



THE

Friendly Visitor

April | May | June 2013

HENNIS CARE CENTRE

Dover & Bolivar, Ohio

People Who Can Help



DOVER

AdministratorDavid Hennis
 Assistant AdministratorStacie Hubbard
 Director/Patient &
 Resident ServicesAnita Peffer
 Director of Dining Services.....Carla Braun
 Executive Chef.....Brian Sarty
 Social Services.....Melanie Scheetz
 Director of
 Therapy Services.....Denise Waldman
 Accounting ManagerHarold Baker
 Public Relations.....Paula Hennis-Sickinger
 Recreational Therapist.....Lauren Peelman
 Activity ProfessionalsMike Scholles
 Marje Johnson
 Kathy Marburger
 Music Therapist.....Laura Smith
 Maintenance DirectorKeith Kaser
 Receptionist.....Trish Haynam



Hospice House Dietary Services:

Dennis Borter, Carol Miller, Matthew Arnold



BOLIVAR

Executive DirectorDavid Hennis
 AdministratorKim Zontini
 Director of NursingJamie Skelly
 Director of Dining Services.....Abby Strubel
 Executive Chef.....Matthew Ridgway
 Laundry/Housekeeping.....Sue White
 Social Services.....Kari Staron
 Director of
 Therapy Services.....Teresa Carlson, O.T.
 Accounting ManagerHarold Baker
 Activity ProfessionalsStephanie Erb
 Jean Sauernheimer
 Dianna Jones
 Maintenance SupervisorDavid Wood
 Receptionist.....Kathy Herstine



HCC provides out-patient and
 in-house therapy 7 days a week.

HCC is a smoke-free campus
 inside and outside.

www.henniscarecentre.com

An Afternoon in the Park

There once was a little boy who wanted to meet God. He knew it was a long trip to where God lived, so he packed his suitcase with Twinkies and a six-pack of root beer and he started his journey.

When he had gone about three blocks, he met an old woman. She was sitting in the park just staring at some pigeons. The boy sat down next to her and opened his suitcase. He was about to take a drink from his root beer when he noticed that the old lady looked hungry, so he offered her a Twinkie. She gratefully accepted it and smiled at him. Her smile was so pretty that the boy wanted to see it again, so he offered her a root beer. Once again she smiled at him. The boy was delighted!

They sat there all afternoon eating and smiling, but they never said a word.

As it grew dark, the boy realized how tired he was and he got up to leave, but before he had gone more than a few steps, he turned around, ran back to the old

woman and gave her a hug. She gave him her biggest smile ever.

When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face.

She asked him, "What did you do today that made you so happy?"

He replied, "I had lunch with God." But before his mother could respond, he added, "You know what? She's got the most beautiful smile I've ever seen!"

Meanwhile, the old woman, also radiant with joy, returned to her home.

Her son was stunned by the look of peace on her face and he asked, "Mother, what did you do today that made you so happy?"

She replied, "I ate Twinkies in the park with God." But before her son responded, she added, "You know, he's much younger than I expected."

*Source: Chicken Soup for the Soul
 Julie A. Manhan*



Grilled Greek Fish Recipe



Living in Tampa, we eat a lot of fresh fish, mostly grouper, mahi-mahi and tilapia—all sweet white fish that work well with this marinade.

—Judy Batson, Tampa, Florida

Prep: 15 min. + marinating | Grill: 10 min. | Yield: 4 Servings

Ingredients

- 1/3 cup lemon juice
- 3 tablespoons olive oil
- 2 tablespoons minced fresh oregano
- 2 tablespoons minced fresh mint
- 1 garlic clove, minced
- 1/2 teaspoon grated lemon peel
- 1/2 teaspoon Greek seasoning
- 4 tilapia fillets (6 ounces each)

Directions

In a large resealable plastic bag, combine the first seven ingredients. Add the tilapia; seal bag and turn to coat. Refrigerate for 30 minutes. Drain and discard marinade.

Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill tilapia, covered, over medium heat or broil 4 in. from the heat for 4-5 minutes on each side or until fish flakes easily with a fork. Yield: 4 servings.

Nutritional Facts

1 fillet equals 223 calories, 10 g fat (2 g saturated fat), 83 mg cholesterol, 162 mg sodium, 2 g carbohydrate, trace fiber, 32 g protein. Diabetic Exchanges: 5 lean meat, 1-1/2 fat.

Source: *Healthy Cooking*

Fresh Berries with Lemon Yogurt

Source: *Sarah Vasques - Milford, New Hampshire*

Prep/Total Time: 15 Min. Yield: 4 servings

In a small bowl, combine 2 cups sliced fresh strawberries, 1 sliced medium banana, 1 cup blueberries, 1/4 cup limoncello and 1 Tbsp. sugar; spoon into four dessert dishes. Whisk together 3/4 cup plain yogurt and 3 Tbsp. lemon curd; spoon over fruit.

Nutrition Facts:

1 cup berry mixture with 3 Tbsp. sauce equals 218 calories, 3 g fat (1g saturated fat), 17 mg cholesterol, 34 mg sodium, 40 g carbohydrate, 3 g fiber, 3 g protein.

Hennis Care Centre Special Occasion Cookies

Select from the following holidays:

**Valentine's Day* • St. Patrick's Day • Easter
4th of July • Halloween • Christmas • Miscellaneous**

Cost per dozen \$6.50-\$7.50

*For Val. Day only, a single 6" decorated cookie is available, or by the dozen - regular size

See the receptionist for ordering & pre-payment

PROCEEDS BENEFIT: The American Cancer Society Relay For Life,
The Alzheimer's Association, The Residents' Activity Programming



Cookies in photo are not actual cookies sold, but very similar.

How to protect and grow your nest egg

ADVICE FOR THE AVERAGE SENIOR

Emergency Funds

Don't let excitement over a good deal override your common sense. Just because Bank B is granting you a better rate, don't put all your nest egg into that one account. You need some emergency funds, not too much, in a simple savings account also.

Depending on your particular situation, you might even place a secondary emergency fund in a smaller SDA account with Bank A and the bulk in your account in Bank B.

You can also invest in treasury bills, which have holding periods ranging from 30 days to one year. From time to time, the government also issues retail bonds, meaning, the bonds are available in small amounts, usually P5,000 (S\$148).

Time deposits are funds you lend to a bank, not the government. For this reason, it is important to choose your bank very, very carefully and not get

dazzled by an unusually high interest rate. High rate, high risk!

Time deposits are insured with the Philippine Deposit Insurance Corp. up to a maximum of P500,000 per depositor (NOT per deposit.)

There is a bewildering variety of time deposit products with varying features, so again, it pays to canvass and see which type of time deposits is suitable for you. Time deposits are also available in foreign currencies, such as the US and Canadian dollars and the euro, but the interest rates are typically lower than peso TDs.

If you, as a retiree, are thinking of a foreign-denominated time deposit as your major investment rather than as a temporary place to park your foreign exchange, you are betting against your own currency. In other words, you expect to make a profit from the depreciation of the peso. Which, at this point, might be

unwise since what bothers the BSP at the moment is a too-rapid appreciation of the peso, rather than the other way around.

Source: <http://business.asiaone.com>

Meanwhile, seniors should take measures to protect themselves.

"The best thing we can do is warn them so that these things don't happen in the first place," Korenblit says.

Seniors are most likely to be exploited if they're isolated, so Korenblit advises staying connected by joining a club or senior center so others know what is happening in their lives.

Korenblit's advice to seniors: If you set up a joint account or give someone power of attorney to act as your agent on financial matters, make sure the person is trustworthy. If you select someone who has drug or financial problems, Korenblit says, your money may be too tempting

– Continued on Page 5

SOCIAL SERVICES

Relax arteries with music!

A University of Maryland study shows that listening to uplifting music triggers a surge of specific brain chemicals that widen blood vessels by as much as 26%!

Rejuvenate frazzled nerves with B vitamins!

It's a vicious cycle: The more stressed you are, the fewer B's you have in your body - and the fewer B's you have, the more stressed and moody you feel. End the cycle simply by upping your vitamin B intake!

Stress-busting secret: B vitamins boost levels of the pleasure-inducing hormone dopamine, and GABA, a relaxing brain chemical that acts as your body's all-natural Valium. And you can rev the benefit by taking a B supplement that also contains vitamin C: Multiple

studies show it lowers your levels of the stress hormones cortisol, norepinephrine and adrenaline. Try: Nature Made's B Complex with Vitamin C, \$6.99 for 100 caplets at Drugstore.com.

Feel 27% happier with yoga!

Practicing yoga boosts your GABA levels an incredible 27%, say Boston University researchers. Plus, scientists found that yoga causes a spike in blood levels of allopregnanolone, a calming hormone. Find free yoga instruction at MyFreeYoga.com.

Stress-busters that take seconds!

- **Soothe your nerves at the kitchen sink!** When anxiety hits, try this quick remedy! Turn on the faucet and put your index finger in the stream of tepid water for 30 seconds. Studies show the feel of

the water soothes the nerves in your hand, creating an instant feeling of relaxation.

- **Sidestep stress with a soft tone!** You can create a calmer you just by speaking in a soft, low, melodious tone! Doing so opens up the relaxation circuits in your mind and helps you stay calm-even in heated situation.
- **Quiet worries by holding your honey's hand!** This affectionate move instantly quiets the area of the brain associated with worry and lifts your levels of the soothing "bonding" hormone oxytocin. No partner nearby? Pet a pooch or hug your child or a friend to enjoy the same benefit!

Source - Woman's World - 8/20/12

Cleaning Tips You Haven't Heard Before

The best way to dust blinds?

Close them, then wipe up and down with an old dryer sheet. It'll create an antistatic barrier that helps prevent dust from building up again.

