

# Friendly

July | Aug | Sept 2013

#### **HENNIS CARE CENTRE**

Dover & Bolivar, Ohio

#### People Who Can Help

#### **DOVER**

| AdministratorDavid              | d Hennis  |
|---------------------------------|-----------|
| Assistant AdministratorStacie I | Hubbard   |
| Director/Patient &              |           |
| Resident ServicesAni            | ta Peffer |
| Director of Dining Services Car |           |
| Executive ChefBri               | an Sarty  |
| Social Services Melanie         | Scheetz   |
| Director of                     |           |
| Therapy ServicesDenise V        | Valdman   |
| Accounting Manager Haro         | ld Baker  |
| Public RelationsPaula Hennis-S  | Sickinger |
| Recreational TherapistLauren    | Peelmen   |
| Activity ProfessionalsMike      | Scholles  |
| Kathy M                         | arburger  |
| Music TherapistLau              |           |
| Maintenance DirectorKei         |           |
| ReceptionistTrish               | Haynam    |
| Lesli                           | e Morris  |

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

| ROLIVA                      | 4K                |
|-----------------------------|-------------------|
| Executive Director          | David Hennis      |
| Administrator               | Kim Zontini       |
| Director of Nursing         | Nicole Jones      |
| Director of Dining Services | Abby Strubel      |
| Executive Chef              | . Matthew Ridgway |
| Laundry/Housekeeping        | Sue White         |
| Social Services             | Kari Staron       |
| Director of                 |                   |
| Therapy ServicesTo          |                   |
| Accounting Manager          |                   |
| Activity Professionals      | Stephanie Erb     |
|                             | Jean Sauernheimer |
| Maintenance Supervisor      |                   |
| Receptionist                | Kathy Herstine    |
|                             |                   |

The section of the se

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

www.henniscarecentre.com



Two seeds lay side by side in the fertile soil.

The first seed said, ™want to grow! I want to send my roots deep into the soil beneath me, and thrust my sprouts through the earth's crust above me ... I want to unfurl my tender buds like banners to announce the arrival of spring ... I want to feel the warmth of the sun on my face and the blessing of the morning dew on my petals!

And so she grew...

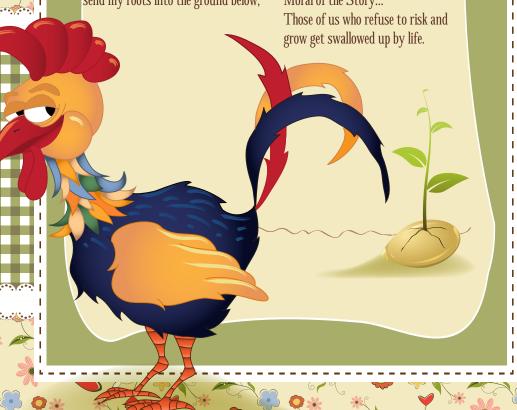
The second seed said, ™am afraid. If I send my roots into the ground below,

I don't know what I will encounter in the dark. If I push my way through the hard soil above me I may damage my delicate sprouts ... what if I let my buds open and a snail tries to eat them? And if I were to open my blossoms, a small child may pull me from the ground. No, it is much better for me to wait until it is safe.

And so she waited...

A yard hen scratching around in the early spring ground for food found the waiting seed and promptly ate it.

Moral of the Story...



## Bacon-Wrapped Barbecue Burgers

This dressed-up burger is a true crowd-pleaser. If you pull the ground beef from your freezer, make sure it has been well wrapped and frozen for 3 months or less to ensure best flavor.

MAKES: 4 SERVINGS | HANDS-ON TIME: 35 MIN.

**TOTAL TIME: 55 MIN** 

8 bacon slices

I (4.5-oz.) jar sliced mushrooms, drained and chopped

1/2 cup chopped Vidalia or sweet onion

2 tsp. olive oil

1/2 cup bottled honey barbecue sauce, divided 1 1/2 lb. ground chuck Wooden picks

1/4 tsp. salt

4 sesame seed hamburger buns, toasted

- 1. Arrange bacon on a paper towel-lined microwave safe plate; cover with a paper towel. Microwave bacon at HIGH 2 minutes or until edges begin to crinkle and bacon is partially cooked.
- 2. Sauté mushrooms and onion in hot oil in a small nonstick skillet over medium heat 4 to 5 minutes or until tender and liquid is absorbed. Remove from heat, and stir in 2 Tbsp. barbecue sauce.
- 3. Preheat grill to 350° to 4000 (medium-high) heat. Shape beef into 8 (5-inch) thin patties. Place 2 Tbsp. mushroom mixture in center of each of 4 patties. Top with remaining patties, pressing edges to seal. Shape into 4-inch patties.

Wrap sides of each patty with 2 bacon slices, overlapping ends of each slice. Secure bacon with wooden picks. Sprinkle patties with salt. Cover and chill 10 minutes.

4. Grill patties, covered with grill lid, 5 to 6 minutes on I side. Turn and baste with half of remaining barbecue sauce. Grill 5 to 6 minutes or until beef is no longer pink in center. Turn and baste with remaining barbecue sauce. Remove from grill, and let stand 5 minutes. Remove wooden picks. Serve burgers on

## Pimiento Cheese-Bacon Burgers

MAKES: 6 SERVINGS | HANDS-ON TIME: 5 MIN. TOTAL TIME: 3 MIN.

1 lb. ground sirloin

1 lb. ground chuck

1 tsp. salt

1/2 tsp. freshly ground pepper

1/4 cup mixed chopped fresh herbs (such as basil, mint, and oregano) Bakery hamburger buns Toppings: pimiento cheese, cooked bacon slices, lettuce, and tomato slices

- 1. Preheat grill to 350° to 400° (medium-high) heat. Combine first 4 ingredients gently. Stir fresh herbs into meat mixture. Shape mixture into 6 (5-inch) patties.
- 2. Grill, covered with grill lid, 4 to 5 minutes on each side or until beef is no longer pink in center. Serve on buns. Top each burger with pimiento cheese, bacon, lettuce, and tomato.

