



THE

# Friendly Visitor

January | February | March 2013

## 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-Sickingering  
Recreational Therapist .....Lauren Peelman  
Activity Professionals .....Mike Scholles  
  Marje Johnson  
  Kathy Marburger  
Music Therapist .....Laura Smith  
Maintenance Director .....Keith Kaser  
Receptionist..... Trish Haynam  
  Rose Lomax



Hospice House Dietary Services:

Dennis Borter, Carol Miller, Matthew Arnold

#### BOLIVAR

Executive Director .....David Hennis  
Administrator .....Kim Zontini  
Director of Nursing .....Jamie Skelly  
Director of Dining Services.....Abby Strubel  
Executive Chef .....Matthew Ridgway  
Laundry/Housekeeping ..... Sue White  
Social Services..... Kari Staron  
Director of Therapy Services.....Teresa Carlson, O.T.  
Accounting Manager ..... Harold Baker  
Activity Professionals ..... Stephanie Erb  
  Jean Sauernheimer  
  Dianna Jones  
Maintenance Supervisor ..... David Wood  
Receptionist.....Kathy Herstine  
  Julie Wade



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)



Tucked away in our subconscious is an idyllic vision. We are traveling by train — out the windows, we drink in the passing scenes of children waving at a crossing, cattle grazing on a distant hillside, row upon row of corn and wheat, flatlands and valleys, mountains and rolling hillsides and city skylines.

But uppermost in our minds is the final destination. On a certain day, we will pull into the station. Bands will be playing and flags waving. Once we get there, our dreams will come true and the pieces of our lives will fit together like a completed jigsaw puzzle. Restlessly we pace the aisles, damning the minutes — waiting, waiting, waiting for the station.

“When we reach the station that will be it!” we cry. “When I’m 18”, “When I buy a new 450SL Mercedes Benz!”, “When I put my last kid through college”, “When I have paid off the mortgage!”, “When I get a promotion”, “When I reach retirement, I shall live happily ever after!”

Sooner or later, we realize there is no station, no one place to arrive. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.

“Relish the moment” is a good motto, especially when coupled with Psalm 118:24: “This is the day which the Lord hath made; we will rejoice and be glad in it.” It isn’t the burdens of today that drive men mad. It is the regrets over yesterday and the fear of tomorrow. Regret and fear are twin thieves who rob us of today.

So stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets, laugh more, cry less. Life must be lived as we go along. The station will come soon enough.

- Robert J. Hastings

# The Station

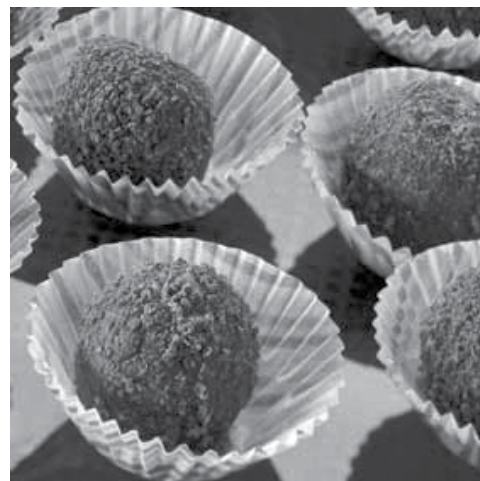
# Italian Chocolate Truffles

**Ingredients:**

- 6 oz / 175 g semisweet chocolate
- 2 tbsp Amaretto liqueur or orange-flavoured liqueur
- 3 tbsp unsalted butter
- 4 tbsp confectioners' sugar
- 1-3/4 oz / 50 g ground almonds
- 1-3/4 oz / 50 g grated chocolate

**Method:**

- 1) Melt the semisweet chocolate with the liqueur in a bowl set over a pan of hot water, stirring until well combined.
- 2) Add the butter and stir until it has melted. Stir in the confectioners' sugar and the ground almonds. Let the mixture stand in a cool place until firm enough to roll into 24 balls.
- 3) Place the grated chocolate on a plate and roll the truffles in the



chocolate to coat them. Place the truffles in candy cases and let chill.

## Hennis Care Centre Special Occasion Cookies

Select from the following holidays:

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

**Cost per dozen \$6.50-\$7.50**

*\*For Val. Day only, a single 6" decorated cookie is available, or by the dozen - regular size  
See the receptionist for ordering & pre-payment*

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



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

## LAUNDRY AND HOUSEKEEPING

### Q & A with... Queen of Clean® Linda Cobb

*You've got questions, she's got answers. Here's how to handle your most common laundry problems.*

**What do I do when my laundry smells bad?**

Do you have a front-loading washer? These often fail to get rid of all the water behind the spin basket, leaving a dirty scent. To freshen things up, run a complete cycle with just hot water and a capful of the citric acid cleanser Smelly Washer (\$17; smellywasher.com). If you

just need to remove a mildew scent from clothes, rewash them with a teaspoon of Odorzout (\$15; 88stink.com).

**How do I get rid of all the lint and pet hair on my clothes?**

Put down your lint roller. And forget about pressing "repeat" on your washer and dryer until it comes out (it won't). Take a yard of cheap nylon net (\$1; joann.com) and throw it into your wash with the fuzzy items. Instead of spreading all over the place, the lint and hair will head straight for the net.

**How can I keep new dark clothes from fading?**

Dump 1 cup table salt into cold water in the washing machine, soak items for

a few hours to set the dye, then rinse. Wash all darks inside out with gentle detergent, and mix new darks with faded ones—their dye will redeposit on the older clothes.

**What do I do when dye spreads from one item to another?**

Bleach won't help you erase fugitive color. Try Carbona Color Run Remover (\$3; createforless.com), or the quilters' favorite, Synthrapol Sizing and Dye Remover (\$2; benfranklincrafts.com), which is made for delicate fabrics.

*Source: Womens Day May 2010*

# How to protect and grow your nest egg - ADVICE FOR THE AVERAGE SENIOR

You've probably heard Suze Orman's mantra: Pay yourself first! Her point was, you need to save and invest wisely because you have obligations to meet, emergencies to cover and the future to provide for.

Well, seniors, the future has arrived, you've retired, and you will still be spending, but for different reasons than when your nest wasn't empty. Hopefully, your chicks have finally flown, you're free of debt and have accumulated a nice little nest egg—one that, thankfully, has no potential to hatch into another chirpy mouth to feed.

That egg, though, does demand your attention. Why? Because that nest egg will make it possible for you to travel before your knees buckle—you can see I have my priorities straight—and cover living and medical expenses before you finally shed these mortal coils.

Forget the funeral expenses; my theory is that since your heirs didn't work for the money and other assets that they are inheriting from you, let them worry about how to bury you.

## Investing wisely

Your responsibility at this point is to nurture that egg as carefully as you did your own hatchlings, because when that egg cracks the product should not be a breakfast ingredient, but a chick that grows up into a chicken that lays eggs. You get the picture.

You still need income, but you don't want to be bothered by the problems involved in running even a small business or rental properties. The choice left to you is...money-lending. No, no, no, I don't mean loan-sharking. I am referring to something classier. The elegant term is "investing in debt instruments."

Fortunately for today's seniors, there are more debt instruments now to choose from than there were 20 years ago. Not just time deposits and money market placements (short-term borrowings of private companies) but also bonds (long-term borrowings of government entities and private corporations) and a mestizo creature called a preferred share.

With preferred shares, you become both a lender and a part-owner of the corporation.

The most risk-free debt instruments are those issued by the government itself. Probably the most popular is a special deposit account (SDA) which is a debt of the Bangko Sentral ng Pilipinas (BSP) and has short holding periods, typically 30 days. You should do some comparison shopping on bank fees, because interest rates on SDAs are a little higher than time deposits (emphasis on little), so a reduction in your cost can make a difference.

For example, Bank A accepts a minimum of P50,000 for SDAs and charges a trust fee of .5 per cent. Bank B's minimum SDA is P1 million, but charges a lower fee of .3 per cent, and it goes down even further for a larger deposit. If you have a large amount to invest, that .2 per cent difference can translate into a tidy sum, plus you are hoping that your interest income, net of tax and fee, will be higher than inflation.

And steel yourself to resist the mournful expression of the account officer when you remove your funds from her high-fee bank to the lower-fee bank. Just remember that you're the retired person who needs to maximize your funds, not her.

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



# Be Tire Smart Play Your Part

## PRESSURE • ALIGNMENT • ROTATION • TREAD

It's important to have the proper inflation pressure in your tires, as under inflation can lead to tire failure. The "right amount" of inflation for your tires is specified by the vehicle manufacturer and is shown on either the vehicle door edge, door post, glove box door or fuel door. It is also listed in the owner's manual.

TIRE AND LOADING INFORMATION			
SEATING CAPACITY		TOTAL 5, FRONT 2, REAR 3	
The combined weight of occupants and cargo should never exceed XXX kg or XXX lbs.*			
TIRE	SIZE	COLD TIRE PRESSURE	SEE OWNER'S MANUAL FOR ADDITIONAL INFORMATION
FRONT	P195/70R14	200KPA, 29PSI	
REAR	P195/70R14	200KPA, 29PSI	
SPARE	T125/70D15	420KPA, 60PSI	

Look for this information in your vehicle.

- Check inflation pressure at least once a month and before long trips.
- When you check the inflation pressure, make sure the tires are cool meaning they are not hot from driving even a mile. (NOTE: if you have to drive a distance to get air, check and record the tire pressure first and add the appropriate inflation pressure when you get to the pump. It is normal for tires to heat up and the inflation pressure inside to increase as you drive. Never "bleed" or reduce inflation pressure when tires are hot.)
- Remember to check the spare. (NOTE: Some spare tires require higher inflation pressure.)
- Visually inspect the tires to make sure there are no nails or other objects embedded that could poke a hole in the tire and cause an air leak. Check the sidewalls to make sure there are no gouges, cuts, bulges or other irregularities.

### ALIGNMENT

Misalignment of wheels in the front or rear can cause uneven and rapid treadwear and should be corrected by a tire dealer. Front-wheel drive vehicles, and those with independent rear suspension, require alignment of all four wheels. Have your alignment checked periodically as specified by the vehicle owner's manual or whenever you have an indication of trouble such as "pulling." Also have your tire balance checked periodically. An unbalanced tire and wheel assembly may result in irregular wear or vibration.

### MAINTAIN CORRECT PRESSURE

Under inflation or overloading creates excessive stress and heat, and can lead to tire failure. This could result in vehicle damage and/or serious injury or death. An over inflated tire can cause uneven wear in the center of the tread. Over inflation also can make the tire more susceptible to road hazard damage and pose vehicle handling issues.

### TIRE CARE FACTS

- 19% of vehicles had at least one tire under inflated by 8 pounds per square inch (psil).
- 11% of tires on the road are bald.
- A tire can lose as much as 50% of its inflation pressure and not appear to be flat.
- Inflation pressure in a tire increases (in warm weather) or decreases (in cold weather) 1-2 pounds for every 10 degrees of temperature change.

