



# THE Friendly Visitor

April | May | June 2014

## HENNIS CARE CENTRE

Dover & Bolivar, Ohio

### People Who Can Help

#### DOVER

Administrator .....David Hennis  
 Assistant Administrator ..... Stacie Hubbard  
 Director/Patient & Resident Services .....Anita Peffer  
 Director of Dining Services..... Carla Braun  
 Executive Chef .....Brian Sarty  
 Social Services..... Melanie Scheetz  
 Director of Therapy Services.....Denise Waldman  
 Accounting Manager ..... Harold Baker  
 Public Relations .....Paula Hennis-Sickinger  
 Recreational Therapist ..... Lauren Wilson  
 Activity Professionals .....Mike Scholles  
 Kathy Marburger  
 Music Therapist .....Laura Smith  
 Maintenance Director .....Keith Kaser  
 Receptionist..... Trish Haynam  
 Leslie Morris

Hospice House Dietary Services:  
 Dennis Borter, Carol Miller, Matthew Arnold

#### BOLIVAR

Executive Director .....David Hennis  
 Administrator .....Kim Zontini  
 Director of Nursing ..... Nicole Jones  
 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 Manager ..... Harold Baker  
 Activity Professionals ..... Stephanie Erb  
 Jean Sauverheimer  
 Maintenance Supervisor ..... David 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](http://www.henniscarecentre.com)

## Old Age is Always 15 Years Older Than I Am

by Randy Voorhees

We each have our own feelings about aging, but now you can find some perspective as you read the best things ever said about growing older. This quotation collection is wise and warm, witty and wild. Everyone has something to say about aging, and this book delivers the wisdom of the ages with the energizing spirit of youth.

I may be an antique like the Rolling Stones, but antiques are valuable.  
 - Billy Joel, U.S. singer and songwriter

I'd like to be a bigger and more knowledgeable person ten years from now than I am today. I think that, for all of us, as we grow older, we must discipline ourselves to continue expanding, broadening, learning, keeping our minds active and open.  
 - Clint Eastwood, U.S. actor and director

You know, by the time you reach my age, you've made plenty of mistakes if you've lived your life properly.

- Ronald Reagan, U.S. president  
 Getting old is a fascinating thing.

The older you get,  
 the older you want to get.

- Keith Richards,

English rock guitarist and songwriter

I have long thought that the aging process could be slowed down

if it had to work its way through Congress.

- George H. W. Bush, U.S. president

I was thirty-seven when I went to work writing the column. I was too old for a paper route, too young for Social Security, and too tired for an affair.

- Erma Bombeck,

U.S. journalist, author, and humorist

I won't be old till my feet hurt,  
 and they only hurt

when I don't dance enough,  
 so I'll keep right on dancing.

- Bill "Bojangles" Robinson, U.S. dancer



## DINING SERVICES

Salads are a very important part of our daily eating here at the Hattie's House, not only do they provide fiber and nutrients for our bodies, but they are great vehicles to increase our vegetable and fruit intake. Our house dressing is a sweet red wine vinegar vinaigrette. It is a very versatile dressing and with very small twists it can be used in several applications. It also has a very long shelf life and stays fresh. In a nutshell, here are some of the ways we use this dressing: add Greek herbs for great Greek Salad, marinate red onions and cucumbers, pasta salad, couscous salad, marinate for grilled vegetables, chic pea salad, fresh garden tomatoes, add a little of cranberry sauce to it for great Bibb lettuce dressing. So, the story is that the vinaigrette is a great base to be used as your canvas for culinary creativity.

### Hattie's House Sweet Red Wine Vinaigrette

2 C Red Wine Vinegar  
1/4 C Very Cold Water  
1 C Brown Sugar  
1/4 C Granulated Sugar  
1 T Granulated Garlic  
1 T Granulated Onion  
1 T Sea Salt  
1/2 tsp. Black Pepper  
16 oz. Chilled Soybean Oil (can use any vegetable oil)  
RESERVE till the end

1. In blender combine all ingredients EXCEPT OIL ....
2. Blend ingredients till mixed thoroughly then slowly add oil until it is gone
3. Label, date, refrigerate .....

Enjoy this recipe from our Transitional Therapy House to your house.

**Chef James Rhiel an Chef Nathan A. Mushrush**

## *In Honor of Mother's Day*

*A Slice of Life/Edgar A. Guest*

The Bumps and Bruises Doctor  
I'm the bumps and bruises doctor;  
I'm the expert that they seek  
When their rough and tumble playing  
Leaves a scar on leg or cheek.  
I'm the rapid, certain curer  
For the wounds of every fall;  
I'm the pain eradicator;  
I can always heal them all.  
Bumps on little people's foreheads  
I can quickly smooth away;  
I take splinters out of fingers  
Without very much delay.  
Little sorrows I can banish  
With the magic of my touch;  
I can fix a bruise that's dreadful  
So it isn't hurting much.  
I'm the bumps and bruises doctor,  
And I answer every call,  
And my fee is very simple,  
Just a kiss and that is all.  
And I'm sitting here and wishing  
In the years that are to be,  
When they face life's real troubles  
That they'll bring them all to me.

*Edgar A. Guest began his illustrious career in 1895 at the age of fourteen when his work first appeared in the Detroit Free Press. His column was syndicated in over 300 newspapers, and he became known as "The Poet of the People."*

## 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,

The Alzheimer's Association, The Residents' Activity Programming



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

# 10 Tax Tips You Absolutely Must Know This Season

LearnVest isn't about to leave you alone in the season of tax confusion, so in addition to our free Ace Your Taxes Bootcamp, we've put together a whole Tax Center that has everything you need.

Whether you are a parent, a student, a homeowner or even all three, we took the tax code and made it understandable. After all, straightforward financial advice is our main goal, even when it comes to deductions and credits.

## 1. It's Best if You E-File

E-filing can save trees, time and money for the IRS and for you. If you use tax software, the forms you need will be built right in, and if you're owed a refund, you'll get it faster. And, through a special LearnVest partnership, you can get H&R Block's basic federal filing package (normally about \$20) for free just by signing up for our Ace Your Taxes Bootcamp.

However, there are a few instances in which you must file a paper return. If you need to file a paper return, check out our guide to IRS forms, which will tell you which ones you need for your specific tax situation. Then, read our instructions on how to file. Note that tax refunds this year will be delayed an extra week or two, so prepare yourself.

## 2. If You Get One Thing Right, Make It Your Filing Status

Filing status is important because it can determine how much you pay (or save) in taxes. Also, if you get it wrong, it will definitely stick you with a dreaded audit. (Find out what else will get you audited.)

Your filing status basically expresses how you wish to be treated by the IRS, and can determine which deductions and credits you are allowed to take, which forms you should fill out and more. To make sure you get it right, check out our handy flow chart.

## 3. The Magic Number Is Your Adjusted Gross Income

As you do your taxes, you'll see a lot of instructions like, "if your AGI is less than \$100,000 or "up to 10% of your AGI."

Here's how AGI works: We report our income, but then the government subtracts certain expenses, such as education tuitions or IRA contributions, to determine our adjusted gross income, or AGI. Our AGI, in turn, determines what credits and deductions we might be eligible for, and how big they are. After taking these additional deductions, credits and exemptions (all of which are described below), we arrive at our taxable income.

## 4. Exemptions Are a Quick Way to Lower Your Tax Bill

Did you know that you get a sort of tax discount just for the fact that you are a contributing member of society, that you're married or that you have children? These discounts are called exemptions, and they reduce the income amount you will be taxed on—by \$3,700 each in 2011.

This is a simplified example, but say you make \$50,000 and you fall into the 25% tax bracket. If you can claim one exemption, you'll pay \$925 less in taxes (because 25% of \$3,700 is \$925). Find out more about each exemption and when you can take it.

## 5. A \$1,000 Credit Equals \$1,000 in Savings

Unlike exemptions in the example above, which lower the amount of income you are taxed on, credits directly reduce the amount of taxes you owe. So if you owe \$3,000 in taxes, a credit will be subtracted from that. To put it another way, if you receive a \$1,000 credit, that means you will pay \$1,000 less in taxes. It's sweet and simple—a rarity in the tax code.

## 6. Itemizing Your Deductions Could Save You Thousands

One big decision you'll have to make is about itemizing, and you have two choices. You could:

a. Take the standard deduction. If your taxes are simple, the government won't make you go through a complicated process to get the deductions you deserve. Instead, you can use the standard deduction which—like the exemptions we mentioned above—reduces the amount of income you will be taxed on. Most taxpayers take the standard deduction, which is worth anywhere from \$5,800 to \$11,600.

b. Itemize your deductions. Itemizing your deductions means listing out each deduction you qualify for. People do this when the sum of all their deductions is greater than the standard amount. Some things people might itemize include medical expenses, large charitable donations and mortgage interest payments.

The standard vs. itemized decision is really a question of money and time. For some people, taking the time to itemize could save them hundreds or thousands of dollars in taxes. But if you don't need to itemize, then doing so could take up your time without any financial benefit.

## 7. Audits Aren't the End of the World

Yes, they are frustrating. But being notified of an audit won't bring your financial world crashing down. In order to quickly process

millions of tax returns, the IRS has certain flags that will automatically trigger an audit. That doesn't necessarily mean you've done something wrong, just that your return has something that might signify you're trying to defraud the IRS or that you made more than just a simple math mistake somewhere. (The IRS will correct basic math mistakes for you.)

If you did everything correctly on your return, you should be able to prove that you are paying all of your taxes. The IRS will agree with you and leave your return the same, and the audit will be over without any fines or (heaven forbid) jail time. Phew! If you made a mistake, you may have to pay more in taxes, interest or a penalty.

## 8. You Can File an Extension for Paperwork, but Not for Payment

If you just won't be able to file your taxes on time, the IRS understands. (Their reputation for fierceness is a bit overblown.) You can file an extension for the paperwork, which we tell you how to do here.

But, if you get an extension, you can't put off paying the taxes you owe. You must pay what you estimate you owe. If you just don't have the cash to pay your tax bill, there are plenty of options, ranging from using your credit card (only for low tax bills!), to setting up a payment plan. Find out what to do if you can't pay.

## 9. Sometimes You Just Need an Accountant

We love DIY projects here at LearnVest. And when it comes to taxes, some people absolutely can do their taxes themselves. But some people need the help of a professional to puzzle through the tax code.

Some situations in which you should consider hiring an accountant include:

- Taking complex deductions
- Making non-cash contributions to charity
- Being self-employed or owning your own business
- Having a big life change like buying a house or having a baby
- Trading in investments frequently
- If you're still not sure, let our quiz tell you in our free Ace Your Taxes Bootcamp.

## 10. Do Not Get a Rapid Refund

If you work with a tax preparer, you might be offered a rapid or instant refund. Do not take it.

While it may seem like you are just getting your tax refund faster, this "refund anticipation loan," as it's called, is actually a short-term loan—one that likely has a predatory interest rate that will take a big chunk out of your refund; think \$50 or more! Read more about rapid refunds.

Vocal fold paralysis (also known as vocal cord paralysis) is a voice disorder that occurs when one or both of the vocal folds don't open or close properly. Single vocal fold paralysis is a common disorder. Paralysis of both vocal folds is rare and can be life threatening.

The vocal folds are two elastic bands of muscle tissue located in the larynx (voice box) directly above the trachea (windpipe) (see figure). When you breathe, your vocal folds remain apart and when you swallow, they are tightly closed. When you use your voice, however, air from the lungs causes your vocal folds to vibrate between open and closed positions.

If you have vocal fold paralysis, the paralyzed fold or folds may remain open, leaving the air passages and lungs unprotected. You could have difficulty swallowing or food or liquids could accidentally enter the trachea and lungs, causing serious health problems.

**What causes vocal fold paralysis?**

Vocal fold paralysis may be caused by injury to the head, neck, or chest; lung or thyroid cancer; tumors of the skull base, neck, or chest; or viral infection (for example, Lyme disease). People with certain

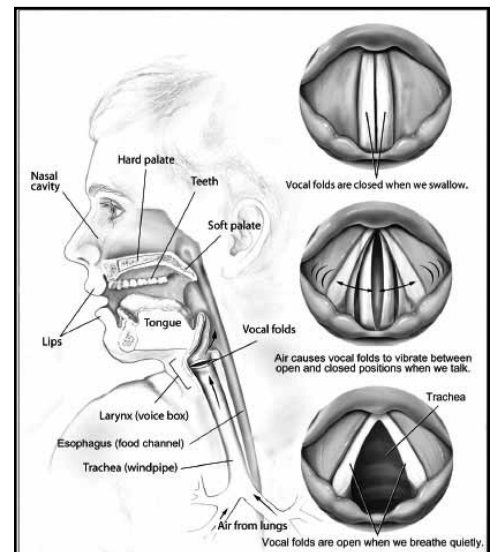
neurologic conditions such as multiple sclerosis or Parkinson's disease, or who have sustained a stroke, may experience vocal fold paralysis. In many cases, however, the cause is unknown.

**What are the symptoms?**

Symptoms of vocal fold paralysis include changes in the voice, such as hoarseness or a breathy voice; difficulties with breathing, such as shortness of breath or noisy breathing; and swallowing problems, such as choking or coughing when you eat because food is accidentally entering the windpipe instead of the esophagus (the muscular tube that connects the throat to the stomach). Changes in voice quality, such as loss of volume or pitch, also may occur. Damage to both vocal folds, although rare, usually causes serious problems with breathing.

**How is vocal fold paralysis diagnosed?**

Vocal fold paralysis is usually diagnosed by an otolaryngologist—a doctor who specializes in ear, nose, and throat disorders. He or she will ask you about your symptoms and when the problems began in order to help



determine their cause. The otolaryngologist will also listen to your voice to identify breathiness or hoarseness. Using an endoscope—a tube with a light at the end—your doctor will look directly into the throat at the vocal folds. Some doctors also use a procedure called laryngeal electromyography, which measures the electrical impulses of the nerves in the larynx, to better understand the areas of paralysis.