Tip: Press your thumb into centers of patties before grilling for burgers that cook up flat, rather than domed, across the top.

# Special Occasion Cookies

Select from the following holidays:

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

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

\*For Val. Day only, a single 6' decorated cookie is available, or by the dozen - regular size
See the receptionist for ordering & pre-payment
PROCEEDS BENEFIT: The American Cancer Society,

PROCEED'S BENEFIT: The American Cancer Society,
The Alzheimer's Association, The Residents' Activity Programming





As many as 80% of us report feeling stressed out, according to the American Psychological Association--and all that tension and anxiety takes a toll on our mood, energy level and overall wellbeing! Now, research reveals how you can stop stress in its tracks!

## 1. Chill out by getting your hands dirty!

Gardening has long been known as a relaxing hobby, and now Bristol University researchers have evidence that it puts you in direct contact with a secret stress fighter healthy mycobacteria naturally found in soil!

Stress-busting secret: Mycobactena activate neurological receptors in the brain, triggering the release of serotonin the same way antidepressants do! Just dig in the dirt without gloves to increase exposure to the friendly bacteria.

Gardening is a real workout!

Pull weeds for 60 minutes, and you'll burn 200 calories. Doing heavier lifting, such as shoveling dirt or moving rocks? That can burn 600 calories an hour!

## 2. Shake off ..a.m. stress with scented soap!

Can't get revved up to face your day? Hop in the shower and lather up with a soap infused with rosemary and mint! A British study found that folks who inhaled these scents felt energized and happier.

Stress-busting secrets: Compounds in the aromas enter the bloodstream and travel to the brain, where they boost its resistance to stress. Try: Rosemary Mint Gardener Soap, \$5.60 at Amazon.com. Heal headaches!

Mint relaxes the blood vessels and tight muscles in the neck and head that trigger tension headaches.

## 3. Increase your calm. with inspirational tunes!

Sure, listening to your favorite music makes you feel good, and anew study shows pumping up the volume on songs that send shivers down your spinesuch as "The Star-Spangled Banner" or "Amazing Grace" -ratchets up your feelings of blissful serenity even more!

Stress-busting secret: Using MRI brain scans, researchers found that volunteers got a significantly bigger thrill from listening to music packed with emotion compared to enjoyable but uninspiring tunes. That's because emotionally powerful music activates the pleasure centers in your brain, giving you a rush of fabulous feelings and banishing tense thoughts!

Relax arteries with music!

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

#### 4. Watch a movie:

Enjoy watching a great love story? Now there's scientific proof that doing so relaxes you! University researchers discovered that women's levels of progesterone-- a neurological hormone that reduces anxiety and stress--go up by more than 10% after viewing a romantic film.

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

LAUNDRY AND HOUSEKEEPING



### You Haven't Heard Before

#### PART II

Seventh Generation dish liquid diluted with water is a great nontoxic all-purpose cleanser.

Just put two squirts in a spray bottle

Just put two squirts in a spray bottle and fill it with water.

#### Our biggest secret weapon?

A powdered product called Bar Keepers Friend (amazon.com). We use it on everything. Its active ingredient is rhubarb powder, which really cuts through grit and grime. It cleans glass-top stoves, counters, toilets, porcelain, and more. Your sink will never be shinier.

To clean your microwave oven, microwave a cup of water with some baking soda in it until it's boiling. That eliminates odors and makes it super easy to wipe away all that stuck-on stuff.

**Clean cobwebs** with a yardstick covered by a tube sock. That also works for cleaning under stoves and refrigerators.

**Shine your bathroom tiles** with lemon oil. It also helps prevent mold and mildew.

To eliminate that ring in your toilet, drop in a bubbling denture tablet, and leave it for at least 30 minutes or overnight. The stain will come off with just a few swishes of the brush.

#### A YEAR OF HAPPINESS

## You Can Buy Happiness, but Not with Money

An investment in gratitude pays valuable dividends, especially when times are tough.

By Jeffrey Rossnwn, PhD, Rodale.com

Many people today are struggling to make do with less. What's the secret to finding happiness when you're coping with loss? If we observe people who know how to be happy, we find that they make a point of being grateful for whatever they have. And its not related to how much material wealth you mayor may not possess. A growing body of research has demonstrated that grateful people are happier than their less-grateful counterparts, regardless of their income level.

later with a different group of depressed Web users and obtained substantially the same results. Sehgman's group also found that writing in a gratitude journal had a mood-boosting effect for depressed patients in a 12-week therapy group, as well as for patients in individual therapy.

WHAT IT MEANS: Cultivating gratitude is a powerful way to overcome adversity arid depression

id depression in your journal.Write and deliver a gratitude

letter to someone in your life whom you have not properly thanked for what they have given to you. You can deliver the letter in person or read it over the telephone. Its a powerful experience, for you as well as for the person yodre thanking.

Keep a gratitude journal. At the

end of each day, write down three

things you experienced that you feel

grateful for. They could be as varied

as the buds appearing on the trees

in your yard and appreciation for

the kindness extended to you by a

stranger. As you chronicle the things

you feel grateful for, make a point of

not repeating any, of the prior entries

• Say grace before each meal to express your thanks for the food you are about to eat. Use whatever language you're comfortable with, whether religious, spiritual, or just an informal expression of gratitude for the meal.

- Make a point of thanking anyone who serves you in any way - the cashier at the checkout counter, your child for clearing the dinner table, the tech-support person who helped you fix your computer.
- Take gratitude breaks during the course of each day to simply appreciate the myriad blessings, large and small, that are present in your life.