### ROTATION

Sometimes irregular tire wear can be corrected by rotating your tires. Consult your vehicle owner's manual, the tire manufacturer or your tire dealer for the appropriate rotation pattern for your vehicle. (NOTE: If your tires show uneven wear, ask your tire dealer to check for and correct any misalignment, imbalance or other mechanical problem involved before rotation.)

Before rotating your tires, always refer to your vehicle owner's manual for rotation recommendations. If no rotation period is specified, tires should be rotated approximately every 5,000-8,000 miles. (NOTE: After rotation, make sure inflation pressure is set to the vehicle manufacturer's specification.)

### TREAD

Tires must be replaced when the tread is worn down to 2/32 of an inch. Traction, particularly in bad weather, and resistance to hydroplaning is reduced as tires wear. An easy test: place a penny into a tread groove, if part of Lincoln's head is covered by the tread, you're driving with 40 the proper amount of tread. If you can see all of his head, you should buy a new tire.

Built-in treadwear indicators, or "wear bars," which look like narrow strips of smooth rubber across the tread will appear on the tire when the tread is worn down to 2/32 of an inch. When the top of the "wearbars" are flush with the tire tread, the tire is worn out and needs to be replaced.

Visually check your tires for signs of uneven

wear. You may have irregular tread wear if there are high and low areas or unusually smooth areas. Consult your tire dealer as soon as possible.

### OTHER IMPORTANT INFO...

#### Always buckle your seat belt.

Practice good driving habits, which helps keep your tires in good condition.

- Obey posted speed limits.
- Avoid fast starts, stops, and turns.
- Avoid potholes and other objects on the road.
- Do not run over curbs or hit your tires against the curb when parking.
- Do not overload your vehicle. Check your vehicle's tire information in the owner's manual for the maximum recommended load for your vehicle.
- If you think you may have a tire problem or are unsure of the condition of your tires, consult a tire dealer as soon as possible.

### Tire Pressure Monitoring System (TPMS)

Vehicles equipped with Tire Pressure Monitoring Systems (TPMS) can help motorists detect loss of inflation pressure. Federal regulations require TPMS to warn drivers when tires are 25% under inflated. For many vehicles this warning may be too late to prevent damage caused by under inflation. TPMS units are NOT a replacement for monthly tire pressure checks with a gauge.

### Nitrogen

Nitrogen gas can be safely used in place of compressed air to inflate tires. Nitrogen may aid in tire pressure retention as it does not seep through a tire as quickly as compressed air. Other sources of potential air loss such as punctures, damage or a faulty valve will not be slowed by nitrogen inflation. Whether tires are inflated with compressed air or nitrogen, tire pressure MUST be checked every month to ensure proper tire inflation.

### Tire care is pro-environment.

Under inflated tires waste fuel. Properly inflated tires help promote better fuel economy. Additionally, regular care helps tires get the most potential wear so they don't need to be replaced as often.

SOURCE: RUBBER MANUFACTURERS ASSOCIATION  
The Rubber Manufacturers Association is the national trade association for the tire manufacturers. Members include Bridgestone Americas; Continental Tire the Americas, LLC; Cooper Tire and Rubber Company; Goodyear Tire and Rubber Company; Michelin North America, Inc.; Pirelli Tire North America; Toyo Tire Holdings of Americas Inc. and Yokohama Tire Corporation. 1400 K Street, NW, Washington, DC, 20005 • 202/682-4800 • info@rma.org  
© 2009 Rubber Manufacturer, Association

# Caring for the Alzheimer's & Dementia Caregiver

Family caregivers are all too familiar with the roller coaster of emotion that come with caring for a loved one with Alzheimer's and dementia. At times, caregivers may revel in the love, appreciation and personal satisfaction they experience, although it's common to feel overwhelmed, frustrated and even angry at times too.

It's often very difficult for caregivers to express those hard feelings about caring for their parent without experiencing tremendous guilt, which can lead to depression. In fact, research conducted by the Home Instead Senior Care® network reveals that caregivers who hide their emotions are 2.3 times more likely to have experienced depression, and are more likely to suffer from physical and health consequences, including fatigue, difficulty sleeping and high blood pressure.

"It's difficult to admit feeling angry or frustrated when it comes to caring for your parents," says Dr. Amy D'Aprix, a caregiving expert. "The uninformed often give disapproving stares if you're a family caregiver and say you're feeling frustrated.

It's not viewed as socially acceptable to feel that way about your parents." It's important for caregivers to express their emotions and reveal their true feelings about what they're going through on their journey.

## Managing the Stress of an Alzheimer's & Dementia Caregiver

*Dr. Amy recommends the following steps to help caregivers manage the emotional and physical stress of caring for loved ones suffering from Alzheimer's and other dementias.*

### Acknowledge Your Feelings

Dr. Amy notes, "The idea that you can hold multiple feelings at the same time is new to people. Think of it as a pie. Perhaps 30% of the pie is anger and 20% is guilt, but the rest of the pie is love. Seeing it as a pie helps caregivers realize that caregiving comes with a range of emotions, and that's OK."

### Release the Feelings in a Safe Way

Joining a support group or talking to a therapist or good friend can be more helpful than you think. Journaling also provides an effective way to release those feelings too.

### Manage Better with Help

Family caregivers can't always do it all themselves and need assistance from time to time. If you can't find that support with family, go to trusted friends, a faith community or consider professional caregiving support.

### Nourish Your Soul

"Make a list of the things you enjoy doing to reduce stress," Dr. Amy advises, "such as reading, watching TV, attending a faith service, exercising, meeting friends, etc. Keep a list and build in mini breaks or quick getaways—15 minutes at a time."

*~Source: Home Instead Sr. Care*

## THErapy SERVICES

# Snow Shoveling

Snow shoveling is a repetitive activity that can cause muscle strain to the lower back and shoulders. Back injuries due to snow shoveling are more likely to happen to people who may not know that they are out of condition. Following these tips can help you avoid injuries:

- Lift smaller loads of snow, rather than heavy shovelfuls. Be sure to take care to bend your knees and lift with your legs rather than your back.
- Use a shovel with a shaft that lets you keep your back straight while lifting. A short shaft will cause you to bend more to lift the load. Using a shovel that's too long makes the weight at the end heavier. Step in the direction in which you are throwing the snow to prevent the low back from twisting. This will help prevent "next-day back fatigue."
- Avoid excessive twisting because the spine cannot tolerate twisting as well as it can tolerate other movements. Bend your knees and keep your back as straight as possible so that you are lifting with your legs.
- Take frequent breaks when shoveling. Stand up straight and walk around periodically to extend the lower back.
- Backward bending exercises while standing will help reverse the excessive forward bending of shoveling: stand straight and tall, place your hands toward the back of your hips, and bend backwards slightly for several seconds.
- If you or anyone you know is experiencing back pain, consult a licensed physical therapist.

*"Had a Holly, Jolly Christmas"*... Our beautiful holiday season was a beautiful one. It was full of the company of friends and family, comfort foods, gift exchanges, baking goodies, decorating, celebrating, and overall festive fun. Love abound!

We thank everyone who brought in wreaths to decorate the doors, and the Dover winner was Lois Millard! The Santa breakfast for the staff's children/grandchildren is always a delight, and we thank Dave Wilmar for sharing his enormous chair (like the Edith Ann chair!) from his business and now a family treasure for the big seat for the special Santa visit! Everyone loves this chair!

Mya Wineman was the lucky winner of the prize drawing that day! She is the niece of proud Aunt Carla Braun, Dining Services Supervisor.

Throughout the season we enjoyed a variety of the hustle & bustle. A delicious prime rib dinner with our family & friends amid the beautiful live harp music (special thanks for Chef Brian and the dining services staff/hostesses!).

We shopped at the mall and enjoyed the decorations, visiting with people we know or other shoppers, and bustling all around us! We enjoyed the aroma and taste of cookies and pie baking. We had fun making snowman crafts, along with unique snowflakes, holiday necklaces, and gift bags.

*"Sleigh Bells Ring, Are You Listening"*...

We appreciate the love and talent shared by many groups and individuals who came to carol and entertain us. Some groups are scheduled, some simply drop in, the performers who are on the regular calendar, and one or two new ones joined us! Even the staff could be heard humming or singing at any point in time! Our own resident choir caroled through the halls and at doorways spreading cheer to others!

Did you know we also hosted the McDowell Music Club here – Rose Lomax and Laura Smith hosted the meeting including the residents, served the famous HCC cut-out cookies, and our resident choir performed! Martha & Bob Haeberly were glad to participate in the meeting as members.

*"You Are My Sunshine"*... Several others also were in the giving spirit. Lynn C. has been busy crocheting and donating hats & scarves for the benefit of others; hospitals, baby units, cancer centers, and hat & mitten collections. She also gives of her time to prepare Christmas and Valentine greeting cards for the volunteers, many of whom have expressed their appreciation on receiving them.

The HCC staff also signed Christmas cards for the servicemen at the company Christmas party – and we thank the New Philadelphia Elks Club for sending them!

Bill Fritz, son of Squitz of Rehab, coordinated an effort for the merchants and businesses of Dover to help the Conn. tragedy in which we participated.

Chrissy & Paula Sickinger adorned two trees for HCC and Dr. Sickinger's office with 20 hats and gloves on each one. The trees were on display in a downtown store window through the Christmas season. Afterwards, Bill will donate the winter wear to the local elementary schools.

Our receptionist, Rose Lomax, is always sharing with us daily devotions, special stories with meaning, and piano music – this is especially uplifting after our exercise session! Another special group, Boy Scout troop #94 and leader Cindy Sirpact, who meet at the Dover Methodist Church, made many beautiful blankets and donated them to us! We were impressed and so pleased! We thanked them with a surprise pizza night at their next meeting! Thank you to all of you for these very special efforts!

*"Auld Lang Syne"*... We made our own party hats, beautiful pink felt with lots of decoration adorning them (yes, you know real men wear pink, and Bill M. and others did!). We proudly sported them to the exciting party to usher in 2013 with Jerome James entertaining us with great singing, complete with decorated snack bags, blowing bubbles, and dancing!

*"Welcome Back"*... We see the return of our college students and love it when they are in town. Adam Edwards, a college student of Walsh University, and grandson of Virginia, called Bingo, helped with the Santa visit, did some outdoor clean-up, and helped remove and pack the decorations.

Brian Hennis, of Ohio State University, brought his cute dog, Charlie, to visit, and he helped transport the many boxes of decorations to the shed for storage, along with Daniel Sickinger.

Chrissy Sickinger also came in during her break from University of Mt. Union and helped set up for the New Year party and transported residents to & from it, played the piano for our enjoyment, decorated the bulletin board, and helped with Bingo. Her younger brother, Sammy, of Dover Middle School, also helped with the set up for the Santa breakfast, assisted with Bingo, and the holiday clean-up, and odds & ends.

Additionally, Patrick Tolloti, also of the Dover Middle School, joined in, too, helping with Santa's gift distribution and games. Many thanks to all of you!

*"Come on, it's Lovely Weather for a Sleigh Ride Together with You"*... Our "sleigh"/bus took us on excursions to New Towne Mall for shopping and eating, decorated light tour through the town, out to eat to the local restaurants, to theatres, and of course, more is planned in the near future.