– To Be Continued Next Issue  
Source: [www.nidcd.nih.gov/](http://www.nidcd.nih.gov/)

MAINTENANCE

**TIPS FOR CHOOSING AND CARING FOR A LAWN MOWER**

*Buying and maintaining a lawn mower are made easier with these tips.*

When it comes to mowers, there are several factors to consider: weight, power, cost; safety features, ease of starting, handling and maneuverability, and ease of clipping disposal.

**Selecting the Mower**

Select a push-reel mower (cuts with a scissorlike action of rotating blades passing over a stationary knife) if you have a small lawn.

If you have a large lawn of grasses such as bluegrass and fescue that don't need to be cut shorter than 2", choose a gas- or electric-powered rotary mower. This type cuts with a circular blade that rotates under a protective housing.

Choose a mulching mower if you don't want to deal with clippings. Mulching

mowers cut clippings very small so that they disappear into the lawn.

Choose a gas-powered reel mower if you have a large lawn made of grasses such as Bermuda or bent grass that needs to be cut shorter than 2".

Select a self-propelled mower if you have a hilly yard or a large lawn.

Choose a riding lawn mower if you have a really big lawn.

Do you have someone who does your mowing for you? You'd be wise to invest in your own mower anyway — lawn diseases can be spread by means of mowers.

**Maintaining the Mower**

Make sure the cutting blade is kept sharp. Keep the underside of the mower clean. Rotary mowers are by far the most popular

type of lawn mower. They're lightweight, and you can sharpen the blades yourself. Reel mowers must be taken to a lawn mower shop for sharpening.

Electric mowers are environmentally friendly and increasing in popularity. Rechargeable types eliminate the need for dragging a cord around. (Cordless mowers now have batteries that allow you to mow up to 1/3 acre.) Be ready to mow more often, though; these mowers aren't made for deep cutting.

**Warning:**

Many people are injured mowing lawns, so it's imperative that you consider safety features carefully. Choose a power mower with a blade-shutoff switch and a dead-man switch.

Source: [www.diynetwork.com](http://www.diynetwork.com)



# Coping with Chronic Pain

A little pain usually is a good thing. It's our alarm system. It's our body's way of saying, "Hey, that's hot... get away before it hurts you!" But when the pain lingers on and on, it's no longer helpful. Chronic pain can disrupt your normal lifestyle.

If you suffer from chronic pain, you should know that there are ways to cope. Chronic pain does not need to run, or ruin, your life.

The first step is to learn all you can about your condition. Talk to your doctor and read up on it. Understanding your pain is the first step to reducing it.

Next, take an active role in your recovery. Talk with your doctor about medical treatments that might reduce your pain. But if these treatments can't completely heal you, don't give up hope. You can use basic lifestyle choices to control your pain and regain a normal life.

## Manage Stress and Your Emotions

Our bodies and minds are connected. Stress, tension and stirred emotions can aggravate pain. Find ways to reduce the stress in your life; deal with your troubling emotions and your pain likely will decrease. Deep breathing, visualization and other relaxation techniques can help you calm your mind and reduce your pain.

## Get More Exercise

Exercise leads to a healthier body, and a healthier body feels less pain. Strong,



toned muscles feel less pain than unused muscles. Also, exercise will give you more of the energy you need to overcome the pain. Less tangible is the fact that when you're more fit, you'll feel better about yourself — more in control — and that can mean a lot. Be sure to talk to your doctor about exercise that is safe for you.

## Control Your Physical Activity

Specific activities or body movements may aggravate your pain more than others. Excluding those movements from your day can reduce your pain a great deal. If the painful movements involve important household, personal or work activities, consider using adaptive equipment that will let you perform the same activity without using the same painful motion.

## Find Sources of Support

Chronic pain can make you feel isolated and afraid. You may feel like you're all alone. That couldn't be further from the truth. But it's estimated that one in three people suffer from chronic pain. Contact others who also suffer chronic pain to share what you know, and to learn from them. You'll learn ways to cope. You'll learn that the pain you feel, and the emotions that come with it, are not unusual. Chronic pain support groups can be a great way to get this important human contact.

Finally, look beyond the pain. Don't let your pain consume your life. There are more important things in your life to focus on, such as friends, family, work, and hobbies. Talk to your doctor about the ideas mentioned above, and start taking back control of your life. As you begin to refocus, the pain will decrease, and you will begin to believe more strongly that you can lead a normal life despite the pain.

Source: [www.everydayhealth.com](http://www.everydayhealth.com)



Chef Jacques Fisher-Dover in the spirit of Pioneer Days at New Towne Mall



■ ANN MILLER The tops in taps not only has gorgeous gams, but a great sense of humor, as shown here by this holiday bare-do.



## WINNERS

*Thank you for your participation in these fun events & fundraisers!*

**Movie Gift Basket**  
Gayle Holland

**Winter Doldrums**  
Staff received spontaneous gift cards, candles, coupons, candy

**Dover Kiwanis Pancake Day Tickets for Staff of Dover & Bolivar**  
Valene Ngonkouwe

Amber Weaver | Ally Hupp  
Kim Zontini | Stephanie Erb  
Andrew Jenkins | Lauren Wilson  
Dia Avery | Mike Scholles  
Tom Lomax

**Snowman Cookie Jar & \$50 Gas Card**  
Ken Avers | Randi German

**Blood Drive Prize Drawing Winner of a \$25 Gas Gift Card**  
Bartt Hughes

## Community Benefit Card Party Winners

**March 12**  
HCC of Dover Main Facility

**50/50 Winner**  
Dave Kopp  
*Multiple people received numerous misc. door prizes*

**March 5**  
HCC of Bolivar/Hattie's House

**50/50 Winner**  
Joan Reichard  
**Large Ceramic Planter Filled with Tools**  
Beverly McMurray

**Italian Dinner Basket**  
Kay Varadi

**Car Wash Items & Bucket**  
Joanne Stellman

*We appreciate your support with selling and buying for these worthwhile causes!*

## *Congratulations* Hennis Care Centre of Bolivar!

Hennis Care Centre of Bolivar employees have worked safely for so long that they were recognized by the Tuscarawas Chamber of Commerce as "Safety Council Member of the Year" at their annual awards banquet on January 28, 2014. Not only did the Chamber recognize the outstanding efforts by all the employees but various government officials including the Governor of the State of Ohio acknowledged this impressive achievement. It was noted that Hennis encourages a safe work environment by having regular safety meetings and in-services that are planned by various staff members. Working together to keep our staff safe also extends to the customers we serve and to our staff's families as well.



## 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](http://henniscarecentre.com) or ask for the Activities Department or Public Relations.

*\* Welcome Noreen Lahmers, Karen Cook, and Romain Coniglio new volunteers!*

## Hennis Care Centre Honor Roll January 20, 2014

JESSICA BAKER  
JUDY EMERY  
SHARLA FISH  
REBEKAH FOX  
BARTT HUGHES

MEGAN HUNT  
KATHY MARBURGER  
DOUGLAS MILLER  
WAYNE ROTH  
DANIEL SCHAAD

STEPHANIE SCHWAB  
ERIN SWARTZWELDER  
STEVEN VASBINDER  
LAUREN WILSON

January 21, 2014

Thank you for all the time and work you invested in managing your recent blood drives.

Through your efforts, 20 individuals presented for donation, 14 donors were able to donate, and we collected 14 units of blood. Each unit will in turn save as many as four lives. For your records, I am enclosing a list of those caring individuals who donated on January 20, 2014.

On behalf of LifeShare and the critically ill and injured in our midst, thank you again for your philanthropy. Our mission to supply Northeast Ohio with a safe and adequate blood and component supply would not be possible without you.

Warmest regards,  
Katy Neff  
Donor Recruitment Representative





# Mark your Calendar

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

### APRIL

#### HCC Dover & Bolivar Bread Sale

April 18 - 10am til sell out  
Main Facility Rehab Foyer

#### Good Friday Service

April 18 - Main Facility

#### Resident Volunteer Lunch

April 25 - 11:30 a - Buehlers

#### Volunteer Appreciation Brunch

April 26 - 9am  
Main Facility Rehab Dining Room

#### Potato Bar Fundraiser

April 30 - 10am-1pm  
Main Facility Rehab Foyer

### MAY

#### Celebrating National Nursing Home Week

May 11-16  
Special Events and Activities

#### Hot Dog Fundraiser

May 23 - 10 am - 3 pm  
Garden's Front Patio - Main Facility

#### Patio Sale Fundraiser

May 23 - - 10 am - 3 pm  
Garden's Front Patio - Main Facility

#### Memorial Day Service

May 23

#### American Cancer Society

#### Relay For Life Walk

May 30/31- Strasburg Franklin Park  
6 pm Friday thru 12 pm Saturday

### JUNE

#### Strawberry Festival

June 12 - (Gardens Front Patio)  
with Entertainment

#### Father's Day Brunch

June 14  
Bolivar 8:30 am | Dover 9 am

#### Sub Sandwich Fundraiser

June 18 - 10 am - 1 pm  
(Rehab Foyer) - Main Facility

### JULY

#### Community Card Party Fundraiser

Dover - July 9 - 7 pm - 10 pm  
Main Facility - \*RSVP  
Bolivar - July 16

#### Community Card Party Fundraiser

July 10 - 6:30 pm - 8:30 pm  
Pat's Porch - Dover  
\*RSVP (limited seating)

July 23 - Hattie's House - Bolivar

#### Quarterly Memorial Service

July 15 | 2 pm

\* Watch the calendars/signs for many  
planned and unannounced activities,  
visitors, and entertainers.

## Theatre Shows

Playhouse Square Shows Cleveland

### Jersey Boys - May 6

- HCC Bus Trips (fundraisers)
- Let us do the driving!
- Front door drop off/pick up
- Fun & Prizes | Open to the public

### WATCH FOR UPCOMING INFORMATION!

*Thanks for your support!* Past shows have included "Joseph and the Amazing Technicolor Dreamcoat," "Wicked," "The Lion King," "Sister Act," "Priscella." A mix of adults from staff to community members join 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! Many have been lucky prize winners of gift cards and misc. items. 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.

## "Spring Fling" FUNDRAISING

for the  
**American Cancer Society &  
Alzheimer's Association**

*See the Receptionists  
for tickets, ordering, sign-up,  
or questions*

Cleveland Indians Gift Basket  
Mini Over Night Get-Away  
Patio Sale & Hot dog Stand  
Relay Powerball  
Movie Gift Basket  
Caramel Corn Sale  
Dover High School Team Baseball  
Item Raffle  
Playhouse Square Theatre Shows  
Massage Package  
Kneading for a Cure Bread Sale  
Longaberger Basket  
Fun Dress Days  
Water Bottle Dime Collection  
Cedar Point Admission for 4  
Wrapped Gifts  
Monthly 50/50  
Close Parking Space  
Car Wash  
Card Parties  
Lunch Stands  
Cleveland Indians Tickets (4)  
HCC T-Shirts  
Pizzas by Hennis  
Jewelry Sales - "vintage", brand  
names, hand-made  
Bake Sales  
Stars, Moons, & Birthday signs  
Plant Sales  
Money Box & Letter Campaign  
Bowling  
Party Sales  
11 Weekly Wed. Prize Drawings  
Bob Evans Dine & Donate  
Pontoon Boat Ride & Dinner Party  
"Red/White" Art Class  
Scrapbooking

*We appreciate your support  
with selling and buying for  
these worthwhile causes!*

# CAREGIVER RESOURCES



## Eating Time can be Challenging for those Living with Alzheimer's and their Caregivers

Regular, nutritious meals may become a challenge for people with dementia. As a person's cognitive function declines, he or she may become overwhelmed with too many food choices, forget to eat or have difficulty with eating utensils.

### NUTRITION TIPS

- **Provide a balanced diet with a variety of foods.** Offer vegetables, fruits, whole grains, low-fat dairy products and lean protein foods.
- **Limit foods with high saturated fat and cholesterol.** Some fat is essential for health - but not all fats are equal. Go light on fats that are bad for heart health, such as butter, solid shortening, lard and fatty cuts of meats.
- **Cut down on refined sugars.** Often found in processed foods, refined sugars contain calories but lack vitamins, minerals and fiber. You can tame a sweet tooth with healthier options like fruit or juice-sweetened baked goods. But note that in the later-stages of Alzheimer's, if loss of appetite is a problem, adding sugar to foods may encourage eating.
- **Limit foods with high sodium and use less salt.** Most people in the United States consume too much sodium, which affects blood pressure. Cut down by using spices or herbs to season food as an alternative.
- **Supplements.** As the disease progresses, loss of appetite and weight loss may become concerns. In such cases, the doctor may suggest supplements between meals to add calories.
- **Fluids.** Staying hydrated may be a problem as well. Encourage fluids by offering small cups of water or other

liquids throughout the day or foods with high water content, such as fruit, soups, milkshakes and smoothies.

People with Alzheimer's or a related dementia do not need a special diet. As with anyone, eating a well-balanced, nutritious diet is important for overall health. Proper nutrition is important to keep the body strong and healthy.

For a person with Alzheimer's, poor nutrition may increase behavioral symptoms and cause weight loss. The basic nutrition tips below can help boost the person with dementia's health and your health as a caregiver, too.

### POSSIBLE CAUSES OF POOR APPETITE

- **Not recognizing food.** The person may no longer recognize the foods you put on his or her plate.
- **Poor fitting dentures.** Eating may be painful, but the person may not be able to tell you this. Make sure dentures fit and visit the dentist regularly.
- **Medications.** New medications or a dosage change may affect appetite. If you notice a change, call the doctor.
- **Not enough exercise.** Lack of physical activity will decrease appetite. Encourage simple exercise, such as going for a walk, gardening or washing dishes.
- **Decreased sense of smell and taste.** The person with dementia may not eat because food may not smell or taste as good as it once did.

### MAKE MEALTIMES EASIER

During the middle and late stages of Alzheimer's, things like distractions, too many choices, and changes in perception, taste and smell can make eating more difficult. The following tips can help:

- **Limit distractions.** Serve meals in quiet surroundings, away from the television and other distractions.
- **Keep the table setting simple.** Avoid placing items on the table - such as table arrangements or plastic fruit - that

might distract or confuse the person. Use only the utensils needed for the meal.