THE DETAILS: Gratitude has also been found to be a powerful antidote to depression. Marlin

Seligman, PhD, a pioneer in the positive psychology movement, arid colleagues at University of Pennsylvania delivered gratitude instructions

to 50 severely depressed visitors to a self-help website. They recommended that individuals take time each day to write down three things that went well that day, and why they thought so. Fifteen days later, 94 percent of the 50 individuals reported feeling significantly less depressed. Their scores on a widely used depression inventory dropped by 50 percent - equivalent to improvement seen with medication treatment or psychotherapy, although the interventions generally take longer to work Individuals in a placebo-controlled group who wrote down three childhood memories each day did not experience an improvement in their depressive symptoms. More important, the effects for the group practicing gratitude lasted for a full 6 months. The researchers repeated the same study several months

is not only
the greatest of virtues,
but the parent of all the others.

By choosing to focus on your blessings, rather than ruminating on your disappointments arid deficits, you nourish positive feelings about yourself, your life, and others. As an ongoing attitude, gratitude will help you cultivate happiness throughout your life. It is no accident that the individuals in Seligman's study maintained their gains long after they completed the online intervention.

# Gratitude is habit-forming. The number of things you can be grateful for is infinite. As a happiness resource, gratitude is free and inexhaustible.

There are many ways you can weave gratitude into the fabric of your life:

Jeffrey Rossman, PhD, is a Rodale.com advisor and director of life management at Canyon Ranch in Lenox, MA. His column, "Mind-Body-Mood Advisor," appears weekly on Rodale.com

Source - MSN Living

### The Myths that Lead to Common Landscaping Mistakes

by Marcus Pickett

For all the information out there on creating, nurturing, and maintaining lawns and gardens, some myths continue to lead to common landscaping mistakes. The difficulty in sticking to good landscaping methods and maintenance is one of the most underestimated aspects of home maintenance. Yet, there is also no easier way to take pride in the appearance of your home. You may have thought, uttered, or overheard the following statements, but don't let them fester into dangerous landscaping habits.

#### "By watering my lawn in the evening, I'm conserving water."

This is a big one that can lead to costly landscaping mistakes. Yes, many homeowners over-water their lawns, but the idea that watering your lawn after the sun goes down makes the water "go further" is sheer folly. Instead, the water ends up sitting on top of your lawn, allowing lawn fungus and disease to germinate. In the end, you may need to rip out and replace your entire lawn. Most lawns need only .5 "-1" of water each week, and for most climates, keeping it damp during the middle of the day in summer is usually all it needs. If you want to conserve water, you're much better off installing low-flow toilets, showers, and dishwashers.

## "If I mow my grass shorter, I won't need to do it as often."

When you adjust your lawn mower to a shorter setting, you're robbing your lawn of its ability to produce sugar from photosynthesis, exposing sensitive root systems to excess sunlight, and allowing weeds to capture more sunlight and grow themselves. The grass must race to produce new blades using additional sugar reserves. Letting the grass grow long, then cutting it short can shock your lawn system. The clippings will be too thick to leave on your lawn, removing nutrients from the system. Dramatic cutting removes more of the leaf, leaving mostly bare stock. Thus, the plant is unable to produce extra shoots and brown patches are often the result. This, in turn, leads homeowners to think their lawns need more watering, a dangerous course of action for a lawn already weakened by shortened blades.



"I don't need professional landscaping services." Many homeowners think that since landscaping services lack the technical skill requirements of siding or plumbing installation, it's inherently a DIY project. It's true that most people can mow their own lawns or plant a few shrubs, but the opportunity provided by professional landscaping companies shouldn't be prematurely dismissed. In fact, contrary to many homeowners' perceptions, professional landscaping is one of the most common, moderatelysized home improvements out there. Along with asphalt roofing and bathroom remodels, residential landscaping is one of only three projects that saw more than 50,000 online requests in 2008 and has an average cost over \$4,000, according to ServiceMagic, leading online resource connecting homeowners and home improvement contractors.

## "All residential landscapes need a lawn."

This one is in the process of changing from myth to fad. Indeed, most homeowners are aware of the concept of grassless lawns, even if they dismiss it as a purely environmental choice. The reality is a beautiful, enviable landscape can be easily had with a grassless landscape design. Any combination of ornamental grasses, rocks, natural or rubber mulch, trees, shrubs, and gardens can cover your property and look great doing it. Plus, many homeowners seek the minimal cost and time commitment associated with grassless lawns. Often, professional landscaping services are used precisely to plan and install this type of lawn. In fact, traditional lawn care comprises barely more than one-third of all requested landscaping services, according to ServiceMagic.

## "All landscaping is good landscaping."

This last myth is loaded with potential mistakes. Although an unadorned lawn is a missed opportunity to create or enhance your home's curb appeal, illadvised landscaping can cause more damage than its worth. One of the most common mistakes is to plant and cultivate trees and shrubs too close to a home. Trees may allow pests to infiltrate your roofing and attic space, inhibit roofing ventilation, or broken branches may directly damage your roof. Hedges, meanwhile, can trap moisture in your siding and lead to mold and rot. These and other less common mistakes are also important reasons to consider hiring a professional landscaping company. Their general landscaping expertise and local geographical knowledge will help identify potential dangers before they occur.

http://www.homeadvisor.com/article.show.The-Mythsthat-Lead-to-Comrnon-Landscaping-Mistakes.16883 .html#ixzz2OaYBqJec



## Don't Get Burned! How to Protect Your Body From Sun Damage

#### The truth about sunscreen

Wearing sunscreen doesn't always keep you from burning. No sunscreen can completely protect you from UV rays.