*"Mmm Mmm Good, Mmm Mmm Good, That's What Campbell's Soup is, Mmm Mmm Good"*... We'll be holding a homemade Soup Sale fundraiser Jan. 18<sup>th</sup> from 10:30a to 1:30p in the Rehab foyer,

and this is perfect weather for it! Chili, chicken noodle, ham & bean, and potato are the selections for dine-in or carry-out, and even delivery to businesses – stop in or give us a call to order ahead! Then, on the 25<sup>th</sup>, we'll be having a chili cook-off for fun, join us for tasting and judging!

*"In the Winter We Can Build a Snowman"*... That's right! And, the youth group of St. John's United Church of Christ plans to come and build snowmen outside of our windows for us to watch and enjoy the for the days ahead. We plan to have hot cocoa and cookies together afterwards! Who knows, we may even bring in some snow for the fun of it to make snowballs – to feel it and pack it –, experiment with mixing in some food color, etc., yeah, it's good to be young at heart!

*"Love is in the Air"*... It will soon be Valentine's Day and all the fun with it! Everyone will be up to be crowned the King & Queen of each unit, and the honor will be announced at the special Valentine's Day Dinner February 6<sup>th</sup> at 6:00pm. Invitations will be in the mailboxes soon! It's always nice to feel pampered and made up special for a fancy dinner party. The ladies will have this opportunity with a volunteer, Kathy Burkholder, who will provide this kind gesture just in time for the dinner. A big thank you to her!

Back by popular demand is Randy Valez for the live entertainment! We will also have a fun party on the 14<sup>th</sup>, making valentine cards, and making sweet treats – a treat to all the senses!

*"Rain Drops and Roses and Whiskers on Kittens...These Are a Few of My Favorite Things"*... As we push ahead towards spring, we enjoy participating in the activities and fundraisers such as the bread sale & soup sale with manning them, attending the card party, sending more good wishes to our servicemen, and the like, and we are giving ourselves, too, while having fun. It's exciting to watch for the Super Bowl festivities, friendly cook-offs, and Mardi Gras/Valentine's/St. Patrick's Day/Easter events along with the daily games, exercises, crafts, and entertainment and new things that might occur! Also looking forward to the brighter, longer, warmer days spring offers.

*"Here Comes Peter Cotton Tail"*... It will be time for planting flower seed indoors, coloring Easter eggs, making Easter crafts, and the staff's Easter Bunny Breakfast & Egg Hunt, and the Good Friday Service given by the Salvation Army for the blessed Easter celebration.

Some of you may be familiar with this song: *"Do you think you can make a difference by what you do, it is true, it takes only one act of kindness for the wheels to move - love in action starts a chain reaction, that power is within you as you give to others you give to you..."*

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



# January

Piano & Sing-A-Long By Al Mondays @ 2:00pm/G



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mon. &amp; Fri. Nites</b> <i>Movies on Ch. 2</i> 7:00pm <b>Activities</b> <i>subject to change</i> <b>Everyday Games</b> <i>in the Dining Room</i> <b>Wii Available Daily</b> <b>Daily: Afternoon &amp; Evening Card Club</b>	<b>PS Salon Services</b> <i>Tuesday thru Saturday</i> <b>Look for Guys</b> <i>Gathering Outings - TBA</i> <b>Daily Computer Use Available</b> <b>Check out the fundraisers for Cancer &amp; Alzheimer's</b> <b>Rehab Crafts</b> <i>Tuesdays - 1:30pm</i>	<b>1</b>  <i>Happy New Year</i>  <b>Cards - Puzzles</b> <b>Board Games</b>	<b>2</b>  9:00 Loosen Up w/Mike & Devotions 10:30 Nail Polish Mania 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visit 3:30 Bocci 4:00 Pick Your Brain	<b>3</b> <b>Art Lesson</b>  9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee 10:30 Crafts 2:00 Entertainment 3:30 Volleyball 4:00 Karaoke 6:00 Creative Corner	<b>4</b>  <b>Afternoon Special</b> <b>Fun With Marge</b>  9:00 Rise & Shine/Exercise Time 9:30 Morning Chat 1:30 Dot Visits 1:30 Jingo 3:30 Horseshoes 4:00 Social Hour 7:00 Movie Ch.2	<b>5</b>  10:00 Lights For Christ Visits 1:30 Bingo With Staff  <b>Individual Activities</b>  <b>Cards - Puzzles</b> <b>Board Games</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
12:00 Catholic Communion 2:00 Alpine Bible Church Service	9:00 Energize w/Mike & Devotions 9:30 Bowling 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie Ch. 2	9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 10:30 Catholic Mass 2:00 Joyce Cecil - Piano Music 3:30 Crafts 6:00 Resident Choir	9:00 Loosen Up w/Mike & Devotions 10:30 Nail Polish Mania 1:30 Bingo 2:00 Chef Demo 3:00 Dover Library Visits 3:00 Catholic Visit 3:30 Bocci 4:00 Pick Your Brain	9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee 10:30 Crafts 2:00 Jim McConnell - Singer 3:30 Volleyball 4:00 Karaoke 6:00 Creative Corner	<b>Afternoon Special</b> <b>Fun With Marge</b>  9:00 Rise & Shine/Exercise Time 9:30 Morning Chat 10:00 Crafts 1:30 Jingo 3:30 Horseshoes 4:00 Social Hour 7:00 Movie Ch.2	1:30 Bingo With Staff  <b>Individual Activities</b>  <b>Cards - Puzzles</b> <b>Board Games</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
12:00 Catholic Communion 2:00 Rev. Robb's Church Service	9:00 Energize w/Mike & Devotions 9:30 Bowling 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie Ch. 2	9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 10:30 Catholic Mass 2:00 Joyce Cecil - Piano Music 3:30 Crafts 6:00 Resident Choir	9:00 Loosen Up w/Mike & Devotions 10:30 Nail Polish Mania 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visit 3:30 Bocci 4:00 Pick Your Brain	<b>Art Lesson</b>  9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee 10:30 Crafts 2:00 Mary Seevers 3:30 Volleyball 4:00 Karaoke 6:00 Creative Corner	<b>Soup Sale Fundraiser</b> 10:30a - 1:00p/R  <b>Afternoon Special</b> <b>Fun With Marge</b>  9:00 Rise & Shine/Exercise Time 9:30 Morning Chat 10:00 Crafts 1:30 Jingo 3:30 Horseshoes 4:00 Social Hour 7:00 Movie Ch.2	1:30 Bingo With Staff  <b>Individual Activities</b>  <b>Cards - Puzzles</b> <b>Board Games</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
12:00 Catholic Communion 2:00 Dover Bible Church Service	9:00 Energize w/Mike & Devotions 9:30 Bowling 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie Ch. 2	9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 2:00 Games of Choice 3:30 Crafts 6:00 Resident Choir	9:00 Loosen Up w/Mike & Devotions 10:30 Nail Polish Mania 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visit 3:30 Bocci 4:00 Pick Your Brain	9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee 10:30 Crafts 2:00 Forever Young - Singers 3:30 Volleyball 4:00 Karaoke 6:00 Creative Corner	<b>Chili Cook-off</b>  <b>Afternoon Special</b> <b>Fun With Marge</b>  9:00 Rise & Shine/Exercise Time 9:30 Morning Chat 10:00 Crafts 1:30 Jingo 3:30 Horseshoes 4:00 Social Hour 7:00 Movie Ch.2	1:30 Bingo With Staff  <b>Individual Activities</b>  <b>Cards - Puzzles</b> <b>Board Games</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Garden Activities</b>  <i>of Dover</i>	
12:00 Catholic Communion 2:00 Church Of New Hope Church Service	9:00 Energize w/Mike & Devotions 9:30 Bowling 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie Ch. 2	9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 2:00 Games of Choice 3:00 Resident Council 3:30 Crafts 6:00 Resident Choir	9:00 Loosen Up w/Mike & Devotions 10:30 Nail Polish Mania 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visit 3:30 Bocci 4:00 Pick Your Brain	9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee 10:30 Crafts 2:00 Jerome James - Singer 3:30 Volleyball 4:00 Karaoke 6:00 Creative Corner		

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Hello Friends,

We are so excited to tell you all the fun things that we have been doing. We got to eat ourselves silly on wonderful Thanksgiving food while we gave thanks for all the things that we hold dear to our hearts. After Thanksgiving we spent our time decking the halls and singing Christmas carols. We were so excited to have our family and friends join us for our Christmas dinner and for Santa, of course, to stop by and deliver us presents.

We hope you will join us for all our wonderful celebrations taking part in the new year. We are excited for our New Year's Eve party and we look forward to ringing in 2013 in style. Soon after New Year's it will be Valentine's Day, which means our annual Valentine's Day Dinner! We do hope that you will join us for the wonderful celebration. And, then with Valentine's day gone, St. Patty's day and Easter will be right around the corner. Who knows, we might even have an Easter egg hunt with the Easter Bunny himself!

So, join us and let us celebrate together all the good times that are coming up. Until then, stay warm!