- **Distinguish food from the plate.** Changes in visual and spatial abilities may make it tough for someone with dementia to distinguish food from the plate or the plate from the table. It can help to use white plates or bowls with a contrasting color placemat. Avoid patterned dishes, tablecloths and placemats.
- **Check the food temperature.** A person with dementia might not be able to tell if something is too hot to eat or drink. Always test the temperature of foods and beverages before serving.
- **Serve only one or two foods at a time.** Too many foods at once may be overwhelming. Simplify by serving one dish at a time. For example, mashed potatoes followed by meat.
- **Be flexible to food preferences.** Keep long-standing personal preferences in mind when preparing food, and be aware that a person with dementia may suddenly develop new food preferences or reject foods that were liked in the past.
- **Give the person plenty of time to eat.** Remind him or her to chew and swallow carefully. Keep in mind that it may take an hour or longer to finish eating.
- **Eat together.** Make meals an enjoyable social event so everyone looks forward to the experience. Research suggests that people eat better when they are in the company of others.
- Keep in mind the person may not remember when or if he or she ate. If the person continues to ask about eating breakfast, consider serving several breakfasts - juice, followed by toast, followed by cereal.

Learn more:  
[www.alzheimer'snavigator.org](http://www.alzheimer'snavigator.org)



## Visit With Me

For most nursing home residents, life is incredibly lonely

Most people think of a nursing home as a place for elderly people. But I live in one and I'm only 67 years old. A physical disability has placed me here.

My mind is clear and sharp. For most of us this life is lonely.

I feel fortunate because my wife, daughters, brother and pastor visit me regularly. This isn't true for everyone.

Some residents have no visitors. I feel very sorry for those people. Some of them can't speak out, so I decided to speak for them.

When I first became disabled, friends and family were supportive and visited often.

After the first year, people started drifting away. I suspect that some couldn't stand to see me the way I am.

I think this is true of the older generation that lives in nursing homes. Some families, like mine, are very caring and come to visit every day.

But some people can't seem to stand to see their relative confused or sick. Maybe they are afraid to come and visit old people.

I would like to say that the staff where I live is very good to all of us. They take time to talk and joke around with me.

There are volunteers and things to do, but this isn't the same as having someone of your own to visit.

I have seven suggestions to make.

1. I would like to see some of my old friends again. Even new faces would bring enjoyment. We all like to meet new friends.
2. Just your presence is enough. When you visit, keep me up-to-date on your life and what you've done.
3. Take me out for a ride, if I am able.
4. Give me a chance to express my feelings and talk about how I see things.
5. Don't be afraid to bring your children to visit. It adds energy to my day.
6. Play cards or checkers. Read the daily paper or a magazine article to me.
7. Don't stay away. This is a time to forgive and make amends. Life is short.
8. Learn to love me over again, even if I am a different person.

*By Victor DeLellis - DeLellis, a former member of Christ the Servant Lutheran Church, Waukesha, Wis., was a quadriplegic who was injured in the line of duty as a volunteer firefighter. He submitted this article shortly before he died in January.*

**Source: "Reader's Viewpoint"** is a regular feature in *The Lutheran*. Readers may contribute cogent, timely and varied analyses of issues in church and society. Material should be about 650-700 words in length. Opinions in this column do not necessarily reflect the views of *The Lutheran* or the positions of the Evangelical Lutheran Church in America.

## LAUNDRY & HOUSEKEEPING

A grungy bathroom is not only unpleasant to look at – it's also a breeding ground for germs, mold and mildew. Here are 12 tips to help keep the bathroom clean and sparkling on a daily basis. For family members with asthma, many of these best practices will help keep mold and mildew, which can trigger an asthma or allergy attack, under control.

1. Use the bathroom fan: It can help remove the moisture that causes mold and mildew. Vacuum the vents regularly to remove any dust that might inhibit the fan's effectiveness.
2. Keep pop-up disinfectant wipes next to the sink: Train family members to wipe down the sink and its surroundings every time they turn the tap water off.
3. Hang a squeegee in the shower: Use it to quick-clean the walls and glass doors before stepping out of the shower.
4. Use wipes: These are handy for cleaning around toilet rims, tanks, faucets, sinks and basins. Check the label for disposal

instructions – flushable wipes disperse in water when agitated (like toilet paper) and they're safe for plumbing and septic tanks.

5. Be soap-smart: The choice between bar soap and liquid soap is a matter of personal preference. However, the way your family uses the soap may influence your choice. Bar soaps are great if they find their way back to the soap dish. Pump dispensers may be neater if the user's aim is accurate!
6. Keep a bleach pen on hand: It's a great tool for spot-cleaning mold and mildew.
7. Get a hand-held vacuum: When you think of vacuuming, the bathroom isn't the first room that comes to mind. However, consider the hair, dust, talcum powder, and more that finds its way to the floor. A small, hand-held vacuum makes quick pickups a breeze.
8. Rinse the tub: Doing this after each use helps keep soap film and hard-water deposits from forming.

9. Keep shower doors and curtains open after use: This allows them to air-dry and helps prevent mildew.

10. Use a daily shower cleaner: Regular use will help keep shower and tub surfaces free of soap scum, mildew stains and hard-water deposits. Mist surfaces right after showering while the walls are wet and warm – no rinsing, wiping or scrubbing is necessary.
11. Sort out reading material: If reading in the bathroom is a family habit, don't let old magazines and newspapers accumulate. They are a magnet for dust and mold.
12. Stock up: Keep a set of cleaning supplies in the bathroom. Cleaning is easier if you don't have to travel far to get what you need. If there are small children in the household – or small visitors who use this bathroom – make sure the cleaning supplies are stored in a cabinet with a child-resistant lock.

*Source: [www.housekeepingchannel.com](http://www.housekeepingchannel.com)*



**Donny H, Patty of Activities & Chiz Rider, professional trumpet Player at Community Concert at St. John's UCC.**



**Vickie Gowins Premier Jewelry Sale Fundraiser with staff browsing.**



**Happy Birthday to Mary H!**

Spring is a sign of new life along with sunny or chilly weather, or snow, too. A sunny personality has joined HCC – we welcome Patty Dunkle, a recent transfer to Dover, to the Activity team who works in the Gardens on M, W, & F and special events (Mike, Lauren, and Kathy and other staff continue their activity involvement, too). Patty, and her husband Rev. Tom Dunkle of St. John's UCC in Dover, came here last spring from Pennsylvania, and yes, they are Steelers fans (along with Sammy Sickinger and others)! They have also become fans of local and Ohio-wide teams, including the Cleveland Indians! Patty has CNA experience (like Ohio's STNA), and has an outgoing personality. Please be sure to introduce yourself when you see her. Patty, as a newcomer, has interjected new life to activities – energetic, lots of contagious laughter, and fun creations from science type experiments to do and demonstrate, creative crafts, fun food, to knowledgeable stimulation and more.

We had our annual Chili Cook-Off amidst a cold, snowy day that was perfect for chili and the ladies and Paula prepared a double batch of traditional chili from the recipe of Kathy Marburger. Gathered around a table, Rina H. chopped the onions, Bev D. cut the celery, Jeannette G. emptied the cans of tomato juice, beans, and tomatoes, stirred the ingredients, and Mrs. Rondinella gave her ideas as we all listened to a new CD of warm music by Connie Francis as we worked. Everyone gave input about seasonings and various ingredients to add. We talked about how they make their own chili, and what their families liked, and the sides that are good with it – corn bread, fresh bread, crackers, and the like. We were excited that the famous Jerry Marlowe gave us his input and approval upon reviewing our groceries, and that our batch would be a good one. We claimed we added a dash of Jerry Marlowe to our batch! Lauren made chili word search puzzles that we worked on throughout the day. Later that afternoon, we



**Rena enjoys a dog visit with Barb Scherrets sharing her growing young puppy.**

gathered for the judging of four batches made by Rehab, Homestead, Gardens, & Pat's Porch. Six judges consisting of staff from Accounting, Dietary, Administration, Nursing, Maintenance, and the husband of nurse manager, Lisa Swaney. They worked hard to taste a few traditional recipes, although all different, and the infamous Cincinnati style chili that includes cinnamon and chocolate! Their bowls were labeled A,B,C, & D as they tasted and re-tasted each one, marking their evaluation forms, discussing things huddled together, and then the announcement came – Rehab of the main facility was the winner, with Gardens as runner-up! Congratulations, Rehab, and thanks to everyone participating. After smelling the aroma all morning and watching the judges sampling and commenting, everyone had a bowl for their own tasting and deciding, with many second helpings! Pat's Porch had the honor of tasting and selecting the People's Choice Award which also went to Rehab – good job! These interactive, friendly competitions are a lot of fun preparing, reminiscing, cooking, anticipating, sampling, and judging! Certainly, new spices added to life! That continuous cold weather kept us inside for our "out-to-lunch" bunch, so we brought KFC to us! As requested by the residents, a large delivery of chicken, coleslaw, mashed potatoes & gravy, and green beans was finger lickin' good! Another good spice in life!

Cycling is a big demand on the Gardens,



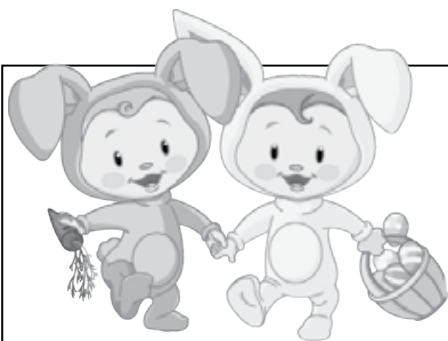
**Jane B. casts her vote for Res. Council President**

and the stationary bike is conveniently located near the lounge, and it is for anyone to use. It's so popular a sign-up sheet is needed! You can find Bill M., Frieda, Patty S., and more using it daily. Patty Dunkle had a wii game of golf going with Frieda and Lillian trying their hardest to get a hole in one! All of this certainly has its good benefits physically and mentally.

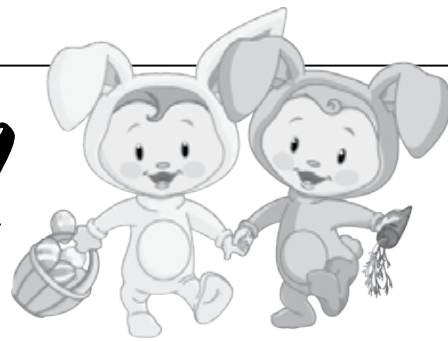
We're all wrapped up in blankets in different ways. The Linus Blanket Project brings about many people – staff, residents, families, and friends making all kinds of blankets to donate. Many are on display with many colors and patterns – come on in and see them or join us to make some – tying fleece blankets can be done by any age. Patty D., Paula, and Kathy M. coordinated an outing to a quilt show at St. John's UCC in Dover. Alice L., Lillian S., and Row were in awe of this gorgeous display of 125+ quilts of vibrant colors, patterns, and designs sewn by the ladies of the church and community friends for a Ukraine orphanage. We give special thanks to Linda Ladrach for opening this on a Saturday morning for us and for the goodies she and Patty prepared – can't go wrong with a chocolate fountain!

February gets a little closer to spring and we enjoyed some fun things the month offers. We enjoyed a lovely Valentine's dinner hosted for us and our guests with a tasty menu of the popular candied walnut salad, beef tenderloin, green beans with a balsamic dressing, parmesan

