



THE

# Friendly Visitor

HENNIS CARE CENTRE

Jan | Feb | Mar 2016

Dover & Bolivar, Ohio

## 99 WAYS TO LIVE TO 100

### People Who Can Help

*We are here to help individuals achieve their potential each day of their lives.*



#### DOVER

Administrator ..... David Hennis  
 Director/Patient & Resident Services ..... Anita Peffer  
 Executive Chef ..... Brian Sarty  
 Social Services ..... Melanie Scheetz  
 Director of Therapy Services ..... Holly Meister  
 Accounting Manager ..... Harold Baker  
 Public Relations ..... Paula Hennis-Sickinger  
 Recreational Therapist ..... Lauren Wilson  
 Activity Professionals ..... Annette Cookson  
 Kathy Marburger, Patty Dunkle  
 Music Therapist ..... Laura Smith  
 Maintenance Director ..... Ken Otto  
 Receptionist ..... Trish Haynam  
 Leslie Morris



Corporate Chef of Dover & Bolivar and Hospice House ..... Matthew Ridgway



#### BOLIVAR

Executive Director ..... David Hennis  
 Administrator ..... Kim Zontini  
 Director of Nursing ..... Nicole Jones  
 Executive Chef ..... Casey Hanlon  
 Laundry/Housekeeping ..... Sue White  
 Social Services ..... Lisa Gintz  
 Director of Therapy Services ..... Teresa Carlson, O.T.  
 Accounting Manager ..... Harold Baker  
 Activity Professionals ..... Jeanne Sauvernheimer  
 Abby Strubel, Rosi Jones  
 Maintenance Supervisor ..... David Wood  
 Receptionist ..... Kathy Herstine



#### HOSPICE HOUSE

Culinary Supervisor ..... Carla Braun  
 Dietary Services ..... Dennis Borter  
 Matthew Arnold



HCC provides out-patient and in-house therapy 7 days a week.  
 HCC is a smoke-free campus inside and outside.

- Proper diet, exercise and positive attitude can lead to a healthier, longer life. Recharge your life with these tips.
- Unlock your Mind • Shoot for the Moon • Practice Patience
  - Watch your Weight • Catch a Firefly • Clear the Clutter • Play Tag
  - Tango as a Twosome • Fish for Fun • Talk with a Teen
  - Lighten Someone's Load • Laugh Along • Be Spontaneous
  - Master Technology • Seek Wisdom • Trash the Tobacco • Hug a Tree
  - Count your Cholesterol • Walk the Mall • Wish on a Star
  - Love thy Neighbor • Stay in Control • Ask about Aspirin
  - Get in Gear-Volunteer • Munch an Apple • Lift Weights • Solve a Puzzle
  - Search for Hidden Treasures • Run the Treadmill
  - Create a Masterpiece • Believe in Miracles • Seek Shade • Toss a Salad
  - Jump Rope • Foey on Fats • Escape with a Book • Turn Off the TV
  - Dance to the Beat • Sing Out Loud • Hold Hands • Limit your Liquor
  - Cut the Caffeine • Picnic in the Park • Whistle a Tune
  - Drink your Water • Fill up on Fiber • Learn from your Grandkids
  - Stay on your Toes • Find the Big Dipper • Surprise a Friend
  - Play Outdoors • Drive Responsibly • Glory in Gardening • Go to a Movie
  - Slow Down on Salt • Fasten your Seatbelt • Pamper Yourself
  - Date your Spouse • Dare to Dress Flashy • Golf with Gusto
  - Swim like a Fish • Invent a New Game • Bone-up on Calcium
  - Be a Good Buddy • Re-read the Classics • Rejoice at the Sunrise
  - Fly a Kite • Do Self-Exams • Meditate to Music • Keep a Journal
  - Try Tai Chi • Bike to the Bank • Overcome Fears • Pet your Pet
  - Dare to Dream • Fly in a Balloon • Throw a Snowball • Laugh out Loud
  - Do what the Doc Says • Write your Memoirs • Get your Eyes Checked
  - Stretch those Limbs • Watch Out for Scams • Forgive and Forget
  - Add Spices to your Life • Shoot the Flu Bug • Memorize a Poem
  - Show up for Checkups • Respect the Sun • Stand up Straight
  - Don't Choke on Smoke • Focus on Food Labels • Catch Up on Z's
  - Surf the Internet • Relish the Rain • Heave-Ho Heavy Woes
  - Bless your Abundance • Celebrate Simplicity • Look for Love in All Places
  - Down with Blood Pressure • Celebrate Differences • Welcome Change
  - Take a Hike • Savor the Sunset • Believe in Yourself • Live It Up

## Big Dreams



*Wanting something is not enough.  
You must hunger for it. Your motivation  
must be absolutely compelling in order  
to overcome the obstacles that will  
invariably come your way.*

~Les Brown

When I decided to apply to medical school, while in my first year of college at the University of Miami in South Florida, I realized my desire to be a physician had been influenced greatly by my childhood orthopedic surgeon. Dr. Steven Kopits had called for me numerous times at Johns Hopkins Hospital in Baltimore, Maryland.

I never fully imagined what a challenge the application process would be. Up until that point, like many of my classmates, I had been used to working hard, making good grades, and achieving my goals. I never thought of myself as particularly smart or gifted, and I knew getting into one of the top ranked medical schools in the country, Johns Hopkins, was a long shot; but surely, my goal of becoming a doctor was not.

Even though I had physical limitations, I had learned that for most things, if I worked hard enough and wanted something badly enough I could make it happen. Well, my application process to medical school was an abrupt awakening that the world may not always be fair, and that sometimes hard work and good results may not be enough.

I submitted applications to thirty medical schools and only received two requests for follow-

up interviews. One was at my current undergraduate university: the University of Miami's Leonard M. Miller School of Medicine (UMMSM). The other was at my dream school where I had also been a patient so much of my childhood: Johns Hopkins University School of Medicine (JHUSOM). Even though my peers and I had similar Medical College Admission Test (MCAT) scores, high academic grades, along with well-rounded social and community activities, I was not as successful at getting many of these important and coveted interviews as they were.

It was during my first interview at the University of Miami when I realized for the first time that my stature was influencing the medical school application process. I am a little person with a somewhat rare and random genetic mutation known as spondyloepiphyseal dysplasia. At twenty-three years of age then, I was three feet tall and had endured over twenty-seven orthopedic surgeries on my legs and spine since a very early age so that I could stand straight and lead a productive life.

During what seemed like an all too long interview, I felt as if I was being interrogated about a crime by two interviewers assuming a role of tough cop and nice cop. First a trauma surgeon severely questioned my ability to crack open the chest of an adult motor vehicle accident MVA victim. Then an internist accepted my response that I never planned to crack open the chest of an adult MVA victim, but instead I believed with just the use of a stepstool I could perform very well in many other fields of medicine.

When the "tough cop" (the surgeon) went on to ask me how I could possibly resuscitate a person in cardiac arrest, I answered, "Well, I am an avid watcher of ER and apparently there is no one person who resuscitates a patient by themselves. However I believe I could do any one role with the aid of a stepstool and an education." The "nice cop" generously gave a small laugh to my response. The "tough cop" remained emotionless- I left the interview feeling as if I'd just had to defend my perceived inabilities instead of recounting my already well-demonstrated determination and results.

Although this was really the first time I became aware that my stature and "disability" could limit me, I decided I would keep going until someone else or something else told me I couldn't and I had exhausted any and all options. If it wasn't meant to be then it wouldn't happen but I wasn't going to let a lack of effort on my part be the reason why I didn't become a doctor.

My second interview, at my dream school,

Johns Hopkins, was very different. Here the pediatrician who interviewed me never mentioned or challenged me about my abilities or lack thereof as a short -statured individual. Moreover we discussed my interest in medicine and my academic path thus far. By the end of the interview, I was so worried that he hadn't asked me about my stature, that for a moment I actually wondered, "Did he even notice I am a Little Person?"

After that seemingly too easy interview, I thought I had no chance of getting into medical school. One school doubted my capabilities and the other never acknowledged my limitations. Even though others might not believe I could be a physician, I still knew I could. Of course, I was very aware of my limitations and capabilities, and I knew that being a trauma surgeon would not be practical as I would never want to put a person's life at risk due to a physical limitation. What I hoped for was to specialize in pediatrics, psychiatry or even ophthalmology. So I started to prepare myself for rejection.

To my great joy, two weeks after my interview at Johns Hopkins, I received a call from the Dean of Admissions that I had been accepted! I was going to realize my long-held dream of becoming a physician and helping others, after all those years of having been a patient myself.

The next four years at Johns Hopkins were unquestionably some of the hardest years of my life. I learned as much about myself as a person as I did the field of medicine. Ultimately after medical school, I decided to go into the field of neonatology, a field where I would never have to worry about any of my patients being bigger than me because I would be working with newborn babies!

I learned that success in life and career is not solely about achieving your goals, but is also about knowing one's true capabilities and limitations and then striving to overreach those every day. Today, I'm happily immersed in meaningful work. Yes, it's hard, and yes it's demanding, but it's also invigorating and fulfilling. On occasion, I give pause. and consider that of all the obstacles, of all of the reasons not to, I stayed determined!

As a practicing neonatologist, with each new miracle I help into this world I reaffirm my own blessings and I consider what great individuals these little ones can amount to. And my big dreams are not over, as I now continue down another important path as a wife and mother as well.

*-Jennifer Arnold, MR, MSC  
From Problem to Purpose: Big Dreams*

## In Pursuit of Our 10-Year Vision

There are more than five million people with Alzheimer's disease in the United States and 44 million worldwide. By midcentury, these numbers are expected to skyrocket to 16 million and 135 million respectively. While Alzheimer's already costs \$214 billion in the United States alone, this number will increase to \$1.2 trillion by 2050 unless we find a way to prevent, treat or delay the disease in the very near future. Never has the case for accelerated progress been more urgent. The potential of earlier diagnosis and the development of better treatments could significantly alter the course for millions.

The Alzheimer's Association is the global leader in Alzheimer's advocacy, research and support. To enhance and strengthen this leadership position, as well as expand the depth, breadth and pace of the Alzheimer's movement, we have committed to doing more.

The Association has just embarked on a bold, 10-year vision for the Alzheimer's disease movement. This vision, and the first of three strategic plans to accomplish it, sets clear milestones for the Association to accelerate progress.

While it will not be possible to achieve this vision alone, the Association has a unique leadership role to play in supporting millions of people living with Alzheimer's and in changing the very course of the disease.

### 10-Year Vision

In 2012, the organization undertook a strategic assessment process to look at the external environment, internal capacity and potential in order to determine what is necessary to support people living with Alzheimer's today and in the future and to change the trajectory of Alzheimer's disease. As a result of this collaborative, organization-wide work, a bold, 10-year vision for care, support and research as created. A new

three-year strategic plan (FYI 5 - FYI 7) seeks to both continue critical current work while laying the groundwork for achieving this longer-term vision. Critical to success is a rapid acceleration in fundraising leading to doubling revenue in the next five years.

### 3-Year Strategic Objectives and Priority Activities

The Association has identified five strategic areas that are decidedly interdependent in order to achieve the 10-year vision and fulfill our mission. Each is a priority and will be strategically implemented throughout the Association in a variety of ways.

#### Goal: Increasing Concern and Awareness

Continue commitment to strengthen the momentum of the Alzheimer's disease movement by increasing concern about Alzheimer's disease; increasing unaided awareness of the Alzheimer's Association in the Champions audience by 50 percent; and increasing constituent engagement through activities to support all strategic objectives.

#### Goal: Advancing Public Policy

Steadily increase the Association's influence with policymakers to achieve effective implementation of the National Alzheimer's Plan and establish federal and state policy priorities. Accomplish this by executing strategies to develop knowledgeable, professional, productive relationships with state policymakers; mobilizing Alzheimer's advocates in a comprehensive, coordinated and activist-oriented plan to engage their members of Congress; and through the political activities of a respected and growing sister organization, the Alzheimer's Impact Movement.