Lauren and Kathy



Donna McCauley



Howard Kopp



Anna Martin



Mrs. Rhondanella





# January



Piano & Sing-A-Long By All Mondays @ 2:00pm/G

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>Mon. &amp; Fri. Nites Movies on Ch. 2 7:00pm</i> <i>Kathy's Daily Surprises</i>	<i>PS Salon Services Tuesday thru Saturday</i> <i>Look for Guys Gathering Outings - TBA</i> <i>Daily Computer Use Available</i> <i>Check out the fundraisers for Cancer &amp; Alzheimer's</i> <i>Rehab Crafts Tuesdays - 1:30pm</i>	<b>Happy 1</b> <b>New Year</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:30 Piano Lounge 1:00 Bowling 3:00 Crafts 7:00 Evening Tunes	<b>2</b> 8:30 Current Events 9:00 Social Circle 10:00 Nail Mania 12:30 Afternoon Tunes 1:30 Cards/Games 2:00 Polly's Readings 3:00 Trivia 7:00 Evening Tunes	<b>3</b> <i>Art Lesson Face Proportions</i> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Ball Toss 2:00 Entertainment/G 3:00 Memory Magic 5:30 Story Telling 7:00 Evening Tunes	<b>4</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Cooking Corner 3:00 Trivia 7:00 Movie - Ch. 2 7:00 Evening Tunes	<b>5</b> 8:00 Morning Tunes 8:30 Current Events 9:00 Social Circle 10:00 Sensory Time 1:30 Karaoke 7:00 Evening Tunes
<b>6</b> 8:00 Morning Tunes 8:30 Current Events 9:00 Social Circle 10:00 Sensory Time 12:00 Catholic Communion 1:30 Karaoke 2:00 Alpine Bible Church Service-G 7:00 Evening Tunes	<b>7</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:30 Bingo 7:00 Movie - Ch. 2 7:00 Spelling Bee	<b>8</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Bowling 1:30 Catholic Mass 3:00 Crafts 7:00 Evening Tunes	<b>9</b> 8:30 Current Events 9:00 Social Circle 10:00 Nail Mania 12:30 Afternoon Tunes 1:30 Cards/Games 2:00 Polly's Readings 3:00 Trivia 7:00 Evening Tunes	<b>10</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Ball Toss 2:00 Jim McConnell - Singer/G 3:00 Memory Magic	<b>11</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Cooking Corner 3:00 Trivia 7:00 Movie - Ch. 2 7:00 Evening Tunes	<b>12</b> 8:00 Morning Tunes 8:30 Current Events 9:00 Social Circle 10:00 Sensory Time 1:30 Karaoke 7:00 Evening Tunes
<b>13</b> 8:00 Morning Tunes 8:30 Current Events 9:00 Social Circle 10:00 Sensory Time 12:00 Catholic Communion 1:30 Karaoke 2:00 Rev. Robb's Church Service-G 7:00 Evening Tunes	<b>14</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:30 Bingo 7:00 Movie - Ch. 2 7:00 Spelling Bee	<b>15</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Bowling 2:00 Joyce Cecil - Piano Music 3:00 Crafts 7:00 Evening Tunes	<b>16</b> 8:30 Current Events 9:00 Social Circle 10:00 Nail Mania 12:30 Afternoon Tunes 1:30 Cards/Games 2:00 Polly's Readings 3:00 Trivia 7:00 Evening Tunes	<b>17</b> <i>Art Lesson Hand Proportions</i> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Ball Toss 2:00 Mary Seevers/G 3:00 Memory Magic 5:30 Story Telling	<b>18</b> <i>Soup Sale Fundraiser 10:30a - 1:00p/R</i> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Cooking Corner 3:00 Trivia 7:00 Movie - Ch. 2 7:00 Evening Tunes	<b>19</b> 8:00 Morning Tunes 8:30 Current Events 9:00 Social Circle 10:00 Sensory Time 1:30 Karaoke 7:00 Evening Tunes
<b>20</b> 8:00 Morning Tunes 8:30 Current Events 9:00 Social Circle 10:00 Sensory Time 12:00 Catholic Communion 1:30 Karaoke 2:00 Dover Bible Church Service-G 7:00 Evening Tunes	<b>21</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:30 Bingo 7:00 Movie - Ch. 2 7:00 Spelling Bee	<b>22</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Bowling 3:00 Crafts 7:00 Evening Tunes	<b>23</b> 8:30 Current Events 9:00 Social Circle 10:00 Nail Mania 12:30 Afternoon Tunes 1:30 Cards/Games 2:00 Polly's Readings 3:00 Trivia 7:00 Evening Tunes	<b>24</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Ball Toss 2:00 Forever Young - Singers/G 3:00 Memory Magic 5:30 Story Telling	<b>25</b> <i>Chili Cook-off</i> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Cooking Corner 3:00 Trivia 7:00 Movie - Ch. 2 7:00 Evening Tunes	<b>26</b> 8:00 Morning Tunes 8:30 Current Events 9:00 Social Circle 10:00 Sensory Time 1:30 Karaoke 7:00 Evening Tunes
<b>27</b> 8:00 Morning Tunes 8:30 Current Events 9:00 Social Circle 10:00 Sensory Time 12:00 Catholic Communion 1:30 Karaoke 2:00 Church Of New Hope Church Service-G 7:00 Evening Tunes	<b>28</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:30 Bingo 7:00 Movie - Ch. 2 7:00 Spelling Bee	<b>29</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Bowling 3:00 Crafts 7:00 Evening Tunes	<b>30</b> 8:30 Current Events 9:00 Social Circle 10:00 Nail Mania 12:30 Afternoon Tunes 1:30 Cards/Games 2:00 Polly's Readings 3:00 Trivia 7:00 Evening Tunes	<b>31</b> 8:30 Current Events 9:00 Daily Devotions 9:30 Chatty Kathy 10:00 Sensory Time 10:30 Piano Lounge 1:00 Ball Toss 2:00 Jerome James - Singer/G 3:00 Memory Magic	<h2>Homestead Activities of Dover</h2>	

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## DOVER REHAB AND PHOTOS OF FAMILY CHRISTMAS DINNER GUESTS

Here it is 2013 already!!! It is hard to believe. Do you remember making all those New Year's resolutions? Well, I'm sure one of them was to start exercising with me in the rehab dining room five days a week. You can be sure I will be there to cheer you on. Nicole Jones, our new unit manager on rehab, joins us some of the mornings, and she brings a big crowd. Maybe even inviting David Hennis to participate with us! I'm sure he will accept your offer!! March away the doldrums this winter, and be fit in 2013.

What is your favorite soup? We will be making several kinds to sell as the kickoff for the Alzheimer's Association and American Cancer Society Relay For Life events. My favorite is tomato and potato. Sue Gardner (kitchen staff) I understand makes the best tomato soup ever. We did not offer this kind last year, but if enough of you would like tomato this time, we will ask Sue to make some. Chef Brian makes the chili and cream of broccoli and Becky Espenshied makes chicken noodle and potato. Corn bread will be made as well.

I love talking about food! Each morning in the rehab dining room we have special breakfasts. We serve just about anything you would like. Such as the Ohio weather, current events, family happenings, upcoming activities, etc. Warm up to hot apple waffles and hot chocolate, while looking at the pretty snowflakes outside. We have a great dining room staff with Kathy, Myra, Pam, Anna, and Brooke. I assist them most mornings, but DO NOT LISTEN TO JOE MONTE, he says I burn the waffles. I say they are just crispy! Also, join in our "coffee clutch" or game time conversations - they're quite interesting!

Sarah Fouts was back playing her harp during the Christmas parties and it was wonderful having her back. She is now retired from the Claymont School district, so we will be seeing her more often in 2013. Sarah also plays during intermission breaks at the Kent State Performing Arts Center, in the upstairs lobby. So please make it upstairs and say HEY to her.

Once again Randy Velez will be doing the Valentine Dinners, and I can hardly wait. Everybody keeps asking me when he will be back! Well, he will be playing all three parties in February. So start counting the days folks. Kings and queens galore in the building! Well, maybe just three queens and three kings, one for each unit. Everybody loves the excitement of seeing

the crowning for these special kings and queens. Volunteer Cathy Burkholder had so much fun doing makeovers for our ladies for the Valentine's Dinners. I asked Cathy to do my makeover, so that I could look just like her, tall thin and blond, but Butch Walker, badly needing cataract surgery, said I already look like that! Gosh, I don't think he needs that cataract surgery at all!

By the way, the Gardens unit won the apple pie bake-off. Good Job Gardens! (Just you wait until next year)! We'll be working hard next year to regain that spot! Any tips, special recipes, etc.? Send them our way. Special thanks to the judges from the Accounting department! But, next will be the chili cook off in January - sounds good, huh, so come in to sample some! And, remember our fundraiser on January 18 to sell delicious hot soup from 10:30am - 1:30pm at the Rehab front lobby - take some home for an easy lunch or supper. Plan ahead and call to place your orders! We'll also deliver to local business's, but please pre-order. Watch for the signs.

"Squitz" from rehab loves watching the snow from the dining room and having afternoon coffee with her son Bill Fritz, who usually brings her coffee from his shop Uncommon Grounds, in downtown Dover. Bill also brings specialty coffees to share with staff and fellow residents. Recently he shared the pumpkin spice, it was really good. But their hot chocolate can't be beat. It is also his grandson's favorite.

For those bird watchers looking out your windows, the cardinals have overtaken the back patio area. What a wonderful painting waiting to happen, as seen from your windows overlooking the patio area. David Lindsay is probably doing just that. He has his easel and canvas waiting for the right painting, and his window does look right outside the patio. So David are you painting it?? Can't wait to see it!

Chef Brian and Carla have been preparing food demos at lunch time. We love these sessions every month. Also, once a month they are offering lunch buffets with specialty foods, such as Italian, Oriental, and Mexican selections. If you have a hunger for something special let Chef Brian know.

Think Spring everyone, Mardi Gras, St. Patrick's Day, Easter-just a few of our favorite things to get our minds off of SNOW.