- Continued on page 12



# April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PS Salon Services Tuesday thru Saturday</b> <i>Guys Outings Thursday's - 7:00 am</i> <i>Daily Computer Use Available</i> <i>Check out the fundraisers for Cancer &amp; Alzheimer's</i> <i>Rehab Crafts Wednesdays - 1:00 pm</i>	<b>Activities subject to change</b> <i>Everyday Games in the Dining Room</i> <i>Wii Available Daily</i> <i>Daily: Afternoon &amp; Evening Card Club</i> <i>Monday thru Friday Movies on Ch. 2 @ 7:00 pm</i>	<b>Mismatched Day Fundraiser 1</b> 9:00 Total Stretches 9:30 Computer Class w/Lauren 10:00 News & Chat 10:30 Nail Polish Mania 1:30 Bible Study w/Jeff 1:30 Bingo w/Anna 3:30 Ball Toss 6:00 Resident Choir/G 7:00 Movie/Ch. 2	<b>2</b> 9:00 Loosen Up w/Mike & Devotions Today's News 9:30 Crafts 10:30 Trivia 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visits 3:30 Bocci } 7:00 Movie/Ch. 2	<b>3</b> 9:00 Let's Get Fit w/Mike & Devotions 9:30 Wii Games w/Lauren 10:00 Current Events 10:30 Board Games 2:00 Hennis/Chor Performs/G 3:30 Karaoke 7:00 Movie/Ch. 2	<b>4</b> 9:00 Rise & Shine/Exercise Time Morning Chat & News 9:30 Culinary Corner 1:30 Jingo/Bingo 3:00 Horseshoes 4:00 Social Hour Hors d'oeuvres Movie/Ch. 2	<b>5</b> 1:30 Bingo With Staff Individual Activities Computer - Cards Puzzles - Board Games
<b>6</b> 2:00 Alpine Bible Church Service/G	<b>7</b> 9:00 Energize w/Mike & Devotions 9:30 Uno } 10:30 Crafts } 1:30 Bingo 3:00 Parachute Partners } 3:30 Name That Tune } 6:30 Brandon Troyer Gospels/R 7:00 Movie/Ch. 2	<b>8</b> 9:00 Total Stretches 9:30 Computer Class w/Lauren 10:00 News & Chat 10:30 Nail Polish Mania 1:30 Bible Study w/Jeff 1:30 Bingo w/Anna 3:30 Ball Toss 6:00 Resident Choir/G 7:00 Movie/Ch. 2	<b>9</b> 9:00 Loosen Up w/Mike & Devotions Today's News 9:30 Crafts 10:30 Trivia 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visits 3:30 Bocci } 7:00 Movie/Ch. 2	<b>Art Lesson w/Lauren &amp; Bev 10</b> 9:00 Let's Get Fit w/Mike & Devotions 9:30 Wii Games w/Lauren 10:00 Current Events 10:30 Board Games 2:00 Music w/Max Piano/G 3:30 Karaoke 7:00 Movie/Ch. 2	<b>11</b> 9:00 Rise & Shine/Exercise Time Morning Chat & News 9:30 Culinary Corner 1:30 Jingo/Bingo 3:00 Horseshoes 4:00 Social Hour Hors d'oeuvres Movie/Ch. 2	<b>12</b> 1:30 Bingo With Staff Individual Activities Computer - Cards Puzzles - Board Games
<b>13</b> 2:00 Rev. Robb's Church Service/G	<b>14</b> 9:00 Energize w/Mike & Devotions 9:30 Uno } 10:30 Crafts } 1:30 Bingo 3:00 Parachute Partners } 3:30 Name That Tune } 7:00 Movie/Ch. 2	<b>15</b> 9:00 Total Stretches 9:30 Computer Class w/Lauren 10:00 News & Chat 10:30 Nail Polish Mania 1:30 Bingo w/Anna 2:00 Catholic Mass/R 2:00 Games of Choice 3:30 Ball Toss 6:00 Resident Choir/G 7:00 Movie/Ch. 2	<b>16</b> 9:00 Loosen Up w/Mike & Devotions Today's News 9:30 Crafts 10:30 Trivia 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visits 3:30 Bocci } 7:00 Movie/Ch. 2	<b>17</b> 9:00 Let's Get Fit w/Mike & Devotions 9:30 Wii Games w/Lauren 10:00 Current Events 10:30 Board Games 2:00 Jerome James - Singer/G 3:00 Resident Council 3:30 Karaoke 7:00 Movie/Ch. 2	<b>Bread Sale Fundraiser 18</b> 10am /R 9:00 Rise & Shine/Exercise Time Morning Chat & News 9:30 Good Friday Services 2:00 Horseshoes 3:00 Social Hour Hors d'oeuvres Movie/Ch. 2	<b>19</b> 1:30 Bingo With Staff Individual Activities Computer - Cards Puzzles - Board Games
<b>Happy Easter 20</b> 2:00 Dover Bible Church Service/H	<b>21</b> 9:00 Energize w/Mike & Devotions 9:30 Uno } 10:30 Crafts } 1:30 Bingo 3:00 Parachute Partners } 3:30 Name That Tune } 7:00 Movie/Ch. 2	<b>22</b> 9:00 Total Stretches 9:30 Computer Class w/Lauren 10:00 News & Chat 10:30 Nail Polish Mania 1:30 Bible Study w/Jeff 1:30 Bingo w/Anna 2:00 Games of Choice 3:30 Ball Toss 6:00 Resident Choir/G 7:00 Movie/Ch. 2	<b>23</b> 9:00 Loosen Up w/Mike & Devotions Today's News 9:30 Crafts 10:30 Trivia 1:30 Chef Demo 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visits 3:30 Bocci } 7:00 Movie/Ch. 2	<b>Art Lesson w/Lauren &amp; Bev 24</b> 9:00 Let's Get Fit w/Mike & Devotions 9:30 Wii Games w/Lauren 10:00 Current Events 10:30 Board Games 6:30 Bruce & Mary Seever's - Guitar & Singing/G 3:30 Karaoke 7:00 Movie/Ch. 2	<b>25</b> 9:00 Rise & Shine/Exercise Time Morning Chat & News 9:30 Culinary Corner 11:30 Res. Volunteer Appreciation Lunch @ Buehlers 1:30 Jingo/Bingo 3:00 Horseshoes 4:00 Social Hour Hors d'oeuvres Movie/Ch. 2	<b>26</b> 9:00 Volunteer Appreciation Brunch/R 1:30 Bingo With Staff Individual Activities Computer - Cards Puzzles - Board Games
<b>27</b> 2:00 Church Of New Hope Church Service/G	<b>28</b> 9:00 Energize w/Mike & Devotions 9:30 Uno } 10:30 Crafts } 1:30 Bingo 3:00 Parachute Partners } 3:30 Name That Tune } 7:00 Movie/Ch. 2	<b>29</b> 9:00 Total Stretches 9:30 Computer Class w/Lauren 10:00 News & Chat 10:30 Nail Polish Mania 1:30 Bingo w/Anna 2:00 Games of Choice 3:30 Ball Toss 6:00 Resident Choir/G 7:00 Movie/Ch. 2	<b>Potato Bar Fundraiser 30</b> 10:00am - 1:00pm 9:00 Loosen Up w/Mike & Devotions Today's News 9:30 Crafts 10:30 Trivia 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visits 3:30 Bocci } 7:00 Movie/Ch. 2	<h2>Garden Activities</h2> <p><i>of Dover</i></p> <p>} denotes Activities w/Staff</p>		

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



## DOVER HOMESTEAD

2014 brought a monthly theme of various countries. These past few months we have had a wonderful time traveling through all of the different countries, and learning about all the different cultures. We spent January learning all about Japan and tasting some of their delicious fried rice and getting introduced to art of Haiku - which is a simple form of poetry, and it was wonderful. February we celebrated Valentine's Day with a party and a wonderful dinner with great entertainment with family and friends. We also got into the spirit with the 2014 Winter Olympics! We cheered our fellow Americans in all of the different events and even participated in our Olympics right here. March offered us a chance to spend St. Patrick's Day like true Irish folks do. We learned all about the Irish

customs and got to try all kinds of different Irish foods - yummy!

Those months have come and gone so quickly it's amazing all the things that we learned and got to do with each country, but these next few months hold even more fun and amazing things for us! In April, we are venturing south of the border to Argentina! I have heard that Argentina is beautiful and that we might even get to learn how to tango! Vamos it is on to Mexico in May to celebrate Cinco de Mayo! Arriba! Let's not forget we also have National Nursing Home Week in May and that is always a wonderful time - with great entertainment! From Mexico we are traveling across the ocean to Egypt. So, in June we plan to spend out time emerged in the history of the pharaohs and pyramids -



**Donna attends the voting for Resident Council**

not to mention trying to walk like Egyptians!

There is so much to see and do these next couple of months - hope you will join us for all of the fun!

We'll be seeing you!

~ Lauren and Kathy

## DOVER GARDENS

*- Continued from page 10*

crusted red skin potatoes, oven roasted vegetables, and red velvet cake for dessert, and live entertainment by the beloved Randy Valez. Our royal court was: Queen Thelma "Tozzi" Kinsky and King Donny Huff - congratulations to both of you! We had a delightful Valentine's Day party with refreshments and Valentine Bingo with love songs playing. We also made our own bracelets with volunteer Barb Domer and Patty D., and a fun lipstick "game" with Mike Scholles to find your "Kiss" Personality! Thanks to Kimberly Giammon (mother of Jessica Karl in Accounting) and Kari Novotny for providing Avon lipstick samples! New life was also included in Resident Council as we plan for the next Resident Council President with campaigning and a meet & greet the candidates in the morning of Valentine's Day. We give thanks to the Dover High School basketball team and Abby Contino who delivered red corsages that were well received by the ladies who received them at evening meal! It made their day! Yes, another interjection of new life in some form!

Another excursion with Paula and Dave Sickinger took us to a community concert on a Sunday afternoon to see Chiz Rider, a world-wide professional trumpet player, who performed a mix of jazz, big band style, and religious tunes that was astounding! Donny H. was so pleased to attend this concert and to have his picture taken with Chiz! Talk about new life through music! Youth definitely has a way of bringing new life to any person or event. We thank Phyllis Ronald for bringing her piano students to

perform a recital for us. This is a delightful afternoon of various performances by students of all ages and levels of ability - we greatly appreciate their talent and time shared on our behalf!

March brings us even closer to spring with new life in greener lawns and a green theme party - St. Patrick's Day - green shamrock cookies, golden popcorn, and green O'Doul's (non-alcohol). We have a lot of pride and enjoyment with our crafts we make together and independently. Many of the ladies stuffed and sewed pillows and decorations with leprechauns and shamrock prints with Patty D.. They were very good with the needle and thread! They also made cute white picket fences with flowers to welcome spring to hang on their doors.

Lynn C. doesn't have idle hands as she keeps very busy making curly scarves for anyone who asks, and they look pretty adorning many outfits of staff, residents, and visitors. She is planning to make some for the upcoming Epilepsy Awareness. Purple is the color for Epilepsy Awareness coming March 26, so be sure to wear your purple attire! There will also be a bake sale on the 28<sup>th</sup> to enjoy some goodies.

Another new sign of life is the first Great Purple Cupcake Sale on the 28<sup>th</sup>! We have included a competition with celebrity judges - so this will be fun, and another source to purchase a wonderful variety of cupcakes for the Epilepsy fundraising. HCC is proud to be invited to be a part of this new education and awareness for Epilepsy, and we thank Mike Scholles and her family for her compassion and diligent hard

work for this needed cause.

Spring welcomes new faces and friends we know. Marge Johnson (who retired) stops in to visit occasionally and it's always nice to see her. Volunteer Anna Dale returned to call Bingo on three Tuesdays of the month, and we always appreciate our volunteers. Volunteer Charlene comes a couple times a week and helps with games, nail polish service, visitation, and in the S.W. office and is always pleasant. We welcomed volunteer Barb Domer as a newcomer in February and thank her for her help. We will honor our volunteers in April to show our thanks at the Volunteer Appreciation Brunch. The volunteer door is always open - come and bring in some new life (call 330-364-8849, ext. 2017).

We'll be having the Good Friday service with our Kathy Marburger, and April also brings new life with the Easter celebration! Purple is the color for many organizations including the American Cancer Society and Alzheimer's Association, so you'll be seeing more of it as we carry out our Spring Fling fundraising efforts for these causes. Stop in and see the display of 33+ fundraisers from raffles, car washes, bake sales and more! Be sure to watch for your invitations for the spring Mother's Day Tea, National Nursing Home Week celebrations, Father's Day Brunch, and more! Soon, summer will be here with warmer temperatures and lots of seasonal activities and excursions.

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

~The Gardens



# April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Everyday Games in the Dining Room</b> <i>Wii Available Daily</i> <b>Monday thru Friday Movies on Ch. 2 @ 7:00 pm</b> <i>Kathy's Daily Surprises</i> <b>Monthly Theme &amp; Country is . . . . . IRELAND</b>	<b>PS Salon Services Tuesday thru Saturday</b>  <i>Daily Computer Use Available</i>  <i>Check out the fundraisers for Cancer &amp; Alzheimer's</i>  <i>Rehab Crafts Wednesdays - 1:00pms</i>	<b>Mismatched Day Fundraiser 1</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 9:30 Memory Magic 1:30 Bingo w/Anna 3:00 Puzzle Time 6:00 Resident Choir/G 7:00 Evening Tunes	<b>2</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Current Events 9:15 Village Council 9:30 Sensory Time 10:00 Nail Mania 1:30 Craft Time - Argentine Flag 3:00 Dice Bingo 7:00 Evening Tunes	<b>3</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 9:30 Trivia 10:00 Farkle 1:30 History of Argentina 2:00 Hennis Choir Performs/G 3:15 Games 7:00 Evening Tunes	<b>4</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 10:00 Reminiscent 1:30 Cooking Corner - Empanadas 3:00 Cards 7:00 Evening Tunes 7:00 Movie - Ch. 2	<b>5</b>  7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Village Council 9:15 Current Events 9:30 Sensory Time 2:00 Karaoke 7:00 Evening Tunes
<b>6</b>  7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Village Council 9:15 Current Events 10:00 Catholic Comm. 2:00 Alpine Bible Church Service/G 7:00 Evening Tunes	<b>7</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 10:00 Alphabet Search 1:30 Bingo 2:00 Spelling Bee 3:00 Ball Toss 7:00 Evening Tunes 7:00 Movie - Ch. 2	<b>8</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 9:30 Memory Magic 1:30 Bingo w/Anna 3:00 About Iguazu Park 6:00 Resident Choir/G 7:00 Evening Tunes	<b>9</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Current Events 9:15 Village Council 9:30 Sensory Time 10:00 Nail Mania 1:30 Craft Time - Rainforest Crafts 3:00 Dice Bingo 7:00 Evening Tunes	<b>10</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 9:30 Trivia 10:00 Farkle 1:30 About Los Glacienes National Park 2:00 Music w/Max - Piano/G 3:15 Games 7:00 Evening Tunes	<b>11</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 10:00 Reminiscent 1:30 Cooking Corner - Sandwiches De Miga 3:00 Cards 7:00 Evening Tunes 7:00 Movie - Ch. 2	<b>12</b>  7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Village Council 9:15 Current Events 9:30 Sensory Time 2:00 Karaoke 7:00 Evening Tunes
<b>13</b>  7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Village Council 9:15 Current Events 10:00 Catholic Comm. 2:00 Rev. Robb's Church Service/G 7:00 Evening Tunes	<b>14</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 10:00 Cards 1:30 Bingo 2:00 Spelling Bee 3:00 Ball Toss 7:00 Evening Tunes 7:00 Movie - Ch. 2	<b>15</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 9:30 Memory Magic 1:30 Bingo w/Anna 3:00 Puzzle Time 6:00 Resident Choir/G 7:00 Evening Tunes	<b>16</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Current Events 9:15 Village Council 9:30 Sensory Time 10:00 Nail Mania 1:30 Craft Time - Argentine Bracelets 3:00 Dice Bingo 7:00 Evening Tunes	<b>17</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 9:30 Trivia 10:00 Farkle 1:30 Native Argentine Culture 2:00 Jerome James - Singing/G 3:00 Resident Council 3:15 Games 7:00 Evening Tunes	<b>18</b> Bread Sale Fundraiser 10am /R 7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 10:00 Reminiscent 1:30 Cooking Corner 2:00 Good Friday Service 3:00 Cards 7:00 Evening Tunes 7:00 Movie - Ch. 2	<b>19</b>  7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Village Council 9:15 Current Events 9:30 Sensory Time 2:00 Karaoke 7:00 Evening Tunes
<b>Happy Easter 20</b>  7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Village Council 9:15 Current Events 10:00 Catholic Comm. 2:00 Dover Bible Church Service/H 7:00 Evening Tunes	<b>21</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 10:00 Alphabet Search 1:30 Bingo 2:00 Spelling Bee 3:00 Ball Toss 7:00 Evening Tunes 7:00 Movie - Ch. 2	<b>22</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 9:30 Memory Magic 1:30 Bingo w/Anna 3:00 Puzzle Time 6:00 Resident Choir/G 6:00 Pitchers of Silver/H 7:00 Evening Tunes	<b>23</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Current Events 9:15 Village Council 9:30 Sensory Time 10:00 Nail Mania 1:30 Craft Time 3:00 Dice Bingo 7:00 Evening Tunes	<b>24</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 9:30 Trivia 10:00 Farkle 1:30 About the Tango 3:15 Games 6:30 Bruce & Mary Seevers - Guitar & Singing/G 7:00 Evening Tunes	<b>25</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 10:00 Reminiscent 1:30 Cooking Corner - Verbal Mate 3:00 Cards 7:00 Evening Tunes 7:00 Movie - Ch. 2	<b>26</b>  7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Volunteer Appreciation Brunch/R 9:00 Village Council 9:15 Current Events 9:30 Sensory Time 2:00 Karaoke 7:00 Evening Tunes
<b>27</b>  7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Village Council 9:15 Current Events 10:00 Catholic Comm. 2:00 Church Of New Hope Church Service/G 7:00 Evening Tunes	<b>28</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 10:00 Alphabet Search 1:30 Bingo 2:00 Spelling Bee 3:00 Ball Toss 7:00 Evening Tunes	<b>29</b>  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:15 Village Council 9:30 Memory Magic 1:30 Bingo w/Anna 3:00 Learn To Tango 6:00 Resident Choir/G 7:00 Evening Tunes	<b>30</b> Potato Bar Fundraiser 10:00am - 1:00pm  7:30 Breakfast Club 8:00 Social Circle 9:00 Current Events 9:15 Village Council 9:30 Sensory Time 10:00 Nail Mania 1:30 Craft Time 3:00 Dice Bingo 7:00 Evening Tunes	<b>Country of the Month</b>  <b>Argentina</b> 	<b>Homestead Activities of Dover</b>	