The Mr. Clean Magic Eraser is your friend. It will cut your cleaning time in half for bathtubs, sinks, countertops, and dirty walls.

To clean glass and mirrors, use coffee filters, not paper towels. They leave no streaks or lint — and they're cheap.

Vinegar and water is a great deodorizer for a musty bathroom. Spray your shower down as you're getting out. It really absorbs the odors, and the smell of vinegar goes away in an hour.

A wet pumice stone will clean a dirty oven faster than any spray-on product.

Vacuuming bathroom mats is a nightmare. Toss them in the wash every week or two instead.

To damp-mop wood floors, use plain water or a water-based floor cleaner like Bona. Don't use vinegar. The acid in it will pit your polyurethane finish, can void your warranty, and may reduce shine over time.

Source: Readers Digest.com

The Fast Track to Home Fitness

Modern Americans seem obsessed with good health. Not only are we doing our best to get more exercise and eat better, we're also concerned about the purity of our water, as well as the air we breathe. We even have fitness programs and health food for our pets! With all the work we put into keeping our bodies healthy, it stands to reason that most of us are also concerned about how healthy our environment is. Though home improvements can't make you a star athlete overnight (if they could, we're sure you'd see a lot fewer gyms and a lot more bathroom remodels), we can say that implementing some of the following tactics can make your home a more pleasurable place to live in!

Hire Professional Cleaners

Most homeowners take pride in their properties, and keeping them looking good is a priority. However, while doing your own day-to-day cleaning is just peachy, hiring a professional periodically isn't a bad idea. The primary objective of daily and weekly chores is, of course, to keep things clean and sanitary; if we're honest with ourselves, however, the most common secondary objective when doing chores is to get the job done ASAP so we can move on to more desirable activities. This ulterior motive unfortunately leads to cutting corners. When you hire a professional to clean windows, carpets, drapes, furniture, or any other part of your home, their objective is to make you a returning customer; this often leads to a more thorough job in itself, but when you couple this motive with the best equipment and cleaning products on the market, the end result is something that few homeowners can achieve on their own.

Upgrade Your Ventilation

With the incredible leaps that have been made in window manufacturing and home

insulation, houses are more air tight today than they've ever been before. While this is great news for lowering energy bills and reducing uncomfortable drafts, it is bad news for indoor air quality. Though the country as a whole seems more concerned with air quality than ever, the fact is that the air we breathe indoors often contains more pollutants than the air outside. In older homes where leaks and drafts were commonplace, air flow was left unrestricted to a fault; in today's homes, pollutants that would have literally seeped out the cracks can build up to much higher levels if the home is not properly ventilated. In many areas, and in many seasons, the solution to this problem is simply opening a window. During cold weather and in harsher environments, ventilation equipment like whole house fans are a better solution.

Opt for Professional Pest Control

Obviously, if your home is overrun by vermin of any sort, calling in a pro is going to be an easy choice. On the other hand, when homeowners see one or two pests on their property, there is often a natural inclination to save some money and handle the job themselves. The fact is, it is a rare occasion when you find a home containing only one mouse, one roach, or one pest of any kind; and while setting up traps and other deterrents yourself might be cheaper, calling in a pro is a far better way to eliminate the problem. Not only are professional pest control companies better equipped than any but the most eccentric homeowners, they are also better at identifying and fixing pest problems at their sources. The do-it-yourself route can sometimes be successful, but if you want the best chance of eliminating critters of all kinds, leave it to the pros!

Source: www.homeadvisor.com

Disorders of Vocal Abuse and Misuse

What are vocal abuse and misuse?

Vocal abuse is any behavior or occurrence that strains or injures the vocal folds (or vocal cords). This may include excessive talking, throat clearing, coughing, inhaling irritants, smoking, screaming, or yelling. Vocal misuse is improper voice usage such as speaking too loudly or at an abnormally high or low pitch. Frequent vocal abuse and misuse can damage the vocal folds and cause temporary or permanent changes in vocal function, voice quality, and possible loss of voice.

Who may be at risk for a disorder of vocal abuse or misuse?

Disorders of vocal abuse and misuse are the most prevalent and preventable of the types of voice disorders. Anyone, from infants to the elderly, who uses his or her voice excessively may develop a disorder related to vocal abuse. Lawyers, teachers, clergy, cheerleaders, and professional voice users such as singers and actors often develop these types of voice disorders. Much of the chronic hoarseness experienced by children is caused by vocal abuse or misuse.

What are some of the disorders of vocal abuse and misuse?

The most common disorders resulting from vocal abuse and misuse are laryngitis, vocal nodules, vocal polyps, and contact ulcers. Health professionals who have training in voice and voice disorders often refer to these conditions as “hyperfunctional voice disorders.”

Laryngitis

Laryngitis is an inflammation or swelling of the vocal folds. It may be caused by excessive use of the voice, by bacterial or viral infections, or by irritants such as inhaled chemicals or the backup of stomach acid into the throat (gastroesophageal reflux). The voice of someone with laryngitis will often sound raspy, breathy, and hoarse.

Vocal Nodules

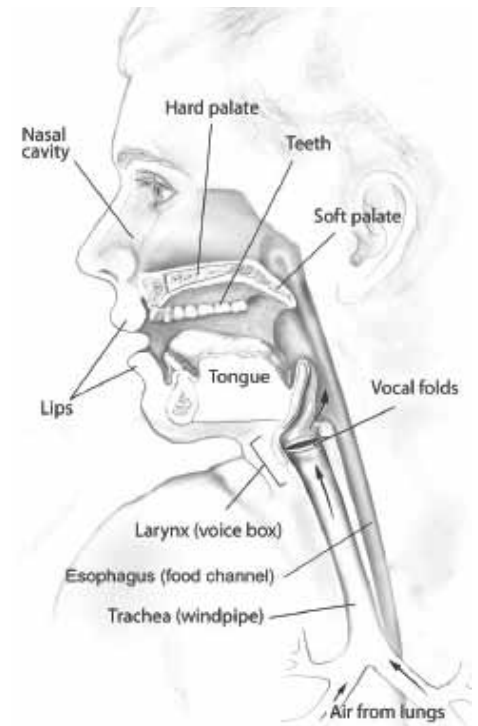
Vocal nodules, which are small, benign (noncancerous) growths on the vocal cords, are among the most common voice disorders directly related to vocal abuse. This condition is often called “singer’s nodes” because it is a frequent problem among professional singers. Vocal nodules are callous-like growths that usually form in pairs, one on each vocal fold. They form at the area that receives the most pressure when the folds come together to vibrate. The nodules develop from damage caused by repeated pressure on the same area much like a callous forms on areas of a person’s feet that are irritated by tight shoes. The voice of a person who has vocal nodules usually sounds hoarse, low-pitched, and slightly breathy.

Vocal Polyp

A vocal polyp, also called Reinke’s edema or polypoid degeneration, is a benign growth that is similar to a vocal nodule but is softer, more like a blister than a callous. It most often forms on only one vocal cord. A vocal polyp is often associated with long-term cigarette smoking but may also be linked to hypothyroidism (decreased activity of the thyroid gland which is involved in the growth and development of children and energy control in adults), gastroesophageal reflux, or chronic vocal misuse. People who develop a vocal polyp usually have a low-pitched, hoarse, breathy voice, similar to the voices of people who have vocal nodules.

Contact Ulcers

Contact ulcers are a less common disorder of vocal abuse. They are experienced by people who use too much force when bringing the vocal folds together for speech. This excessive force causes ulcerated sores or a wearing away of tissue on or near the cartilages of the larynx that move to bring the vocal folds



together. These ulcers are also found in people who have gastroesophageal reflux. People with this type of voice disorder often complain of their voice tiring easily and may feel pain in the throat, especially while talking.

Source: NIDCD Fact Sheet

ADVICE—Continued from Page 3

for that person to resist.

If you do set up a power of attorney, have a family discussion about it, AARP’s Hurme says. Make sure that the agent understands his or her responsibilities and that other family members know what their role is in helping the agent do the right thing, she says.

Maryland’s securities commissioner, Melanie Senter Lubin, warns that older investors these days are more susceptible to false promises of high returns because banks have been paying such low interest rates.

“People are worried more so now about outliving their money,” she says. “That makes people more vulnerable to chasing returns.”

Source: <http://articles.baltimoresun.com>

Get Your Tests!

Regular cancer testing can save your life.
Ask your doctor or nurse about these tests.

Be sure to tell your doctor or nurse if you have had any type of cancer or if your mother, father, brother, sister, or children have had cancer.

And to lower your chances of getting cancer and other diseases:



Don't use tobacco. If you do, ask your doctor or nurse about quitting.



Protect yourself from the sun.



Eat plenty of fruits, vegetables, and whole grains and only small amounts of red meat and high-fat dairy products.



Maintain a healthy weight.



Drink less alcohol, if you drink at all.



Get at least 30 minutes of physical activity on five or more days of the week.

Men

40-49 yrs of age:

To check for prostate cancer

Beginning at age 45:

- If you are African American or if your father, brother, or son had prostate cancer before the age of 65, your doctor should discuss the pros and cons of testing with you so you can decide if testing is right for you. If you decide to be tested, you should have a prostate specific antigen (PSA) blood test and a rectal exam every year.

50 yrs of age and older:

To check for prostate cancer

- Your doctor should discuss the pros and cons of testing with you so you can decide if testing is right for you. If you decide to be tested, you should have a prostate specific antigen (PSA) blood test and a rectal exam every year.

To check for colon cancer

- Get regular colon cancer testing. There are several tests to check for colon cancer. Talk to your doctor or nurse about these tests, how often they are done, and which test is best for you.