#### Goal: Enhancing Care and Support

Increase the number of service contacts provided through quality measured Association programs and services directly delivered through local chapters and the national organization through alz.org and the Helpline Contact Center

#### Goal: Accelerating Research

The Alzheimer's Association continues to be the respected leader and largest nonprofit funder in advancing international Alzheimer's research. We are committed to maintaining our leadership role in convening, collaborating and coordinating to advance research and to playing a significant role in the direction and funding of research into the care, cure and prevention of Alzheimer's disease through the expansion of private and public funding efforts, domestically and abroad.

Goal: Growing Revenue Support of the Mission Achieve significantly greater Association-wide mission impact by growing contributed revenue by an average of eight percent per year and additional growth through a nationwide research campaign toward the 5-year goal of doubling all Association revenue to \$450 million by 2019. We will work to develop an Association-wide philanthropic culture (including boards, staff and volunteers at national and chapters) that fully embraces, prioritizes and invests in partnerships, fundraising and revenue growth priorities as essential keys to the success of the mission.

To get involved and help us move our cause and mission forward visit [alz.org](http://alz.org) or call 800-272-3900. We are all the voices of Alzheimer's disease.

Sincerely,  
Pam Schuellerman  
Executive Director

Source - Alzheimer's Association Dec - June 2015

## THERAPY SERVICES



Memory is a skill that can be sharpened and improved at any age. Forgetfulness isn't a hopeless problem that comes with aging. Give your mind a regular workout with these thought-full exercises.

**FOCUS** - Pay attention and concentrate - it helps you remember.

**SAY IT AGAIN** - Repetition helps cement thoughts in your mind.

**TELL TALES** - Telling your life stories-even "tall tales" can improve your memory.

**WRITE IT DOWN** - Putting it in writing reinforces the thought in your mind.

**PLAY GAMES** - Challenge your mind-do word searches, crossword puzzles, or play trivia or jeopardy games

**FANTASIZE** - Using your imagination stimulates your memory.

**LEARN NEW TRICKS** - Take up a new hobby, learn computer skills, study a foreign language. Learning new concepts improves your ability to reason and solve everyday problems.

**FOLLOW A SCHEME** - Organize your life-keep a calendar or date book, make lists and check them often.

**MUNCH MEMORY FOODS** - Fruits, vegetables and grains are rich in antioxidants (vitamins A, C & E, plus selenium) great fuel for your mind!

**TUNE INTO MUSIC** - Melodies can nourish both your brain and soul. Try some complex Mozart for a real boost.

**GET MOVING** - Experience life to its fullest indoors and out. Regular exercise improves the oxygen flow to your brain.

Source - 1999 The Positive Line #79930

## CARING FOR *Care Givers*

- **PROTECT YOUR OWN HEALTH**  
While worrying about a loved one's special diet, don't neglect your own.
- **RELIEVE STRESS WITH EXERCISE**  
Work daily exercise into your schedule.
- **EXPRESS YOUR FEELINGS**  
Remember you are bound to feel helpless at times. Admit it without shame.
- **FIND REGULAR TIME TO RELAX**  
While your loved one is sleeping, catch a few winks—a short nap will refresh you!
- **TAKE A BREAK WITH A FRIEND**  
Avoid isolation. Seek a few hours a week for outside socializing.
- **ASK FOR HELP**  
Don't wait for a crisis. Identify everyone who may be able to help, and make a list of things they can do for you.

Source - 1999 The Positive Line #79930

### 2 EASY STEPS

## Care for the Caregiver (You!)

The hard work of tending to a parent or loved one can be harmful to your health. In fact, 37% of caregivers say the role has taken a toll, according to a recent Caregiver Action Network and Clorox CareConcepts survey. Below, two smart ways to help you delegate.

1. **USE YOUR PHONE** Download the new Standwith app (free; standwith.com) and ask friends and family who've offered to help to do the same. You can alert them to the tasks you need assistance with, whether driving Dad to the hospital or picking up groceries. People select what they are able to do, putting an end to awkward "Do you mind..." calls.
2. **USE THE WEB** Take dinner off your to-do list with Mom's Meals (\$6.49 and up per meal; momsmeals.com), a service that offers home-style menus for you and your charge. The service even has customized meals for those with diabetes, cancer and other conditions, as well as puréed versions for people who have difficulty swallowing.

Source - Woman's Day Magazine November 2014

## CLIMATE CONTROL

### THE PERFECT TEMPERATURE

With the touch of a button, we switch between our car's heater and air conditioner depending on the weather. And, just like in your home, the two systems operate independently.

To cool your vehicle, a belt in the air conditioning system turns a pump called a compressor. It pumps compressed refrigerant to a small radiator under the dash. Another fan blows across this now cold radiator, forcing cooled air through the vents.

Your vehicle's heating system is completely different. It leverages the engine's cooling system to do its job. Once coolant (also known as anti-freeze) has absorbed heat from the engine, it travels through hoses to the radiator where heat is dissipated before it returns to the engine.

When you turn on the heat, the coolant makes a detour, passing through more hoses to a smaller radiator (also known as a heater core) underneath the dashboard. There, a fan blows across the warmed radiator sending heated air into passenger cabin vents and defrosters.

### DID YOU KNOW?

Sometimes called anti-freeze, coolant does much more than prevent idle engines from freezing in frigid climates. Its main job is to transfer heat away from the engine and prevent overheating. It also contains anti-corrosive chemicals which help prevent rust and scale deposits from building up on air conditioning system components such as the radiator, water pump, cylinder head/gaskets, thermostat, heater core and freeze plug/expansion plug.

### HOW DO YOU KNOW IF SOMETHING'S WRONG?

- Air conditioner won't cool
- Heater won't heat
- A clattering or hissing sound coming from the engine
- Sweet, sickly smell of leaking coolant
- Wet carpeting under the floor mat, usually on the front-passenger side
- The temperature warning light illuminates

Source - 2012 Midas International Corporation M856

## Avoid the Pitfalls of Self-Directed IRAs

Self-directed IRAs have unique risks and specific guidelines that an investor must understand. These include...

**Lack of government protections.** Due diligence is up to you. If you invest in a private deal and it turns out to be a fraud, you can file a lawsuit against the con artist, but unlike publicly traded stocks, private investments have little oversight or scrutiny from government regulators.

**Lack of liquidity.** It's easy to bail out of a bad mutual fund. But if you invest in, say, commercial real estate, you may not have access to your money for years until the building is sold.

Caution: Tied-up assets can be tricky for older investors who reach 70½ and have to start withdrawing required minimum distributions (RMDs) each year. Because your RMD is based on the aggregate of assets in all your IRAs and you do not have to withdraw a proportionate amount from each IRA, you will need to make sure that you have enough money to withdraw from more liquid IRAs to satisfy IRS requirements.

**Prohibited investments.** Some are off-limits even in self-directed IRAs, including life insurance contracts and certain collectibles such as artwork, rugs, antiques, gems, stamps, certain rare coins and wine.

**Self-dealing.** The IRS strictly prohibits owners of self-directed IRAs from using the accounts' assets for self-benefit or profit other than distributions. Example: If you invest in a vacation home in your IRA, you can rent it out or resell it, but you cannot stay in the home yourself—not even for a single night—or allow immediate family members to stay there, even if they pay you to do so.

This prohibition against "self-dealing" also applies to non-real estate investments. Example: You can't use your IRA money to invest in a business start-up owned by your son.

If you cross these legal lines, the IRS could disqualify the IRAs tax-deferred status and force you to pay income tax on the full value of the holdings, as well as a 10% penalty on that amount if you are under age 59½.

Source - Bottom Line Personal - January 1, 2015  
T. Scott McCartan, CFA

# Pneumonia Can Be Prevented—Vaccines Can Help

**Pneumonia, an infection of the lungs, needlessly affects millions of people worldwide each year. Pneumonia infections can often be prevented and can usually be treated.**

Globally, pneumonia kills nearly 1 million children younger than 5 years of age each year. This is greater than the number of deaths from any infectious disease, such as HIV infection, malaria or tuberculosis.

Pneumonia isn't just a public health issue in developing countries though. Each year in the United States, about 1 million people have to seek care in a hospital due to pneumonia, and about 50,000 people die from the disease. Most of the people affected by pneumonia in the United States are adults.

Many of these deaths—both globally and in the United States—could be prevented with vaccines and appropriate treatment (like antibiotics and antivirals).

## Lower Your Risk with Vaccines

In the United States, there are vaccines that help prevent infection by some of the bacteria and viruses that can cause pneumonia:

- Haemophilus influenzae type b (Hib)
- Influenza (flu)
- Measles
- Pertussis (whooping cough)
- Pneumococcus
- Varicella (chickenpox)

These vaccines are safe, but side effects can occur. Most side effects are mild or moderate, meaning they do not affect daily activities. See the vaccine information statements for each vaccine to learn more about the most common side effects.

## Protect Your Health with These Healthy Living Practices

Try to stay away from sick people. If you are sick, stay away from others as much as possible to keep from getting them sick. You can also help prevent respiratory infections by:

- Washing your hands regularly
- Cleaning surfaces that are touched a lot
- Coughing or sneezing into a tissue or into



- your elbow or sleeve
- Limiting contact with cigarette smoke
- Treating and preventing conditions like diabetes

## What Is Pneumonia?

Pneumonia is an infection of the lungs that can cause mild to severe illness in people of all ages. Common signs of pneumonia can include cough, fever, and trouble breathing.

## Who Is At Risk for Pneumonia?

Certain people are more likely to become ill with pneumonia:

- Adults 65 years or older
- Children younger than 5 years old
- People who have underlying medical conditions (like asthma, diabetes or heart disease)
- People who smoke cigarettes
- Encourage friends and loved ones with certain health conditions, like diabetes and asthma, to get vaccinated.

## Causes and Types of Pneumonia

Pneumonia can be caused by viruses, bacteria, and fungi. In the United States, common causes of viral pneumonia are influenza and respiratory syncytial virus (RSV), and a common cause of bacterial pneumonia is *Streptococcus pneumoniae* (pneumococcus). However, clinicians are not always able to find out which germ caused

someone to get sick with pneumonia.

When someone develops pneumonia in the community (not in a hospital), it's called community-acquired pneumonia. Pneumonia developed during or following a stay in a healthcare facility (like hospitals, long-term care facilities, and dialysis centers) is called healthcare-associated pneumonia, which includes hospital-acquired pneumonia and ventilator-associated pneumonia. The bacteria and viruses that most commonly cause pneumonia in the community are different from those in healthcare settings.

## Pneumococcal Recommendations for Older Adults

CDC recommends 2 pneumococcal vaccines for adults 65 years or older.

- You should receive a dose of the pneumococcal conjugate vaccine (PCV13) first, followed at least one year later by a dose of the pneumococcal polysaccharide vaccine (PPSV23).
- If you've already received any doses of PPSV23, the dose of PCV13 should be given at least 1 year after receipt of the most recent PPSV23 dose.
- If you've already received a dose of PCV13 at a younger age, another dose is not recommended.

<http://www.cdc.gov/features/pneumonia/>

# Chocolate Ganache Tarts

**For the Crust:**

- 3/4 cup pecans
- 3/4 cup walnuts
- 1/4 cup granulated sugar
- 3 Tablespoons unsalted butter
- pinch salt

**For the Ganache Filling:**

- 1/4 cups chopped semisweet chocolate or semisweet/dark chocolate morsels
- 1/4 cups heavy whipping cream plus more whipping cream to use as topping
- 1 egg, beaten
- Fresh fruit, such as raspberries, strawberries or sliced bananas

1. Heat oven to 375 degrees Fahrenheit. On a rimmed baking pan, arrange four 4-inch tart pans that have removable bottoms. Set aside. Place nuts, sugar, butter and salt in a food processor and pulse until a fine-grained mixture forms. Over-processing can produce nut butter, so watch the mixture carefully. Divide it among the tart pans and press into each pan to form crust. Bake for 8 to 10 minutes. Do not overbake. Remove and allow to cool. Can be made a day ahead and refrigerated.
2. In the bottom of a double boiler, bring about 1 inch of water to a boil. Remove from heat. Place chocolate in the top of the double boiler and melt over the hot water. In a second pan, bring cream to a very high simmer. While whisking cream add egg slowly. Pour cream mixture through a strainer into the melted chocolate. Mix by hand with a spoon or spatula, then finish with a hand mixer.
3. Divide ganache among the prepared pans. Refrigerate for at least 2 hours or overnight. 4. To serve: Decorate each tart with a dollop of whipped cream and your favorite fruit. Makes 4 tarts.