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

Well Spring is here! Just thought I would let you know! We definitely had a rough winter, and that darn groundhog certainly didn't help us out.

However, this winter Rehab won the chili cook-off, and we're so excited! Many thanks to Monica Alleshouse and her recipe that we won this year. We had some tough competition with Homestead's Cincinnati style chili, that was inspired by Lauren and Kathy. Its main ingredients are cocoa and cinnamon usually served with spaghetti. The Gardens used some of Jerry Marlowe's recipe and Paula Sickinger's to create an amazing chili. Pat's Porch also entered the competition. Chef Brian let Dodie Kurtz create her own chili, and like the others, it was wonderful. But - - we won, we won, we won!!!

Butch Walker continues to spread the blankets from Dover, New Phila, all the way to Akron, and who knows how north they are by now. He even took a ride with Kathy and Paula to Union Hospital Pediatric Unit to deliver several boxes of blankets and coloring books, juvenile playing cards, crayons and the like! Currently he has been making several for the Linus Project. Not only that - everywhere you look through the halls of Hennis, you see Butch's blankets! Good work Butch! Got fabric? We love to share the love!

So many groups come in to visit all year long, but the first Monday every month Brent Troyer from the Deer Run Church in Millersburg, brings about a dozen young adults to sing through our hallways. Sometimes more than that will come! However, most of the residents are eagerly watching for the first Monday of the month now. It is worth a trip to the facility just to hear them - they are here about 6:30pm. We appreciate them sharing the joy!

Randy Velez came again this year for the Valentine's Day dinner to sing and perform. Many people ask why we don't have him more often, well he is so booked up, that we try to get him for the special occasions a good year in advance. Nobody gets tired of him! I love to hear him tell stories of his New Jersey days, growing up with 12 brothers and sisters. Speaking of New Jersey - we are hosting a fundraiser bus trip to Cleveland Playhouse to see Jersey Boys - it will be great! Before that, it was Joseph and the Amazing Technicolor Dreamcoat. Both shows are fantastic. We will post upcoming shows in the next newsletter - they are quite popular to attend with us, so remember to reserve your spot early!

Pam Weltmer, a hostess from dietary, is now Mrs. Pam Beaber. She had her wedding the Rehab dining room on Valentine's Day evening, and husband Bill, chose a perfect setting for their wedding. It was already decorated beautifully for the parties, so this was very fitting for a romantic wedding. Several of the residents were very

pleased to attend and enjoy this special event.

Ok, I have heard this saying for the last few years, but really never put it to the test. Whatever the weather is like the first four days of the month will determine the outcome of most of the month. So far, in the month of January, that was true. February, the first four days were beautiful and sunny into the low 40's. Then snow and ice, and more snow and ice - but then guess what? Most of the month turned out to be like the first four days, mild and sunny. So you follow this pattern and see for yourself if it happens.

Spring always brings about a special celebration week - National Nursing Home Week! It officially starts with our Mother's Day Tea with many more special functions throughout the week - day and evening - so be sure to join us. This year's theme will be around the Cleveland Indians - what fun!

Kathy Marburger has organized the Hennis choir. It consists of several residents from the Gardens and Homestead and Rehab - everyone is invited at any point in time. They have choir practice every week, and have been performing the first Thursday of the month. It is so cool listening and watching this group. Kathy plays the piano and leads them into songs. Thanks Kathy with a "K" for doing this. We also send a special thanks to St. John's UCC of Dover for a very kind donation of hymnals to use for the choir!

We have a new kid on the block - - Patty Dunkle. She is the new activity person on the Gardens. She has many neat ideas, and likes involving residents with the many art projects and culinary talents that she is so good at. She had a chocolate party with chocolate fountain and cookies, pretzels, marshmallows and fruit. It smelled wonderful, Patty! Welcome to the world of activities.

Well, finally after a year of events and fundraisers for American Cancer Society Relay For Life - - the event itself will arrive at the end of May. All of these events and sales have made this event so famous. Card parties, bake-sales, soup sales, bus trips, car washes, cake walks, wear certain colors or themes for a dollar day, scrap booking, Cleveland Indian ticket sales, 50/50 drawings, monthly raffles, Cedar Point ticket sales, hot dog days, submarine sandwich days, potato day, special close parking spaces, tossing loose change in jar, cookie sales, pizza sales, designer purse sale, candy bars, themed basket raffles, blanket raffles, Ohio State picture raffles, tee shirt sales, bowling, gently worn jewelry sale - - - I'm sure there is more, but I can't think of it now. So, you see this goes on all year long with a big Spring Fling at this time of year. We enter half of the proceeds into The American Cancer

Society and the other half in to the Alzheimer's Association with that walk in the fall. Every little penny is used. This is a group effort on all our parts. But really all of this is the driving force of Paula.

Paula Sickinger is like a Duracell battery. She never wears out! Thank goodness for that. Paula has so many ideas and projects in the works - that I wonder how she keeps track of them all. Have you ever seen Paula stressed? No, because she is so organized that as soon as an idea is thought about, it is written down and happening! Believe me, I'm serious. We love you Paula! Now about an idea I have - ok, maybe next time! By the way, we are open to any new ideas.

Soon, outdoor activities are everywhere. Parachute toss, bad mitten, horseshoes and walking around the pathways are just some of the many happenings going on. Porch sitting and bird watching seems to occupy many of you after supper. The walking program is in effect as well. Many of you are wearing necklaces with bright colored feet on them. These you earn, by walking so many minutes a day, week or month. The more you collect the prettier the necklace. So try your hand at collecting these beauties.

Have you ever wanted to play cards, but didn't have anybody to play with. Well, many times at our card parties we may be one short for a table, and need an extra player. If you want to join us let me know, I can fix you up. Also, many evenings residents would like to play cards, but don't have enough players for a game, if you would like to fill this gap, that would be great.

Phyllis Ronald and her piano students came for their yearly piano recital. Joe Palmer, along with Mel Winn, also brought their students for a piano and vocal recital. We love when they come. It is so much fun watching them perform every year and listening and watching how they have become so confident with their performances. Most of the students have come for many years now. It is fun watching them grow up! Thank you for sharing your talent for a nice recital!

Summer brings outings and ice cream, drives, dives and dinners - love it all! Keith and Wayne can make that happen. Keith likes driving the bus in the mornings, so I have him take us to breakfast. Everybody in Rehab likes Buehler's for breakfast, sometimes Dee's. After lunch, Wayne drives us for surprise drives - pretty cool. Wayne is also one of our bus drivers to our theatre shows in Cleveland.

Fourth of July is coming up - so check out my theory. What are the first four days of July like? Now calculate the remainder of the month and see if most days turn out to be like the first four. Let's all keep track.

Till next time,  
Mike





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Activities subject to change.</b> <i>Everyday Games in the Dining Room</i> <b>Wii Available Daily</b> <i>Daily: Afternoon &amp; Evening Card Club-G</i> <i>Monday thru Friday Movies on Ch. 2 @ 7:00 pm</i>	<i>PS Salon Services Tuesday thru Saturday</i> <i>Guys Outings Thursday's - 7:00 am</i> <i>Daily Computer Use Available</i> <i>Check out the fundraisers for Cancer &amp; Alzheimer's</i> <i>Rehab Crafts Wednesdays - 1:00pm</i>	Mismatched Day <b>1</b> Fundraiser	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> 7:30 Breakfast Club 9:30 Crafts/G 10:00 Rehab Exercise 11:00 Mike's Stops 1:30 Bingo w/Dot 6:30 Deer Run Church Choir 7:00 Movie - Ch. 2 2:00 Alpine Bible Church Service/G	<b>8</b> 7:30 Breakfast Club 10:00 Exercise Group 11:00 One On One Visits 1:30 Cards w/Dot 2:00 Catholic Mass 6:00 Resident Choir/G 7:00 Movie - Ch. 2	<b>9</b> 7:30 Breakfast Club 10:00 Movin' & Groovin' 10:00 Crafts/G 11:00 Morning Chats 1:30 Bingo w/Dot 3:00 Catholic Visits 4:00 Dover Library 7:00 Movie - Ch. 2	<b>10</b> 7:30 Breakfast Club 10:00 Rehab Exercise 2:00 Music w/Max - Piano/G 7:00 Movie - Ch. 2	<b>11</b> 7:30 Breakfast Club 10:00 Exercise Time 11:00 Morning Chats 1:30 Domino's 7:00 Movie - Ch. 2	<b>12</b> 1:30 Bingo/G Cards - Puzzles Board Games All Day Computer
<b>13</b> 2:00 Rev. Robb's Church Service/G	<b>14</b> 7:30 Breakfast Club 9:30 Crafts/G 10:00 Rehab Exercise 11:00 Mike's Stops 1:30 Bingo w/Dot 7:00 Movie - Ch. 2	<b>15</b> 7:30 Breakfast Club 10:00 Exercise Group 11:00 One On One Visits 1:30 Cards w/Dot 6:00 Resident Choir/G 7:00 Movie - Ch. 2	<b>16</b> 7:30 Breakfast Club 10:00 Movin' & Groovin' 10:00 Crafts/G 11:00 Morning Chats 1:30 Bingo w/Dot 3:00 Catholic Visits 4:00 Dover Library 7:00 Movie - Ch. 2	<b>17</b> 7:30 Breakfast Club 10:00 Rehab Exercise 2:00 Jerome James - Singing/G 3:00 Resident Council 7:00 Movie - Ch. 2	<b>18</b> Bread Sale Fundraiser 10am /R 7:30 Breakfast Club 10:00 Exercise Time 11:00 Morning Chats 1:30 Domino's 2:00 Good Friday Service 7:00 Movie - Ch. 2	<b>19</b> 1:30 Bingo/G Cards - Puzzles Board Games All Day Computer
<b>Happy Easter</b> 2:00 Dover Bible Church Service/H	<b>21</b> 7:30 Breakfast Club 9:30 Crafts/G 10:00 Rehab Exercise 11:00 Mike's Stops 1:30 Bingo w/Dot 7:00 Movie - Ch. 2	<b>22</b> 7:30 Breakfast Club 10:00 Exercise Group 11:00 One On One Visits 1:30 Cards w/Dot 6:00 Resident Choir/G 7:00 Movie - Ch. 2	<b>23</b> 7:30 Breakfast Club 10:00 Movin' & Groovin' 10:00 Crafts/G 11:00 Morning Chats 1:30 Bingo w/Dot 3:00 Catholic Visits 4:00 Dover Library 7:00 Movie - Ch. 2	<b>24</b> 7:30 Breakfast Club 10:00 Rehab Exercise 11:00 Personal Stops 6:30 Bruce & Mary Seevers - Guitar & Singing/G 7:00 Movie - Ch. 2	<b>25</b> 7:30 Breakfast Club 10:00 Exercise Time 11:00 Morning Chats 11:30 Res. Volunteer Appreciation Lunch @ Buehlers 1:30 Domino's 7:00 Movie - Ch. 2	<b>26</b> 9:00 Volunteer Appreciation Brunch/R 1:30 Bingo/G Cards - Puzzles Board Games All Day Computer
<b>27</b> 2:00 Church Of New Hope Church Service/G	<b>28</b> 7:30 Breakfast Club 9:30 Crafts/G 10:00 Rehab Exercise 11:00 Mike's Stops 1:30 Bingo w/Dot 7:00 Movie - Ch. 2	<b>29</b> 7:30 Breakfast Club 10:00 Exercise Group 11:00 One On One Visits 1:30 Cards w/Dot 6:00 Resident Choir/G 7:00 Movie - Ch. 2	<b>30</b> Potato Bar Fundraiser 10:00am - 1:00pm 7:30 Breakfast Club 10:00 Movin' & Groovin' 10:00 Crafts/G 11:00 Morning Chats 1:30 Bingo w/Dot 3:00 Catholic Visits 4:00 Dover Library 7:00 Movie - Ch. 2	<h1>Rehabilitation Activities of Dover</h1>		

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

DOVER REHAB



Mike Scholles handing out the door prize to the winner at the February Lunch and Learn at the Tuscarawas County Sr. Center.