Till next time,  
Mike





# January

Piano & Sing-A-Long By Al Mondays @ 2:00pm/G



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Activities subject to change.</b> <b>Everyday Games in the Dining Room</b> <b>Wii Available Daily</b> <b>Daily: Afternoon &amp; Evening Card Club-G</b> <b>Mon. &amp; Fri. Nites Movies on Ch. 2 7:00pm</b>	<b>PS Salon Services Tuesday thru Saturday</b> <b>Look for Guys Gathering Outings - TBA</b> <b>Daily Computer Use Available</b> <b>Check out the fundraisers for Cancer &amp; Alzheimer's</b> <b>Rehab Crafts Tuesdays - 1:30pm</b>	<b>1</b>  <b>Happy New Year</b>  <b>Cards - Puzzles Board Games</b>	<b>2</b>   <b>7:30 Breakfast Club</b> <b>10:00 Fitness Time</b> <b>11:00 Word Therapy</b> <b>2:00 Dover Library</b> <b>3:00 Catholic Visits</b>	<b>3</b> <b>Art Lesson</b>  <b>7:30 Breakfast Club</b> <b>9:00 Jumping Jacks</b> <b>10:00 Our Father</b> <b>2:00 Entertainment/G</b>	<b>4</b>   <b>7:30 Breakfast Club</b> <b>9:00 Shake &amp; Roll</b> <b>10:00 Peace With You</b> <b>1:00 Domino's</b> <b>7:00 Movie - Ch. 2</b>	<b>5</b>    <b>8:00 Breakfast Your Way</b> <b>11:00 All Day Computer</b>  <b>Cards - Puzzles Board Games</b>
<b>6</b>   <b>12:00 Catholic Communion</b> <b>2:00 Alpine Bible Church Service/G</b>	<b>7</b>   <b>7:30 Breakfast Club</b> <b>9:00 Move It</b> <b>10:00 Morning Prayers</b> <b>1:30 Bingo/G</b> <b>6:00 Hennis Library On Your Own</b> <b>7:00 Movie - Ch. 2</b>	<b>8</b>   <b>8:00 Breakfast Club</b> <b>9:00 Exercise</b> <b>10:00 Devotions</b> <b>2:00 Catholic Mass</b> <b>6:30 Pet Visit w/Josie</b>	<b>9</b>   <b>7:30 Breakfast Club</b> <b>10:00 Fitness Time</b> <b>11:00 Word Therapy</b> <b>2:00 Dover Library</b> <b>3:00 Catholic Visits</b>	<b>10</b>   <b>7:30 Breakfast Club</b> <b>9:00 Jumping Jacks</b> <b>10:00 Our Father</b> <b>2:00 Jim McConnell - Singer/G</b>	<b>11</b>   <b>7:30 Breakfast Club</b> <b>9:00 Shake &amp; Roll</b> <b>10:00 Peace With You</b> <b>1:00 Domino's</b> <b>7:00 Movie - Ch. 2</b>	<b>12</b>    <b>8:00 Breakfast Your Way</b> <b>11:00 All Day Computer</b>  <b>Cards - Puzzles Board Games</b>
<b>13</b>   <b>12:00 Catholic Communion</b> <b>2:00 Rev. Robb's Church Service/G</b>	<b>14</b>   <b>7:30 Breakfast Club</b> <b>9:00 Move It</b> <b>10:00 Morning Prayers</b> <b>1:30 Bingo/G</b> <b>6:00 Hennis Library On Your Own</b> <b>7:00 Movie - Ch. 2</b>	<b>15</b>   <b>8:00 Breakfast Club</b> <b>9:00 Exercise</b> <b>10:00 Devotions</b> <b>1:30 Crafts</b> <b>2:00 Joyce Cecil - Piano Music</b> <b>6:30 Pet Visit w/Josie</b>	<b>16</b>   <b>7:30 Breakfast Club</b> <b>10:00 Fitness Time</b> <b>11:00 Word Therapy</b> <b>2:00 Dover Library</b> <b>3:00 Catholic Visits</b>	<b>17</b> <b>Art Lesson</b>   <b>7:30 Breakfast Club</b> <b>9:00 Jumping Jacks</b> <b>10:00 Our Father</b> <b>2:00 Mary Seever's/G</b>	<b>18</b>   <b>Soup Sale Fundraiser 10:30a - 1:00p/R</b>  <b>7:30 Breakfast Club</b> <b>9:00 Shake &amp; Roll</b> <b>10:00 Peace With You</b> <b>1:00 Domino's</b> <b>7:00 Movie - Ch. 2</b>	<b>19</b>    <b>8:00 Breakfast Your Way</b> <b>11:00 All Day Computer</b>  <b>Cards - Puzzles Board Games</b>
<b>20</b>   <b>12:00 Catholic Communion</b> <b>2:00 Dover Bible Church Service/G</b>	<b>21</b>   <b>7:30 Breakfast Club</b> <b>9:00 Move It</b> <b>10:00 Morning Prayers</b> <b>1:30 Bingo/G</b> <b>6:00 Hennis Library On Your Own</b> <b>7:00 Movie - Ch. 2</b>	<b>22</b>   <b>8:00 Breakfast Club</b> <b>9:00 Exercise</b> <b>10:00 Devotions</b> <b>1:30 Crafts</b> <b>6:30 Pet Visit w/Josie</b>	<b>23</b>   <b>7:30 Breakfast Club</b> <b>10:00 Fitness Time</b> <b>11:00 Word Therapy</b> <b>2:00 Dover Library</b> <b>3:00 Catholic Visits</b>	<b>24</b>   <b>7:30 Breakfast Club</b> <b>9:00 Jumping Jacks</b> <b>10:00 Our Father</b> <b>2:00 Forever Young - Singers/G</b>	<b>25</b>   <b>Chili Cook-off</b>  <b>7:30 Breakfast Club</b> <b>9:00 Shake &amp; Roll</b> <b>10:00 Peace With You</b> <b>2:00 Chili Cook-off</b> <b>7:00 Movie - Ch. 2</b>	<b>26</b>    <b>8:00 Breakfast Your Way</b> <b>11:00 All Day Computer</b>  <b>Cards - Puzzles Board Games</b>
<b>27</b>   <b>12:00 Catholic Communion</b> <b>2:00 Church Of New Hope Church Service/G</b>	<b>28</b>   <b>7:30 Breakfast Club</b> <b>9:00 Move It</b> <b>10:00 Morning Prayers</b> <b>1:30 Bingo/G</b> <b>6:00 Hennis Library On Your Own</b> <b>7:00 Movie - Ch. 2</b>	<b>29</b>   <b>8:00 Breakfast Club</b> <b>9:00 Exercise</b> <b>10:00 Devotions</b> <b>1:30 Crafts</b> <b>6:30 Pet Visit w/Josie</b>	<b>30</b>   <b>7:30 Breakfast Club</b> <b>10:00 Fitness Time</b> <b>11:00 Word Therapy</b> <b>2:00 Dover Library</b> <b>3:00 Catholic Visits</b>	<b>31</b>   <b>7:30 Breakfast Club</b> <b>9:00 Jumping Jacks</b> <b>10:00 Our Father</b> <b>2:00 Jerome James - Singer/G</b>	<b>Rehabilitation Activities of Dover</b>	

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# What You Should Know for the 2012-2013 Influenza Season

## What should I do to prepare for flu season?

CDC recommends that everyone 6 months and older get a flu vaccine each year.

## Who should get vaccinated this season?

Everyone who is at least 6 months of age should get a flu vaccine this season. It's especially important for some people to get vaccinated. Those people include the following:

- People who are at high risk of developing serious complications like pneumonia if they get sick with the flu

This includes:

- People who have certain medical conditions including asthma, diabetes, and chronic lung disease.
- Pregnant women.
- People 65 years and older.
- People who live with or care for others who are high risk of developing serious complications

## When should I get vaccinated?

CDC recommends that people get vaccinated against influenza as soon as 2012-2013 flu season vaccine becomes available in their community. Influenza seasons are unpredictable, and can begin as early as October. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

## Where can I get a flu vaccine?

Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or work.

## Why do I need a flu vaccine every year?

A flu vaccine is needed every year because flu viruses are constantly changing. It's not unusual for new flu viruses to appear each year. The flu vaccine is formulated each year to keep up with the flu viruses as they change.

Also, multiple studies conducted over different seasons and across vaccine types and influenza virus subtypes have shown that the body's immunity to influenza viruses

(acquired either through natural infection or vaccination) declines over time.

## When will flu activity begin and when will it peak?

The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. in January or February. However, seasonal flu activity can begin as early as October and continue to occur as late as May. It is not possible to predict how mild or severe the 2012-2013 season will be.

## Will new flu viruses circulate this season?

Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year. For more information about how flu viruses change, visit [How the Flu Virus Can Change](#).

## How much vaccine will be available during 2012-2013?

For the 2012-2013 season, manufacturers have projected that they will produce between 146 million and 149 million doses of flu vaccine.

## Who produces influenza vaccine for the United States?

Influenza vaccine for the United States is produced by a number of different vaccine manufacturers and licensed by the Food and Drug Administration. The CDC does not produce flu vaccine.

## How long does a flu vaccine protect me from getting the flu?

Multiple studies conducted over different seasons and across vaccine types and influenza virus subtypes have shown that the body's immunity to influenza viruses (acquired either through natural infection or vaccination) declines over time. The decline in antibodies is influenced by several factors, including the antigen used in the vaccine, and the person's general health (for example, certain chronic health conditions may have an impact on immunity). When most healthy people with regular immune systems are vaccinated, their bodies produce antibodies and they are protected throughout the flu season, even as antibody levels decline over time. People with weakened immune systems may not generate the same amount of antibodies after vaccination; further, their antibody levels may drop more quickly when compared to healthy people.

Source: <http://www.cdc.gov>

# How Weather Can Affect Your COPD

Chronic obstructive pulmonary disease (COPD) is an umbrella term for chronic bronchitis and emphysema, lung conditions that are primarily caused by smoking. For some people, weather and temperature changes can trigger COPD symptoms. Here's what to do if that happens.

Weather changes are one of many factors that can trigger COPD symptoms. Such symptoms, which include shortness of breath, cough, and phlegm production, tend to get worse for some COPD patients both when the air is very cold and when it is hot and humid.

“Weather extremes are not good,”

says Barry Make, MD, co-director of the COPD program at National Jewish Health and professor of medicine at the University of Colorado in Denver. Dr. Make says that he has noticed that temperatures below freezing or above 90 degrees Fahrenheit tend to cause COPD symptoms to flare up.

## COPD and Weather: When It's Cold and Windy

Cold air and strong winds are known to be triggers for the worsening of COPD symptoms. “If [COPD patients] go out [when] it is windy and they have to walk

against the wind, there is more resistance, and that can be a problem,” says Make. And frigid temperatures can fatigue COPD patients. “COPD patients just feel like they are more tired after they've been in the cold,” he says.

If cold and windy climates bother you, try loosely wearing a scarf or face mask over your nose and mouth, and breathe through your nose on wintry days. The scarf, or muffler, and breathing through your nose warms the air before it enters your lungs, which can help prevent the worsening of your symptoms.

*Source: Everydayhealth.com*

### HAPPY NEW YEAR!



Thelma, Rose and Henry



Jane and Barb



Randy and Doris



Lillian and Roe



Marsha and Chester



George Pittman



Joe and Daughter



Jerome and Kathy



Jerome James and Dorothy

# Mark your Calendar

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

### JANUARY

#### SOUP SALE

Jan 17 Bolivar - 10:30am - 1:30pm & 3-5:30

Jan 18 Dover - 10:30am - 1:30pm & 3-5:30

–Carry out or dine in–

–Pre order with receptionist–

–Will deliver to local business (pre order)–

Benefits Alzheimer's Assoc.  
and American Cancer Society

#### CHILI COOK OFF

Jan 17/Bolivar - Jan 25/Dover

### FEBRUARY

#### UNION HOSPITAL CHOCOLATE LOVE AFFAIR

Feb 2 - Buckeye Career Center

Come taste HCC goodies

#### VALENTINE'S DAY DINNERS

##### Dover

Rehab - Feb 4 - 6pm

Homestead - Feb 5 - 6pm

Gardens - Feb 6 - 6pm

##### Bolivar

Rehab - Feb 6 - 6:00pm

Homestead - Feb 7 - 6pm

Gardens - Feb 5 - 6pm

*Subject to change due to weather or illness*

#### MARDI GRAS PARTY & CALK WALK FUNDRAISER

Dover - Feb 12 - 1:30pm/Rehab Dining Room  
Cancer & Alzheimer's

#### MARDI GRAS PARTY

Bolivar - Feb 12

#### HCC SPONSORED LUNCH & LEARN

Tusc. Senior Center

Feb 13 - 11:30am/lunch - 12:15pm/speaker

#### VALENTINE'S DAY PARTY

Dover & Bolivar 1:30pm

#### SOUP SALE

March 22 - Dover - 10am - 1pm

3pm - 5:30pm - Alzheimer's & Cancer

### MARCH

#### CARD PARTIES FOR ALZHEIMER'S & AMERICAN CANCER SOCIETY

Dover - March 6

Bolivar March 13

7pm - 10pm

#### HCC SPONSORED LUNCH & LEARN

Tusc. Senior Center

March 13 - 11:30am/lunch - 12:15pm/speaker

#### ST. PATRICK'S DAY PARTY

Dover - March 15 - 1:30pm

Bolivar - March 18 - 1:30pm

#### BREAD SALE

for Alzheimer's Association  
& American Cancer Society

March 29 Dover - 10am til sold out

Bolivar - 9am - 12pm

#### GOOD FRIDAY SERVICE

March 29 - 1:30pm

Dover Rehab Dining Room

#### EASTER BUNNY BREAKFAST & EGG HUNT FOR STAFF CHILDREN & GRANDCHILDREN

March 30 - Hosted at Bolivar

### APRIL

#### VOLUNTEER APPRECIATION DAY DINNER

Dover - April 24 - 6pm

Bolivar - April 26 - 6pm

#### HCC SPONSORED LUNCH & LEARN

Tusc. Senior Center - April 10

11:30am/lunch - 12:15pm/speaker

#### POTATO BAR FUNDRAISER

Dover - April 17 - 10am - 1pm

Bolivar - April 18 - 10am - 2pm

Benefits Alzheimer's Association  
& American Cancer Society

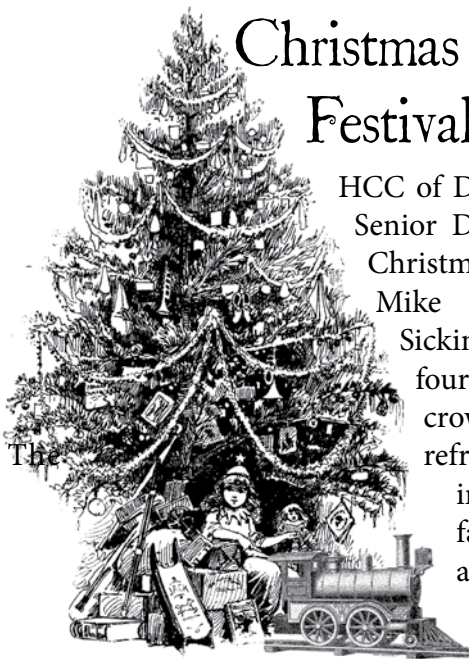
#### RUN FOR HOME

April 17

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



# Christmas Tree Festival Excitement



HCC of Dover had the pleasure of sponsoring Senior Day at the Union Hospital Auxiliary Christmas Tree Festival at Warther's Museum. Mike Scholles, Tabby Birch and Paula Sickinger served cheese and crackers, petit fours, and punch non-stop to a great crowd that patronized the event that day! refreshments were a hit and it was a joy to interact and visit with many new and familiar guests. HCC also sponsored a tree decorated by the auxiliary for this special endeavor. HCC residents attended the Tree Festival the next