A sunscreen labeled "waterproof" or "water resistant" will not protect you all day. When you swim or sweat, reapply your sunscreen.

## Sunburn doesn't just cause pain and redness. It can also cause long-term effects. Learn the risks and find out how to protect yourself.

Between the beach, the pool, and the weekend cookouts, you may be having too much fun to worry about sunburn - until that telltale stinging and redness set in. Sunburn isn't just painful - it's also bad for your health.

#### The dangers of sunburn

The sun's rays contain two types of ultraviolet light. Ultraviolet A (UVA) causes tanning, aging skin, and wrinkles. Ultraviolet B (UVB) causes sunburn. Both can cause skin cancer. You can burn on sunny days, cloudy days, and cold days. The white sand on the beach and the white snow of winter both reflect the sun's rays. You can burn whether you're skiing on water or snow.

Signs of sunburn are redness and pain. You may also have swelling and blistering. A bad sunburn can lead to heatstroke and dehydration.

#### **Long-term effects**

Every time you tan or burn, DNA damage builds up in the deeper levels of your skin. Having 5 or more burns over a lifetime doubles your chances of getting skin cancer.

Other side effects of tanning and burning include premature wrinkles and age (pigment) spots. Over time, the sun can age your skin, making it tough and leathery.

Remember that your eyes can be affected, too. Too much sun can burn your corneas and lead to various eye diseases, including cataracts and agerelated macular degeneration. These can cause vision loss.

#### The UV index

Your local news may broadcast daily UV index reports. The higher the index, the less time it will take to burn.

Here is your risk for overexposure to the damaging UV rays. The number indicates the daily UV index, followed by the degree of risk. The higher the index on a given day, the greater the need to protect yourself.

- 0-2: low
- 3-5: moderate
- 6-8: high
- 8-10: very high
- 11+: extreme

#### Preventing sunburn

#### Follow these prevention tips:

- Use only water-resistant or waterproof sunscreen. It should protect against both UVA and UVB rays and have an SPF of at least 15. Reapply every 2 hours and after swimming or sweating.
- Wear protective clothing when possible. Always include a hat and sunglasses.
- Limit sun exposure between 10 am. and 4 p.m. This is when UV rays are strongest. If your shadow is shorter than you are, get out of the sun.
- Keep children in the shade and in protective clothing. Follow the same sunscreen rules for them that you would for yourself. Don't use sunscreen on children younger than 6 months old. They should be kept out of the sun. If a child

- under age 1 gets sunburn, call your pediatrician right away. Also seek emergency care if a child of any age has a sunburn with fever, blistering, severe pain, or lethargy.
- Be aware that water, snow, and sand all reflect UV rays and increase your chances for sunburn.

#### **Treatment**

Cool wet compresses, soothing lotions, and cool baths may help relieve minor sunburn pain. Drink plenty of fluids. For serious burns, call your doctor right away. Medication may prevent infection and help with the swelling and pain.

# Theatre Shows! Playhouse Square Shows Cleveland

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

#### WATCH FOR UPCOMING INFORMATION!

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

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

#### LUNG DISEASE AND RESPIRATORY HEALTH CENTER

### 10 Signs of a COPD Exaberation

If you or someone you love has chronic obstructive pulmonary disease, knowing the signs of a COPD exacerbation can help keep the illness from worsening. It can also reduce the life-threatening risks from a sudden flare of COPD symptoms.

COPD exacerbations most often start from a lung infection caused by a virus or bacteria, such as a cold or some other illness. Exposure to harmful pollutants can also cause sudden worsening of COPD symptoms.

Ignoring the signs of an exacerbation can result in hospitalization and accelerate the loss of lung function. It's critical to seek immediate medical attention to reduce the harm from a COPD exacerbation.

If you have one or more of the following COPD symptoms, call the doctor. If you have medications (antibiotics and oral steroids) at home for COPD exacerbations, your doctor can instruct you in how to treat the symptoms. The doctor can also tell you when it might be necessary to go to the hospital for more immediate treatment.

Warning signs of a COPD exacerbation may include:

- 1. Shortness of breath. Someone having a COPD exacerbation may have feelings of breathlessness or a sense of not getting enough air. If the feeling of being short of breath worsens, or if you notice shortness of breath at rest or with little physical activity, seek medical attention.
- 2. Noisy breathing. With a COPD exacerbation, wheezing, whistling, gurgling, or rattling sounds may accompany breathing. Wheezing suggests partial obstruction of the airways by mucus, pus, or other inflammatory material. Gurgling or rattling sounds during breathing may indicate an accumulation of fluid in the lungs or mucus in the airways.

- **3. Increased anxiety.** Everyone needs oxygen to survive. If you feel like you're not getting adequate oxygen and feel anxious and panicked, it can worsen your ability to breathe as your muscles tense.
- 4. Chest breathing. Breathing from the chest -- instead of your abdomen -- may be a warning of a COPD exacerbation. During an exacerbation, the chest may move up and down more quickly, or much more slowly. Breathing may become more irregular.
- frequent or severe than usual could indicate a COPD exacerbation. The cough may be dry, or it may bring up yellow, green, or bloody phlegm. Lying down or trying to sleep may cause the coughing to increase. And as breathing worsens, it may become necessary to sit in a chair to breathe rather than lying down to sleep.
- 6. Changes in skin or nail color.

  During an exacerbation, there may be noticeable changes in color, such as a bluish tint around the lips. You may also notice blue or purple nails, or the skin may take on a sallow or gray tone.
- 7. Difficulty sleeping and no interest in eating. The increased symptoms with a COPD exacerbation may interfere with the ability to sleep or eat.

## Warning signs of a COPD exacerbation may include: continued...

1. Lack of speech. Someone experiencing great breathing distress may not be able to speak to let others know. Using hand gestures may be the only way to tell a family member that something is wrong.