Chrissy Sickinger provides live piano music in the room for Jack H.



Judy Manning and Janice Regula, Candidates for Resident Council President and VP. The vow to work together.



Speech Therapist, Ken Avers, is "speechless" and happy to win one of the gas card raffles!



Jessica Carl and the Avon Ladies (her Mom) sharing the lipstick test for Customer Appreciation.



Mrs. Regula in the running, poses at the voting booth.

PAM WELTMER WEDDING | FEBRUARY 14, 2014



Delbert & Dorothy Bair - always together!



Pam and Bill with guests and Janice R.



Jeanette G. (Hostess) Karen as their Minister and guest Marcia Harmon enjoy the celebration.



The bride, Pam is taken down the aisle by her uncle Dennis of Rehab.



Here's to happiness!

It's always a pleasant surprise when your grandchild visits unannounced and even better when they bring their instrument, too. One Sunday afternoon, Sawyer Thomson, who studies at Cleveland Institute of Music and performs in orchestras, is the grandson of Bob France, who came to visit and play his cello for all of us in the living room – a delightful performance – and a delighted grandfather! We thank Sawyer for sharing his talent for our entertainment.

One afternoon we were the judges for the Chili Cook-Off for all the units of Hennis Care Centre – made by residents and staff for a fun competition. We prepared a batch with Chef Brian contributing our culinary skills and discussing our own recipes. That afternoon we put on our judging “hats” to taste the various batches from traditional to the Cincinnati style complete with chocolate and cinnamon! Each bite was very tasty, and we discussed each one before proclaiming the winner – congratulations to Rehab of the main facility for the People's Choice Award! It was hard work, but somebody had to do it!

We have various crafts offered from Lauren, the Recreational Therapist, and worked as on a group fleece blanket together to donate to the children's hospitals using cute prints like princesses, frogs, Batman, and it warms our hearts to be able to give to such causes. The Linus Blanket Project also has blankets being made of different sizes to contribute to that source also for children. It's a fun working together or individually for a community cause. We're proud of our Chef Brian and Chef Jacque who also participate in community supportive events. Jacque helped the Kiwanis Club flip pancakes for their community Pancake day (HCC supports this in honor of the late Harry D. Hennis who was a member for many years), and in costume at the Pioneer Days at New Towne Mall. Dover Dietary Manager, Carla Braun, and Hostess Myra Lute, Chef Matthew and Marjorie, Kathy, and Paula all provided the HCC chocolate fountain and goodies for the Union Hospital Chocolate Love Affair that's always a sold out delicious event! Chef Brian and Chef Matthew were the presenters for

the HCC-sponsored Lunch & Learn at the Senior Center in Feb. and provided a delightful culinary Valentine's Day surprise! Chefs Jacque & Brian also made some very good gourmet cupcakes for the Hennis' first Great Purple Cupcake Sale for Epilepsy awareness – scrumptious carrot cake, and bacon cupcakes with edible tropical flowers! Chef Brian and Marjorie will also be at the Hospice Culinary Capers event providing some savory hot hors'd oeuvres April 26 that you won't want to miss! Thanks to all of these professionals' support for these community endeavors!

We hosted our first Valentine's Day Dinner with Mike Scholles and Paula for the Pat's Porch guests and their invited guests. Chef Brian prepared a delicious dinner of a fresh garden salad, borsch (Russian soup), beef tenderloin with bordelaise sauce, New England lobster, parmesan crusted asparagus, Italian Caesar mashed potatoes, parmesan crusted asparagus, and triple chocolate covered strawberries for dessert, enjoyed amidst the live harp music serenading us. After dessert, we enjoyed some light-hearted fun with Mike using our lipsticks to find your “Kiss Personality” and it was right on the mark for many of us! This was provided by the Avon ladies – Kimberly Giammon and Kari Novotny. The honor of our first Valentine's Day Queen was bestowed upon Cassandra Roberts! (No males were staying with us at the time to become King).

March brought another first for Pat's Porch; our Spring Benefit Card Party! Nearly 60 people attended to support this for the good of the American Cancer Society and Alzheimer's Association. There was plenty of room and with a variety of card games being played, among a fun atmosphere. Everyone enjoyed good refreshments spread across the island by Chef Brian and Kim, they eagerly listened as Mike, Lauren, and Paula called winning numbers for door prizes, and were excited to receive numerous fun prizes! Thank you to everyone who attended! Mark your calendar – our next card party at Pat's Porch is July 10 (6:30p – 8:30p), and remember, seating is limited! The main facility's card party will be July 9 (7:00p – 10:00p) – call to reserve your table. By the way, HCC is offering 35+ assorted fundraisers for the Alzheimer's Association and American Cancer Society – so please stop in to see how you could win a mini get-away, 50/50, sporting goods, Cleveland Indians tickets, baskets, and much more!

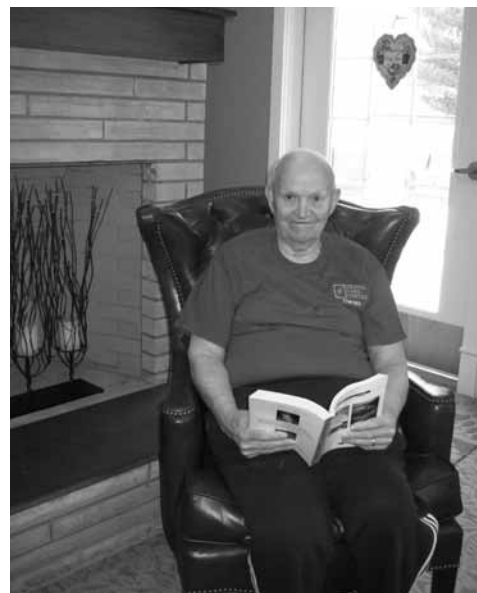
Who doesn't enjoy the luck of St. Patrick's Day? We had a wonderful time with the day at the hand of Chef O'Jacque from the top of the mornin' till dusk! He started our day with an Irish breakfast of corn beef hash, lunch rolled in with fresh baked Irish soda bread, Irish lamb stew, colcannon, baked apples, and mint chocolate

cheesecake (his cheesecake is to die for!); and a lighter supper came with Irish pub sandwiches – along with the chef even dancing a little Irish Jig to some lively Irish music playing!

Another fun day with Chef Jacque was a surprise visit from the Balloonatik for his birthday! It was quietly arranged by his girlfriend with Mike so that everyone could be prepared to enjoy the fun visit.

It will be nine months in June that Pat's Porch opened for its first rehabilitation guests. Many short term guests have circulated through the front doors and back home. A lot of camaraderie develops with fellow friends through sharing good meals around the kitchen tables, supporting one another, and sharing rehab experience and advice. It's quite interesting to experience and witness this. Some come back to visit, a few plan to return upon a next elective surgery, some share the good news with friends and make referrals (thank you), some come back working in their career to cover some of our stories (and continue to offer support to those currently there), some come to enjoy the special community events like the card party, and some come back to volunteer like Noreen Lahmers! Thank you to each and every one of you who help with this success in unique and individual ways! Noreen, thank you for volunteering to play cards. We welcome anyone interested to visit or to volunteer in a wide range of opportunities in a variety of time spans, too! (330-364-8849, ext. 2017).

**Treasure today!  
Tomorrow is a new day –  
make it count!**



Welcome back, Bob France! He enjoys a little reading by the fireplace.



# THE RESURRECTION MURAL BY RON DICIANNI



“The Resurrection” is a 12’ x 40’ mural, oil on canvas. It is a depiction of the moment of Jesus emerging from the tomb, with waiting angels, fainted roman guards, and a crowd of Biblical notables excitedly waiting for His exit. They include, on right of Christ, Moses, David, Isaiah & Abraham. On the left of Christ are, Elijah, Noah, Esther, John the Baptist & Daniel. These are part of the ones referred to in Hebrews 12:1 as “the great cloud of witnesses.” On the upper right of the painting is the remnants of the place Jesus was earlier crucified, namely Mt. Calvary, also known as Golgotha, the place of the skull.

## Artist note:

It seems that over the centuries every artist longed to paint a definitive scene that would stand the test of time. For Michelangelo, it was the “Creation of Adam” which he did for the Sistine Chapel. For Rembrandt, it was the scene of “The Prodigal Son.”

For me, it is “The Resurrection”, as this one act of history separates Christianity from every other religion, philosophy and dogma. It authenticates The Nativity, The Crucifixion of Christ, and legitimizes every word Jesus said concerning Himself and His relationship to God. Many may ignore the Resurrection at their peril, but none can deny it as it is historically proven beyond doubt. My hope is that as this mural is installed, many will be confronted with the scene of “The Resurrection” and make the decision that He is worthy of being called their Lord and Savior.



“My hope is that as this mural is installed, many will be confronted with the scene of ‘The Resurrection’ and make the decision that He is worthy of being Called heir Lord and Savior.” -Ron DiCianni, Artist

Source: To read and see more about The Resurrection Mural go to [www.resurrectionmural.com/aboutthemural.html](http://www.resurrectionmural.com/aboutthemural.html)

## Easter Prayer

Ruth W. Stevens

We thank Thee, God, for spring, when earth turns green  
And ice-freed streams play tinkling tunes. The chill  
Wind blows no more, so blossoms bud. Between  
Sun-stenciled leaves, the first shy warblers trill.  
We thank Thee, God, for light and soft warm air;  
For daffodils whose golden shine adorns  
The tufted grass; for woods where hilltops wear  
Blue violets for crowns instead of thorns.  
We thank Thee, God, for life. Now spring is here--  
Revive in us fresh understanding, give  
New wisdom for the tasks ahead, melt fear  
With love--You gave Your Son that we might live.  
Dear God, as spring and life return again,  
Accept the thanks of grateful hearts. Amen.

## Prayer in a Garden

Viney Wilder

I thank Thee, Lord, that I can see  
This proof of immortality;  
That I can hear in April rain  
The stir of fragile leaves again;  
That I can feel the wind that sweeps  
Where summer fruit now lightly sleeps  
And smell the spring upon my spade  
Where warm black earth is freshly laid.  
I thank Thee, Lord, that here today  
Death's ugly stone is rolled away,  
And now beside the empty tomb  
I kneel to touch the first frail bloom.



The famous Jerry Marlowe in costume with Kathy Marburger.



Mr. and Mrs. Saffell enjoy the chocolate fountain with Chef Matthew.



Everybody loves chocolate (and bacon-right Tory?)  
Kim, Tory, Nicole and Kim's Nephew.



Chef Matthew and Chef Brian preparing a Valentine's Day surprise dessert at the Senior Center Lunch and Learn.



A great Chocolate Culinary Team! Marjorie,  
Chef Matthew, Carla B and Mrya L.



Hello! Hopefully, this newsletter finds everyone fine and full of pep since the weather has been so great lately!! We are certainly ready to be outside more. Fortunately, we will be able to enjoy the courtyard more this spring & summer and have some parties and entertainment out there with the birds singing and flowers blooming!



Betty & Alice look like they have a "secret".

Our "Soup for Lunch" fundraiser went well with 13 different staff members donating their favorite kinds of soup. Thanks to all that brought and/or bought soup for lunch! It was delicious and warmed everyone up on a cold January day!

We held our annual Valentine's Day dinner in February and had a delightful evening; we chose Grant Fuller as our king and Denise VanVoorhis for our queen for 2014. Gene Weygandt, one of our favorite piano players, played a lot of everyone's favorite romantic songs; and the food was delicious. Jon King continues to entertain us, along with Max Grossenbacher, Fran Zupp, Tim Turkal, and Jim Williams; all are wonderful entertainers and are enjoyed by all.



Betty has a really "big" heart.

In March, we hosted our annual Card Party to benefit the American Cancer Society and Alzheimer's Association. A BIG thank

you to all who attended! Once again, attendees donated a supply of candy that will be used to fill the Easter eggs for our staff's families Easter egg hunt. We also are going to host our first "Chili Cook-off" here at Bolivar, on March 14th with staff, families and friends bringing in their best chili to share and to be judged! We will be celebrating St. Patrick's Day with a combination Bingo-St. Pat's party on the 17th starting at 1:30pm; and Fran Zupp will be here at 7 pm to entertain.

We had a busy April, starting out with everyone wearing their favorite mismatched outfits for April Fool's Day. What combinations we had; but all in fun!! Then, we had an Easter Bread sale and a Baked Potato bar fundraiser that went really well to benefit the American Cancer Society and Alzheimer's Association. Our annual "Bunny Breakfast" and egg hunt was a success with quite a few little egg hunters! We ended the month with thanking our volunteers with a



Sally & Christine spread the peanut butter in all the "nooks & crannies" of their pine cones

special appreciation dinner. We gave thank you gifts to all who attended and a few door prizes to the winners of some trivia questions. Our regular entertainers were also here throughout the month.

We are planning a celebration for "Cinco de Mayo" day on the 5th of May; with Mexican food, clothing and a party combined with our regular bingo game. On the 10th, we host our annual Mother's Day luncheon for all the ladies here at Hennis; please plan to attend: Invitations will be in the mail. The National Nursing Home Week starts on Monday, the 12th and runs all week. We have lots of special events planned for this week, so stop in to see what is happening! The theme is "Living the ALOHA spirit"; so there will be lots of time spent outdoors. The "Doodle-le-Doos" will be returning on the



Alice has a really "big" heart.

22nd; if you have never seen this duo, you really need to! Marcia is full of pep and lots of fun!! On the 23rd we will be selling hot-dogs, coneys, and sloppy-joes for lunch, from 10:30 am to 2:00 pm, to benefit the American Cancer Society and Alzheimer's Association. The annual Relay For Life walk will be held on May 30th & 31st at the football stadium at Strasburg; starting at 4 pm on Friday and ending on Saturday at noon.