Women

21-29 yrs of age:

To check for breast cancer

- Tell your doctor or nurse right away if you notice any change, such as a lump, in your breasts.
- Have a doctor or nurse examine your breasts every 3 years.

To check for cervical cancer

(Starting about 3 years after you start having sex but no later than age 21)

- Get a regular Pap test. Ask your doctor or nurse how often you should have a Pap test. Most women your age have one every 1 to 2 years.

30-39 yrs of age:

To check for breast cancer

- Tell your doctor or nurse right away if you notice any change, such as a lump, in your breasts. Have a doctor or nurse examine your breasts every 3 years.

To check for cervical cancer

- Get a regular Pap test. Ask your doctor or nurse how often you should have a Pap test. Most women your age have one every 1 to 2 years. If you have had 3 normal Pap tests in a row, ask your doctor or nurse about having a Pap test every 2 to 3 years.

40-49 yrs of age:

To check for breast cancer

- Have an x-ray (mammogram) of your breasts every year.
- Have a doctor or nurse examine your breasts every year.
- Tell your doctor or nurse right away if you feel or notice any changes in your breasts, such as a lump.

To check for cervical cancer

- Get a regular Pap test.
- Ask your doctor or nurse how often you should have a Pap test. Most women have one every 1 to 3 years. If you have 3 normal Pap tests in a row, ask your doctor or nurse about having a Pap every 2 to 3 years.

50 yrs of age and older:

To check for breast cancer

- Follow the same steps as explained in ages 40-49.

To check for cervical cancer

- Follow the same steps as explained in ages 40-49.

To check for colon cancer

- Get regular colon cancer testing. There are several tests to check for colon cancer. Talk to your doctor or nurse about these tests, how often they are done, and which test is best for you.

Join us at the American Cancer Society Relay For Life Walk



May 1, 6 pm until June 1, 12 pm • Strasburg Franklin Park

1.800.227.2345 / cancer.org

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No. 243701-Rev. 02/09

MORE ACTIVITIES



Veterans presentation with Victor Fantin sharing numerous service photos. - Homestead



Victor Fantin showing pictures from his days in the Navy - Gardens



Tom Shelley (a dog trainer) who visit the facility, shares his black lab dog for the residents' enjoyment. Willa C. & Roberta G. enjoy petting the lab. - Dover Rehab



Mike Scholles and group Whogasize with Bill Miller - Gardens
Mike Scholles Whogasize



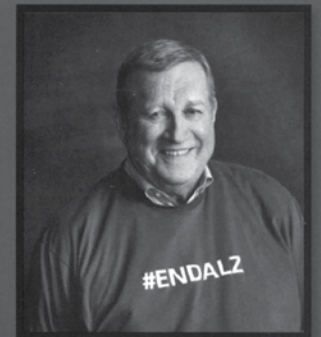
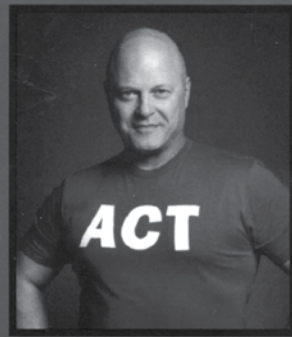
Thelma Shaffer and Norma Kendle, presentation at the Tuscarawas Senior Center - Rehab



Memory Magic - Concentration! - Homestead

SHARING AND UNDERSTANDING

You Can Help End Alzheimer's



Let us know how you would like to be involved.

VOICE

Share your voice by becoming an advocate or helping to raise awareness in your community and in the workplace.

ACT

Take action by supporting one of our events, forming a walk team or participating in our caregiver programs.

MOVE

Move this cause forward by making a donation to support education, caregiving and research efforts.

END ALZHEIMER'S

Simple Actions by individuals do make an impact. Together, we can increase awareness, support and funding to end Alzheimer's.

Mark your Calendar

D A T E S T O R E M E M B E R

APRIL

LUNCH & LEARN

April 10, lunch at 11:30a - Tusc. Senior Center
 Hosted by HCC of Dover & Bolivar,
 12:15p Guest Speakers:
 David Hennis, Kim Zontini, Kari DeLong
 New Therapy Houses

ENCORE RESALE

IN-HOUSE SHOPPING DAY

Dover, April 12, 10:00a – open to everyone

RUN FOR HOME

April 14 – HCC Hydration Station
 (contact us if you would like to help)

POTATO BAR FUNDRAISER

April 17 – Dover, 10:00a – 1:00p, Rehab Foyer
 April 18 – Bolivar, 10:00a – 2:00p
 Benefits Am. Cancer Society & Alzheimer's Assoc.

VOLUNTEER APPRECIATION EVENTS

Bolivar - April 26 - 6pm
 Dover - April 27 - 9a
 Dover Resident Volunteer Lunch – April 26, 11:30a

OHIO HEALTH CARE ASSOCIATION EDUCATIONAL CONVENTION

Columbus – April 29 – May 2

MAY

LUNCH & LEARN

May 8, Tusc. Senior Center, Lunch at 11:30a
 Hosted by HCC of Dover & Bolivar
 12:15p Guest Speakers: American Cancer
 Society Relay For Life Representative –
 The Organization and the RFL Walk

MOTHER'S DAY CELEBRATIONS

May 11
 Dover – Tea Party & Entertainment, 2:00p
 Bolivar – Lunch, 12:00p

NATIONAL NURSING HOME WEEK CELEBRATION

May 12 - 17
 Special events & activities – Watch for postings

BAKE SALE FUNDRAISER

Dover, May 19, 9:00a – 3:00p
 By the "cookie sisters"/Chairpersons
*Donations (monetary and baked goods)
 are graciously accepted*

MEMORIAL DAY PROGRAM

May 24, 2:00p, Dover

HOT DOG SALE FUNDRAISER

Dover- May 24, 10:00a -1:00p
 Outdoors - weather permitting
 Bolivar, May 24, 10:00a – 2:00p
 Am. Cancer Society & Alzheimer's Assoc.

AMERICAN CANCER SOCIETY RELAY FOR LIFE WALK

Strasburg Franklin Park
 May 31, 6:00p to Sat., June 1, 'til 12:00 Noon Come along
 with the HCC team!
 Theme: *Lights...Camera...CURE!*
 On-line donations available and
 36 fundraisers at the facilities

JUNE

LUNCH & LEARN

June 12, Tusc. Senior Center, Lunch 11:30a
 Hosted by HCC of Dover & Bolivar
 12:15p Guest Speaker: Beth Drensky,
 Health Coach and Speech Therapist

SUB SANDWICH SALE FUNDRAISER

Dover – June 14, 10:00a – 1:00p
 Bolivar – June 28, 10:00a – 2:00p
 Benefits Am. Cancer Society & Alzheimer's Assoc.

JULY

BAKE SALE

Bolivar, July TBA by Kim Zontini, Chairperson
 Dover, July 3, 10:00a – 2:00p
*Donations (monetary & baked goods)
 are graciously accepted*

LUNCH & LEARN

July 10, Tusc. Senior Center, lunch at 11:30a
 Hosted by HCC of Dover & Bolivar
 12:15p Guest Speakers:
 Kari DeLong-Hunt & Lauren Wilson
 Computer Technology

LION KING SHOW BUS TRIP (FUNDRAISER)

Play House Square – Cleveland
 July 12, 7:30 pm, \$74
 HCC bus convenient bus transportation
 Call for information – 330-364-8849

COMMUNITY CARD PARTY BENEFIT

7:00p- 10:00p
 Bolivar – July 10
 Dover – July 17

PIG ROAST FOR FAMILY

Hosted at HCC of Dover
 July 27, 4:00p – 7:00p
 Western Theme

** Watch the calendars/signs
 for many planned and unannounced
 visitors and entertainers*

BOWLING



Barbara Hinds aims for a strike!
 - Gardens



Donald Huff and Sammy Sickinger
 enjoy bowling together
 - Gardens



Kathryn Patterson and Marge
 Johnson bowling with Alex, the
 dog, watching. - Gardens



Sam McGuire bowling with Sammy
 Sickinger and Marge J. cheering.
 - Gardens

Theatre Shows!

Playhouse Square shows - Cleveland

HCC Bus Trips (fundraisers) | Let us do the driving! Front door drop off/pick up

Fun & Prizes | Open to the public

Disney's Lion King - July 12, 7:30 pm, \$74

Pre-payment reserves your seat - 5 tickets remaining

WATCH FOR OTHER SHOWS IN THE WORKS

Pending - *Wicked* - Dec 2013/Jan 2014 | *Jersey Boys* - May 2014

Thanks for your support! Past shows have included "Sister Act", "Priscella", and "The Confession" (at the Carlisle Inn). A mix of adults from staff to community members joined in for a fun evening and a good show. Conversations, fun, simple games like Trivia, Let's Make A Deal, etc. and prizes along the way (optional participation), gift bags, treats, and relaxation all take place en route to the show. The HCC bus is driven by a trusted staff member who takes us right to the front door and picks us up there, too! Lucky prize winners of gift cards and misc. items thus far have been Mr. Clum, Beth Drensky, Marge Johnson, Patty Roth, Trish Haynam and Joe House! If you want to join these fun fundraisers, just give us a call to reserve your spot on our bus! By the way, the bus ride is optional - you may drive on your own if you prefer, however our tickets are usually for 15 people (sometimes more). Want on our mailing list? Give us a call at 364-8849. Proceeds benefit the Alzheimer's Association and American Cancer Society.