-The Times Reporter Feb 2014  
Margaret Maples

# Mark your Calendar

## DATES TO REMEMBER

### FEBRUARY

*Special Valentine's Day dinners: 6:00p*

**Dover:** Rehab – 1<sup>st</sup>, Homestead – 2<sup>nd</sup>, Gardens – 3<sup>rd</sup>, Pat's Porch – 4<sup>th</sup>  
RSVP by Jan. 25 -330-364-8849  
(Receptionist)

**Bolivar:** Hattie's House – 8<sup>th</sup>, Gardens – 9<sup>th</sup>, Rehab – 10<sup>th</sup>, Homestead – 11<sup>th</sup> at 5:00 pm. RSVP by Feb. 1 – 330-874-9999  
(Receptionist)

Feb. 6 - HCC Chefs at the Chocolate Love Affair community event at Buckeye Career Center

Feb. 12 – Valentine Day Parties: Dover 2:00p, Bolivar 1:30p

Feb. 8 – 13 – Dover - Valentine Candy Grams Sale, message & flower, call Receptionist 330-364-8849

Feb. 17 – Chef's Creations Demo, 1:30p/ Gardens, 2:00p/Rehab - Dover

Feb. 26 – Dover - Chili Cook-Off & Sale fundraiser, morning prep w/chef, 2:00 judging (at main facility), Pat's Porch selects "People's Choice"



### MARCH

*Benefit Community Card Parties, open to everyone:*

March 10 – **Dover** HCC main facility, 7:00p – 10:00p, \$6 donation, reserve tables 330-364-8849 with Receptionist

March 2 – **Bolivar** Hattie's House, 7:00p – 9:00p, \$6 donations, reserve tables 330-874-9999 with Receptionist

March 30 – **Bolivar** HCC main facility, 7:00p – 10:00p, \$6 donation, reserve tables 330-874-9999 with Receptionist

Mar. 11 – Encore Clothing Sale in-house, Dover HCC main facility, Rehab Lounge, 10:00a – 1:00p

Mar. 16 – Chef's Creations Demo, 1:30p/ Gardens, 2:00p/Rehab - Dover

Mar 17 - 10:00am, Good Friday Service, Dover HCC main facility, Gardens Lounge w

**Potato Bar Lunch Stand fundraisers:**

March 17 - **Dover** HCC main facility Rehab Foyer, 10:00a – 1:30p

April 6 – **Bolivar** HCC main facility, 10:30a – 2:30p

Mar 17 - St. Patrick's Day festivities

Mar 25 – Cupcake Bake Sale for Epilepsy Awareness, 10:00a, Dover HCC main facility Rehab Foyer

Mar 26 – Easter Bunny Breakfast for staff's children/grandchildren, hosted at Bolivar, 9:00a/Breakfast, 10:00a/Eagg Hunt

## LAUNDRY & HOUSEKEEPING

### Quick Tips

**SHINE A SHOWER**

Men are resourceful when it comes to cleaning products. "Wipe your shower walls with car wax to prevent soap scum from building up," says Steve McQueen, a Merry Maids cleaner in Roswell, Georgia. But you shouldn't do it too frequently. Once a year does the trick."

**MAKE GLASS GLEAM**

Forget paper towels. There's a reason guys at the gas station use squeegees. "They're the best tool

for windows, mirrors, tile and shower doors," says Steve Zeitler, cofounder of the Citra Solv natural cleaning products company. One to try: OXO Good Grips Stainless Steel Squeegee (\$12.99; amazon.com).

**UNCLOG A DRAIN**

A few bucks is all it takes to fix this problem. "A \$7 tool called the Drain Claw (thedrainclaw.com) removes hair from the drain with a simple push-and-twist movement," says Lou Manfredini, host of the national TV show House Smarts. Bonus: no harsh chemicals down your drain.

Source - Woman's Day Magazine - June 2010

# Be Well

## hidden home allergens



That cute and cuddly teddy bear your child loves? It could be harboring millions of dust mites and exacerbating your family's allergies, says Todd Rambasek, MD, an allergist in Cleveland. Fortunately, you don't have to toss out Teddy. Just put him in the freezer for 24 hours every two weeks, or run him through the washing machine in 140°F water. (Freezing or washing in hot water will kill the dust mites.)

### ... more surprising sniffle triggers

If your family is sneezing and wheezing, consider these culprits:

#### Houseplants

The soil can be a breeding ground for mold. The fix: Consistent dampness in the soil is what leads to mold, so avoid overwatering and consider using a dehumidifier in your home, says Rebecca Piltch, MD, an allergist in San Francisco.

#### Non-slip bathtub mats and shower curtains

They're also mold hot spots. The fix: Clean them regularly (once every two weeks) with a 10 percent bleach solution (1 part bleach, 9 parts water). Of course, if you see mold (make sure you look underneath and in the crevices!), scrub it down

ASAP, says Dr. Rambasek. Another way to keep mold at bay? Keep your bathroom ventilated, either by opening a window or installing a fan, which will help get rid of mold spores in the air.

#### New paint or furniture

Both can give off VOCs (volatile organic compounds, which are gases emitted into the air that can trigger asthma attacks) for more than a year after you use or get them. The fix: The next time you repaint or remodel your home, choose lower no-VOC paint and furniture. It's usually a little more expensive and the furniture in particular may be difficult to find (check out the shopping tips at [greenyour.com](http://greenyour.com); the paint can be found at home stores), but it's worth it, especially if you have asthma, says Dr. Rambasek. If you're concerned about the current paint on the walls or items you already own, consider buying a heat recovery ventilator (HRV). This machine constantly exchanges stale house air with fresh outside air (\$400 and up at [amazon.com](http://amazon.com)).

Source - Woman's Day Magazine - April 1, 2011  
Abigail L. Cuffey



## Seeking Persons Interested in Helping with Crafts, Games and Pet Visits.

(once a week or more - day/evening)

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 Public Relations Activities Department.**

## BOLIVAR VOLUNTEER



Jean and Khorey enjoy their Bingo.



(At Right) Jeanne sings "Happy Birthday" to Jean.



It was in the fall that we had a picture perfect day for our Oktoberfest. There was a lot of sunshine, pumpkins, mums, cornstalks, smiles and great food!!! The Feucht's won the Scarecrow decorating contest, Wayne got his face painted, and Kelly wheeled around the very busy fun filled area. The kids bobbed for apples, rode the horse drawn buggy and got their faces painted. It was in October the Buckeye Career Center came with pumpkins and helped the residents paint Jack-o-lanterns. The Pumpkins were judged for their creativity. Donna Diehl was the winner. The card parties held at Hennis brought lots of laughs and great candy for the employee families' Trick-or-Treat- night. It was on that night that the halls were filled with ghosts, goblins and smiling residents. Chef Casey had 'spooktacular' snacks at the end of this "haunting" adventure. There was "BOOdles" of fun at the Halloween party. The month had a variety of music events. These included 'Somewhere in Time', Jim Williams, Jon King, Music by Jay, Tim Turkal, Marty Z. and Max G.

In November we honored our Veterans. All were given a pin and certificate to say "Thank you". The salutes that our residents gave were heart felt and truly brought tears to some eyes. Our residents were served a buffet Thanksgiving Feast which included dishes that the staff had prepared to share. The only comment one of the resident's made as they loosened their belt was "I wish I had another stomach for more of this delicious food."

December started off with another shopping trip. The residents enjoyed the friends, fun, and food. Our residents got a kick out of "people watching" and remembering the days when they were checking off their Christmas list.

Our Christmas Dinner was amazing. There was much talking, laughing and singing as we enjoyed the great food and listened to Gene Weygandt play many of our favorite Christmas carols. The month continued to be a musical melody as the many carolers filled our halls with music and singing. We also had a wonderful time watching our own HCC choir put on an outstanding performance. The visit from Santa was jolly. He handed out presents to all residents with a big white beard, a smile and a "HO, HO, HO". It was clear that most of our residents were nice, not naughty. But there is always Gene.

January finds us winding down quite a bit following the busy holidays! Jon King will be in to entertain us three times, Gene, Fran & Max will be in throughout the month. We will be having a Soup Fundraiser for the American Cancer Society on the 13th from 10:30 am to 2:30 pm. Come in and enjoy some of the delicious soup that we will be serving that is made by different members of our staff.

In February, we will be celebrating Valentine's Day with our annual dinner. It will be held on Wednesday, March 10th at 6:00pm. Plan to join us on this evening; there will be romantic piano music played by Gene Weygandt, and we will be crowning the king & queen of 2016 at the end of the night. We will be hosting a "Valentine Dessert Sale" on Wednesday, February 24th from 10:30am-3:30pm. This will benefit the American Cancer Society. Jon and Max will be entertaining us during the month also.

This brings us into spring! Be patient! We will be hosting our annual Community Spring Card Party to benefit the American Cancer Society and the Alzheimer's Association. This will be held on Wednesday, March 2nd at Hattie's House from 7-9:30pm and on Wednesday, March 30th from 7:00pm- 10:00pm at the Main House from 7:00pm to 10:00pm. If you plan to attend, please bring in a bag (or more) of soft individually wrapped Easter candy for us to fill the plastic Easter eggs to be used during our yearly staff family's egg hunt. We will also be celebrating St. Patrick's Day with a party combined with Bingo on St. Pat's Day (17th) at 1:30pm. Jon King will be in on Friday, March 4th, Tuesday March 15th and Friday, March 25th. Gene Weygandt will be performing on Tuesday, March 22nd at 2:30pm. Fran Zupp will be here on Monday, March 21st at 7:00pm. Max Grossenbacher will be back on Tuesday, March 29th at 2:30pm.

We continue to "Get Fit", "Remember the Music, and exercise our minds each week. The movies are shown on Wednesdays, Fridays, Saturdays and Sundays. These are the resident's choices. A special thanks to The Bolivar Library, our movie police and the 'film friends' for making this possible.

Come in to join us for any of these special events; we always have a great time!  
The Rehab Team

*Gail is soaking up the sun.*



*Rosemary with a beautiful smile.*



*Rosemary relaxes with a smile after her hand massage.*



*George is a great small man carrying a 'big' stick.*



*Gene loves to eat.*



*Dorothy has a smile on her face.*







*Mr. and Mrs. Feucht holding hands as they listen to Max play the piano.*



*Chuck loves his puppy dog.*



*Dakota and Tricia help Gene celebrate his birthday.*



*Doris and Jay enjoying the Fish Fry.*



*Veteran's Day Celebration provides Mimi with a certificate to show our gratitude.*



*Bill and his wife Norma are out shopping.*



*Gene is pinned on Veteran's Day.*



*Gene saluting as he receives a pin on Veteran's Day.*



*Dale and other Vets attend a Veteran's Day program.*



*Wayne and Lisa are on a shopping spree.*



*Jeanne, Dale and Abby are out shopping.*



*Cash and his wife Florence are on a date.*



*Rosemary and her husband enjoying the Oktoberfest.*



*Bobby and Denny with smiles and a wave for the camera.*



*Dorothy and her daughter Carol boogie to the music.*



*Kelly, Diane and Shannon enjoying the Fish Fry.*



*Casey and this puppy are making eyes at each other.*



*Bobby and Nina are center stage at Jon King's performance.*



*Mr. and Mrs. Brown getting ready to listen to the music.*

PINK



*Abby and Jeanne help Hennis to paint Tusc Pink.*



*Hennis Paints Tusc Pink*



*Kelly and his daughter going for a stroll.*

## BOLIVAR HOMESTEAD



*Chelsie and Pati cooling down at the fair*



*Dorothy Slayman at the Oktoberfest.*



*Homestead Gang at the Tuscarawas Fair*



*Nakayla, Natashia, Jane and Walter at the Fair*



*Pati Eichelberger and Casey Hanlon Christmas shopping*



*Veteran Ed Christman receiving a pin*

What a whirlwind this last season was. We were busy on the Homestead with fall and holiday events. Everyone that attended the Oktoberfest talked about how nice the weather was and how much fun they had enjoying the festivities of the day. The food is always a hit but this year the residents and families on the Homestead especially enjoyed the pumpkin hot pretzels covered in cinnamon sugar and icing. Pati enjoyed the horses and the horse drawn wagon ride around the town while others enjoyed watching the kids bob for apples and the scarecrow contest. We painted pumpkins with a great group of kids from the Buckeye Career Center and all put our own unique artistic touch to our personal pumpkins. Trick or Treat night continues to be one of the most enjoyed nights of the year on the Homestead unit. Many employees and their families came dressed up and smiles were abundant as the little ones filled their bags to the top with goodies the residents handed out.