- 2. Early morning headaches. In people with COPD, low oxygen levels can result in morning headaches. The headaches are caused by a buildup of carbon dioxide in the blood. If morning headaches are a new symptom, it could be a sign of a COPD exacerbation.
- 3. Swelling in the ankles or legs or abdominal pain. Swelling and abdominal pain are common COPD symptoms. They are associated with heart complications or irregularities caused by damage to the lungs. If these symptoms are new, or if they increase suddenly, they could be a sign of an exacerbation.

Source -2012 WebMD, LLC

#### RAFFLE WINNERS

Thank you for your participation in these fun fundraisers!

#### **Signed Dover Basketball**

Nancy

#### **Wrapped Gifts**

Kate Capoulh, Clint Wilson, Carla Braun

#### **Longaberger Basket**

Cara Marburger

#### **Special Parking**

Kendra Krieger, Deb Underwood, Betty Scherich, Kathy Little, Laura Smith, Myra Lute

#### Massage Package

Cindy Spiker

#### **Cleveland Indians Tickets**

Ryan Rieger

OSU Basket - Barb Sherrets 50/50 - Donny Kinser

<u>Cedar Point</u> - Angela Fortney <u>Mini Get-Away</u> - Kelly Barr

We appreciate your support with selling and buying for these worthwhile causes!
Am. Cancer Society & The Alzheimer's Assoc.

#### **Disorders of Vocal Abuse and Misuse**

#### **PART II**

## How are disorders of vocal abuse and misuse diagnosed?

Anyone who experiences vocal change or hoarseness for more than 2 weeks should be examined by a physician, preferably otolaryngologist physician/ (a surgeon who specializes in diseases of the ears, nose, throat, and head and neck). While hoarseness is a common symptom of vocal abuse or misuse, it is also one of the first signs of cancer of the larynx. A physician's visit is especially important for people who smoke cigarettes, because smoking is closely associated with laryngeal cancer. The otolaryngologist will examine the individual's vocal folds and determine if a medical condition is causing the voice problem. As part of the voice examination, the otolaryngologist will often look directly at the vocal folds. This may be done by inserting a tiny mirror into the mouth to the back of the throat (laryngoscopy). The otolaryngologist may also examine the vocal folds by passing a small camera and light through the mouth or nose and into the throat (fiberoptic laryngoscopy). This method is often preferred because it allows viewing of vocal cord movement during speech.

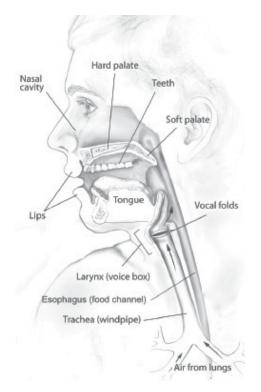
Following an examination, the otolaryngologist may refer the individual to a speech-language

pathologist, a health professional trained to evaluate and treat people who have voice, speech, language, or swallowing disorders that affect their ability to communicate. The speech-language pathologist will evaluate the pitch, loudness, and quality of the person's voice, and will also assess vocal techniques such as breathing and style of voicing. A voice recording is often made, and trial therapy techniques may be used to test their effectiveness at improving the voice.

### How are disorders of vocal abuse and misuse treated?

Most disorders of vocal abuse and misuse are reversible. The best treatment is to identify and eliminate the vocal behavior that created the voice disorder. In many cases, a brief period of voice therapy is helpful so that the individual can learn good vocal techniques such as proper breath support for speech or eliminating forceful voicing.

In some instances, eliminating the abuse or misuse and voice therapy are not enough. In these cases, medication to block the production of stomach acid may be helpful. In some cases, an operation may be necessary to remove growths from the vocal folds. Since most disorders of vocal abuse and misuse easily recur following surgery if the vocal



misuse continues, another period of voice therapy by a speech-language pathologist after surgery may help prevent recurrence of the problem.

Children with disorders of vocal abuse and misuse are often the most difficult to treat because it is not easy for them to change their vocal behaviors. Fortunately, most children outgrow these disorders by the time they are teenagers. For these reasons, many surgeons do not operate on children who have disorders of vocal abuse or misuse. A period of voice therapy, however, may help the child to learn proper voice behaviors.

Source: NIDCD Fact Sheet

## VOLUNTEER!

#### Seeking persons interested in helping with crafts & games

(once a week or more - day/evening) at HCC of Dover Gardens/WIII

Volunteers at Hennis Care Centre do much more than just game playing, crafts, and baking. They make our residents and your loved ones feel special and involved. There are over 20 different ways you can volunteer your time to those at Hennis.

If you'd like to be a part of our rewarding volunteer program, visit henniscarecentre.com, or ask for the Activities Department or Public Relations.

## Mark your Calendar

#### DATES TO REMEMBER

#### JULY

PIG ROAST FOR FAMILY

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

CALL PLANTS

#### AUGUST

VBS for staff's children/grandchildren

with the Residents August 5 - 6

#### **Ladies Summer Luncheon**

Dover, Aug. 15, 12:00p Bolivar, Aug. 15, 12:00p

Ъ

#### **Mens' Summer Lunch**

Dover, Aug. 16, 12:00p Bolivar, Aug. 16, 12:00p

#### **Cake Walk Fundraiser**

Dover, Aug. 30, 1:30p

ويستونين المستوان

#### SEPTEMBER

**Grandparents Day Celebration** 

Dover, Sept. 8, 2:00p-4:00p, Dessert Bar Bolivar, Sept. 7, Wiener Roast, 6:00p, Bring covered dish

#### Tuscarawas County Fair

Week of Sept. 16

\*\* Please let us know if you can be of help\*\*

#### Alzheimer's Walk

Sept. 14, 9:00a, Performing Arts Center Kent State

\*\* Let us know if you can be of help\*\*

#### OCTOBER

#### **Community Benefit Card Party**

Dover, Oct. 9, 7:00p - 10:00p Bolivar, Oct. 16, 7:00p- 10:00p Call to reserve your table (Please bring a bag(s) of Halloween candy)

CALL PLANT

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

#### LifeShare Community Blood Services

Ъ

Hennis Care Centre of Dover

June 19, 2013 HONOR ROLL

Veronica Dettling
Judy Emery
Susan Everhart
Vickie Gowins
Vesta Haver
Melanie Korns
Myra Lute
Kehly Molloy
Georgene Roman
Jessica Vickers
Kasey Wright

Thank you for your donation!