WINNERS

Dover Kiwanis Pancake Day Tickets
(In memory of Harry D. Hennis):

Dover - Marge Johnson, Lauren Wilson, Debbie Smith, Mary Phillips, Mike Scholles, Jill Bresseur, Harold Baker, Courtney Myers, Erin Guber, Kendra Krieger, Eric Lanzer

Chairpersons Sign Up Sheet -

Drawing: Sue White - \$25 gas card

March 50/50- Charlie John

Dover Card Party 50/50 Drawing -
Barbara Hutras

Dover Kiwanis Pancake Day Tickets
(In memory of Harry D. Hennis):

Bolivar - Matthew Ridgway, Fred Hinerman, Kimberly Roth, Sara Hershberger, Nancy Thomas, Kari Staron, Tina Gallagher, Amanda Carnes, Tara Henry, Erin Slemmer, Angie Graves, Peggy Vincent, Renee Visnick

Scholarship Congratulations!

It is our pleasure to announce two employees of HCC have been awarded the Ohio Health Care Educational Foundation Scholarships! Monica Alleshouse, a nurse of HCC of Dover, will receive the \$4,000 District III Burton J. and Lois Rubens Premier Scholarship! Monica is an LPN currently working towards her RN degree at Stark State in Canton. The Harriet B. Hennis Scholarship of \$2,500 will go to Samantha Emig, also of HCC of Dover. Samantha is an LPN and will graduate this May with her RN degree from KSU in New Philadelphia, and she is also further pursuing a BSN degree thereafter! The Harry D. and Patricia A. Hennis Scholarship of \$2500 is going to Kathy Booth from SEM Haven and is going to Indiana Wesleyan for nursing.

They will be recognized and receive their scholarship checks at the OHCA Convention Finale Celebration Event, Thursday, May 2 in Columbus.

MUSIC THERAPY AND
RESPIRATORY HEALTH

Tips for Pursed Lip Breathing

A common technique, pursed lip breathing, has more merit, Criner says. The technique can ease shortness of breath.

To do pursed lip breathing:

1. Relax your neck and shoulder muscles.
2. Breathe in for two seconds through your nose, keeping your mouth closed.
3. Breathe out for four seconds through pursed lips. If this is too long for you, simply breathe out twice as long as you breathe in.

Pursed-lip breathing can be particularly useful to COPD patients who have emphysema, a common scenario.

"People with emphysema have very collapsible airways," says Norman H. Edelman, MD, chief medical officer at the American Lung Association and professor of preventive medicine and internal medicine at the State University of New York at Stony Brook.

"If you teach them to breathe in normally but breathe out through a narrow orifice of their lips, they keep the pressure up in their airways and it tends to prevent the large airways from collapsing."

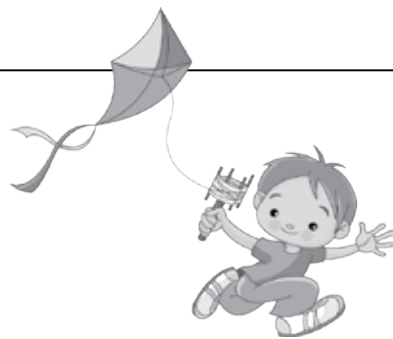
In COPD patients with advanced emphysema, pursed lip breathing can also open up airways enough to release more air, Criner says. "That may allow some air that's trapped in the lungs to exhale out, so it decreases the amount of gas trapped in your chest," Criner says.

The warmth and sunshine of spring is near! There's always a teaser or two (or three or four), but it is Ohio, right! But, the crocus, daffodils, and tulips tell us it's leading to the next season While the first third of the year was still in the heart of winter, we kept warm and active indoors. Mike exercises the big group in the mornings and everyone enjoys this upbeat spirit! She also does Whogacise (exercise/yoga in chairs) here as well as for community groups – recently at the Tuscarwas Senior Center with some of the residents attending, and she is scheduled for the Stark and Summit county groups! You go, girl! Mike is available for your group, too, if needed – just give us a call! Bowling for Dollars! We had some fun afternoon days with the adult students from Buckeye Career Centre (thanks, Nancy!) and Marge and Sammy Sickinger helping us with bowling in the hallway – complete with lottery scratch off tickets in the end with a few cash winners! His first day in the Gardens, Don Huff was quite good. Sam and Bill worked at some strikes and spares, along with Rina, Row, Lillian, Deloris, Catherine, and Barb. We enjoyed Super Bowl Spirit Day festivities. Marge helped us make butter pecan cupcakes and decorated them with green sprinkles as turf with edible footballs on top. We had trivia, games, word puzzles, and traditional game snacks: sub sandwiches by dietary, pepperoni spread by Paula, and Kathy brought in her nacho cheese dip, along with other chips and dips and beverages among the décor of red & black drapery and football pictures, sports music playing, and some of us along with the staff dressed in our team colors or jerseys to celebrate the big game. Bill M. even told his story of attending the Super Bowl when OJ played! Later, we watched Rudy, the football movie. Another uplifting warm event was “I Pan...U Listen” – the Dover High School Steel Drum Band concert title this year. We attended this fun, tropical, community concert at DHS auditorium and heard good melodies of “Can't Take My Eyes Off of You”, “The Lion Sleeps Tonight”, and even “Amazing Grace” – thanks Alex Sterner & Mike Scholles for transporting us. We, with staff and visitors, strolled, marched, and danced around the table to the tunes of “This Magic Moment”, “I've Got You, Babe”, and “Sugar Pie Honey Bunch” for the February Cake Walk fundraiser – it's a delightful way to win a cake such as Southern Pecan Praline cake, a strawberry cake, a pretty heart shaped brownie, or a chocolate cake topped with buckeyes! Be sure to come to the next one – it's so much fun! Valentine's Day parties took place with games and treats, and then the big revealing of the royal king and queen took place at the special family dinner. The delicious dinner of Italian ravioli soup, stuffed pork loin, asparagus, sweet potatoes, and cheesecake was greatly appreciated. Bill M. and Butch can be found using the computer as a good way to stay in touch with others and up to date. Tech help is always available from activity staff, Lauren, Admissions, Kari DeLong, and IT, Harold Baker. Did you know Kari and Lauren

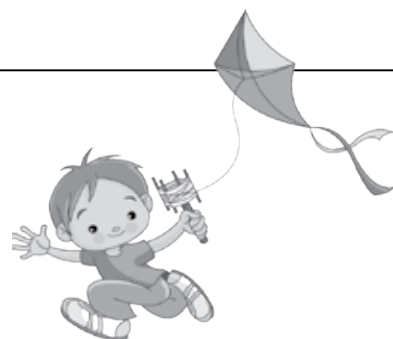
will be providing a technology program at the Senior Center for Lunch & Learn on July 10th? You're welcome to attend, too. The community benefit card party is a room full of warm-hearted folks! Good food, good prizes = good times! Thank you for your attendance and support! Do you hear laughter, bells ringing, and shouting with glee? It comes from our Bunco game as a bunch of us gather around the table with Marge for an afternoon of fun. B-I-N-G-O! That's heard often, too, as we love to play it. The STNAs, Tammy H., Heather V., Kirsten and others call it for us as well as some new volunteers: Randy, Charlene J., and John Yutzey – welcome aboard! Young people always warm the spirits, such as Dover Middle school students Patrick Tolotti and Sammy Sickinger warm our's as they help decorate, play games, work in the dining room, and read with Sam M. and others. Another young man even brought in his baritone to play as he visited his great aunt Allene Heitzman, and that elicited a few curious audience members! Some of our community involvement included Bill M. inviting Paula and David to speak at the N.P. Lions Club meeting where Bill introduced David who presented on the new therapy house project with questions and discussion. Thanks, Bill, for this opportunity. We'd be glad to speak at your club or meeting (we have a variety of subjects and professionals) – just call ext. 2017. We also participated in the Union Hospital Chocolate Love Affair offering a chocolate fountain full of goodies for dipping and “Death by Chocolate” cupcakes, and we saw many friends and staff. And, we're proud of our own Mike Scholles, along with other community professionals, who participated in the community endeavor as a judge for the Red Cross Hometown Heroes contest submissions! Afterwards, the residents appreciated hearing and reading the entries and were awed by the various acts of heroism by many people of all ages and different scenarios. The Linus Blanket Project kept us feeling warm and fuzzy as we worked on some quilting and tying fleece blankets and working together with youngsters Alison, Daisy, and Tory – daughters of the staff. It feels good to be productive and knowing that the blankets go to good causes. We spiced things up a little with a Mexican lunch outing and enjoyed going for a ride. Chef Brian kept on that path when he prepared flavorful shrimp and fine beef for us to sample during his chef demo. Cupcakes always make people happy, so for St. Patrick's Day we whipped up a batch of pistachio cupcakes with Marge, iced them and ate them. We had fun wearing big, flashy, “emerald” green gemstone rings, listened to Celtic music like “Danny Boy”, and played another fun game at the table. P.S. – you'll find some delicious cupcakes by the “cookie sisters” at the bake sale fundraiser in May! Just because...Heartwarming military service remembrance by Vic Fanton (husband of Loise & brother-in-law to Rina) gave a nice veteran presentation to the residents, staff, and visitors sharing an oversized photo collage of numerous service pictures. Many of the fellows