A large group of residents went to Hershberger Farm this year and enjoyed another beautiful day in the country with staff and some family. We sang on the way there on the bus trip and laughed at memories that were shared. The residents loved the petting zoo with the farm animals and some got real up close and personal with a few of the goats. One resident decided the animals had enough of the carrots and decided she needed a snack too. The staff took a picnic lunch that Casey our chef prepared and enjoyed it outside in the breezy Amish country enjoying

nature at its finest. They brought back gourds, pumpkins, and mums for the unit. Everyone was tired when they returned but talked about the outing for days.

In November we honored our Veterans with a pin and a certificate. These brave men gave of themselves so that we can enjoy the freedoms that we take for granted every day. Thank you. We celebrated Thanksgiving several times on the unit. We had our annual Thanksgiving Buffet with the staff bringing in covered dishes and enjoying each other's culinary skills. Nakayla even made homemade noodles to share with the residents. Everyone was stuffed like little butterball turkeys after the delicious meal.

December has started off with mild weather and the staff and residents busy decorating the unit for the holidays. A few of the residents enjoyed shopping trips to the mall with staff and came back with smiles on their faces and their bellies full. They seem to love the pizza in the courtyard. Lots of laughter and fun were had by all that participated. One of the residents asked that she go more often just to "look at people".

Our Christmas Dinner was a success as usual. It is one of the most memorable nights on the Homestead. Families come to visit, enjoy a delectable meal, and just relax and enjoy time together. The dietary department led by Casey did a phenomenal job preparing the meal and many residents and staff complimented her on the

amazing job that she did. Thank you Casey for another successful event.

We all wondered if we had been good enough this year to get gifts or coal from Santa Claus. Each and every individual on the Homestead were given gifts on his visit so we must have been displaying good behavior this past year.

We spent an evening riding around at all the beautiful Christmas lights in the area. The residents oohed and awed at most of the displays. They really enjoy the displays that are the most colorful. We sang Christmas carols and just enjoyed each other's company.

Spring is right around the corner and it will bring a host of events to plan for. We will have our Valentine's Day Dinner on the Homestead on March 11<sup>th</sup> at 5:00PM. Plan to join us and fellowship together. Who will be crowned king and queen?

Please enjoy the pistachio fluff that we made with the residents on the Homestead:

- 1 large can of pineapple tidbits or crushed pineapple-not drained
- 2 cups of mini marshmallows
- 1 large box of pistachio pudding
- $\frac{3}{4}$  c chopped walnuts
- 1 small container of cool whip

Mix all ingredients in a bowl, chill, and enjoy!

Live, Laugh, Love  
Homestead Unit

BOLIVAR HOMESTEAD



*Pati and Beth at Oktoberfest*



*Beth Wade's family at Oktoberfest*



*Pati and Chelsie at Hershberger Farm*



*Emily Shoaf STNA, her mom and son Parker at Trick or Treat.*



*Dorothy Slayman and Lyn Houze at Trick or Treat.*



*Dawn Cotton with her husband Herb and their son Herbie.*



*Dorothy Slayman's Birthday*



*Lester Houze at Hershberger Farm*



*Homestead residents enjoying Hershberger Farms*



*This goat seemed to really like Lester.*



*Jane at Trick or Treat.*

BOLIVAR HOMESTEAD



*Jessica Cannon RN is not clowning around.*



*Lester Houze and his wife Dodie at Trick or Treat.*



*Gust Malavite and a baby pig at Hershberger farm.*



*Pati and Maddy Wade*



*Natalie and Dawn at Hershberger Farm*



*Pati and Jane strolling thru the Fair*



*Pati eating pizza and chilling at the Fair*



*Gust Malavite at the Farm.*



*Romaine and her son Mark on her birthday*



*Ruth Sloan and her daughter Carol*



*Shirley and Dawn enjoying the scenery and each other on the bus ride*



*Taking a rest at the Farm*

TRICK OR TREAT



*Scare Crow Abby supervising the Trick or Treat bowls.*



*Jeanne and Donna working together to fill the 'Trick or Treat' bowls. "one for you and two for me."*



*Ross Russel and his family have a good time passing out candy to the Trick or Treaters.*



*Dorothy Smith test tastes the Trick or Treat candy.*



*A big discussion is held to decide how the 'Trick or Treat' candy is to be divided.*



*Shirley Sterling is not a "Witchy Women".*



*Chef Casey fills the halls with delicious spooky treats.*



*Betty M, Jeanne, Betty S and Shirley play the witches during our Trick or Treat.*



*Wanda, Betty M, Betty S and Shirley have the 'good witch' Jeanne (center) out numbered.*

TRICK OR TREAT



*Kim and Jim passing out candy.*



*Rosi prevents Dorothy Smith from flying away.*



*Jeanne, the good witch, is doing a lot of good things!*



*Lauren, Lady Bug and Sandra Dee at "Trick or Treat."*



*Stephanie and her super heroes.*



*Doris passing out candy to Lauren's family on Trick or Treat.*



*Khorey acts a 'clown' on Trick or Treat.*



*The starting line at our Trick or Treat is guarded by the Sheriff.*



*Getting ready to pass out candy on 'Trick or Treat' puts a smile on Gretta's face.*

# OKTOBERFEST



*Chef James and his family having fun at Oktoberfest.*



*It was a Great Day for all at Oktoberfest!*



*Nicole Jones and gang enjoy the festivities.*



*Nina and Jan having more fun at Oktoberfest.*



*Taking a seat at Oktoberfest.*



*Bobbing for apples at Oktoberfest.*



*Culinary staff serves a GREAT meal at Oktoberfest.*



*The Feucht family get together at Oktoberfest.*



*Wayne loves being outside.*



*Feeding the horses is fun!*



*Good family fun at the Oktoberfest.*



*The Feucht family wins our Scarecrow contest.*



BOLIVAR GARDENS



*George Cooney and his family.*



*Waiting for the music to start.*



*Bob and Nina dance to the music.*



*Denise holds her special visitor.*



*Enjoying the music.*



*Helen and Dianne are special friends.*



*Diane holding Denise's pumpkin prize.*



*Sally and daughter Kathy, during card bingo.*



*Shirley Bower and Sarah smile for us.*



*Special 'Buddies' - Christine and Shirley.*



*Ruth Sloane and visitors celebrate her 102nd birthday!*



*Shirley and daughter Chrystal show us their matching smiles!!!*

Hello Spring! We hope you had a great holiday season! Ours was pretty great here; we had our annual Thanksgiving buffet with the staff bringing in covered dishes to share with the residents and each other. So many delicious dishes made it really hard to decide what to eat first! And the desserts.....Then came December with so many visitors in singing Christmas carols! Our halls were decorated for Christmas and everything looked just beautiful. We had our annual Christmas dinner; listened to the beautiful piano music played by Gene Weygandt (one of our favorite entertainers), visited with family members, and ate a lot of food! We sang along with the piano music to some of our favorite Christmas songs during the meal. We sang "Silent Night" to finish out the evening. This night always brings back memories of past Christmases with all of the families being here. Our "Santa" also visited us with lots of great gifts during the Christmas party on the 16th; and what fun we had! And to finish out the year, we had a New Year's Eve party; with music, singing, trivia, food and beverages.

Jon King continues to pack the house whenever he entertains us; Gene Weygandt, Max Grossenbacher, Jay Secrest, Fran Zupp, Tim Turkal, Jim Williams & Marty Zenhder were here throughout the year; and are very wonderful entertainers and all are enjoyed. We hope that you were able to come join us for some of these events; we always have a very enjoyable time!

In January, we kind of slow down after the busy holidays! Our regular entertainers were all here to entertain us, and we hosted a Soup Lunch fundraiser, with the staff making all kinds of good, warm soup for the cold days. On January 24<sup>th</sup>, we are going to start selling Candy Grams to give for Valentine's Day. This sale will continue until February 8<sup>th</sup>; see any of the Activity staff if you would like to purchase one for someone or if you need more information.

February brings our annual Valentine's Day dinners with the families. We choose our kings and queens for 2016, and hopefully all will enjoy the evening's entertainment, food and conversation. We also are having a Valentine Dessert fundraiser on the 24<sup>th</sup> from 10:30-3:30. Thanks to all who are bringing in their favorite dessert to help make this day a success.

Hattie's House annual spring Card Party will be held on March 2<sup>nd</sup> from 7:00 pm-9:30pm and another Card Party at the main facility will be held on the 30<sup>th</sup> from 7:00 pm-10:00 pm. We will look forward to our regular entertainers also! We will be celebrating St. Patrick's Day with a combination Bingo-St. Pat's party on the 17<sup>th</sup> starting at 1:30pm. Plan to join us for any or all of these special events; "the more, the merrier"!

Have a great spring!!  
The Gardeners



*Khourey's Christmas hat says it all.*



*Julie shows off her Americana Bear.*



*Sandy gives Shirley a big squeeze.*



*Nina crocheting Christmas stockings for the unit.*



*Denise and friend Diana.*



*Joan smiles pretty for the camera.*



*Sally and Jordan enjoy the sun shine on the porch.*



*Marcia and Denise are entertaining.*



*Leroy and his son visiting.*



*Eleanor with her daughter and singers.*

BOLIVAR GARDENS



*Helen and Dianne prior to shopping at the Mall.*



*Khourey and Jordan at new Towne Mall.*



*Betty was the Grand Prize winner at Bingo.*



*Nina working on her "pumpkin face".*



*Residents and staff enjoy the "Fish Fry".*



*Joanna Gamble and family celebrating her Birthday.*



*"Let's Do the Twist."*



*Marcia and Shirley sing together.*



*Linda is a Bingo Winner!*



*Betty, Christine, Shirley and Wayne clap during program.*



*The 'Dancing Trio', Betty, Nina and Bob*



*Jay Secret sing to Shirley.*

Hello All!

These last months of 2015 have full of holiday cheer here at Hattie's House. We have enjoyed all the activities associated with the season.

November brought us cold weather and good food. We celebrated our Veterans on Veterans Day and thanked them for their service. Thanksgiving dinner was amazing! We had all of the usual and well-loved Thanksgiving items such as turkey, stuffing, mashed potatoes, and noodles. We enjoyed hot and cold apple cider. We can't leave out the yummy desserts of pecan and pumpkin pies. No one walked away from the table less than stuffed! Thanks, Chef Nathan!

December brought holiday cheer. The weather was unseasonably warm during the beginning of the month. We even had a 70 degree day! It was nice to be able to get outside and enjoy the fresh air. We have enjoyed the beautiful decorations and music. We had a wonderful Christmas Dinner on the 7<sup>th</sup> thanks to Chef James. We enjoyed prime rib, roasted duck, shrimp cocktail and hot artichoke dip. Desserts included gingerbread cake and several types of delectable pies. We had a seasonal punch to wash it all down. Once again, the food was above and beyond. On December 11<sup>th</sup>, we hosted a wine and paint party. We had a large group of ladies from the community come in and enjoy a night of food and fun. We had a visit from Santa Claus on the 16<sup>th</sup>. Several carolers from local churches came over the course of the month. It is always nice to have the sounds of Christmas music filling the halls of Hattie's House. Movie nights were filled with Christmas movies, popcorn and hot cocoa.