day in two groups to view the 94 trees and wreaths! This excursion always starts the Christmas season in a fun and happy way for everyone!

## Raffles' Winners

Scarf, Purse, Earrings and Visa Gift Card - Nicole Thompson  
50/50 - Debbie Forte

Team-signed Dover Helmet - Colleen Milliken

Team-signed N.P. football - Lois Antonelli

Special Close Parking Space Use - Tammy Fouts, Vickie Gowins,

Myra Lute, Michele Carlisle, Debbie Underwood

Football Spirit Week (Tickets to Chris Spielman Speaking Engagement) -

Sam McGuire, Chris Edwards, Jill, Vickie Gowins, Candy Fiddler

Wreath Contest: Bolivar - Carla Broyles \$50 | Dover - Lois Millard \$50

Santa Visit: Mya Wineman - Giftcard

Lunch & Learn: 3 Winners of Various Gift Cards/Tangible Gifts

*Thank you for your support!*

## VOLUNTEER



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

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.*



- About 1 billion Valentine's Day cards are exchanged each year.
- Valentine's Day is the second-largest seasonal card-sending occasion of the year, after Christmas.
- One third of all Valentine's Day cards are accompanied by gifts.
- Romantic cards are the bestsellers.
- About 25% of Valentine's Day cards are funny.
- More than 50% of cards are sold during the actual week of the holiday, and the largest and most elaborate Valentine's Day cards are sold 48 hours before February 14.
- Of those celebrating Valentine's Day, 70% of those give a card, 49% make a phone call, 48% give a gift, 37% make a special dinner, 33% give candy, 30% go out to eat and 19% give flowers.
- The people who will receive the most Valentine's Day cards are (in order): teachers, kids, moms, wives and sweethearts.
- Kids aged 6-10 exchange more than 650 million Valentine's Day cards with their teachers, classmates and family members.

# CHRISTMAS AT DOVER HENNIS



Mike checks all the racks during in-house shopping.



Maria Schwabland wrapped the pictures on the walls as presents for decoration.



Doris B. knows the spot that needs and ornament.



Don loves the animal/Boxer visit.



Julie says it needs another bulb.



Julie T. adds hats and mittens to the foyer tree.



Lillian S. is proud of her wreath she crafted.



Yes Santa, Bill M. and Sam M. have been good boys. (New Towne Mall Santa)



Squitz the reindeer!



Cheers! Lillian S. and Doris S.



Dutch and guest enjoy shopping together during in-house shopping day.



Doris and Marge parade around the table during the pic walk.



Jane N. enjoys this Boxer pet visit.



Ardis trims the tree.



Doris L. sports reindeer antlers for fun.



# CHRISTMAS AT DOVER HENNIS



An in-room visit from Santa!



Louis Millard, wreath winner, receives her prize given by Rose the receptionist.



The Trotts - Alex the Weimaraner brings a lot of happiness to everyone of all ages.



Martha H. with niece and her American Girl Doll Collection presentation!



Santa elicits another big grin from Doris S.



Alice likes Santa's gift!



Row gives Santa's beard a tug test!



Twins with Santa.



Santa brings Stanley a special gift!



Santa and Don's family are happy today.



Virginia E. decorates a tree.



Family love - Rini and her daughter share a hug and a smile.



Volunteer Adam Edwards calling Bingo!



Dover Middle School Volunteer Patrick Tollotti is Santa's Elf!

STAFF CHRISTMAS DINNER DANCE 2012



BREAKFAST WITH SANTA



## TUSCARAWAS SR CENTER DECEMBER LUNCH & LEARN



Chef Brian and Chef Matthew at the December session educated and demonstrated different ways to present food for holiday entertaining and served the samples.

## DOVER RESIDENT CHOIR CAROLING THROUGH THE REHAB HALLS

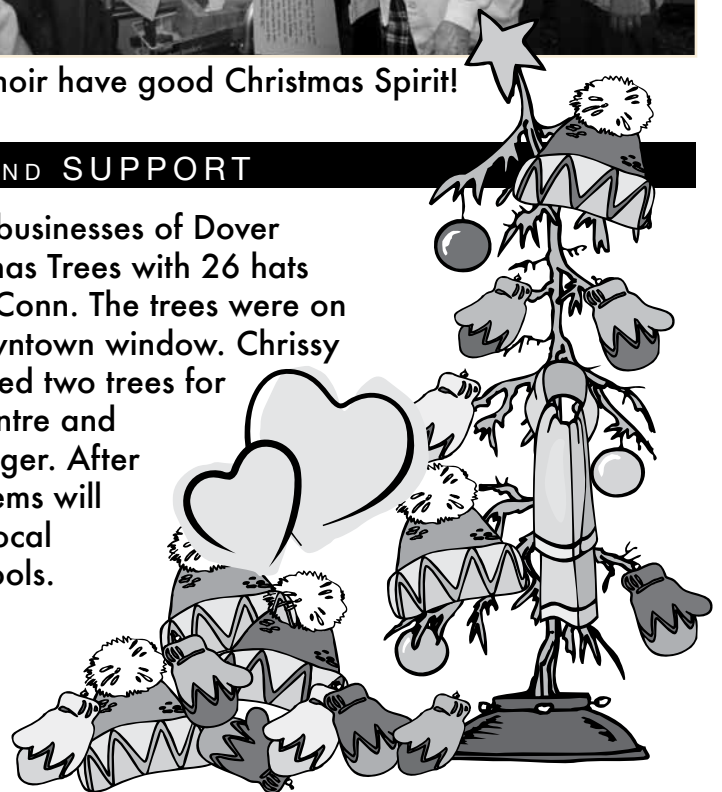


The Gardens Staff and the Resident Choir have good Christmas Spirit!

## TREES OF LOVE AND SUPPORT



Merchants and businesses of Dover donated Christmas Trees with 26 hats and mittens for Conn. The trees were on display in a downtown window. Chrissy Sickinger adorned two trees for Hennis Care Centre and Dr. David Sickinger. After Christmas the items will be donated to local elementary schools.



# What causes otosclerosis?

The cause of otosclerosis is not fully understood, although research has shown that otosclerosis tends to run in families and may be hereditary, or passed down from parent to child. People who have a family history of otosclerosis are more likely to develop the disorder. On average, a person who has one parent with otosclerosis has a 25 percent chance of developing the disorder. If both parents have otosclerosis, the risk goes up to 50 percent. Research shows that white, middle-aged women are most at risk.

Some research suggests a relationship between otosclerosis and the hormonal changes associated with pregnancy. While the exact cause remains unknown, there is some evidence associating viral infections (such as measles) and otosclerosis.

## What are the symptoms of otosclerosis?

Hearing loss is the most frequent symptom of otosclerosis. The loss may appear very gradually. Many people with otosclerosis first notice that they cannot hear low-pitched sounds or that they can no longer hear a whisper.

In addition to hearing loss, some people with otosclerosis may experience dizziness, balance problems, or tinnitus. Tinnitus is a sensation of ringing, roaring, buzzing, or hissing in the ears or head that accompanies many forms of hearing loss.

## How is otosclerosis diagnosed?

An examination by an otolaryngologist (ear, nose, and throat physician) or otologist (ear physician) is needed to rule out other diseases or health problems that may cause these same symptoms. An audiologist is a hearing health care professional who is trained to identify, measure, and rehabilitate hearing impairment and related disorders. An audiologist uses a variety of tests and procedures to assess hearing and balance function. The audiologist may produce an audiogram (a graph that shows a person's hearing sensitivity) and a tympanogram (a graph that shows how well the middle ear functions to conduct sound). Discuss these results with your audiologist/otologist.

## How is otosclerosis treated?

In many cases surgery is an option for treatment of otosclerosis. In an operation called a stapedectomy, a

surgeon (otolaryngologist or otologist) bypasses the diseased bone with a prosthetic device that allows sound waves to be passed to the inner ear. It is important to discuss the risks and possible complications of this procedure, as well as the benefits, with the surgeon. In rare cases, surgery can worsen the hearing loss.

If the hearing loss is mild, surgery may not be an option. Also, on occasion, some hearing loss persists after surgery. A properly fitted hearing aid may help some people with otosclerosis in situations that include persistent hearing loss. A hearing aid is designed to compensate for a hearing loss by amplifying sound. An audiologist can discuss the various types of hearing aids available and make a recommendation based on the specific needs of an individual.

## What research is being done on otosclerosis?

Scientists are conducting research to improve understanding of otosclerosis. Genetic studies continue in order to identify the gene or genes that may lead to this disorder. Other researchers are studying the effectiveness of lasers currently used in surgery, of amplification devices, and of various stapes prostheses. Improved diagnostic techniques are also being examined and developed.

## Where can I get additional information?

NIDCD maintains a directory of organizations that can answer questions and provide printed or electronic information on otosclerosis. Please see the list of organizations at [www.nidcd.nih.gov/directory](http://www.nidcd.nih.gov/directory).