appreciated this effort. There was a lot of reminiscing and stories exchanged. Thanks, Vic, for giving of your time sharing your keepsake. In a room filled with singers, musicians, dancers, guests listening/swaying/clapping – it must be the indoor concerts at Tuscora Park! Phil-N-The-Blanks, Todd T. Taylor are some of the performers we enjoyed. We thank Mike, Lauren, and Kathy who take small groups to these wonderful musical opportunities. By the way, did you know May offers National Music Week? We give a warm welcome to Kelly Barr, Gardens new Unit Manager. (Nicole is expanding her career with HCC). Kelly is very bright, an excellent teacher, has great standards & expectations (& values), and a very nice nature, and we are pleased to have her as part of the HCC team. You may recognize her from having her KSU nursing students here over time when she was an instructor. Please be sure to introduce yourself and give her a Hennis welcome when you see her. It's always exciting when people graduate from Hennis Rehabilitation, and it's even better when they return to volunteer! As is the case with Charlotte, who joins us as a volunteer calling Bingo and helping the Social Work office. We said farewell and thank Ed Gause, from the Senior Center, who planned to volunteer for a couple of months to help with Bingo. We look forward to our annual Volunteer Appreciation event in April to show our thanks and appreciation to this wonderful group of people of all ages who give in a variety of time frames and of themselves in multiple ways on our behalf! A special lunch outing is also planned for the resident volunteers who help in a variety of capacities, and we warmly value their contributions! We'll be busy helping to raise funds for the Am. Cancer Society Relay For Life and Alzheimer's Assoc. by attending our community benefit card parties, selling tickets, helping at the bake sales, the potato bar fundraiser, etc. and telling everybody about the 36 fundraisers to aid these meaningful causes! We'll plan to attend the community Relay For Life walk on Saturday morning, June 1 at Strasburg Park, and we hope you can join us, too! May usually brings weddings and babies, and we'll be joyfully celebrating both as we host a wedding shower for the Case Manager, Kari DeLong, to marry Tad Hunt in May, and then a baby shower for Lauren Wilson, Recreation Therapist, awaiting the arrival of her little one late May/early June! We are happy for both of them and wish them the best! We look forward to April, May, and June's warm weather, rain for the flowers and gardens, and sunshine for our vitamin D, in addition to the activities and events for the season like picnics in the parks, outdoor summer park concerts, boat rides at Atwood and Tappan Lakes, outdoor games, local and Cleveland Indians baseball games, and more! Be on the lookout for the listing of National Nursing Home Week's special festivities, and Mother's/Father's Day celebrations! Join the fun!

*Learn from Yesterday * Live for Today
Hope for Tomorrow*



April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mismatch Day Fundraiser 1st - \$1 Vol. Appreciation Dinner (Rehab) 24th - 6:00pm Potato Bar Fundraiser 17th - 10am - 1pm (R) Mother's Day Tea May 11th - 2pm (Each DR)	Mismatch Day Fundraiser - \$1 9:00 Energize w/Mike & Devotions 9:30 Bowling } 10:30 Uno } 1:45 Bingo 3:30 Parachute Partners } 4:00 Name That Tune } 6:30 Brandon Troyer Choir/R 7:00 Movie Ch. 2	2 9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 2:00 Games of Choice 3:30 Crafts 6:00 Resident Choir	3 9:00 Loosen Up w/Mike & Devotions 10:30 Nail Polish Mania by Staff 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visit 3:30 Bocci 4:00 Pick Your Brain }	4 Art Lesson w/Lauren 9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee 10:30 Crafts 2:00 Pat Potter - Singer 3:30 Volleyball 4:00 Karaoke 6:00 Creative Corner	5 Afternoon Special Fun With Marge 9:00 Rise & Shine/Exercise Time 9:30 Morning Chat 1:30 Dot Visits 1:30 Jingo 3:30 Horseshoes 4:00 Social Hour 7:00 Movie Ch.2	6 10:00 Lights For Christ Visit 1:30 Bingo With Staff Individual Activities Cards - Puzzles Board Games
7 12:00 Catholic Communion 2:00 Alpine Bible Church Service	8 9:00 Energize w/Mike & Devotions 9:30 Bowling } 10:30 Uno } 2:00 Chef Demo 1:45 Bingo 3:30 Parachute Partners } 4:00 Name That Tune } 6:30 Brandon Troyer Choir/R 7:00 Movie Ch. 2	9 9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 2:00 Catholic Mass/R 2:00 Joyce Cecil - Piano Music 2:00 Games of Choice 3:30 Crafts 6:00 Resident Choir	10 9:00 Loosen Up w/Mike & Devotions 10:30 Nail Polish Mania by Staff 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visit 3:30 Bocci 4:00 Pick Your Brain }	11 9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee } 10:30 Crafts } 2:00 Jim McConnell - Singer 3:30 Volleyball } 4:00 Karaoke } 6:00 Creative Corner	12 Encore Clothing In-House Shopping 10am-3pm Afternoon Special Fun With Marge 9:00 Rise & Shine/Exercise Time 9:30 Morning Chat 10:00 Crafts 1:30 Jingo 3:30 Horseshoes 4:00 Social Hour 7:00 Movie Ch.2	13 1:30 Bingo With Staff Individual Activities Cards - Puzzles Board Games
14 (Run For Home) 12:00 Catholic Communion 2:00 Rev. Robb's Church Service	15 9:00 Energize w/Mike & Devotions 9:30 Bowling } 10:30 Uno } 1:45 Bingo 3:30 Parachute Partners } 4:00 Name That Tune } 6:30 Brandon Troyer Choir/R 7:00 Movie Ch. 2	16 9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 3:30 Crafts 6:00 Resident Choir	17 Potato Bar Fundraiser - 10am-1pm 9:00 Loosen Up w/Mike & Devotions 10:30 Nail Polish Mania by Staff 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visit 3:30 Bocci 4:00 Pick Your Brain }	18 Art Lesson w/Lauren 9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee 10:30 Crafts 2:00 Karaoke Stage/R 3:30 Volleyball } 4:00 Karaoke } 6:30 Wayne Roth - Singer	19 Afternoon Special Fun With Marge 9:00 Rise & Shine/Exercise Time 9:30 Morning Chat 10:00 Crafts 1:30 St. Patty's Party 1:30 Jingo 3:30 Horseshoes 4:00 Social Hour 7:00 Movie Ch.2	20 1:30 Bingo With Staff Individual Activities Cards - Puzzles Board Games
21 12:00 Catholic Communion 2:00 Dover Bible Church Service	22 9:00 Energize w/Mike & Devotions 9:30 Bowling } 10:30 Uno } 1:45 Bingo 3:30 Parachute Partners } 4:00 Name That Tune } 6:30 Brandon Troyer Choir/R 7:00 Movie Ch. 2	23 9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 2:00 Games of Choice 3:30 Crafts 6:00 Resident Choir	24 9:00 Loosen Up w/Mike & Devotions 10:30 Nail Polish Mania by Staff 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visit } 3:30 Bocci } 4:00 Pick Your Brain }	25 9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee } 10:30 Crafts } 2:00 Music with Max - Piano 3:30 Volleyball } 4:00 Karaoke } 6:00 Creative Corner	26 Afternoon Special Fun With Marge 9:00 Rise & Shine/Exercise Time 9:30 Morning Chat 10:00 Crafts 11:30 Resident Vol. Lunch - Buehlers 1:30 Jingo 3:30 Horseshoes	27 1:30 Bingo With Staff Individual Activities Cards - Puzzles Board Games
28 12:00 Catholic Communion 2:00 Church Of New Hope Church Service	29 9:00 Energize w/Mike & Devotions 9:30 Bowling } 10:30 Uno } 1:45 Bingo 3:30 Parachute Partners } 4:00 Name That Tune } 6:30 Brandon Troyer Choir/R 7:00 Movie Ch. 2	30 9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 2:00 Games of Choice 3:00 Resident Council 3:30 Crafts 6:00 Resident Choir	Mon. & Fri. Nites Movies on Ch. 2 7:00pm Activities subject to change Everyday Games in the Dining Room Wii Available Daily Daily: Afternoon & Evening Card Club	PS Salon Services Tuesday thru Saturday Look for Guys Gathering Outings - TBA Daily Computer Use Available Check out the fundraisers for Cancer & Alzheimer's Rehab Crafts Wednesdays - 1:00pm	<h2>Garden Activities</h2> <p>of Dover</p> <p>} denotes Activities w/Staff</p>	

For the next month's calendar check our web site (www.henniscarecentre.com) or pick up a free copy in the facility.

We were definitely ready for winter to be gone and for spring to be here in full blast. We can't wait to sit on the porch and enjoy the sunshine, see the tulips start blooming and hear those birds chirping as these months offer this opportunity. We are so excited for the fun festivities that spring has in store for us.

April may bring showers, but that is okay by us if it helps our garden grow. We have already gotten a jump start on our gardening this year. We did some science experiments this winter and actually planted our green beans in old CD cases. We are very anxious to see how our beans do this year. Once they have sprouted and the frost is gone, we will plant them outside where they can flourish and grow. And then we, of course, can eat them when they are mature! April is also the start of baseball season and we are excited to root for our favorite teams: Cleveland Indians, Cincinnati Reds, high school teams, and our grandchildren's little league games!

May, of course, always brings wonderful festivities and we are so excited for all the fun that awaits. May brings National Nursing Home Week, and this year we are celebrating by stepping into Broadway! There are going to be great entertainers and activities, and not to mention, maybe a few musical numbers or two! In May we are also going to celebrate National Tourism Week, we are going to get to learn about so many different places that we always wanted to travel to but never got a chance to visit, and probably even get to snack on some of the national delicacies while we're at it!

June is going to have just as much in store for us. Not only will it be the start of summer, but we will be celebrating many fun and exciting days including: Family History Day, Ice Cream Soda Day, Cheese Day and Fishing Day - just to name a few.

Be sure to stop by our display tables to see all of our fundraisers, (about 35 of them!) for the Alzheimer's Association and American Cancer Society Relay For Life. Lots of interesting and fun ones! We appreciate your support! Hope you can join us at the Walk on May 31 and June 1!

So make sure you stop by and join us for all the events that we have going on! We know you are going to be sad if you miss out on all of these great activities!! We know where we will be! Hope to see you there!