We are all looking forward to what this new year will bring. It is so hard to believe it is 2016 already. My, oh my, how time just zips by. We rang in the New Year by watching the ball drop and having a New Year's Eve celebration. We had sparkling grape juice and hors d'oeuvres. On New Year's Day, we hoped to bring luck for the New Year by eating pork and sauerkraut. The rest of January has been a quiet month of our usual entertainment. It was so nice to be inside where it is warm, watching the snow fall peacefully outside.

In February, we will celebrate our loved ones at the Valentine's Day dinners. In March, we will be hosting the community card party which is always a good time had by all.

Wishes of Health and Happiness,  
Your Hattie's House Team



**Hennis Care Centre**



*Paul eating a tasty lunch.*



*Larry and Larry enjoying dinner.*



*Joyce participating in therapy*



*(Above) Chef Nathan preparing lunch.*



*(At Right) Barb working on a puzzle in her room.*



Bolivar Youth Girls Softball Team  
Sponsored by HCC.

Something *Different* is Happening Here  
and you  
have to  
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Choose to stay at Hattie's House or Pat's Porch following your medical event or procedure. Experience short-term care or outpatient rehab in a resort-like environment.

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330.874.9999 | Bolivar

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330.364.8849 | Dover

Visit [www.henniscarecentre.com](http://www.henniscarecentre.com) or call us to schedule a tour



Hennis Care Centre

Wow! What good news it was to receive the announcement that HCC won 1<sup>st</sup> place for the best nursing home and retirement community from the Times Reporter Readers' Choice!

We greatly value this from our customers, community, and staff! We especially thank our fabulous team overall!

Patty and Annette offered something new in October which was a Canvas & Coffee painting session, and it was well received. The guests also included their family and visitors, and it was fun to relax together and enjoy the art class. There was laughter, helpfulness, and camaraderie. The end results were pretty good, too, with some keeping their pumpkin artwork on display. We also enjoyed flavored coffees and delicious desserts while painting – thanks Chef Jacque! This will return in Jan. so be sure to watch the activity calendar and for signs. Wonder what the subject theme will be?

Did you know there was recognition for Law Enforcement Day? In the fall we delivered the famous HCC cut out cookies in our appreciation for their services. They expressed surprise at our acknowledgement of the day and loved the goodies!

HCC hosted a job fair in the fall with many candidates attending, and they enjoyed receiving from the chef delicious refreshments, complimentary professional massages, won many gift cards as door prizes, and could take home various HCC give-aways. We were pleased to meet many nice candidates and converse with them. It was a successful event with successful results.

Several other autumn events also occurred. Some OSU games became interesting when we intertwined O.T. with Angel H. with the games, including snacks too; she's a big fan! DHS cheerleaders visited and brought lots of cheer, smiles, hugs, and spirit during a spirited rivalry week! They are so mature and very loving. It's so good to see young people engaged in the community! We thank their leaders – Sami and (and Courtney Rees, Coach). Trick or treat with the staff's family is always a treat for us! They were waiting to burst through the door to come see grandma or friends...creative costumes, all ages strolled person to person receiving goodies. It's so precious to see them in their costumes like the beautiful blue ball gown, a darling scarecrow about two feet tall, a feisty pirate, a plump pumpkin, a Greek Goddess, a tiny mouse, even a headless man, and more! And, their parents look proud to share their youngsters for the evening! Their treat bags became heavy to carry, but smart, determined ways like 2 yr. old Parker gripped it with two hands from the bottom, and with all her might, tossed it up and went on her way! All the children were very mannerly when we gave them their treats – good job, parents! An extra

bonus – with candy left over at the end of the evening meant a little stashed away for ourselves – you only live once!

We gobbled 'til we wobbled when November arrived from the fun staff-hosted Thanksgiving buffet with baked apples by Jen of therapy, casseroles, corn dishes, even pizza, and more, complete with the meat and the fixings from the Chef Brian, plus desserts. And, it's so fun to be together to talk, share recipes, and reminisce. At Thanksgiving, the Chef prepared a beautiful traditional dinner! And, of course, the delectable meals made and served by the Chefs just want to keep you coming back...

And some do! We appreciate and thank our return customers and their doctors. We're happy for their successful outcomes and are glad to be of help when they opt for elective surgeries or other needs. As the late Harry D. Hennis used to say (and put it in print in our literature) – The resident/customer is not an inconvenience, they're our only reason for being here.

There is a real sense of camaraderie and connection among the guests, staff, and families that easily develops from care, visiting, sharing meals, and festivities, and it shows in different ways. Mary and Sylvia were roommates in the main facility, and when one transferred to Pat's Porch, the other came to visit (with Annette's help) and they shared in the enjoyment of live entertainment by Dan Gribble. One husband was at Pat's Porch and his wife was in Rehab at the main facility, and they would come back and forth to visit and with others as well. Shirley has become well remembered among the staff as she comes to see us often, and we love her! And, we feel honored when one of our own needs services and we can give back to them! We also appreciate and thank those of you who spread the good word and refer your friends and family!

It's a very giving community, that's for sure! Do you know anyone in the Valley Quilt Guild? They were so kind to make and donate red, white, and blue quilts to give to Veterans in local care facilities! We know Jane Gingrich and Linda Ladrach of St. John's UCC who quilted some, and with Debbie Cook of the Veterans Services, brought them to HCC! Wow – we greatly appreciate your talent, time, donations, and compassion! The Salvation Army donated gifts to everyone for Christmas when they visited. So caring. HCC also gave to the community with residents making 14 Operation Christmas Child gift boxes, donating toys and games to the toy drive held at WJER radio station with Indian Valley School, making gift bags to donate to Akron Children's Hospital for Christmas, assembled net pouches with pins and bracelets and t-shirt bundles to be given to the Regional Cancer Treatment Center, donated a Christmas tree for the Union Hospital tree festival, and holiday treats to our local city services such as the police, fire, ambulance, and Red Cross, etc. Congratulations! – Another little gift arrived to our

Recreational Therapist, Lauren Wilson, on Dec. 15 when her daughter, Spencer, came into our world! So tiny and sweet!

Just like on a train, no matter the season, when the whistle blows and the conductor shouts, "All Aboard," sheer delight is felt deep in the hearts of young and old alike! What makes HCC's experiences so special is being able to share them with friends and family and pass them onto to others. There are carolers who will bring music through the halls like the Dover Middle School students and teachers sharing Christmas songs as they went room to room, hugged beside us, and shared their books so we could join in the singing. There are cookies to bake and decorate, bows to add to gifts, extra company to visit and spread more cheer! We thank the many groups and churches who shared the meaning of Christmas with us!

Mischievous elves in therapy like to move the big Santa decoration around to different places (like in to the pantry for the Chefs!) for a little holiday "startling" – so be on the look out for those little prankster "elves" having fun! Oh, what fun it is...Did you see the live reindeer coming in from, well yes, the North Pole! They came with Santa for our staff's Santa Breakfast, and what delight they brought! Youngsters of all ages enjoyed visiting them, feeding them carrots, and taking pictures with them! They followed inside for a delicious hot breakfast and visited with Santa to tell him their favorite gift. That's endearing to witness! Soon after, we held a lovely special Christmas dinner here with family and friends as guests, and savored a tasty prime rib and shrimp dinner from Chef Brian, complimented by live harp music among the festive décor. Then Santa found his way here, too, with pretty packages for each one of us. A husband and wife spoke some German and told of weihnachtskuchen – German Christmas cake! Intriguing! Santa knew them (but, doesn't he know everyone?!). Ray R. thanked the ladies for making the warm chocolate chip cookies that were so good!

Dotty is a fun spirited lady who makes everything fun and interesting! Wonder if she's in cahoots with those mischievous elves?! Marilyn M. reported she is very happy and satisfied, and she said her best Christmas gift was successfully completing her out patient therapy with us! She's especially is looking forward to a new year! We look forward to our New Year's eve celebration with live music by Tim Weddington at suppertime. We will then have the tradition of bringing good New Year's luck with the menu of pork and sauerkraut for dinner – sure to be delicious from the Chef!

We are passionate about the hope of a bright future for everyone, the joy that accompanies time spent with family and friends, and the gifts that make your life special! Sending wishes your way for a safe, beautiful, and joyous 2016!

*Treasure Today!*

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



*Knock-Knock... Trick or Treat!  
They were waiting at the front door.*



*The guests are happy to give this  
mini Supergirl some candy.*



*The group share their treats  
for the costumed visitors.*



*They look pretty together in blue.  
Louis T. and a pretty princess pose  
together during trick or treat.*



*STNA Christine B. brings her  
family for trick or treat.*



*Here comes the family  
of Sara of Therapy,  
ready for trick or treat.*



*Denise of Therapy shares her  
family for trick or treat.*



*Merry Christmas Paula S. and Santa*



*Denise and guest with Santa.*

## Pat's Porch Calendar Jan/Feb/Mar 2016

### FEBRUARY

Feb. 4 – Special Valentine's Day dinner, 6:00p,  
RSVP by Feb. 3 -330-364-8849 (Receptionist)

Feb. 6 - HCC Chefs at the Chocolate Love Affair  
community event at Buckeye Career Center

Feb. 12 – Valentine Day festivities

Feb. 8 – 13 – Valentine Candy Grams Sale, message  
& flower, call Receptionist 330-364-8849

Feb. 26 – Chili Cook-Off & Sale fundraiser, morning  
prep w/chef, 2:00 judging (at main facility), Pat's  
Porch selects "People's Choice"

### MARCH

Mar. 10 – Benefit Community Card Party, open to  
everyone, HCC main facility, 7p – 10p, \$6 donation

Mar. 11 – Encore Clothing Sale in-house, HCC main  
facility, Rehab Lounge, 10:00a – 1:00p

Mar 17 - 10:00am, Good Friday Service, HCC main  
facility, Gardens Lounge

Mar 17 - Potato Bar Lunch Stand fundraiser, HCC  
main facility Rehab Foyer, 10:00a – 1:30p

Mar 17 - St. Patrick's Day festivities

Mar 25 – Cupcake Bake Sale for Epilepsy Aware-  
ness, 10:00a, HCC main facility Rehab Foyer

Mar 26 – Easter Bunny Breakfast for staff's children/  
grandchildren, hosted at Bolivar, 9:00a/Breakfast,  
10:00a/Egg Hunt



Most of you probably know me by now. My name is Annette Cookson, and I began my career here at HCC October 1, 2015 as part of the Activity Team. When Mike Scholles decided to retire, I knew that I had big shoes to fill on small, very fast moving feet! My life so far has been pretty much centered around having a good time. It's not that my life here on earth has been perfect, but I do try and enjoy myself in just about any situation. The best and most important things in life are a strong faith in God, a positive attitude, and a sense of humor! For the last 34 years I have owned and operated a fun-based business called the Balloonatik! The whole idea behind it was to make people happy on their birthdays. 20 of those years I had the pleasure of working with Angel Herbert, who is also employed here at HCC as an occupational therapy assistant. We are both really enjoying our jobs here so much! Angel always says "same fun, different place!". God had a plan for us, and it's truly amazing how he placed us both here together! I really appreciate the residents being so loving, kind, and sweet, and the staff being so helpful, understanding, and patient while I learn my new job. Keep in mind, my heart is in the right place, and I have a lot of love to give. I am really looking forward to spending 2016 here with you and all the blessing in store!