Use the following keywords to help you search for organizations that are relevant to otosclerosis:

- Otosclerosis
- Hereditary hearing loss
- Genetic diseases/disorders

For more information, additional addresses and phone numbers, or a printed list of organizations, contact: NIDCD Information Clearinghouse, 1 Communication Avenue, Bethesda, MD 20892-3456, Toll-free Voice: (800) 241-1044, Toll-free TTY: (800) 241-1055 Fax: (301) 770-8977, E-mail: [nidcdinfo@nidcd.nih.gov](mailto:nidcdinfo@nidcd.nih.gov)

*Source: NIH Pub. No. 97-4234, May 1999*

## BOLIVAR GARDENS

Well, Christmas is over and it was a very busy month. The Gardens Christmas Dinner was on the 4<sup>th</sup>. Gene entertained with beautiful piano renditions of the old Christmas favorites. Chef Matthew made Beef Wellington and Baked Alaska. We all sang Silent Night at the end of the meal. Thank you to the dietary staff for your great service. It was so nice being with family and friends. We had our usual performers for the month such as Jon King and Tim Turkal. We had groups of several carolers come in from the community such as Faith Baptist, Tusky Valley Choral group and The Bolivar Wesleyan preK through 4<sup>th</sup> grade "Club House". We also had two staff members, Andi Michelson and Tia McCoury, volunteer their time with their students who also caroled and played the piano. We really enjoyed them. Children always lift our spirits. Our party with Santa was on the 21<sup>st</sup>. In between all that we made cinnamon heart decorations, strung popcorn, made reindeer out of corks, pipe cleaners and pom-poms. Except for the white bulbs and the lights, we made everything on the garden's tree. On the 31<sup>st</sup> we ended the year with a fun New Year's Eve party during Bingo.

In January, Fran Zupp, Jon King, Gene, Max and Chuck's puppets entertained us. We had a soup day to raise money for American Cancer Society Relay for Life and the Alzheimer's Association on the 17<sup>th</sup>. This is always a favorite event of not only the staff here at Hennis, but the resident's families, too. Everyone loves to try all the different kinds of soup the staff dreams up.

February will bring the Valentine Dinners. Gene Weygandt will be playing romantic music for us. And, we will crown the King and Queen. The Garden's Dinner is on the 5<sup>th</sup> at 6:00 PM. Our monthly entertainers Max and Jon will be here to entertain us on the 1<sup>st</sup>, 15<sup>th</sup> and 26<sup>th</sup>.

One of our favorite group activities on the Gardens is shredding paper. A group of about 10 of us gather the papers from the offices that need shredded, which saves the staff time, fold it in half, then tear it in fourths, then put it through the shredder. It is bagged, given to a resident's wife, who belongs to the Pike Grange, where it is collected and the money raised from this project is then given to Wishes Do Happen and needy families in this area.

March will bring our favorite entertainer, Jon King singing on the 8<sup>th</sup> and the 22<sup>nd</sup>. We will have our quarterly Card Party night on the 13<sup>th</sup>, so book your calendars now to bring in soft, individually wrapped bags of candy and be entered for more door prizes! It's only \$5 to come play cards from 7 to 10 pm and have a delicious meal prepared by our chef. Our St. Patrick's Day Party will be on the 18<sup>th</sup> during Bingo and Fran Zupp will sing for us that night as well. We will have a Bread Sale fundraiser on the 29<sup>th</sup> to raise money for American Cancer Society and Alzheimer's Association Relay For Life. Then we will begin planning for spring. It will be so nice to be able to go outside again.

Enjoy Spring, The Gardeners



**Cora Bailey and her daughters**



**Ms. Hansen getting ready to work on stringing popcorn**



**ABOVE: Jean Little "clowning" around**



**Colleen loves ball toss**



**LEFT: Charming Mr. Stallman**



**Jan helping cut broccoli at our cooking demo**



**Water cooler social circle**



# January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Mail Call Monday-Saturday</i></p> <p><i>Individualized Visits 1:1</i></p> <p><i>Salon Services Mon. Wed. Thurs.</i></p> <p><i>Activities &amp; Location Subject to Change</i></p>	<p><b>ZUMBA</b></p> <p>Mondays at 7:00pm \$4.00 per person At HCC of Bolivar For info call 330-874-9999 ask for Dianna or Jeanne</p>	<p><b>1</b></p> <p>Happy New Year</p> <p>9:15 Sensory Sensations 10:00 Nail Talk 12:30 Memory Magic 6:00 Beachball</p>	<p><b>2</b></p> <p>9:15 Bible Study With Harry 10:30 Get Fit 12:30 Farkel 1:45 Card Bingo 6:00 Movie In The Library</p>	<p><b>3</b></p> <p>9:15 Sensory Sensations 9:15 Rob's Sing A-Long 10:00 Nail Talk 12:30 Memory Magic</p>	<p><b>4</b></p> <p>10:30 Get Fit 12:30 Memory Magic 6:00 Horseshoes 7:00 Jon King Sings Country</p>	<p><b>5</b></p> <p>1:45 Bingo With Family &amp; Friends 6:00 Sensory Sensations</p>
<p><b>6</b></p> <p>9:30 Catholic Communion 2:00 Faith Baptist Church Service</p>	<p><b>7</b></p> <p>10:30 Get Fit/G 12:30 Memory Magic 1:45 Bingo With Family &amp; Friends 7:00 Fran Zupp's Gospels</p>	<p><b>8</b></p> <p>9:15 Sensory Sensations 10:00 Nail Talk 12:30 Memory Magic 7:00 Freewill Baptist Service/TH</p>	<p><b>9</b></p> <p>9:15 Bible Study With Harry 10:30 Get Fit 12:30 Farkel 1:45 Card Bingo 6:00 Movie In The Library</p>	<p><b>10</b></p> <p>9:15 Sensory Sensations 10:00 Catholic Mass 10:00 Nail Talk 10:45 Lunch Bunch 12:30 Memory Magic</p>	<p><b>11</b></p> <p>10:30 Get Fit 12:30 Memory Magic 6:00 Horseshoes</p>	<p><b>12</b></p> <p>1:45 Bingo With Family &amp; Friend 6:00 Sensory Sensations</p>
<p><b>13</b></p> <p>9:30 Catholic Communion 3:15 Bolivar Wesleyan Church Service</p>	<p><b>14</b></p> <p>10:30 Get Fit/G 12:30 Memory Magic 1:45 Bingo With Family &amp; Friends 6:00 Win Lose Or Draw</p>	<p><b>15</b></p> <p>9:15 Sensory Sensations 10:00 Nail Talk 12:30 Memory Magic 2:30 Gene's Piano Tunes 6:00 Beachball</p>	<p><b>16</b></p> <p>9:15 Bible Study With Harry 10:30 Get Fit 12:30 Farkel 1:45 Card Bingo 6:00 Movie In The Library</p>	<p><b>17</b></p> <p>9:15 Sensory Sensations 9:15 Rob's Sing A-Long 10:00 Nail Talk 10:30 Lunch Bunch Outing 12:30 Memory Magic</p>	<p><b>18</b></p> <p>10:30 Get Fit 12:30 Memory Magic 6:00 Horseshoes 7:00 Jon King Sings Country</p>	<p><b>19</b></p> <p>1:45 Bingo With Family &amp; Friend 6:00 Sensory Sensations</p>
<p><b>20</b></p> <p>9:30 Catholic Communion 2:00 Rev. Robb's Church Service</p>	<p><b>21</b></p> <p>10:30 Get Fit/G 12:30 Memory Magic 1:45 Bingo With Family &amp; Friends 6:00 Win Lose Or Draw</p>	<p><b>22</b></p> <p>9:15 Sensory Sensations 10:00 Nail Talk 12:30 Memory Magic 7:00 Freewill Baptist Service/TH</p>	<p><b>23</b></p> <p>9:15 Bible Study With Harry 10:30 Get Fit 12:30 Farkel 1:45 Card Bingo 6:00 Movie In The Library</p>	<p><b>24</b></p> <p>9:15 Sensory Sensations 9:15 Rob's Sing A-Long 10:00 Nail Talk 12:30 Memory Magic 2:00 Chuck's Puppets</p>	<p><b>25</b></p> <p>10:30 Get Fit 12:30 Memory Magic 6:00 Horseshoes</p>	<p><b>26</b></p> <p>1:45 Bingo With Family &amp; Friend 6:00 Sensory Sensations</p>
<p><b>27</b></p> <p>9:30 Catholic Communion 2:00 Rev. Robb's Church Service</p>	<p><b>28</b></p> <p>9:30 Resident Council 10:30 Get Fit/G 12:30 Memory Magic 1:45 Bingo With Family &amp; Friends 6:00 Win Lose Or Draw</p>	<p><b>29</b></p> <p>9:15 Sensory Sensations 10:00 Nail Talk 12:30 Memory Magic 2:00 Max's Music</p>	<p><b>30</b></p> <p>9:15 Bible Study With Harry 10:30 Get Fit 12:30 Farkel 1:45 Card Bingo 6:00 Movie In The Library</p>	<p><b>31</b></p> <p>9:15 Sensory Sensations 9:15 Rob's Sing A-Long 10:00 Nail Talk 12:30 Memory Magic</p>	<p><b>Garden Activities</b> <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.

Hello; I hope you had a great holiday season! I know that the season flew by as fast as the reindeer do! I can hardly believe that we are already into the New Year.

Our Thanksgiving buffet went really well, and we had plenty of scrumptious food! Thank-you to our chef Matthew and the dietary staff for the turkey, mashed potatoes, & stuffing; and another BIG thank-you to the staff that brought in all kinds of delicious side dishes and desserts!! We all felt like we knew exactly how the stuffed turkeys feel! We had a great meal to share with all that were here.

We had our regular monthly entertainers along with a few that only come in a few times during the year; The “Doodle-Le-Doos”, Andi Mickelson and her piano students were back in to play for us, and Chuck Zerger and his puppets came back to perform. We really appreciate all of our entertainers and look forward to their return.

We held our “Veteran Salute” in November with James Scalf, Hospice Chaplain officiating. He gave a flag pin, shook hands, and saluted each of our veterans one by one. They talked about the wars they were in, the places they were stationed and how many years they had served. There were some chuckles and some tears during their stories, but they were all very proud of what they had done!! And we are very proud of each and every one of our veterans here at Hennis and we THANK YOU for your service to our great country!!

Our Christmas dinner was wonderful, as usual. Gene Weygandt played all of the favorite Christmas and seasonal songs on the piano, and sounded terrific! He knows soooo many good songs! Between the main course and dessert, everyone sang “Silent Night” with Gene playing the piano; it brought tears to many eyes....

including mine! It is such a pleasure to see so many smiles on the faces of residents and their families during this event. Start planning now to join us for the Valentine’s Day Dinner...it will be coming up very soon! This dinner for the Rehab unit’s residents will be held on February 6<sup>th</sup> at 6:00pm. And, once again, Gene will be providing the romantic music for us!

In March we will be hosting our annual spring Card Party for the community to benefit the American Cancer Society and the Alzheimer’s Association. This will be held on March 13<sup>th</sup> from 7:00 pm to 10:00pm. Please plan to join us for this event. For just a \$5.00 donation, you receive a meal and beverage and a chance to win a door-prize. And, when you bring in a bag (or more) of **soft individually wrapped** candy to us, you will receive even more door-prize chances! We will then use the donated candy to fill Easter eggs for our annual **staff & family** “Easter Bunny” breakfast & egg hunt.

Our St. Patrick’s Day party will be held on the 18<sup>th</sup> of March during the regular Monday Bingo at 1:45 pm in the Garden’s dining room. On the 29<sup>th</sup>, we will be hosting a Bread Sale fundraiser from 9:00am to 12:00pm in the front lobby to benefit the Cancer Society and the Alzheimer’s Association.