Lauren, Kathy and The Homestead



Denise Garvin and Irene Lambros enjoying Nail Mania - Homestead



Norma Kendle bowling with KSU students - Homestead

VOLUNTEER



**Seeking persons interested in helping with crafts & games
(once a week or more - day/evening) at HCC of Dover Gardens/WIII**

Volunteers at Hennis Care Centre do much more than just game playing, crafts, and baking. They make our residents and your loved ones feel special and involved. There are over 20 different ways you can volunteer your time to those at Hennis. *If you'd like to be a part of our rewarding volunteer program, visit henniscarecentre.com, or ask for the Activities Department or Public Relations.*



April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mismatch Day Fundraiser 1st - \$1 Vol. Appreciation Dinner (Rehab) 24th - 6:00pm Potato Bar Fundraiser 17th - 10am - 1pm (R) Mother's Day Tea May 11th - 2pm (Each DR)	Mismatch Day Fundraiser - \$1 7:30 Breakfast Club 8:00 Social Circle 9:00 Baseball Card Craft 10:00 Baseball Trivia 1:30 Bingo 2:00 Spelling Bee 6:30 Brandon Troyer Choir/R 7:00 Movie - Ch. 2	2 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 9:30 Farkle 2:00 PB & J Sandwiches 3:00 Bowling 7:00 Evening Tunes	3 7:30 Breakfast Club 8:00 Social Circle 9:00 Current Events 9:30 Sensory Time 10:00 Nail Mania 1:30 Tulip Note Holder Craft 3:00 Puzzle Games 7:00 Evening Tunes	4 Art Lesson w/Lauren 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 10:00 Trivia 2:00 Pat Potter - Singer/G 3:30 Storytime 7:00 Evening Tunes	5 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 9:30 Farkle 10:00 Memory Magic 1:30 Cooking Corner 3:00 Garden Time 7:00 Movie - Ch. 2	6 7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Current Events 9:30 Sensory Time 10:00 Lights For Christ Visit 1:30 Karaoke 7:00 Evening Tunes
7 7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Current Events 9:30 Sensory Time 10:00 Communion Service 2:00 Alpine Bible Church Service/G 7:00 Evening Tunes	8 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 1:30 Bingo 2:00 Spelling Bee 3:00 Ball Toss 6:30 Brandon Troyer Choir/R 7:00 Movie - Ch. 2	9 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 9:30 Farkle 1:30 Crafts 2:00 Catholic Mass 2:00 Joyce Cecil - Piano/G 3:00 Bowling 7:00 Evening Tunes	10 7:30 Breakfast Club 8:00 Social Circle 9:00 Current Events 9:30 Sensory Time 10:00 Nail Mania 1:30 Craft Corner 3:00 Puzzle Games 7:00 Evening Tunes	11 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 10:00 Trivia 2:00 Jim McConnell - Singer/G 3:30 Storytime 7:00 Evening Tunes	12 Encore Clothing In-House Shopping 10am-3pm 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 9:30 Farkle 10:00 Memory Magic 1:30 Grilled Cheese Sandwiches 3:00 Garden Time 7:00 Movie - Ch. 2	13 7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Current Events 9:30 Sensory Time 1:30 Karaoke 7:00 Evening Tunes
14 (Run For Home) 7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Current Events 9:30 Sensory Time 10:00 Communion Service 2:00 Rev. Robb's Church Service/G 7:00 Evening Tunes	15 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 1:30 Bingo 2:00 Spelling Bee 3:00 Ball Toss 6:30 Brandon Troyer Choir/R 7:00 Movie - Ch. 2	16 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 9:30 Farkle 1:30 Crafts 3:00 Bowling 7:00 Evening Tunes	17 Potato Bar Fundraiser - 10am-1pm 7:30 Breakfast Club 8:00 Social Circle 9:00 Current Events 9:30 Sensory Time 10:00 Nail Mania 2:00 Ombudsman Day Party 3:00 Puzzle Games 7:00 Evening Tunes	18 Art Lesson w/Lauren 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 10:00 Trivia 2:00 Karaoke Stage/R 3:30 Storytime 6:30 Wayne Roth - Music 7:00 Evening Tunes	19 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 9:30 Farkle 10:00 Memory Magic 1:30 Homemade Pretzels 3:00 Garden Time 7:00 Movie - Ch. 2	20 7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Current Events 9:30 Sensory Time 1:30 Karaoke 7:00 Evening Tunes
21 7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Current Events 9:30 Sensory Time 10:00 Communion Service 2:00 Dover Bible Church Service/G 7:00 Evening Tunes	22 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 9:30 History Of The Smokies 1:30 Bingo 2:00 Spelling Bee 3:00 Ball Toss 6:30 Brandon Troyer Choir/R 7:00 Movie - Ch. 2	23 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 9:30 Farkle 10:30 Picnic To Fort Laurens 1:30 Crafts 3:00 Bowling 7:00 Evening Tunes	24 7:30 Breakfast Club 8:00 Social Circle 9:00 Current Events 9:30 Sensory Time 10:00 Nail Mania 1:30 History Of The Grand Canyon 3:00 Puzzle Games 7:00 Evening Tunes	25 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 10:00 Trivia 2:00 Music With Max - Piano/G 3:30 Storytime 7:00 Evening Tunes	26 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 9:30 Farkle 10:00 Memory Magic 1:30 Cooking Corner 1:30 History Of The Cuyahoga Valley 3:00 Garden Time 7:00 Movie - Ch. 2	27 7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Current Events 9:30 Sensory Time 1:30 Karaoke 7:00 Evening Tunes
28 7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Current Events 9:30 Sensory Time 10:00 Communion Service 2:00 Church Of New Hope Church Service/G 7:00 Evening Tunes	29 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 1:30 Bingo 2:00 Spelling Bee 3:00 Ball Toss 6:30 Brandon Troyer Choir/R 7:00 Movie - Ch. 2	30 7:30 Breakfast Club 8:00 Social Circle 9:00 Daily Devotions 9:30 Farkle 1:30 Crafts 3:00 Bowling 7:00 Evening Tunes	<i>Activities subject to change.</i> <i>Everyday Games in the Dining Room</i> <i>Wii Available Daily</i> <i>Mon. & Fri. Nites Movies on Ch. 2 7:00pm</i> <i>Kathy's Daily Surprises</i>	<i>PS Salon Services Tuesday thru Saturday</i> <i>Look for Guys Gathering Outings - TBA</i> <i>Daily Computer Use Available</i> <i>Check out the fundraisers for Cancer & Alzheimer's</i> <i>Rehab Crafts Wednesdays - 1:00pm</i>	<h2>Homestead Activities</h2> <p><i>of Dover</i></p>	

For the next month's calendar check our web site (www.henniscarecentre.com) or pick up a free copy in the facility.

Whew, time is flying by so quickly; it's officially 2013, and we are in the future! We have been pretty fortunate to be able to be a part of the future, and we have much to teach the future generations about the history of our ways, and we must be willing to learn new ways. It's exciting to look to the future and experience the challenges ahead. Over the winter, residents of Rehab got to experience my Italian heritage foods, familiar to some, I'm sure. I made our region's famous spaghetti sauce made with several kinds of meats such as Bracollie. This is a round steak pounded thin, with black pepper, salt, chopped fresh garlic, topped with a lot of fresh loosely chopped parsley. Then you roll the meat like jelly roll style and tie it with string. Add this to an extra large skillet with olive oil and onions already cooking, plus these meats as well – pork roast, spareribs, Italian sausage links, and pieces of chicken. Sear the meat on all sides until browned. Add this to a second pot with your tomato sauces and let cook for several hours, then add fresh basil and continue cooking until for another hour. The longer you cook the meats, the tender the meat. This is the sauce that mom made every Sunday; she started it before mass, and let me tell you, coming home to this aroma was incredible! This meal was always served with stuffed artichokes and escarole soup. The order of eating an Italian meal is: soup as the first course, pasta second, meats and vegetables next, then salad before dessert. Another day I shared ricotta pie with everyone – umm, good! Rose and Paula agreed, too! This is a Sicilian pie made with ricotta cheese, and usually served warm, with Gelato ice cream, or even port wine. This was a good activity for aroma and physical benefits, and pure enjoyment as well! It served as a delicious treat afterwards! All of this culinary exposure created stimulating conversations about making the dishes, comparing family cultures, discussing recipes, eating the food, and sharing various heritages. Do you have something special you would like to

share – a story, an antique, a family or favorite recipe? Come share it with us, we'd love it!

Recently, I did a program at the Tusc. Senior Center doing the Whogacize routine that our Rehab group does every day. It is a form of wheelchair yoga that's designed for individuals in wheelchairs or individuals with physical limitations. This program incorporates both Whoga and functional exercise moves to develop and strengthen many muscles in your body without leaving your chair. It brings balance and awareness to the physical and mental well-being! From this presentation, we have gained a few more people from the community who attend our daily classes, almost doubling our group! Everyone is welcome anytime! Thank you for making our new guests feel so welcome. I will be doing this program for Summit County Tops group and for one of the Stark county Weight Watchers Groups. If you are interested in having a Whogacize class, just let us know, we can make arrangements for any organizations, club meetings, and get healthy at the same time!

So far, we have had a few 2013 fundraisers for the Am. Cancer Society Relay For Life and the Alzheimer's Assoc. that have been delicious. Soup sales have been booming – home-made chili, bean & ham, potato, chicken noodle, and all of them so good! Staff, residents, and visitors, local companies, and walk-ins have been very supportive! Next time we should make tomato soup – it's one of my favorites. What is your favorite soup? Let us know and we'll try to include it. Thanks for your support! There's also a raffle for an OSU bucket full of OSU things for you Buckeye fans! Soon, there will be a display table of all 30 some other exciting fundraisers for these meaningful causes.