In June, we will be celebrating our fathers, with a brunch starting at 8:30 am. We are planning on a Patriotic theme since it is also Flag Day; so, wear your favorite red, white & blue. Then, on the 20th, we are hosting a "Build Your Own Sub" for lunch fundraiser. We have all the fixin's and you build your sub with whatever you like on it! Our male entertainers take over the month with Jon King on the 6th and 20th at 7 pm; Tim Turkal on the 9th and Jim Williams on the 16th at 7 pm; Gene Weygandt on the 17th



"Do you wanna fight about it?" Jan & Christine were "goofing off" again!

at 2:30 pm and Max Grossenbacher on the 24th at 2:00 pm, playing everyone's favorite songs on the piano.

I hope you can join us for some of these special events; we always have a good time!! Take care;  
The Gardeners





# April



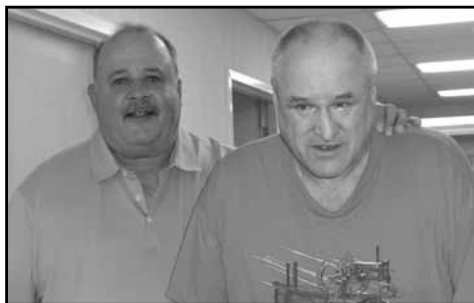
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For the next month's calendar check our web site ([www.henniscarecentre.com](http://www.henniscarecentre.com)) or pick up a free copy in the facility.

BOLIVAR GARDENS



Alice was proud of her heart.



Bud with his brother, Gary.



Sally totally enjoys putting bouquets together!



Linda & Sally are ready to go to lunch.



Katheryn likes her cozy room.



Christine shows off her "clown" snowman.



The ladies were deciding which way they should throw the snowballs-at the snowman or the camera!



Marian was looking very pretty in her holiday sweater.



Loretta from Freewill Baptist celebrating Denise's birthday.



Residents clap along with piano music by Gene.



King Grant Fuller and Queen Denise VanVoorhis



Susie getting ready to throw some "snowballs" to the residents.



Ruth Ross is ready to be served a delicious Valentine Dinner by Donna



Being crowned 'King' puts a smile on Grant's face

BOLIVAR REHAB



Jeanne and Frances celebrate a record number of BINGOs as Frances shouts, "hallelujah".



Bob maneuvers his way around the billiards table for a shot he likes.



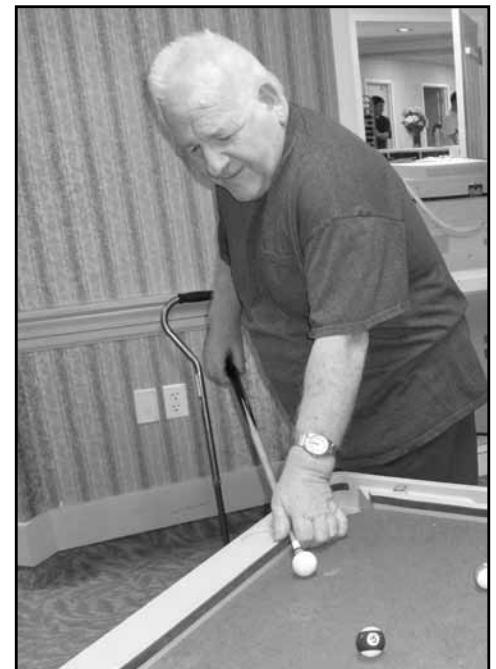
John and Gene continue an undefeated season.



Peggy, Leo, John and Gene have 'heated' Euchre games.



John and Gene are the Euchre champions.



Wayne gets his shot into the side pocket.



Clairene makes a "tip" jar snowman can, and 4 colorful valentines for her family.



Midge and Wayne learning to play "Seven Steps."



King John Solvey and Queen Frances 'Deary' Workman



Pearl Essex and her date enjoy the Valentine's Dinner



Dorothy Smith is very proud of her dates for this evening.



Thomas Eddy and family enjoy the Valentine's Dinner



The Merricks are pleased with the Valentine's Dinner food, friends, family and fun!!



Peggy and her Valentine at the Valentine's Dinner.

It was the music, entertainment and fun of Gene Weygandt, Fran Zupp, Jon King and Max Grossenbacher that helped us to keep warm in January. The “soup for lunch” fundraiser heated us up from the inside out. The soups were of vast variety and great tasting. There is a very heated and continuing Euchre competition. Gene and John have won over 30 games without being defeated. Wheeling around the pool table has been fun and a challenge. Gene is yet to be beat!!!

Our annual Valentine’s Day dinner was divine! Gene Weygandt provided our live entertainment. We listened to well known romantic songs, in an environment of family, friends and “our dates.” The decorations set a ‘heart filled with love’ atmosphere. ‘Snowmen can melt your heart’ was a very appropriate theme. Our King and Queen chosen were John Solvey and Frances ‘Deary’ Workman. Some of our residents made very colorful hearts using a coffee filter, markers and their talents to get into the Valentine’s Day spirit. We also had musical entertainment throughout the month with our favorites: Jon King, Max Grossenbacher, Fran Zupp, Tim Turkal and Jim Williams. Seven Steps is a new card game introduced to us by Leo.



Frances gets great support at ‘Card Bingo.’



Gene ‘breaks’ to continue our billiards competition.

This has been a step by step learning process for our residents. It has provided interaction, thinking, disappointment and excitement. John Wayne movies have been shown weekly as requested by our residents.

Our community Card Party to benefit the American Cancer Society and Alzheimer’s

Association was a great success. It was very well attended. We do want to thank all of those involved that made this possible. The candy donated filled Easter eggs at our staff’s families Easter egg hunt. Our first “Chili Cook-off” here at Bolivar on March 14th is sure to be a mouth watering event. Our taste buds will be awakened by the mild to the very hot and spicy entries. The winner will be announced in the next issue. Our St. Patrick’s Day celebration was “green” and included a combination Bingo-St Patrick’s Day Party. The end of the day was colorful with entertainment by Fran Zupp.

We have a ‘mismatched’ April Fools Day event that no one can ‘match’! This is a fundraiser for the American Cancer Society and Alzheimer’s Association. We also will have a Baked Potato bar fundraiser April 22nd . This a big hit with the staff. We also have an Easter Bread sale coming on April 17th. Our annual “Bunny Breakfast” has everyone hopping as they hunt for our candy filled eggs. The Easter Bunny Breakfast has numerous options and great taste. Our volunteers are invaluable. We will have a Volunteers Special Appreciation dinner on April 25th. There is a gift to all volunteers that attended to show our appreciation. Some of our volunteers can also receive door prizes. We continue to have our music entertainment throughout the month.

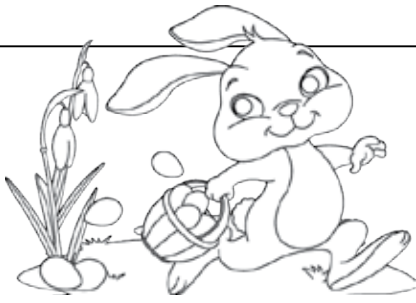
We will be celebrating “Cinco de Mayo” on May 5th by having Mexican food and

clothing. We will be having a “Cinco de Mayo” bingo game. It is on May 10th that we will be celebrating Mother’s Day with our annual luncheon. This is an event for ladies that you do not want to miss. An exciting ‘National Nursing Home Week’ starts on Monday, May 12th. We are going to “Live in the ALOHA spirit” this week. The ‘Doodle- Doo’ will be here on Thursday, May 22nd. Be prepared for an energetic and fun evening. On Friday, May 23rd we will be selling hot-dogs, coneys, and sloppy joes for lunch, from 10:30 am to 2 pm, to benefit the American Cancer Society and Alzheimer’s Association. Stop by to pick up dinner for your friends and family. This is a great cause.

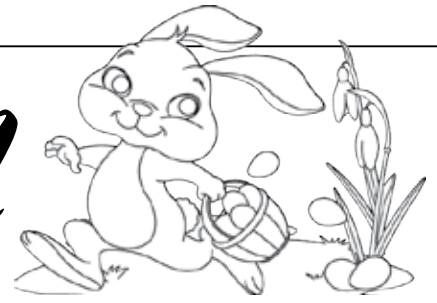
Our Father’s Day brunch is Sunday, June 14th. This celebration will be a red, white and blue day as it is “Flag Day”. On June 20th you are invited to join us for a “Build Your Own Sub” fundraiser. Our music for the month of June will be provided by Jon King on Friday, June 6th and Friday, June 20th. This is at 7 pm. Tim Turkal will provide entertainment on Monday, June 9th at 7 pm. We will be entertained by Jim Williams on Monday, June 16th, Gene Weygandt on Tuesday, June 17th and Max Grossenbacher on Tuesday, June 24th. We will be hearing a variety of everyone’s favorite music all month.

These special events are here for you and your family!





# April



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

Friends and Family,

Spring is finally here!! We welcome the warmer temperatures after the brutally cold winter we had. According to the news, it was the coldest winter we have had in over a decade. The only people that seemed to enjoy the weather were the school age children that had "snow days" due to the ice and wind chill factor and freezing temps. "If we had no winter, the spring would not be so pleasant; if we did not sometimes face adversity, prosperity would not be so welcome."-Anne Bradstreet

The staff and residents felt sorry for all our furry friends and we made sure the birds were fed and we started feeding peanuts to the squirrels. The squirrels now come right to the courtyard doors and nibble away on their peanuts not realizing the joy they bring to the residents who watch them while they dine. We have one resident who wants us to, "Catch them and bring them in here where it is warm."

Valentine's Day brought much celebration to the unit. The STNAs helped the residents with their creativity and made Valentines for decorating the unit. We shared another excellent meal created and served by our dietary department that consisted of: fresh crisp greens with cucumbers, tomatoes, cheese tossed in a red wine vinaigrette, slow roasted beef tenderloin filet with a molten three cheese crab sauce served with whipped sour cream and roasted asparagus with blistered grape tomatoes accompanied with hollandaise sauce. The meal ended with red velvet, caramel cake with warm, dark chocolate topped with cream cheese frosting. It was absolutely delicious.

We crowned Dale "Rudy" Rudersmith and Thelma Beatty as king and queen during our festivities. They were presented with crowns, flowers and chocolates. These evenings are enjoyed by all residents, families, and staff. Everyone enjoyed the fellowship that these events allow.

With springs arrival it brings much seasonal work. We plan to be outside cleaning the courtyard and getting ready to start our planting season. Of course, we are planting colorful flowers and many vegetables. Summer would not be summer on the Homestead without all the products of our labor. We love fried zucchini and fresh tomato sandwiches.

We were delighted to welcome back our cookie lady, Regina, back in the middle of January. She brings her assistants and our new friends and they gather in the kitchen on Fridays and whip up tasty treats. On her first day back she made homemade doughnuts that were a huge success. The ladies loved picking between the chocolate icing, powdered sugar, and cinnamon for the topping while they were still warm from the oven.

Live, Love, Laugh,  
The Homestead



King Rudy and Queen Thelma holding hands.



Midge gives her daughter, Lynn, a hug.



Family celebrating with Thelma.



King Rudy receiving a box of candy.



Violet with and guest.



Morris Thomas and guests enjoy Valentine's Dinner



Betty Malone and sister spend time together



Les and wife, Dody, together at the Valentine's Dinner



Mr. and Mrs. Caporali during the Valentine's Dinner.



Joseph McLaughlin and guest together at the Valentine's Dinner.



