Creamy Potato Soup/ Hot Ham & Cheese Sandwich	Breakfast- Pancakes Lunch- Beef Pot Roast Baked Pork Chop Supper- Garden Vegetable Soup Salmon Patty	Breakfast- Toast Lunch- Roast Turkey with gravy Lemon Pepper Baked Fish Supper- Tomato Basil Soup Tuna Noodle Bake	Breakfast – Biscuits & Gravy Lunch- Residents Choice Supper- Pork Cutlet	Breakfast – French Toast Lunch- Meatloaf Lemon Herb Chicken Supper- Pub Burger on a Bun <i>Groundhog Day</i>	Breakfast – Danish Lunch- BBQ Pork on a Bun Potato Encrusted Fish Supper- Tomato Florentine Soup Deviled Egg Salad on a Sandwich	Breakfast – Raisin Toast Lunch- Beef Pepper Steak Smokey Mountain Chicken Supper- Chicken & Wild Rice Soup BLT Sandwich
Breakfast – Banana Bread Lunch- Honey Glazed Ham Herbed Baked Chicken Supper- Cream of Mushroom/ Soup French Dip Beef Sandwich	Breakfast- Muffin Lunch- Broccoli Chicken Divan Bratwurst on Bun Supper- Beef Stroganoff over Noodles	Breakfast – Biscuit & Gravy Lunch- Rosemary Pork Beef Liver & Onions Supper- Fish & Cheese Sandwich <i>Valentine's Day</i>	Breakfast – Pancakes Lunch- Stewed Chicken over Rice /Baked Mostaccioli Supper-Western Egg Bake	Breakfast – Pancakes Lunch- Baked Pork Chop Sliced Roast Turkey Supper- Broccoli Cheese Soup Braunschweiger Sandwich	Breakfast – Cinnamon Toast Lunch- Orange Chicken Almond Crusted Baked Fish Supper- Tomato Tortellini Soup Baked Dijon Salmon	Breakfast – Raisin Toast Lunch- Beef Stew Sliced Smoked Sausage Supper- Philly Cheesesteak w/ grilled Onions & Peppers on Bun
Breakfast – Danish Lunch Roast Beef & Gravy Baked Dill Lemon Cod Supper – Chicken Salad on Croissant	Breakfast- Biscuit & Gravy Lunch- Baked Turkey Crunch Homemade Pizza Supper-Homemade Vegetable Soup Beef Cube Steak <i>President's Day</i>	Breakfast – Muffin Lunch- Pork Roast w/gravy Beef Macaroni Bake Supper- Breaded Chicken Tenders <i>Mardi Gras</i>	Breakfast – Donuts Lunch- Country Fried Steak w/ Gravy Cheese Ravioli in Sauce Supper – Grilled Turkey, Swiss, & Tomato Sandwich	Breakfast – Raisin Toast Lunch- Catfish Nuggets Swiss Steak Supper- Wisconsin Cheese Soup Tuna Salad Sandwich	Breakfast – Raisin Toast Lunch- Ham & Beans Beef & Cabbage Casserole Supper- Minestrone Soup Cheese Pizza	Breakfast – Butter milk Lunch- Ham & Beans Beef & Cabbage Casserole Supper- Minestrone Soup Cheese Pizza
Breakfast – Coffee Cake Lunch- Honey Glazed Pork Loin Spaghetti w/ Meat Sauce Supper- Asian Chicken	Breakfast – Pancakes Lunch- Chicken & Dumplings Butterfly Shrimp Supper- Mushroom Swiss Patty	Breakfast– Toast Lunch- Polish Sausage Beef Tips in Gravy Supper- Boston Clam Chowder Chili Cheese Mac	Ash Wednesday Lunch & Dinner			

February 2023

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