***Here is a recap of some of the fun and festivities that we have experienced this past quarter:***

- Canton Football Hall of Fame excursion (how impressive and fun!)
- Fall flower arranging with the ladies (talented and beautiful!)
- Apple Pie Bake-Off with Tom & others helping (smelled so goood!)
- Community Alzheimer's Walk participation (great family support – also, thanks Kay Rees for volunteering!)
- A bearded dragon visit & other pet visits (intriguing and so cool!)
- Assembled gift bags for the Cancer Treatment Center (kindness shared!)
- Encore in-house shopping on site (delightful & fun!)
- Saturday OSU football games & tailgate snacks w/Angel (yum & spirited therapy!)
- Mall outings, even rode on battery powered stuffed animals! (whimsical fun!)
- Dover/Phila spirit week (fun rivalry



***KSU nursing students with Charlie Jones and Sam M. giving Mike Scholles a nice retirement send-off! (Rehab) The are very helpful with activities, too!***

- & spirited!)
- Lunch outings, China Buffet, food court, KFC (tasty!)
- Trick or Treat night with staff's families (so adorable & fun!)
- Halloween party with tricky treats & a photo booth (handsome & beautiful models!)
- Cookie baking (scrumptious and with Christmas spirit!)
- Christmas tree show at David Warther's museum in Sugarcreek (very festive!)
- HCC Veterans Day program (honorable & meaningful!)
- Union Hospital Christmas Tree Festival trip at Warther's museum in Dover (90+ Beautiful trees!)
- Thanksgiving buffet hosted by the staff (what an array of food kindly shared!)
- Santa breakfast for the staff's children (making spirits bright!)
- Live reindeer with Santa to visit & feed (felt like a kid again!)
- Guitar performance from NPHS (wow- impressive!)
- Carolers from surrounding schools, churches, groups (inspiring!)
- Decorating the big tree, hanging other decorations, collecting on the hat & mitten tree (festive and delightful)
- Special Christmas dinner with family & friends w/live harp music (lovely & special!)
- Santa visit delivering gifts (fun & great Kodak moments!)
- Benefit Bake Sale (lots of goodies & really good support!)
- Candlelight choir service (so meaningful!)
- Christmas lights tour (reminiscent of yesteryears!)
- Joe Warther accordion music performance on Christmas day (we love him!)
- Another good accordion player for the 1<sup>st</sup> time, a friend of Joe's, on another day (merry & bright!)
- Winter hat decorating (creative & cute!)
- Chef Scott's Creations Demos & education (delicious & knowledgeable!)
- New Year's Eve party w/Jerome James (celebratory & fun!)
- Lots of every day things like weekly music entertainment, puzzles, crafts, coffee clatch, visitation together in the lounge in the evenings with spouses, too, choir, lively exercise every morning with a great bunch, games, going on excursions, friendships...(fun living!)

***Come join us!***



DOVER REHAB



*Holly of Therapy and Emily the beautician "pre-testing" a new bean bag chair.*



*Sharla and Hostess prepare for the big Thanksgiving Buffet hosted by the staff.*



*Pumpkin cookies made by Tom and Annette.*



*NP Welty Middle School Choir caroling with Deloris*



*Sylvia and friend making lovely autumn floral arrangements.*



*New Town Mall and Lunch Outing*



*The Shrumps, Patty D., and Don C. enjoy Christmas Dinner.*



*Christmas Dinner  
Patty and Joe M.*



*Leonard and Shirley at Dover Warther's Tree Festival.*



*Santa makes James smile*



*Buddies!  
Santa and Bob*

FOOTBALL HALL OF FAME 2015



*Annette and Doug show their football spirit at the Canton Football hall of Fame.*



*A great guy outing with Patty, Lester, Frank, Annette, Doug and Volunteers.*



*The guys tailgait during OSU game.*

KFC DAY OUTDOORS



*Bob and Don*



*Leonard and Mrs. Gowins.*



*Pat E., Maryan D. and Barb R.*



*The Greys*



*Mr. and Mrs. Rees*



*Sam and Jerome James*

COFFEE AND CANVAS



*Concentrating on detail.*



*Proud accomplishments.*



*Patty gives instruction.*



*We're ready to begin!*



*Annette and guests  
preparing their canvases.*

ATWOOD BOAT/DINNER RIDE 2015



*Dave Sickinger with his harem, Chrissy, Paula, Ellen and Kathy.*



*Chrissy the pianist entertainer at the Atwood Dinner Boatride.*



*Chefs Casey and Matthew with Patty, Paula, Kathy and Mike.*



*Chef Matthew preparing the last touch to a dinner plate.*



*All the guests enjoyed a tranquil, delicious dinner.*



*The lake offered a smooth ride for the Marbergers and Bakers.*



*Chef Casey adds the topping to a scrumptious desert during the boat ride.*



*Myra and Ed let the breeze filter past them.*



*Barry and Mike, Tom and Beth, Ben and Bobbi enjoy the gathering together.*



*What a way to sum up summer! Pals Patty and Mike.*

*The Pessimist complains about the wind...  
The Optimist expects it to change...  
The Realist adjusts the sail.*

*~ William A. Ward*



DOVER CHEERLEADERS



*DHS alumni Alice Ladrach, is surrounded by DHS cheerleader love!*



*Donna and daughter enjoy the peach dessert and cheerleader company.*



*Jen H., Frank, Gayle and Sam are all smiles with the cheerleaders.*



*The girls bring joy to Margaret Singhass.*



*Mary and the girls are buddies.*



*Mr. Rees is happy to welcome the DHS Cheerleaders.*



*Cheerleader laughing with Bill and family.*



*Chef Matthew and Sharla join in the fun too.*



*Betty and Thelma love the fun with the cheerleaders.*

THE ELVIS SHOW AT THE QUAKER THEATRE



*Birdie is on Cloud Nine with Elvis, complete with his red scarf.*



*Donna's favorite entertainer!*



*You ain't nothing but a hounddog... Billie and Elvis.*

**MIKE'S RETIREMENT**



*The Dover and Bolivar Activity team lunch, including Bella, the dog, celebrate together.*



*Lauren joined in too!*



*The accounting gang celebrates with Mike and Barry.*

**2015 FALL CARD PARTY**



*Loyal supporters, Kathy and card players.*



*The residents get in the action too! Kathy M., Judy R. and friend play a few rounds.*



*Happy Retirement Mike!  
We'll miss you!*



*Volunteer Marge Johnson at entrance sale table.*



*The goodies are always great!*

**TUSCARAWAS COUNTY FAIR**



*Lauren and Barb having a snack.*



*Volunteer and Jeff taking a break in the shade.*



*Annette and Sam checking out the piglets.*



*Randy and Bill visiting Old McDonald's Farm.*

2015 ALZHEIMERS WALK



*Kathy M. and Kay R. servicing the Alzheimer's Walk.*



*Ethan and Emily Morris volunteer at the Alzheimer's Walk with information.*



*St. John's Youth Group helping at the Alzheimer's Walk.*



*Team t-shirts being distributed.*



*Dave Meese, Diana DeMonte with her Grandmother and other guests support the cause!*



*Nice to see a former Bolivar HCC resident attending the walk.*



*Irene's grandson, Lincoln, attending the walk.*



*Billie N. and family... Ready to Roll!*



*All ages - The Gromley Family is strolling in support.*



*Patty, Donna and daughter enjoy the good weather.*



*Dave Meese, LuAnn, Pastor Tom Dunkle and Sammy Sickinger welcome back the walkers.*



*Dave, Jacquie and Kathy enjoy the camaraderie.*



*Aunt Jo Ann and Dave prepare for a walk.*

## Happiness Lies in Wait

- Don Zadra

I once read an article about a crowded little island. It turns out that everyone in the world, including you and me, has visited this destination several times. The island is called the *Someday I'll* – and many people who go there never return.

“Someday I’ll get my driver’s license, and then I’ll be happy. Someday I’ll graduate from college, and then I’ll be happy. Someday I’ll have a wonderful life job, family, house, dog, and a boat, and then I’ll be happy. Someday I’ll retire and – just you wait and see – I’ll really be happy then.”

Life on the *Someday I'll* isn’t so bad. To be honest, I often find myself washed up on those dreamy shores. It’s a peaceful, stress-free little place; there’s usually something “just around the corner” to look forward to; and every tomorrow always promises to be better than today.

The problem, of course, is that tomorrow is promised to no one, and today is really the only day we have. “Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand – and melting like a snowflake.”

Another message...Happiness is not so much a distant destination or prized possession – it’s more a matter of personal choice, or a way of traveling. Not just someday, but each and every day offers endless opportunities to live, love, laugh, and learn – to open our arms and let it all in – and to share the day with those we love. It’s in these everyday moments, both large and small, that happiness lies in wait.



*“Look here and smile!”  
Billie and Family*



*LuAnn and Birdie join the fun festivities.*



*Irene and Katherine enjoy their flowers.*



*Stella and her yellow “wind” flower.*



*Rosemary and Kathy are good supporters.*



*Shirley and Fritz are having fun.*

DOVER HOMESTEAD

We have just finished our fall and early winter activities, parties, and get-togethers! Whew... were we ever busy! We had a movie night before Halloween with buttered popcorn, other snacks, and pop while watching a great movie. We watched Hallmark movies and fun videos, especially the old Lawrence Welk shows. We also enjoyed crafts and baking for the season. Speaking of baking...we had our own pie baking contest and each unit made their own pie. That afternoon the judges sampled all the pies, and Homestead won the competition! How's that! We enjoyed two outings to the mall, eating once at the China buffet, and once in the food court. Then came trick or treat night with the staff bringing children and grandchildren in for the event – what fun and joy it brought to everyone!

On to November – we had a great Veteran's Day program honoring our many veterans. We displayed their names on a beautifully designed board for all to know our Veterans. Now for the Thanksgiving buffet – our staff and families shared so many dishes and we had a wonderful feast! Our beautiful Christmas season... trees decorated, Santa breakfast with real live reindeer! Then came our beautiful, sophisticated Christmas dinners to celebrate with family and friends. A harpist entertained us with heavenly music. We made many Christmas decorations, Christmas chains, beaded candy canes, cinnamon ornaments just to name a few. Many carolers came to us with lively and sweet seasonal tunes. We have music of some kind every day – piano, singing (we like song fests!), guitar, and some beautiful Christmas CDs. We welcomed Lauren's new baby girl on Tuesday, December 15, and on Friday she brought little Spencer in to visit us! Santa came to visit and had a great gift for everyone, and a picture was taken with each one. We continue to have choir, and this year we had our first candlelight service. It was beautiful and peaceful. Our New Year's Eve party will usher in the new year with plenty of crafts, music, stories, cooking corner, chili cook-off, and the like. Then, we will again celebrate Valentine's Day with another dinner and party. We will be involved in the Chocolate Love Affair, card parties, St. Patrick's Day, Encore clothing sale, Easter service, a bread sale, and all the regular daily things. Many happy returns to you!