# April



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<p><i>Individualized Visits 1:1</i></p> <p><i>Salon Services Tues. Wed. Thurs. Fri.</i></p> <p><i>Mail Call Monday-Saturday</i></p> <p><i>All Activities &amp; Location Subject to Change</i></p>	<p><b>ZUMBA</b></p> <p>Tuesdays at 7:00pm</p> <p>Garden's Dining Room At HCC of Bolivar</p> <p>For info call 330-874-9999 ask for Jeanne</p>	<p><b>1</b></p> <p>Mismatched Day Fundraiser</p> <p>8:00 Social Circle</p> <p>9:00 Dancing With Diane</p> <p>6:00 Social Drinks</p> <p>7:00 Dulcimer Four</p> <p>8:00 Lotion Therapy</p>	<p><b>2</b></p> <p>8:00 Social Circle</p> <p>11:00 Resident's Choice</p> <p>3:30 Ball Toss</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>3</b></p> <p>8:00 Social Circle</p> <p>9:00 Dancing With Diane</p> <p>10:30 Reading</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>4</b></p> <p>8:00 Social Circle</p> <p>9:00 Morning Movie</p> <p>10:00 Baking With Regina</p> <p>3:00 Current Events</p> <p>6:00 Social Drinks</p> <p>7:00 Jon King Sings Country</p> <p>8:00 Lotion Therapy</p>	<p><b>5</b></p> <p>8:00 Social Circle</p> <p>10:30 Morning Chat</p> <p>1:30 Bingo</p> <p>1:30 Eating Our Creations</p> <p>6:00 Social Drinks</p> <p>7:00 Movie Night</p> <p>8:00 Lotion Therapy</p>
<p><b>6</b></p> <p>8:00 Social Circle</p> <p>9:30 Catholic Communion</p> <p>2:00 Faith Baptist Church Service</p> <p>6:00 Social Drinks</p> <p>6:30 Oldies Tunes</p> <p>8:00 Lotion Therapy</p>	<p><b>7</b></p> <p>8:00 Social Circle</p> <p>1:30 Bingo</p> <p>1:30 Trivia</p> <p>3:00 Current Events</p> <p>6:00 Social Drinks</p> <p>6:30 Tim Turkal's Tunes/G</p> <p>8:00 Lotion Therapy</p>	<p><b>8</b></p> <p>8:00 Social Circle</p> <p>9:00 Dancing With Diane</p> <p>6:00 Social Drinks</p> <p>7:00 Freewill Baptist Service</p> <p>8:00 Lotion Therapy</p>	<p><b>9</b></p> <p>8:00 Social Circle</p> <p>11:00 Resident's Choice</p> <p>3:30 Ball Toss</p> <p>6:00 Social Drinks</p> <p>7:00 Blue Grass Band</p> <p>8:00 Lotion Therapy</p>	<p><b>10</b></p> <p>8:00 Social Circle</p> <p>9:00 Dancing With Diane</p> <p>10:00 Catholic Communion</p> <p>10:30 Reading</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>11</b></p> <p>8:00 Social Circle</p> <p>9:00 Morning Movie</p> <p>10:00 Baking With Regina</p> <p>3:00 Current Events</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>12</b></p> <p>8:00 Social Circle</p> <p>10:30 Morning Chat</p> <p>1:30 Bingo</p> <p>1:30 Eating Our Creations</p> <p>6:00 Social Drinks</p> <p>7:00 Movie Night</p> <p>8:00 Lotion Therapy</p>
<p><b>13</b></p> <p>8:00 Social Circle</p> <p>9:30 Catholic Communion</p> <p>2:00 St. Paul's Lutheran Church Service</p> <p>6:00 Social Drinks</p> <p>6:30 Oldies Tunes</p> <p>8:00 Lotion Therapy</p>	<p><b>14</b></p> <p>8:00 Social Circle</p> <p>1:30 Bingo</p> <p>1:30 Trivia</p> <p>3:00 Current Events</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>15</b></p> <p>8:00 Social Circle</p> <p>9:00 Dancing With Diane</p> <p>2:30 Gene's Piano Tunes</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>16</b></p> <p>8:00 Social Circle</p> <p>11:00 Resident's Choice</p> <p>3:30 Ball Toss</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>17</b></p> <p>Bread Sale Fundraiser 10am</p> <p>8:00 Social Circle</p> <p>9:00 Dancing With Diane</p> <p>10:30 Reading</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>18</b></p> <p>8:00 Social Circle</p> <p>10:00 Baking With Regina</p> <p>3:00 Current Events</p> <p>6:00 Social Drinks</p> <p>7:00 Jon King Sings Country</p> <p>8:00 Lotion Therapy</p>	<p><b>19</b></p> <p>8:00 Social Circle</p> <p>10:30 Morning Chat</p> <p>1:30 Bingo</p> <p>1:30 Eating Our Creations</p> <p>6:00 Social Drinks</p> <p>7:00 Movie Night</p> <p>8:00 Lotion Therapy</p>
<p><b>20</b></p> <p><b>Happy Easter</b></p> <p>8:00 Social Circle</p> <p>9:30 Catholic Communion</p> <p>2:00 St. John's UCC Church Service</p> <p>6:00 Social Drinks</p> <p>6:30 Oldies Tunes</p> <p>8:00 Lotion Therapy</p>	<p><b>21</b></p> <p>8:00 Social Circle</p> <p>1:30 Bingo</p> <p>3:00 Current Events</p> <p>6:00 Social Drinks</p> <p>7:00 Jim Williams' Gospels/G</p> <p>8:00 Lotion Therapy</p>	<p><b>22</b></p> <p>Potato Bar Fundraiser 10:30am - 2:00pm</p> <p>8:00 Social Circle</p> <p>9:00 Dancing With Diane</p> <p>6:00 Social Drinks</p> <p>7:00 Freewill Baptist Service</p> <p>8:00 Lotion Therapy</p>	<p><b>23</b></p> <p>8:00 Social Circle</p> <p>11:00 Resident's Choice</p> <p>3:30 Ball Toss</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>24</b></p> <p>8:00 Social Circle</p> <p>9:00 Dancing With Diane</p> <p>10:30 Reading</p> <p>3:00 Nail Talk</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>25</b></p> <p>8:00 Social Circle</p> <p>9:00 Morning Movie</p> <p>10:00 Baking With Regina</p> <p>3:00 Current Events</p> <p>6:00 Social Drinks</p> <p>6:30 Volunteer Appreciation Dinner</p> <p>8:00 Lotion Therapy</p>	<p><b>26</b></p> <p>8:00 Social Circle</p> <p>10:30 Morning Chat</p> <p>1:30 Bingo</p> <p>1:30 Eating Our Creations</p> <p>6:00 Social Drinks</p> <p>7:00 Movie Night</p> <p>8:00 Lotion Therapy</p>
<p><b>27</b></p> <p>8:00 Social Circle</p> <p>9:30 Catholic Communion</p> <p>2:00 Northwest Church of Christ Church Service</p> <p>6:00 Social Drinks</p> <p>6:30 Oldies Tunes</p> <p>8:00 Lotion Therapy</p>	<p><b>28</b></p> <p>8:00 Social Circle</p> <p>1:30 Bingo</p> <p>1:30 Trivia</p> <p>3:00 Current Events</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>29</b></p> <p>8:00 Social Circle</p> <p>9:00 Dancing With Diane</p> <p>2:00 Max's Music</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>30</b></p> <p>8:00 Social Circle</p> <p>11:00 Resident's Choice</p> <p>3:30 Ball Toss</p> <p>6:00 Social Drinks</p> <p>8:00 Lotion Therapy</p>	<p><b>Homestead</b></p> <p><b>Activities</b></p> <p><i>of Bolivar</i></p>		

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





Elia with special guests.



Beth crowns Thelma the 2014 Valentine queen.



Queen Thelma waves.



Queen Thelma says "only one more picture."



King Rudy surrounded by "loyal subjects".



Roro and special guests at our Valentine's Dinner.



Al and Martha singing along at our church service.



Spring has sprung  
the grass is ris...  
I wonder where  
the birdies is?



Clairene Dickerhoof and family



Ahhhhhhhhhhhh..... there's nothing like a great cup of java to get me started in the morning.



HATTIE'S HOUSE - BOLIVAR



Guests and staff celebrating Christmas



Betty Dauer enjoys receiving a box of Chocolate



Speech therapist Chelsea and guest at Hattie's house discussing 'game plan'.



Donna Diehl and Pat Braun in "therapy" at Hattie's House.



Norma Filkorn and Barb Deramo excited for their next workout.



Guests at Hattie's House enjoying Christmas carols



Janis Moore and William Moore. Will Bill share his Million Dollar candy bar?



Betty Irwin is pleased with the rose and box of chocolates she received for Valentine's Day.



James Latimer and his guest had a splendid dinner at Hattie's House.



Mr. and Mrs. Latimer with Rosi at Hattie's House.



Ken Trescott receives a one million dollar...candy bar.



The Penrods and Latimers have a good meal and great company. Thanks Chef James!



Mrs. Penrod has a chocolate covered strawberry to celebrate Valentine's Day.



Mr. Moore and family celebrate Valentine's Day at Hattie's House.

# Hennis Care Centre of Bolivar Serving the Community through our Outpatient Therapy Services.



Hennis Care Centre

We are pleased to announce that Hattie's House accepts individuals for outpatient therapy services which includes physical, occupation, speech therapy. Here is some helpful information to help prepare you for that first visit with a physical therapist.

Physical therapists are highly educated, licensed health care professionals who help patients improve or restore mobility, and in many cases helping patients reduce pain, and avoid the need for surgery and the long-term use of prescription medications and their side effects.

Physical therapists examine, evaluate, and treat patients whose conditions limit their ability to move and function in daily life. Your physical therapist's overall goal is to maintain, restore, or improve your mobility and help reduce your pain.

## Before Your Visit:

**Make a list of any questions** that you might have, so that you can make the best use of your time with your physical therapist.

**Write down any symptoms** you've been having and for how long. If you have more than one symptom, begin with the one that is the most bothersome to you.

**Make specific notes about your symptoms.** For example, is your pain or other symptom:

- Better or worse with certain activities or movements or with certain positions, such as sitting or standing?
- More noticeable at certain times of day?
- Relieved or made worse by resting?

**Write down key information about your medical history,** even if it seems unrelated to the condition for which you are seeing the physical therapist.

**Make a list of all prescription and over-the-counter medications,** vitamins, and supplements that you are taking.

**Make a note of any important personal information,** including recent stressful events in your life.

**Write down and describe any injuries, incidents, or environmental factors** that you believe might have contributed to your condition.

**Make a list of any medical conditions** of your parents or siblings.

**Consider bringing a family member or trusted friend along** to help you remember details from your own health history and to take notes about what is discussed during your visit.

**Make sure you can see and hear as well as possible.** If you wear glasses, bring them with you. If you use a hearing aid, make certain that it is working well, and wear it. Tell your physical therapist and clinic staff if you have a hard time seeing or hearing. For example, you may want to say, "I have difficulty hearing. It's helpful to me when you speak slowly."

If available, **bring any lab or diagnostic reports from other health care professionals** who have treated you for your current condition.

**Bring a list of the names of your physician and other health care professionals** that you would like your physical therapist to contact regarding your evaluation and your progress.

When you call to make your appointment, **ask whether you should wear or bring a certain type of clothing** when you come for your first visit. You may want to avoid tight or formal clothes, in case the therapist wants you to engage in activities during the first session.

## What to Expect During Your First Visit:

Your physical therapist will begin by **asking you lots of questions** about your health and about the specific condition you want the physical therapist to treat. Detailed information about you and your condition will help the physical therapist determine whether you are likely to benefit from physical therapy and which treatments are most likely to help you.

Your physical therapist will **perform a detailed examination.** Depending on your symptoms and condition, the physical therapist might evaluate your strength, flexibility, balance, coordination, posture, and heart and respiration rates. Your physical therapist might use his or her hands to examine or "palpate" the affected area or to perform a detailed examination of the mobility of your joints, muscles, and other tissues.

Your physical therapist also **might evaluate:**

- How you walk ("gait")
- How you get up from a lying position or get in and out of a chair ("functional activities")
- How you use your body for certain activities, such as bending and lifting ("body mechanics").

Your physical therapist might **ask you specific questions about your home or work environment**, your health habits and activity level, and your leisure and recreational interests so that the therapist can help you become as active and independent as possible.

Your physical therapist will **work with you to determine your goals** for physical therapy and will begin to develop a plan for your treatment. In many cases, the physical therapist will make a diagnosis and begin treatment almost immediately.

One of the main goals of treatment is almost always to **improve your ability to do your daily tasks and activities**. To reach this goal, the physical therapist may need to focus on pain, swelling, weakness, or limited motion. Your

physical therapist will constantly assess your response to each treatment and will make adjustments as needed.

In most cases, **an important aspect of your physical therapy treatment will be education**. Your physical therapist might teach you special exercises to do at home. You might learn new and different ways to perform your activities at work and home. These new techniques can help minimize pain, lessen strain, avoid re-injury, and speed your recovery.

Your physical therapist will **evaluate your need for special equipment**, such as special footwear, splints, or crutches. If the evaluation indicates that you are at risk for falling, your physical therapist might recommend simple equipment to help make your home a safer place for you. The therapist will know what

equipment you need and can either get it for you or tell you where you can find it. If you do need special equipment, your physical therapist can show you how to use it properly.

Your physical therapist will **communicate the important information** from your examination to your physician and to other health care professionals at your request.

Your physical therapist will **continually recheck your progress** and work with you to plan for your discharge from physical therapy when you are ready. Make sure you talk with your physical therapist about what you should do after discharge if you have questions or if your symptoms or condition should worsen.

## RESPIRATORY WELLNESS AND MUSIC THERAPY

# Asthma and Allergy Awareness Month 2014 May 2014

Supported by the Asthma and Allergy Foundation of America (AAFA), this awareness event is held throughout the month of May to coincide with the peak season for asthma & allergy sufferers.

People who suffer from asthma and allergies often experience noticeable physical symptoms during this month. An awareness campaign in May is an appropriate time to educate friends, family, co-workers and members of the public about asthma and allergies.

### Why This Campaign?

In the US, approximately 25 million people have asthma of which almost 7 million are children. In 2010, almost 13 million people reported having an asthma attack (just over half of the total number of people with this condition). There is a higher incidence of asthma emergencies, hospitalizations and death in African Americans compared to Caucasians. Puerto Ricans are also disproportionately affected. By educating the public about asthma and allergies it is hoped that more people will take early action to deal with any symptoms. Taking early action, which in many cases may be preventative action, can improve the quality of life of asthma and allergy sufferers. Time and money spent on medical intervention can also be reduced.

### The Signs and Symptoms of Asthma and Allergies to be Aware of

Asthma symptoms include coughing, wheezing, shortness of breath, and a tightness in the chest. Symptoms of allergies can vary in severity. Mild allergy symptoms include congestion, skin rash, and itchy water eyes. Moderate symptoms include difficulty in breathing, and itchiness.

Severe asthma symptoms can begin with itching of the eyes and face, but soon progress to swelling, causing breathing difficulties, cramps, diarrhea, and vomiting. Confusion and dizziness are further symptoms of asthma.

It is hoped that this awareness event will educate more people about asthma triggers which bring on symptoms of asthma, and how asthma can be controlled. Environmental triggers of asthma attacks include passive smoking, molds, cockroaches, pet hair, and dust mites. Combined with adequate medical treatment, these environment triggers can be controlled enabling people with asthma to live active and healthy lives.

The AAFA organize activities and invite people to use materials to raise awareness about asthma and allergies at home, school, and work. One such resource is the Asthma Awareness Month Event Planning Kit.

2014 QUILT SHOW HIGHLIGHTS | ST. JOHN'S UCC



*Pictured above is Lillian, Row and Alice, among 125-plus, colorful quilts on display at St. John's UCC in Dover.*

*Pictured below is Alice Ladrich with her daughter-in-law, Linda, coordinator of the Quilt Project for the Mission Project.*



Hattie's House  
266 Bolivar St. | Bolivar, OH 44612  
(330) 874-9999



Pat's Porch  
309 E. 17th St. | Dover, OH 44622  
(330) 364-8849

Hennis Care Centre  
Transitional Therapy Houses



[www.henniscarecentre.com](http://www.henniscarecentre.com)

300 Yant Street | Bolivar, Ohio 44612  
(330) 874-9999



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

*of Dover & Bolivar*

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MAILER'S CHOICE