LifeShare. It's about Life.

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

Through your efforts, 11 individuals presented for donation, 8 donors were able to donate, and we collected 8 units of blood. Each unit will in turn save as many as four lives. For your records, I am enclosing a list of those caring individuals who donated on June 19th.

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

Warnest regards, Katy Neff Donor Recuritment Representative

## Please watch for postings of future blood drives to participate.

#### IN-HOUSE/OUT-PATIENT THERAPY SERVICES





## Welcome to Pat's Porch and Hattie's House...

A TRANSITIONAL THERAPY HOUSE BLENDS A BEAUTIFUL, CONTEMPORARY, RESIDENTIAL ENVIRONMENT WITH EXCEPTIONAL THERAPY SERVICE, ON SITE CHEF-PREPARED MEALS, AND EXCELLENT CLINICAL SERVICES FOR ONE'S RECOVERY.

#### At Pat's Porch and Hattie's House you will find:

- A **PERSONAL CARE NURSE MANAGER** who will assist you from check-in to "Graduate-to-Home". A dedicated professional who coordinates your health information, conducts care, explains, and educates as your home transition plans are established.
- A **THERAPY EXPERIENCE** with dedicated therapists who will incorporate a specialized program to meet your orthopedic, neurological, or cardiac recovery.
- A FINE DINING EXPERIENCE where our executive chefs use the freshest and finest ingredients to tickle your taste buds as you savor gourmet and comfort foods, as well as hand-crafted bistro selections.
- **REHABILITATE, RECOVER, AND RELAX** in the privacy and comfort of an inviting, yet contemporary interior design. Enjoy your private suite, the spa, or just some quiet time in the sunroom, garden, or patio.

Missiring ... Heating ... Tranquitify

We welcome you to:

"The Avenue of Independence"

Pat's Porch | 309 E. 17th Street | Dover Ohio 44622 | 330-364-8849 Hattie's House | 266 Bolivar Street | Bolivar, Ohio 44612 | 330-874-9999



#### PAT'S PORCH OPEN HOUSE

















#### BOLIVAR HATTIE'S HOUSE OPEN HOUSE

















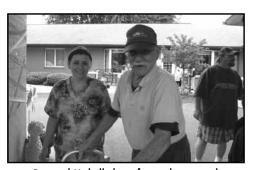




#### SUMMER WALKING PROGRAM KICK-OFF & CARNIVAL JUNE 2013



Kari & Bev prepare the balloons for the kick-off



Don and Michelle have fun at the carnival



Dan enjoys a round of corn hole



Mrs. Regula & teen volunteer have fun at the carnival



Kelly B. and Sam enjoying the event.

#### DOVER GARDENS

Delicious – what a way to start the day... Chef Brian's demo of a flaming apple dessert! Ah yes, complete with real brandy (just a "dash"), and overall a real hit with everyone!

Summer is here! The ninth Annual Community Summer Walking Challenge kick off event took place in May at Tuscora Park, and we joined them with the assistance of Anita Peffer & family (thank you!), to start this program for the summer. Many of us have been walking daily around the facility inside and outside, at the parks, and the Senior Center to collect the earned feet for the set amount of distance. We proudly wear these foot necklaces sporting these achievements! We also stroll around the new construction project, "Pat's Porch", to watch the progress – exciting! We look forward to our morning exercise routine with Mike to jump start the day and keep our ioints flexible and spirits lifted.

We supported some other community events such as the Red Cross Hometown Heroes Dinner, attended by Lauren and Clint Wilson, honoring the Hometown Heroes, in which Mike Scholles was a judge, and engaged the residents with the Heroes stories. A Quarter Auction was attended by staff - Kathy, Paula, Renee & Becky to contribute to the cause with a little fun. Becky & Renee, the "Cookie Sisters", made their famous decorated cutouts to sell and they were a popular item! Kathy and Becky even won a few times! The residents' community contributions include blankets, hats, scarves crocheted and hand assembled by Lynn C., Ruth Sheets, and Butch Walker. These items are donated to area children's hospitals, cancer centers, fundraisers, and the like. Special gifts and special thanks to all of you! Did you know you can see a few of these items online at the National Center for Assisted Living website art exhibit? Congratulations to Lynn Capretta, Zelma Shook, Beverly Dessecker! Their work was submitted and chosen from 300 nation-wide! To view their work and all others, here is the website.

#### http://www.ahcancal.org/ncal/ Pages/Art-for-the-Ages.aspx

Some of the residents also volunteer their time and ability by manning bake sales, soup sales, participating in the benefit card parties, supporting raffles, etc., and we appreciate their assistance!

Another congratulations goes to Nate House (son of nurse, Melinda), on achieving his Eagle Scout Award! We also thank Nate for helping us with our garden in the back – planting early spring seeds and mid to late summer plants, and tending to it regularly. Nate's Boy Scout Troop #95 was a big help to plant all of the front landscape flowers – they look wonderful! Thank You! Nate and Scott

Krieger (son of Kendra, Acct.) also water all the flowers surrounding the facility every day! We appreciate your floral care!