Kathy & Lauren



*Margarate Singhass - good times with her daughter, and "Mike" and Mike!*



*Bill Hawk and family/friends visit (in the extended warm temps) on the front porch.*



*Harriet H. with daughters, sharing a nice Christmas Dinner.*



*Debbie, Roy and guest enjoy the Christmas Dinner and Festivities.*



*Irene G. and family say Merry Christmas!*



*Gloria D. and Debbie share Christmas delight.*



*Mrs. Edie and her daughter share a special time.*



*Making spirits bright... Santa with Marlene B.*



*Santa and Irene grinning.*



*Helen gets a hug from Santa.*



*Ruth is happy with a hug from Santa.*



*Pals - Santa and Roy*



*Mrs. Edie is comforted by Santa.*



DOVER GARDENS



*Billie relaxes among all the beautiful trees at the Warther Tree Festival.*



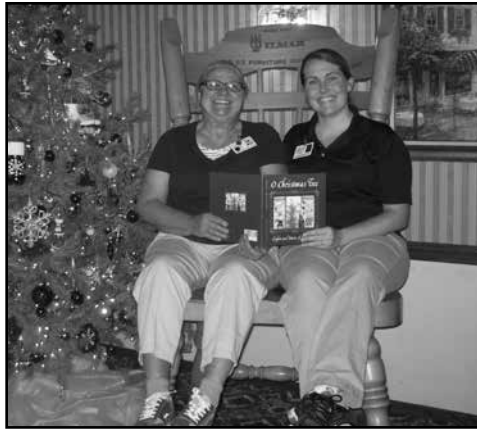
*Lynn and Shirley pose with the HCC tree among the trees at the Tree Festival.*



*Betty, Thelma, Shirley and Bev take it all in at the Sugarcreek Tree Festival.*



*Mary R. and Annette at Warther's Tree Festival.*



*Yes, Santa, we've been good girls! Therapy - Debbie and Angela*



*Santa and his "elves." Angel and Annette*



*Gift basket winner! Vickie delivers the big basket to Mr. Harmon.*



*Santa with Mr. and Mrs. Rogers.*



*Dale R. is in good company with Santa!*



*Emma Jean and Santa share a hug.*



*Thanks for my gift! Jane and Santa*

DOVER GARDENS



*Assembling 14 gift boxes for Operation Christmas Child program. Volunteer Charlene, Jean C. and Jeanette G.*



*Alice is aiming for a turkey strike with Turkey Bowling!*



*Chrissy cheers on Margaret and Jeanette.*



*Enjoying lunch at the food court during the mall excursion.*



*Bev is assisted through the line at the Thanksgiving Buffet.*



*Lynn is still working on her selections at the Thanksgiving Buffet.*



*Sam and Mary have a plate full of goodies at the Thanksgiving Buffet.*



*Jeanette Goudy - Family Picture*



*Doug gets a little snuggle from the visiting lizard.*



*It's not a puppy, it's not a kitty... it's a lizard bringing a smile to Thelma!*



*Angel shares her pet lizard with Betty.*



*Meow... Shirley purrs for Halloween.*



*Patty S. transformed into a butterfly for Halloween.*



*Patty Dunkle painted Kathy Meese with patriotic colors for trick-or-treat night.*

Webster definition:

**OPPORTUNITY** – a fit or convenient time; favorable occasion.

Yes, Hennis Care Centre receives and provides an abundance of wonderful opportunities!

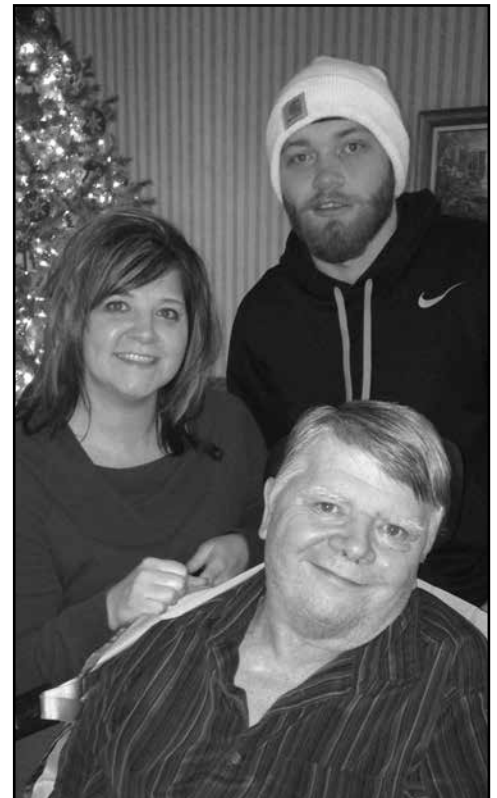
September offered a fit and convenient time with great weather to hold our Farmer's Market outdoors with numerous goodies, jams, plump produce, and colorful mums among the appropriate décor. The lunch stand offered a large pot of hearty vegetable soup made by Chef Scott, and his market fresh sandwiches were such a hit it was hard to keep up with the demand! Oven roasted turkey sliced nicely on fresh baked cranberry bread and carved roast beef layered on fresh baked multigrain bread were absolutely delicious! Everyone enjoyed making their selections from the market, and sitting outdoors in the sun and warmth to enjoy their lunch with folk music playing in the background. More favorable weather conditions that lasted unseasonably long gave a beautiful opportunity for the flowers to continue to bloom and grow, especially the vibrant pink petunias that spilled over the landscape and curb! It was a stunning site to view long into the late fall as we spent time on the porch or walking around the front in the unusual warm autumn temperatures. A great fall opportunity is the Alzheimer's Walk in September at Jim's Place, and HCC brought a good size team of staff, residents, family, and volunteers. Again, the weather was beautiful with sunshine and warmth. And Receptionist Leslie Morris and her daughter Emily, and son Ethan, volunteered to help with services around the room and sales, and LuAnn daughter of Evelyn, Sammy Sickinger and Pastor Tom Dunkle held signs outside to welcome back the walkers and thank them, as well as Kay Rees who perused the room to help with advocacy. We thank many of you for your support in these avenues, as well as support with our fundraisers, and by being here – it is valuable time spent! Because of you and these efforts, the Alzheimer's Association is able to make an impact on so many lives and make great strides! Another incredible opportunity was the 2015 Tusc. County Fair Fine Arts exhibit and competition that Beverly Dessecker entered her Indian acrylic painting. It was beautiful. This department age range went from 16 yrs. to "infinity". We are pleased to announce Bev (at age 83) brought home a 3<sup>rd</sup> place ribbon! We are very proud of her and love to brag about her! More favorable occasions were several excursions to fun places like the Elvis performance in New Phila, and everyone received a famous red scarf, danced in the isles, and swayed to the music. We also went to the Quaker theatre for movies, Wal-Mart to shop and look,



**Bob with daughters, Julie and Denise at the special Christmas Dinner.**



**Fritz with Dave and Paula enjoying the Family Christmas Dinner.**



**Jeff with daughter Jill and grandson, a special Christmas Dinner.**



**I've been good... really Santa! Doug and Santa**



**Sam with Kelly and Pam.**



**Edna and family attend the special holiday dinner.**



**Joann and sister, Joyce enjoy the Christmas Dinner together.**

the Manor for lunch, New Towne Mall for a few shopping trips and even riding the battery operated stuffed animals with Patty, Kathy, Annette and Angel – what a hoot! We enjoyed lunch outings and savored different culture's food and surrounding such as the China Buffet, Lee's chicken, Tlaquepaque, The Mill at Beuhlers, and Subway sandwiches. Another opportunity presented itself with our neighbors, the Methodist church, which held a lovely quilt show that we attended, and thoroughly enjoyed browsing the numerous varied quilts of all sizes on display with generous talent evident! More on our Nov./Dec. travels later. In October, Buckeye Business Students provided a fun opportunity by coming and assisting with activities of our choosing! Crafts, Bingo, nail polish service, visitation, games – all generous kindness shared among us! We thank them and welcome them back anytime. A fun game we played with Patty was Take a Penny/Give a Penny – it asks a lot of questions such as: Have you ever hugged a stranger? Been a part of a protest? Been in an eating contest? Ever broken a bone? Answers give and take a penny, and all of this is fun stimulating conversations, laughter, and reminiscing! Yes, favorable occasions! The benefit card parties are always well attended and are a good fit for many! The community, residents, and staff are good participants playing Bridge, Jass, or Dominoes and board games – all for good fundraising causes! Thank you! Mark your calendar – the next convenient time for the Spring card party is March 10<sup>th</sup> to benefit the Am. Cancer Society & Alzheimer's Association. How about "hooray" for 80 wonderful staff members of Dover & Bolivar who won 80 opportunities to go out to eat, shop, get fuel, and buy groceries! HCC awarded them with gift cards in appreciation for their hard, extra work and time given! In addition, other rewards were also given such as painting classes, special events, museum tickets, sporting events and games, entertainment venues, performances/shows to many of them. Also, numerous complimentary professional massages were provided to the staff at their convenience, again, in appreciation. And, everyone received the popular HCC Staff Appreciation purple t-shirts! They love wearing these conveniently on special dress days! We give them a big "shout out" of THANK YOU! Overall, it's people like them, and many more, who are a great fit and help us, again, receive the # 1 position for the best nursing home and retirement community by the Times Reporter voting – we give many thanks to our customers and the community for this honor! Here's another opportunity of fun: They entered the front door and then to the dining room, 25

spirited high school girls, thrilled to be here! Sporting Dover high school grey t-shirts, bright red outfits, and clapping and singing to the DHS Fight song! They did a few cheers, and then spread some cheer as they visited one on one or in small groups – shaking hands, giving a warm hug, posing close for a picture... They went to each unit, singing, cheering, showing us their flashy pomp poms, getting us pumped up for spirit week! They took time to visit individually, stopped in rooms to visit those in bed, they stopped and sat closely beside someone and chatted comfortably as one lady held Hunter's face and patted her shoulder – and she listened attentively, and not wanting to be interrupted. Special kind, understanding, cheerful, loving opportunities...As we entered one dining room, one cheerleader exclaimed "there's my favorite guy from last time!" (their August visit) – how genuinely sweet! A family was in the same room, off to the side, celebrating Leonard's birthday – the cheerleaders stopped and sang a group Happy Birthday to him along with taking pictures – he was so happy! It was also Hunter's (cheerleader) birthday, and so we all sang to her, too! One fellow in the back of the room sought out Hunter, who he knew through his female companion, and it meant something to him as they reminisced about when she was younger and he knew her! They went to the other units, singing and clapping, raising their pomp poms, parading to the school music, then gathered around a group and sang the Alma Mater, and one man (with memory difficulties), immediately joined in and sang all the words from memory to the very end! School loyalty engrained! It also didn't matter if someone was a New Phila Quaker, a Dover Tornado, or Strasburg Tiger, a Garaway Pirate, or a Claymont Mustang – these cheerleaders simply brought fun and spiritedness to everyone! It might be the Dover/Phila week but these mature considerate young ladies offered more than rivalry fun, they gave life and energy and happiness. Lifting spirits...Give me an L, give me an O, give me a V, give me an E! That's the big gift this group shared overall! A farewell with hugs, kisses, and waves were exchanged as the girls excited, ready to cheer for the big game two nights later! Thank you! The Dover football week showed itself to continue to an important part of this man's life for a long time! Bill Hawk played football and coached it at Garaway, and even played with Colby Byrum, and others who were a "big deal" – what a great opportunity! Of course, this is a very bright spot in his life and loves the conversations! And, we are privileged to know him! Bill's family and friends are of great support to him and took him to some of the Dover



*Tim and Dalton, KSU nursing students, having some holiday fun!*

football games, and he loved it! He also appreciated the excursion to the Canton Football Hall of Fame! Continuing football spirit is Angel Herbert, of O.T., who provided in conjunction O.T. with the OSU games on Saturdays, complete with tailgate snacks! What a productive, fun opportunity! Staff (and residents) also wear football shirts on Fridays (and big game days) as a fundraiser, and Angel, along with other therapy staff, are great supporters of this. HCC had a nice opportunity when we hosted two job fairs on site that drew a good number of candidates, and it offered some fun, too. Delicious refreshments like BBQ meatballs, spinach quiche, cheese cake, etc. were served by Chef Matthew & Scott, relaxing massages were provided by Barb, and many door prizes were granted. The residents enjoyed seeing all the people and witnessing the fun interaction. Yes, in return, we gained some new employees in all the departments! A helpful and fun opportunity for the staff (and residents) was hosting a Robert's Uniform sale on-site for the convenience to browse, shop, try on, look for sales, see new styles and holiday prints, along with the extra things like stethoscopes, socks, shoes, pins, lanyards, etc. What a hit! We'll do that again. To further the fun, HCC granted 60 Roberts gift cards to random staff of different departments to use as an extra thank you. The fun continues at HCC as Angel Herbert brings in her bearded dragon pet (wrapped in an OSU blanket!) to visit the residents, in the therapy room, and throughout the facility. Different reactions occurred, but most were curious and wanted to hold it or touch it! You never know at HCC was the day's opportunities bring! Patty's little King