We were fortunate to have a temporary volunteer join us after the holidays. I met Ed Gause at the Senior Center while there for Lunch & Learn. He called Bingo on the Gardens for a few months on Wednesdays and Saturdays, and we appreciated his service. If you would like

to volunteer in any way for any length of time – we need you as well. Dot Krienbihl has been taking it easy lately – and we know for Dot that is not easy. She had a recent set back, but she plans to return soon. We appreciate all that she and her daughter, Carol, offer to HCC! We also welcome and thank another newcomer to our volunteer team, John Yutzey, who planned to escort us to a concert, and helped sell tickets at our winter community card party. We'll be seeing more of John with other outings and events as well as Bingo. Another Rehab volunteer is Charlene J., who upon recovery, returned to help with the Social Worker and to call Bingo. It's so good to see this! Thanks for joining the volunteering ranks! We also look forward to the Dover Middle School students who plan to return on their spring break. We appreciate all of you greatly!

We welcome nurse Kelly Barr as the new Gardens Unit Manager. Kelly is fitting right in and making friends wherever she goes. She recently joined us after training nursing students as KSU's nursing instructor. We are very fortunate to have Kelly on the Hennis team! Some of Rehab's residents will get to know her more as they transfer to the Gardens unit.

We send our congratulations to Kari DeLong, our Admissions Coordinator, on her wedding this September! We will be hosting a shower for her from the residents soon and look forward to the games and refreshments. And, May will also bring a resident baby shower for Lauren Wilson, Activities of Homestead! She will plan to return after the big arrival sometime mid summer!

Be sure to check the many current and upcoming activities, special events, seasonal happenings that are listed in the "Mark Your Calendar", posted signs, calendars, invitations, and mailings, and on the website to not miss anything!

So, for now, enjoy the spring blooms heading to summer! Till next time...

Mike



April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mismatch Day Fundraiser 1st - \$1 Vol. Appreciation Dinner (Rehab) 24th - 6:00pm Potato Bar Fundraiser 17th - 10am - 1pm (R) Mother's Day Tea May 11th - 2pm (Each DR)	1 Mismatch Day Fundraiser - \$1 7:30 Breakfast Club 9:00 Exercise 10:00 Kathy's Stops 1:30 Bingo/G 2:00 1 on 1 Visit 6:30 Brandon Troyer Choir/R 7:00 Movie - Ch. 2	2 7:30 Breakfast Club 9:00 Movin' To Moves 10:00 Morning Devotions 1:00 Dot's Bingo 2:00 Mike Visits 6:00 Resident Choir	3 7:30 Breakfast Club 9:00 Let's Shake It Up 10:00 Bless Us Lord 1:00 Crafts 2:00 Dover Library 3:00 Catholic Visits	4 Art Lesson w/Lauren 7:30 Breakfast Club 9:00 Bend And Turn 10:00 Stories 2:00 Pat Potter - Singer/G	5 7:30 Breakfast Club 9:00 Fit And Firm 10:00 Prayers 1:00 Domino's Day 7:00 Movie - Ch. 2	6 8:00 Breakfast Your Way 10:00 Lights For Christ Visit 11:00 All Day Computer 1:30 Bingo/G Cards - Puzzles Board Games
7 12:00 Catholic Communion 2:00 Alpine Bible Church Service/G	8 7:30 Breakfast Club 9:00 Exercise 12:00 Chef Demo 1:30 Bingo/G 2:00 1 on 1 Visit 6:30 Brandon Troyer Choir/R 7:00 Movie - Ch. 2	9 7:30 Breakfast Club 9:00 Movin' To Moves 10:00 Morning Devotions 1:00 Dot's Bingo 2:00 Catholic Mass 2:00 Joyce Cecil - Piano Music/G 2:00 Mike Visits 6:00 Resident Choir	10 7:30 Breakfast Club 9:00 Let's Shake It Up 10:00 Bless Us Lord 1:00 Crafts 2:00 Dover Library 3:00 Catholic Visits	11 7:30 Breakfast Club 9:00 Bend And Turn 10:00 Stories 2:00 Jim McConnell - Singer/G	12 Encore Clothing In-House Shopping 10am-3pm 7:30 Breakfast Club 9:00 Fit And Firm 10:00 Prayers 1:00 Domino's Day 7:00 Movie - Ch. 2	13 8:00 Breakfast Your Way 11:00 All Day Computer 1:30 Bingo/G Cards - Puzzles Board Games
14 (Run For Home) 12:00 Catholic Communion 2:00 Rev. Robb's Church Service/G	15 7:30 Breakfast Club 9:00 Exercise 1:30 Bingo/G 2:00 1 on 1 Visit 6:30 Brandon Troyer Choir/R 7:00 Movie - Ch. 2	16 7:30 Breakfast Club 9:00 Movin' To Moves 10:00 Morning Devotions 1:00 Dot's Bingo 2:00 Mike Visits 6:00 Resident Choir	17 Potato Bar Fundraiser - 10am-1pm 7:30 Breakfast Club 9:00 Let's Shake It Up 10:00 Bless Us Lord 1:00 Crafts 2:00 Dover Library 3:00 Catholic Visits	18 Art Lesson w/Lauren 7:30 Breakfast Club 9:00 Bend And Turn 10:00 Stories 2:00 Karaoke Stage 6:30 Wayne Roth - Singer/G	19 7:30 Breakfast Club 9:00 Fit And Firm 10:00 Prayers 1:00 Domino's Day 7:00 Movie - Ch. 2	20 8:00 Breakfast Your Way 11:00 All Day Computer 1:30 Bingo/G Cards - Puzzles Board Games
21 12:00 Catholic Communion 2:00 Dover Bible Church Service/G	22 7:30 Breakfast Club 9:00 Exercise 1:30 Bingo/G 2:00 1 on 1 Visit 6:30 Brandon Troyer Choir/R 7:00 Movie - Ch. 2	23 7:30 Breakfast Club 9:00 Movin' To Moves 10:00 Morning Devotions 1:00 Dot's Bingo 2:00 Mike Visits 6:00 Resident Choir	24 7:30 Breakfast Club 9:00 Let's Shake It Up 10:00 Bless Us Lord 1:00 Crafts 2:00 Dover Library 3:00 Catholic Visits	25 7:30 Breakfast Club 9:00 Bend And Turn 10:00 Stories 2:00 Music With Max - Piano/G	26 7:30 Breakfast Club 9:00 Fit And Firm 10:00 Prayers 11:30 Resident Vol. Lunch - Buehlers 1:00 Domino's Day 7:00 Movie - Ch. 2	27 8:00 Breakfast Your Way 11:00 All Day Computer 1:30 Bingo/G Cards - Puzzles Board Games
28 12:00 Catholic Communion 2:00 Church Of New Hope Church Service/G	29 7:30 Breakfast Club 9:00 Exercise 1:30 Bingo/G 2:00 1 on 1 Visit 6:30 Brandon Troyer Choir/R 7:00 Movie - Ch. 2	30 7:30 Breakfast Club 9:00 Movin' To Moves 10:00 Morning Devotions 1:00 Dot's Bingo 2:00 Mike Visits 6:00 Resident Choir	<i>Activities subject to change.</i> <i>Everyday Games in the Dining Room</i> <i>Wii Available Daily</i> <i>Daily: Afternoon & Evening Card Club-G</i> <i>Mon. & Fri. Nites Movies on Ch. 2 7:00pm</i>	<i>PS Salon Services Tuesday thru Saturday</i> <i>Look for Guys Gathering Outings - TBA</i> <i>Daily Computer Use Available</i> <i>Check out the fundraisers for Cancer & Alzheimer's</i> <i>Rehab Crafts Wednesdays - 1:00pm</i>	<h2>Rehabilitation Activities of Dover</h2>	

For the next month's calendar check our web site (www.henniscarecentre.com) or pick up a free copy in the facility.

CHOCOLATE LOVE AFFAIR



Culinary Talent
Carla, Chef Matthew, Chef Brian and Grace



Carole G. and other guests dip their favorite
treats in the warm, delicious chocolate,



The Dynamic Duo
Chef Matthew and Chef Brian



The Culinary Crew visit with guests,
also employee of Bolivar!

LINUS BLANKET PROJECT



Mel and Charlene - Rehab



Daisy and Virginia work together.



Lillian with helpers Tori and Daisy - Gardens



Anita and Jean - Rehab



Donna McCauley - Homestead



Alison and Rina enjoy their time together -
Gardens



Charlene, Roberta and Nurse Carol - Homestead

DOVER VALENTINE DINNER



Gardens Valentines Day King Sam McGuire and Queen Lillian Sims - Gardens



Stella Campbell and nephew Valentines Dinner - Homestead



Homestead Valentine Queen Thelma Shaffer and King Donald Winkler



Jimmie McCreery with daughter and granddaughter - Homestead



Jean Shores and daughter Valentines Dinner - Homestead



Beulah Howard and guest Valentines Dinner - Rehab



Warren Cramblett and family Valentines Dinner - Rehab



Jane Ballard and family Valentines Dinner - Rehab



Janis Regula and family Valentines Dinner - Rehab



Wilman "Dutch" Stevenson and guest Valentines Dinner - Rehab



Rehab King Chester Harmon and Queen Shirley Scott - Rehab



Rondinella Family Valentines Dinner - Homestead



Martha Carlisle and Family Valentines Dinner - Homestead

April showers do indeed bring May flowers. We are planning our summer garden as we start into spring. We are looking forward to being outside after the long winter; waiting for that first breath of fresh air, the smell of lilacs and daffodils, the sun on our faces, and the taste of fresh herbs from the garden.