National Nursing Home celebrations were fun all week long. The Mother's Day Tea started the week with a nice attendance and entertainment, and again desserts! Later in the week, residents and staff enjoyed a dessert buffet table with cheesecake, brownies, cookies, etc., and the chocolate fountain with various dipping fruits and pastries to celebrate the special week, among other special activities. Great entertainment was provided each night: Singer Jerome James, Recollections Big band music (our own maintenance man, Wayne R.), an enlightening visit by "Gypsy Rose Lee" (our hostess, Karen Leishman), the good oldies sung by The Kodachrome Babies Band (adult children of our Karen and Stacie), an energetic music program by "Forever Young", a fabulous, colorful, lively performance by the Dover High School show choir (thanks Mrs. Hinkle, director), a great comedy act by Little Theater's Roxie and Steve Long, a beautiful dance recital by Melody in Motion (with daughter of Ty, of our therapy dept.), and a gorgeous wrap-up for the week with a fashion show by Paula Bennett of "Encore Re-sale Shop" of Canton, complete with staff modeling! Other fun entertainment included various karaoke performances by our staff: Kathy Marburger, Marge Johnson, Wayne Roth, Courtney Myers, Phyllis Ross, and Pam Weltmer – all raising funds from family, friends, and residents to perform to go to the Alzheimer's Association and American Cancer Society. Winner of the "Hennis Grammy Award" was Wayne Roth, who received a \$50 Red Lobster gift card (name randomly drawn by Rina H.). Everyone received Audience Choice Awards and Harry London's candy bars, too. It was a delightful afternoon, and we greatly appreciate all our staff's talent! Thanks to all of you who supported many of our fundraisers for the Alzheimer's Association and Relay For Life walk. We continue to fundraise for these causes throughout the year with a variety of ideas. Please be sure to mark your calendar for September 14 and join us for the Alzheimer's Walk at the KSU Performing Arts Center.

We were pleased to host Rep. Al Landis who came to present an accommodation to HCC for the great Family Satisfaction Survey rating outcome! Residents and staff enjoyed his one to one interaction as well. Refreshments also completed the event!

Patriotic celebration with Marge J. is always fun with red/white/blue jewelry we made, printed accessories, themed crafts, tasty ice-cream treats, and festive music during the activities!

The Father's Day breakfast was hosted on Flag Day, so it was only fitting to have flags as the décor! Celebrating dads, sons, grandfathers, brothers, and friends with a delicious breakfast on this special day was nice.

After 19+ years of Marge Johnson being with HCC, and most recently in Activities, she has decided it was time to retire and have some time to her self. We honored her with a retirement party including a gift of a photo album with pictures from over the years, personal comments, notes, and memories from the staff, and other gifts, along with refreshments and party punch. And, to top it off, lively piano music played by Al Batallio, a favorite of everyone, was played to dance to and accompanied with the tambourine and spoons, added to the fun. Lots of hugs, tears, and well-wishes were shared. Marge plans to return at times to volunteer! Thanks for everything, Marge!

Summer has offered outdoor concerts we are enjoying at the Dover & Phila. amphitheatres - steel drums, singers, and big band music. Thanks to Mike S. and others for transporting us! We have also held some of our own entertainment concerts outside under the pergola and covered front patio, even to the delight of the local neighbors! Barry Scholles, aka, "Neil Diamond", Wayne's band, Recollections, Bruce & Mary Seevers singing, and on the keyboard, Max Grossenbacher, and many more bring Thursday afternoons and evenings alive with music! If you know of any new performers to recommend, please let us know, we'd love to add them to our schedule!

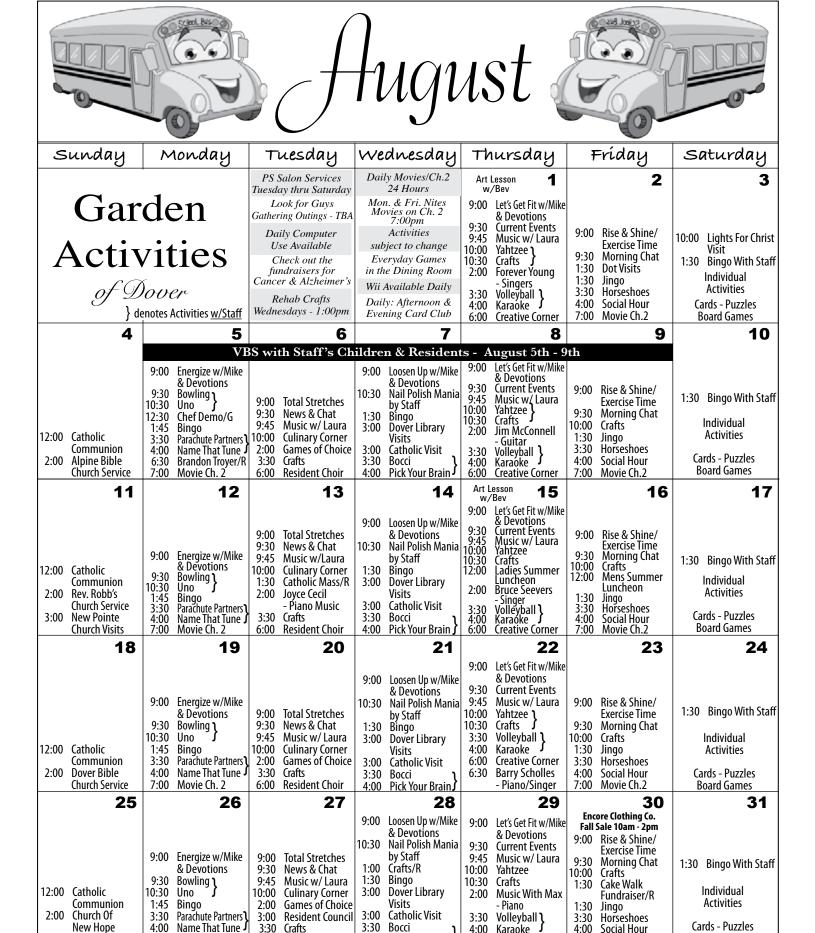
Baby congrats to Lauren and Clint Wilson on the birth of their daughter, Parker, June 9th! Lauren has brought her in to visit, and she is a sweetie! Everyone enjoys babies. We wish her new little family the best. She plans to return to work in July. Thanks, volunteer, Charlene, and recreation therapist, Lindsay Teague, for filling in to help with activities!