Watch the calendars on the units for the dates and times of our special events; and join us for any or all of these events; we hope to see you.

Take care and God bless!

The Rehab Team



Salute to Mr. Fuhrer for his service



Miss Myra making fried green tomatoes



The Kieffers enjoying dinner



Carolyn showing off her cooking skills



James sharing his accordian talents



John making Christmas ornaments



Late night parachute activity





# January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>6</b></p> <p>9:30 Catholic Communion 2:00 Faith Baptist Church Service/DR</p>	<p><b>7</b></p> <p>10:30 Get Fit/G 12:30 Memory Magic/G 1:45 Bingo With Friends &amp; Family/G 7:00 Fran Zupp's Gospels</p>	<p><b>8</b></p> <p>10:00 Nail Talk 12:30 Memory Magic/G 7:00 Freewill Baptist Service/TH</p>	<p><b>9</b></p> <p>9:15 Bible Study With Harry/G 12:30 Farkel/G 1:45 Card Bingo/G</p>	<p><b>10</b></p> <p>10:00 Catholic Mass/GL 10:00 Nail Talk 10:45 Lunch Bunch 12:30 Memory Magic/G</p>	<p><b>11</b></p> <p>10:30 Get Fit/G 12:30 Memory Magic/G 3:00 Social Circle 5:30 Card Night</p>	<p><b>12</b></p> <p>1:45 Bingo With Friends &amp; Family/G 7:00 Movie</p>
<p><b>13</b></p> <p>9:30 Catholic Communion 3:15 Bolivar Wesleyan Church Service</p>	<p><b>14</b></p> <p>10:30 Get Fit/G 12:30 Memory Magic/G 1:45 Bingo With Friends &amp; Family/G</p>	<p><b>15</b></p> <p>10:00 Nail Talk 12:30 Memory Magic/G 2:30 Gene's Piano Tunes/G</p>	<p><b>16</b></p> <p>9:15 Bible Study With Harry/G 12:30 Farkel/G 1:45 Card Bingo/G</p>	<p><b>17</b></p> <p>9:30 Rob's Sing A-Long/G 10:00 Nail Talk 12:30 Memory Magic/G</p>	<p><b>18</b></p> <p>10:30 Get Fit/G 12:30 Memory Magic/G 3:00 Social Circle 5:30 Card Night 7:00 Jon King Sings Country</p>	<p><b>19</b></p> <p>1:45 Bingo With Friends &amp; Family/G 7:00 Movie</p>
<p><b>20</b></p> <p>9:30 Catholic Communion 2:00 Rev. Robb's Church Service</p>	<p><b>21</b></p> <p>10:30 Get Fit/G 12:30 Memory Magic/G 1:45 Bingo With Friends &amp; Family/G</p>	<p><b>22</b></p> <p>10:00 Nail Talk 12:30 Memory Magic/G 7:00 Freewill Baptist Service/TH</p>	<p><b>23</b></p> <p>9:15 Bible Study With Harry/G 12:30 Farkel/G 1:45 Card Bingo/G</p>	<p><b>24</b></p> <p>9:30 Rob's Sing A-Long/G 10:00 Nail Talk 12:30 Memory Magic/G 2:00 Chuck's Puppets</p>	<p><b>25</b></p> <p>10:30 Get Fit/G 12:30 Memory Magic/G 3:00 Social Circle 5:30 Card Night</p>	<p><b>26</b></p> <p>1:45 Bingo With Friends &amp; Family/G 7:00 Movie</p>
<p><b>27</b></p> <p>9:30 Catholic Communion 2:00 Rev. Robb's Church Service</p>	<p><b>28</b></p> <p>9:30 Resident Council 10:30 Get Fit/G 12:30 Memory Magic/G 1:45 Bingo With Friends &amp; Family/G</p>	<p><b>29</b></p> <p>10:00 Nail Talk 12:30 Memory Magic/G 2:00 Max's Music/G</p>	<p><b>30</b></p> <p>9:15 Bible Study With Harry/G 12:30 Farkel/G 1:45 Card Bingo/G</p>	<p><b>31</b></p> <p>9:30 Rob's Sing A-Long/G 10:00 Nail Talk 12:30 Memory Magic/G</p>	<p><b>Rehabilitation Activities of Bolivar</b></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.



Joan got a visit from Santa



LEFT:  
Midge  
returning to  
her hippie  
days



The Caporali's

Hello family and friends!

We hope that you all enjoyed the holiday season as much as we did. We had busy months preparing the Homestead for the festive season and the residents enjoyed participating in the decorating. Many of us made decorations for our doors and the bulletin boards and wore more glue and glitter than the decorations themselves. One of the favorite things we made were wine cork reindeers for our Christmas tree. We would like to extend a special thank you to the dietary staff for again going above and beyond, on our Christmas dinner. Fun and fellowship was had by all who attended. It is always special to share this evening with loved ones and staff. A big night on the Homestead this year will be the Super Bowl. The men love to watch the games together and root on their favorite team. Us women like the snacks and the punch...we don't much care who wins the game. We enjoyed the blizzard of December 2012 from the comfort of our dining room and the living area. A couple of us went out periodically and measured the snow each hour to see just how fast the snow was coming down. It came down fast and hard. It was a perfect day to make snow cones, cherry and grape were the favorite flavors. We look forward to all that spring will bring to the Homestead. We always enjoy St. Patrick's Day parties and who doesn't love the Easter Bunny Breakfast.

Live, Laugh, Love  
HOMESTEAD FAMILY



Lester being honored for his service



ABOVE: Betty getting a visit from her daughter and sister



LEFT:  
Ed loves  
baking  
with  
Regina  
on  
Fridays



LEFT: Paul ready to devour  
his cake for his 99th Birthday



# January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Individualized Visits 1:1</i></p> <p><i>Salon Services Mon. Wed. Thurs.</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>Monday at 7:00pm \$4.00 per person The Therapy Gym At HCC of Bolivar For info call 330-874-9999 ask for Dianna or Jeanne</p>	<p><b>1</b></p> <p>Happy New Year</p> <p>8:00 Social Circle 9:00 Dancing With Diane 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>2</b></p> <p>8:00 Social Circle 11:00 Resident's Choice 3:30 Ball Toss 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>3</b></p> <p>8:00 Social Circle 9:00 Dancing With Diane 10:30 Reading 3:00 Nail Talk 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>4</b></p> <p>8:00 Social Circle 9:00 Morning Movie 10:00 Baking With Regina 3:00 Current Events 6:00 Social Drinks 7:00 Jon King Sings Country 8:00 Lotion Therapy</p>	<p><b>5</b></p> <p>8:00 Social Circle 10:30 Morning Chat 1:30 Eating Our Creations 6:00 Social Drinks 7:00 Movie Night 8:00 Lotion Therapy</p>
<p><b>6</b></p> <p>8:00 Social Circle 9:30 Catholic Communion 2:00 Faith Baptist Church Service 6:00 Social Drinks 6:30 Oldies Tunes 8:00 Lotion Therapy</p>	<p><b>7</b></p> <p>8:00 Social Circle 1:30 Trivia 3:00 Current Events 6:00 Social Drinks 7:00 Fran Zupp's Gospels 8:00 Lotion Therapy</p>	<p><b>8</b></p> <p>8:00 Social Circle 9:00 Dancing With Diane 6:00 Social Drinks 7:00 Freewill Baptist Service 8:00 Lotion Therapy</p>	<p><b>9</b></p> <p>8:00 Social Circle 11:00 Resident's Choice 3:30 Ball Toss 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>10</b></p> <p>8:00 Social Circle 9:00 Dancing With Diane 10:30 Reading 3:00 Nail Talk 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>11</b></p> <p>8:00 Social Circle 9:00 Morning Movie 10:00 Baking With Regina 3:00 Current Events 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>12</b></p> <p>8:00 Social Circle 10:30 Morning Chat 1:30 Eating Our Creations 6:00 Social Drinks 7:00 Movie Night 8:00 Lotion Therapy</p>
<p><b>13</b></p> <p>8:00 Social Circle 9:30 Catholic Communion 3:15 Bolivar Wesleyan Church Service 6:00 Social Drinks 6:30 Oldies Tunes 8:00 Lotion Therapy</p>	<p><b>14</b></p> <p>8:00 Social Circle 1:30 Trivia 3:00 Current Events 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>15</b></p> <p>8:00 Social Circle 9:00 Dancing With Diane 2:30 Gene Wegandt's Piano Tunes/G 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>16</b></p> <p>8:00 Social Circle 11:00 Resident's Choice 3:30 Ball Toss 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>17</b></p> <p>8:00 Social Circle 9:00 Dancing With Diane 10:30 Reading 3:00 Nail Talk 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>18</b></p> <p>8:00 Social Circle 9:00 Morning Movie 10:00 Baking With Regina 3:00 Current Events 6:00 Social Drinks 7:00 Jon King Sings Country 8:00 Lotion Therapy</p>	<p><b>19</b></p> <p>8:00 Social Circle 10:30 Morning Chat 1:30 Eating Our Creations 6:00 Social Drinks 7:00 Movie Night 8:00 Lotion Therapy</p>
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<p><b>27</b></p> <p>8:00 Social Circle 9:30 Catholic Communion 2:00 Rev. Robb's Church Service 6:00 Social Drinks 6:30 Oldies Tunes 8:00 Lotion Therapy</p>	<p><b>28</b></p> <p>8:00 Social Circle 9:30 Resident Council 1:30 Trivia 3:00 Current Events 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>29</b></p> <p>8:00 Social Circle 9:00 Dancing With Diane 2:00 Max's Music/G 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>30</b></p> <p>8:00 Social Circle 11:00 Resident's Choice 3:30 Ball Toss 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>31</b></p> <p>8:00 Social Circle 9:00 Dancing With Diane 10:30 Reading 3:00 Nail Talk 6:00 Social Drinks 8:00 Lotion Therapy</p>	<p><b>Homestead Activities of Bolivar</b></p>	

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**1. Learn to laugh.**

A good laugh is better than medicine.

**2. Learn to tell a story.**

A well-told story is as welcome as a sunbeam in a sickroom.

**3. Learn the art of saying kind and encouraging things.**

**4. Learn to avoid all ill-natured remarks and everything likely to create friction.**

**5. Learn to keep your troubles to yourself.**

The world is too busy to care for your ills and sorrows.

**6. Learn to stop grumbling.**

If you cannot see any good in the world, keep the bad to yourself.

**7. Learn to hide your aches and pains under a pleasant smile.**

No one cares whether you have a headache or rheumatism.

**8. Learn to greet your friends with a smile.**

They carry too many frowns in their own hearts to be bothered with any of yours.



Through the wetness of your tears, your own sorrow will begin to glisten. You can go from the pits, where it is black, to beige, and then to rainbows, which come from tears in our lives. Your constant habit of being a joy collector will be your therapy. Collect all the things which are lifters, not sinkers. You need encouragement and lightness. Start looking for it!

Source: *Fresh Elastic for Stretched Out Moms*, by Barbara Johnson, 1986



www.henniscarecentre.com

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*of Dover & Bolivar*



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