We enjoyed the valentine dinner in February where we crowned Linda Dessecker Queen and Ray Hogue King. It is so fun being with our families. In March we had a bake sale ran by Jean Little, a card party, we went to the Canton Charge game and we were entertained by Jon King, Fran Zupp and Gene W. We had an Easter Bunny breakfast and egg hunt for the children of the staff here at Hennis.

April will bring Jon King, Gene, Tim Turkal and Max to entertain us. We will have a Potato Bar with baked potatoes with all the trimmings for lunch on the 18th and the Volunteer Dinner on the 26th. We appreciate our volunteers so much. Some of our Bingo Ladies have been coming for 12 years. Your faithfulness amazes us. There is no way to repay you for all you do. The residents so look forward to seeing you each Monday and Saturday. You are the best.

Mother's Day Luncheon will be May 11th at 12:00pm. We will then start off our celebration of National Nursing Home Week May 13th. This will bring a whole week of entertainment, crafts, snacks and tons of fun! Jon King will visit twice and the Doodle-Le-Doos will entertain on May 30th at 6:30. They are the best entertainers. They only come twice a year so be sure you don't miss this night. We will have a hot dog and Coney Sale on the 24th from 10:00 AM -2:00 PM for the The American Cancer Society Relay For Life and Alzheimer's Association. These are two excellent causes and we enjoy helping them raise money to fight cancer and Alzheimer's, as well supporting them in our many events throughout the year.

We are hoping for good weather in June so we can spend many days outside. The Father's Day Brunch will be the 15th and we will have a build a sub day on the 28th.

Have a great summer,



Thelma showing off the wreath she made



Thelma is always deviously trying to hit the staff during beachball



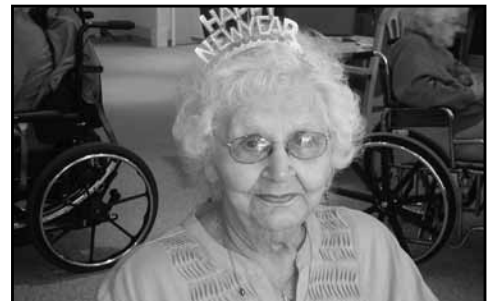
Joanna and Ray make good company



Gracie and her daughter all smiles during dinner



Gardens Queen Linda Dessecker



Kathryn celebrating the New Year with Bingo



Grant loves playing beach ball



April



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	1	2	3	4	5	6
	10:30 Get Fit/G 12:30 Memory Magic/G 1:45 Bingo With Friends & Family/G 6:30 Tim Turkal's Tunes	10:00 Nail Talk 12:30 Memory Magic/G	9:15 Bible Study With Harry/G 12:30 Farkel/G 1:45 Card Bingo/G	9:30 Rob's Sing A-Long/G 10:00 Nail Talk 12:30 Memory Magic/G	10:30 Get Fit/G 12:30 Memory Magic/G 3:00 Social Circle 5:30 Card Night 7:00 Jon King Sings Country	1:45 Bingo With Friends & Family/G 7:00 Movie
7	8	9	10	11	12	13
9:30 Catholic Communion 2:00 Faith Baptist Church Service/DR	10:30 Get Fit/G 12:30 Memory Magic/G 1:45 Bingo With Friends & Family/G	10:00 Nail Talk 12:30 Memory Magic/G 7:00 Freewill Baptist Service/TH	9:15 Bible Study With Harry/G 12:30 Farkel/G 1:45 Card Bingo/G	10:00 Catholic Mass 10:00 Nail Talk 12:30 Memory Magic/G	10:30 Get Fit/G 12:30 Memory Magic/G 2:00 Friday Funday 3:00 Social Circle 5:30 Card Night	1:45 Bingo With Friends & Family/G 7:00 Movie
14	15	16	17	18	19	20
9:30 Catholic Communion 2:00 St. Paul's Church Service	10:30 Get Fit/G 12:30 Memory Magic/G 1:45 Bingo With Friends & Family/G	10:00 Nail Talk 12:30 Memory Magic/G 2:30 Gene's Piano Tunes	9:15 Bible Study With Harry/G 12:30 Farkel/G 1:45 Card Bingo/G	9:30 Rob's Sing A-Long/G 10:00 Nail Talk 12:30 Memory Magic/G	10:30 Get Fit/G 12:30 Memory Magic/G 3:00 Social Circle 5:30 Card Night 7:00 Jon King Sings Country	1:45 Bingo With Friends & Family/G 7:00 Movie
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28	29	30	<p><i>Mail Call Monday-Saturday</i></p> <p><i>Individualized Visits 1:1</i></p> <p><i>Salon Services Mon. Wed. Thurs.</i></p> <p><i>Activities & Location Subject to Change</i></p>		<p>ZUMBA</p> <p>Tuesdays at 7:00pm \$4.00 per person Garden's Dining Room At HCC of Bolivar</p> <p>For info call 330-874-9999 ask for Jeanne</p>	
9:30 Catholic Communion 2:00 Rev. Robb's Church Service	10:30 Get Fit/G 12:30 Memory Magic/G 1:45 Bingo With Friends & Family/G	10:00 Nail Talk 12:30 Memory Magic/G 2:00 Max's Music/G			<p>Rehabilitation Activities of Bolivar</p>	

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Hello Spring!!! I am so glad that the weather is finally warm! We have already had quite a few “outside” days; cleaning the courtyards and the front flower areas getting ready for the beautiful flowers we will soon be planting. We have a few 4-H groups and groups from Tusky Valley High school that are going to be helping with the planting.

We had our annual spring card party that benefits the American Cancer Society and The Alzheimer’s Association in March and had a great turnout. Thanks to all of the card players that attended! They also brought in candy for us to fill the Easter Eggs for our annual “Easter Bunny Breakfast and Egg Hunt.” This is held every year on the day before Easter for the Hennis staff and their families to attend. We always have a big turnout for the scrumptious breakfast made by Chef Matthew and the Dietary staff! And then...all of the kids go to their age group area in the front yard, listen for the “GO whistle” and take off to see how many eggs they can find..the front yard is covered with eggs and kids!

We held a “Super-Bowl” party in the Therapy room with our football fans! We had fun cheering on our favorite teams and eating the pizza, wings, shrimp, chips and cookies that were made for us by the Dietary team. Thanks to all!!

Our Valentine’s dinner went really well, as usual! Our King, Gust Malavite, and our Queen Dorothy Anderson were surprised and happy with being chosen this year. Congratulations to you both!

Jon King continues to entertain us two times per month. His program is well attended and everyone who goes has a great time listening to his music and songs. He also talks with each and every person that attends his performances. Watch the calendars for times and attend his program; he enjoys entertaining the residents, and they really enjoy him. Gene Weygant and Max Grossenbacher also come in one time per month to entertain us with their piano playing and sing-a-longs.

We will be celebrating “National Nursing Home Week” the week following Mother’s Day. We start off with our annual Mother’s Day Luncheon on May 11th at 12:00. There will be week-long festivities with entertainment, games, food and fun! We will have something different each day for the residents and the staff to enjoy. Watch the calendar and the flyers and plan to attend some of these festivities during the week!

June brings us Father’s Day! Time to spend with our Fathers and we will be honoring them here with a Brunch on the 15th at 12:00 pm. Plan to join your loved one here for this meal; whether he is a father or not; because we celebrate all of the men that are here! We are all really looking forward to being able to get outside again and can hardly wait for the warm weather!!

Take care and God bless!

The Rehab Team



We love arts and crafts!



Rehab King and Queen; Gust and Dorothy



Russ Ross enjoying dinner with his family



Superbowl party on the big screen



Jon King always has a crowd



Mr. and Mrs. Miller socializing after dinner



April



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Ralph enjoyed the "Canton Charge" mascot during the game.



Mr. & Mrs. Stallman enjoying the evening.

Welcome spring! It is finally the season for enjoying the warmer weather, cleaning up the courtyard, and planting our bountiful garden. We are definitely a group who love the outdoors. The residents are very excited to plant our garden and some have even made suggestions on what and where to plant our flowers and vegetables. We are deciding if we can make some wheelchair height planters so more people can enjoy the gardens. If anyone is interested in helping with our courtyard please contact Beth Wade and we will make sure you get to join the fun.



Happy Birthday Joanne!!



Mr. & Mrs. Caporelli attending the Valentine's Dinner.

We will be celebrating Easter with our annual Easter Egg Hunt and the residents love to see the children in their festive dress scurrying to be the best egg finder. This egg hunt has given staff the chance to witness the maturation of other staff children over the years. The breakfast is always delicious and there is always more than plenty for all that come and attend. All the children are on the hunt for those eggs that hold the "special" prizes.

This year we are going to be playing more golf and horseshoes in the courtyard due to popular demand. The men want some "manly men outdoorsy stuff to do that doesn't involve work". We aim to please and we are looking for items now that will fit the bill.

National Nursing Home Week will be held May 13-17th and we will have entertainment daily, great food, and activities galore. This week is a special time for the staff and the residents to enjoy all these festivities and relax for the week.

We will be celebrating mothers on May 11th with a Mother's Day Tea. This is the special time each year that we take the time to say thank you and show our appreciation to our mothers. "Of all the rights of women, the greatest is to be a mother." -Lin Yutang. Come celebrate the love you have for your mother with those at Hennis.

Live, Love, Laugh

The Homestead



King Paul clowns around for the photo shoot!



Midge & daughter smiled "pretty" for the picture during the Valentine Dinner.



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JOIN THE HENNIS TEAM!!!

**May 1, 6 pm
until June 1, 12 pm
Strasburg Franklin Park**



www.henniscarecentre.com

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(330) 874-9999

1720 Cross Street • Dover, Ohio 44622
(330) 364-8849

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