Charles, Bella, is always a popular snuggler when she comes to visit, and Betty's "granddog", Coltrane, is a big one to reach out and hug, and he wants it! These pet visits bring a lot of joy. Would you like an opportunity to share your pets with us? A special Christmas opportunity – did you get to see the live reindeer here in November? They came with the Santa visit, everyone of all ages oohed and awed as they visited Celeste and her friend. Special moments. Good news, great joy... Operation Christmas Child - what a wonderful opportunity to share and give and receive joy! The residents, along with volunteer Charlene, assembled 14 shoe boxes filled to the brim with dolls, trucks, stickers, noise makers, socks, Kleenex, tooth brushes, stuffed animals, puzzles, and the like to prepare them for this organization to forward to needy countries. They had fun and enjoyed contributing to this community cause. Our surrounding counties collected over 25,000 boxes! Wow – overjoyed! Thanks for your donations! Many acts of kindness are provided frequently. Volunteers share their time with crafts, games, visitation, pets, musical talents, and much more. People and groups make things and donate them like Liz Heil and Chris Tegmeyer who are a part of Warm Up America who made and donated bags full of gorgeous hand-knit blankets! Linda Ladrach (daughter-in-law of Alice) and Jane Gingrich made beautiful patriotic quilts and donated them to our Veterans in honor of Veterans Day! They presented these gifts in person and the Veterans were thrilled! We are not only impressed, but overjoyed with the care and kindness of folks like them! Truly, beautiful, warm, loving opportunities, to say the least! Thank you from the bottom of our hearts! Speaking of Veterans Day, Lauren, Patty, and Annette created a very nice patriotic display board to signify and honor all of our Veterans – our stars and heroes – and had it on display at the special program by Debbie Cook, Army Veteran, of the Veterans Services, and it remained on display throughout the facility all week. These programs are meaningful and moving. Thank you. Lots of visitors came that day and were proudly supporting their service caps, uniforms, and sharing their special camaraderie. Very touching. Bob Spinell had a visit and picture with his fellow friends/classmates/vets/ and nephew – from Dennison St. Mary's and representing Army and Vietnam; close knit are these relationships. An opportunity of giving presented itself when it was time for the WJER/Indian Valley Toy Drive. We loaded our arms with games, cars, Barbies, puzzles and more, put on our Santa hats, and got in the cars with Paula, Patty, and Annette and drove over to the boulevard, tooted our horns as

we arrived, and the students gleefully reached in the windows to receive the donated gifts! We also brought cookies for the students and DJs inside! Annette was pulled inside the radio station to talk on the air, so we tuned in to 1450 and listened as we waited – she's so good and smooth (could be her job in her next life, but we don't want to let go of her!)! On Dasher, on Prancer...on to our next Christmas doings: Thanks to STNA Christine Abbul Bassett, who arranged all this; she brought in 20 "31" holiday pouches that HCC purchased, and we filled them with fun things such as bubbles, play dough, etc. while Christmas music played, that she then donated to Akron Children's Hospital for Christmas. The Times Reporter even came and took a photo and did a story of us working on this! Beautiful Christmas blessings. One day we had the tables full of purple t-shirts, pins, bracelets, and ribbon to prepare these items as bundles for gifts to the Regional Cancer Treatment Center at Union Hospital. They in turn, give them to patients as gifts through out the year. The worker there was quite excited to receive these two big full boxes and said how important it is to the recipients. We worked on some crafts, and blankets, scarves, and Lynn C. crocheted scarves to sell at the ACS Quarter Auction in December. That was fun to be a vendor and visit with many shoppers as well as participate in the Quarter Auction. It was also a nice opportunity for HCC employees like Vickie Gowins, Annette, Patty and the residents to participate in this public event as vendors and customers. Lynn won a huge pretty candy cane decoration, Patty won a cookbook, and Paula won a spaghetti basket – shared with another lady there who was celebrating her 90<sup>th</sup> birthday! If you like Quarter Auctions, this is a good one, and it will be held again in March (before Easter). Holiday opportunities...the holidays continue to approach; we iced and decorated cookies, crafted Christmas decorations, made goodies for the benefit bake sale (to help HCC employees – thanks for the tremendous support!), we signed Christmas cards to go to the military, Lynn C. helped sort the extra cards from the staff party and stuffed the envelopes and added HCC stickers, we participated in another craft show here at HCC – oh, what fun it was! The Christmas experiences continue to build: The unseasonably nice weather kept us on the move around the town. We loaded the bus twice to Sugarcreek to David Warther's Museum for Pomerene Hospital's Christmas Tree festival with delightfully decorated trees. Then three trips to Warther's Museum in Dover for the Union Hospital's Christmas Tree Festival to see 90+ beautifully theme trees. That certainly brought on more spirit! After breakfast one day,

this big jolly Santa made his way here with a bag full of gifts. He knew our names and took time for pictures with each one of us! Opportunities of Christmas love were shared in bountiful ways. One morning, Welty Middle School choir performed meaningful songs and played instruments, and they gathered around the residents with song books to carol together. It was so touching, especially to see their comfort with this interaction! Thank you Mrs. Roberts! That afternoon, Dover Middle School walked over from school to carol through the halls, also stopping near the residents to sing together, share a hug, and take photos. We appreciate Mrs. Smith and Mr. Aborghast for organizing this. Many churches such as hostess Ruthie Meese's church and St. John's UCC, and others, as well as groups came randomly to share their voices, bring joy, deliver gifts and visits, and many for kind gestures. Volunteers, big hearts in special ways. You can bring a game, share certain scents like apple pie or cinnamon, etc. to spark a memory, read a short story, share your pet, call Bingo... volunteer opportunities... 1/2 hr., or an afternoon, whatever works for you. We're getting closer... our resident choir with Kathy Marburger held their first candle light service, and it was so special and meaningful. It was beautiful in the dark with only the Christmas lights reflecting. We thank St. John's for loaning us the special candles to accommodate this safely. Another gift – Joe Warther came to play his accordion on Christmas day! We loved it! He also shared a friend, Ralph, another day who also plays the accordion – what a treat! Patty is planning to make party hats and glitter signs for New Year's celebration. Next, we celebrate with Jerome James on the 31<sup>st</sup> to reflect on the year passing us, and moving forward in to 2016! Balloons, lots of good music, fun party refreshments, some bubbly, and a toast to new opportunities! Hope you can be a part of them! Wishing you a happy, healthy, productive, and safe new year!

*Learn from Yesterday  
Live for Today  
Hope for Tomorrow*



# VOLUNTEER INTEREST SHEET

**There are numerous ways one can be a volunteer. Here are some ideas that would be helpful to us. And, we are open to new ideas!**

- Ceramics (help to finish final touches)
- Nail Mania (polish ladies' fingernails)
- Baking (assist with baking activities)
- Musical Entertainment— (perform musical programs - solo/groups)
- Game Player (play along with cards, board games, etc.)
- Popcorn Cart— (assist making popcorn and/or help distribute to residents)
- Spelling Bee (assist with announcing words, offering hints, praising)
- Hang Calendars (posting monthly activity calendar on room doors)

- Pet Visits (bring a pet(s) in to visit residents)
- Shopper—(assist residents on shopping outings or be the purchaser for someone)
- Reading (read to a resident)
- Bowling—(assist with bowling, help throw the ball, retrieve the ball, reset the pins, etc.)
- Trivia (ask trivia questions, offer hints, praise)
- Arts & Crafts (help the residents make items, help finish items)
- Library Cart (push the book cart around and offer books to residents)
- Friendly Visitor (visit individual residents to converse with them)
- Attending with our staff on resident outings (concerts, movies, malls, lunches, etc.)

*Remember...  
one can volunteer  
any amount of time they choose—  
from 1/2 hour a year  
to 365 days a year!  
It's up to you!*

***We'd love to have you!***

**For more information or  
questions, please call  
Dover at (330) 364-8849  
Bolivar (330) 874-9999**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Name of Reference \_\_\_\_\_

Reference Phone Number \_\_\_\_\_

What is your availability? Part-Time  Full-Time

Days of the week? \_\_\_\_\_

Time of day or evening preferred? \_\_\_\_\_

How often are you interested in volunteering? (Number of hours per week, month, etc.) \_\_\_\_\_

Do you belong to any community organizations? Please list:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you ever volunteered in a nursing home before?

No  Yes  If yes, where? \_\_\_\_\_

Do you have any special talents? (Examples: playing a musical instrument, singing, dancing, painting, etc.). If so, please list:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have a particular area that you are interested in assisting? Please explain: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please check if you are interested in the following:

**CRAFTS**

- Sewing
- Crocheting
- Knitting
- Cross-Stitching
- Painting
- Ceramics
- Bead-work
- Woodworking
- Scrapbooking
- Other: \_\_\_\_\_

**SPORTS**

- Baseball
- Basketball
- Bowling
- Volleyball
- Other: \_\_\_\_\_

**MUSIC**

- Dancing
- Instrument
- Singing
- Other: \_\_\_\_\_

**MISCELLANEOUS**

- Cooking/Baking
- Friendly Visitor
- Games/Trivia
- Hang Calendars
- Library Cart
- Nail Mania
- Pet Visits
- Reading
- Religious Activities
- Shopper
- Spelling Bee
- Trips/Outings Driving
- Other: \_\_\_\_\_

# ACTIVITIES VOLUNTEER APPLICATION FORM



Name: \_\_\_\_\_  
First
Middle
Last

Address: \_\_\_\_\_ Phone (H) \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ (W) \_\_\_\_\_

**Schedule Preferences:**

Times: Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Evening \_\_\_\_\_

Days: M\_\_\_ T\_\_\_ W\_\_\_ TH\_\_\_ F\_\_\_ S\_\_\_ SU\_\_\_

Special skills: (Hobbies, Second Languages, etc.) \_\_\_\_\_

**Volunteer Activities of possible Interest:**

**Assist with group programs**

- \_\_\_\_\_ Arts and Crafts
- \_\_\_\_\_ Reading for book club
- \_\_\_\_\_ Exercise Classes
- \_\_\_\_\_ Active Games
- \_\_\_\_\_ Birthday Parties
- \_\_\_\_\_ Holiday/Festive Parties
- \_\_\_\_\_ Reading Current Events
- \_\_\_\_\_ Religious Programs
- \_\_\_\_\_ Parlor Games
- \_\_\_\_\_ Gardening Club
- \_\_\_\_\_ Grooming Club
- \_\_\_\_\_ Field Trips
- \_\_\_\_\_ Resident Volunteer Club
- \_\_\_\_\_ Bingo

**Provide One-On-One Visits**

- \_\_\_\_\_ Conventional Visits
- \_\_\_\_\_ Letter Writing
- \_\_\_\_\_ Crafts
- \_\_\_\_\_ Current Events
- \_\_\_\_\_ Reminiscing
- \_\_\_\_\_ Trivia
- \_\_\_\_\_ Table Games / Cards
- \_\_\_\_\_ Reading Aloud
- \_\_\_\_\_ Sensory Stimulation
- \_\_\_\_\_ Outdoor Rides

**Independently Lead:**

- \_\_\_\_\_ Cards (bridge, poker)
- \_\_\_\_\_ Film shows
- \_\_\_\_\_ Religious Programs
- \_\_\_\_\_ Mens Club
- \_\_\_\_\_ Ladies Club
- \_\_\_\_\_ Outdoor Walks
- \_\_\_\_\_ Musical Performances
- \_\_\_\_\_ Bingo

**Independently Offer:**

- \_\_\_\_\_ Book Mobile
- \_\_\_\_\_ Talking Books
- \_\_\_\_\_ Assist. Rsdt. to Programs
- \_\_\_\_\_ Articles to Newspaper
- \_\_\_\_\_ Typing

**Emergency Contact:**

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Cupcake  
Bake Sale  
for Epilepsy Awareness



March 25 at 10 am  
HCC of Dover | Rehab Foyer



Get your goodies  
just in time for Easter!



Also...  
join in the fun at 1:30 for a  
Cupcake Walk  
for 25 cents each round!



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

Transitional Therapy Houses

Hennis Care Centre



[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*

HENNIS  
CARE  
CENTRE



PRSTD STD  
US POSTAGE  
PAID  
MAILER'S CHOICE