We'll continue to enjoy what the summer has to offer and welcome you to join us anytime. We offer our best wishes to our case manager, Kari DeLong, on her upcoming wedding, Sept. 14! Remember to write on your calendar the upcoming activities and outings such as the new "Pat's Porch" Therapy House open house, the pig roast, late summer luncheons, VBS, county fair, Alzheimer's walk, grandparents day, and more! Meanwhile, enjoy your gardening, summer sports, sightseeing, grilling, summer walks, friends, and family.

Learn from Yesterday

Live for Today

Hope for Tomorrow



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

4:00

Church Service

7:00

Movie Ch. 2

6:00

Resident Choir

**Pick Your Brain** 

6:00

Creative Corner

**Board Games** 

7:00

Movie Ch.2

#### RELAY FOR LIFE 2013













#### DOVER HOMESTEAD

Friends of the Homestead,

As we are anxious for summer to fully kick in to gear and know that it won't be long until fall will be knocking on our doors again, we want to take a moment to look back on all the fun we have had this spring. We had a lot of fun preparing for Run For Home, our theme this year was Homeward Bound, and we even had some company from a furry canine friend as we served water and Gatorade to those walking and running. May gave us lots to do as we prepared for our Mother's Day tea - Alice in Wonderland style, as well as fun filled National Nursing Home Week - Whew! - Spring was definitely busy!

Summer is sure to bring about a lot of fun activities for us, and the weather is sure to be wonderful and sunny - at least we hope! We look forward to spending time in our garden, and on the back patio with friends just shooting the breeze, as well as barbeques and the Pig Roast that will be coming up July 27th. That is always such a wonderful event and we hope that our friends and families will join us for some wonderful food and fun!

We are excited to have the children coming back in again this year in August for our annual Vacation Bible School. It is always such a wonderful time helping to teach young ones all about God's love - not to mention all the hugs we get from those little cuties!!

So with so much to do in not so much time-we better get a move on! We hope that you will join us for our many fun and exciting events that are awaiting us just around the bend. As always-until then!

We'll be seeing you!

Lauren, Rathy and
The Homestead



# Hugust



| ٤   | Sunday Monday   |   | Tuesday  | wednesday   | Thursday   | Friday  | Saturday  |  |
|---|---|---|--|---|--|---|---|--|
|   | Homestead<br>Activities<br>of Dover   |   | PS Salon Services Tuesday thru Saturday Look for Guys Gathering Outings - TBA Daily Computer Use Available Check out the fundraisers for Cancer & Alzheimer's Rehab Crafts Wednesdays - 1:00pm             | Daily Movies/Ch.2 24 Hours Activities subject to change. Everyday Games in the Dining Room Wii Available Daily Mon. & Fri. Nites Movies on Ch. 2 7:00nm Kathy's Daily Surprises | Art Lesson w/Bev  7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:30 Trivia 10:00 Farkle 2:00 Forever Young - Singers/G 3:30 Story Time 6:00 Art Class/G 7:00 Evening Tunes        | 7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 10:00 Memory Magic 1:30 Cooking Corner 3:00 Walks In Garden 7:00 Evening Tunes 7:00 Movie - Ch. 2   | 7:30 Breakfast Club 8:00 Social Circle 8:30 Morning Tunes 9:00 Current Events 9:30 Sensory Time 10:00 Lights For Christ Visit 1:30 Karaoke 7:00 Evening Tunes |  |
|   | 4   | 5   | 6  | 7   | 8  | 9   | 10  |  |
|   | -   |   | _  | ildren & Residen  | ts - August 5th - 9  | _   |   |  |
| 7:30<br>8:00<br>8:30<br>9:00<br>9:30<br>10:00<br>2:00         | Social Circle<br>Morning Tunes<br>Current Events<br>Sensory Time<br>Catholic<br>Communion<br>Alpine Bible<br>Church Service/G   | 7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 10:00 Cards 12:30 Chef Demo/G 1:30 Bingo 2:00 Spelling Bee 3:00 Ball Toss 6:30 Brandon Troyer/R 7:00 Evening Tunes 7:00 Movie - Ch. 2 | 7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:30 Memory Magic 1:30 Name Place Or Thing 3:00 Bowling 6:00 Resident Choir/G 7:00 Evening Tunes   | 7:30 Breakfast Club<br>8:00 Social Circle<br>9:00 Current Events<br>9:30 Sensory Time<br>10:00 Nail Mania<br>1:30 Craft Time<br>3:00 Puzzle Time<br>7:00 Evening Tunes          | 7:30 Breakfast Club<br>8:00 Social Circle<br>9:00 Devotions<br>9:30 Trivia<br>10:00 Farkle<br>2:00 Jim McConnell<br>- Guitar<br>3:30 Story Time<br>7:00 Evening Tunes                      | 7:30 Breakfast Club<br>8:00 Social Circle<br>9:00 Devotions<br>9:30 Memory Magic<br>1:30 Cooking Corner<br>3:00 Walks In Garden<br>7:00 Evening Tunes<br>7:00 Movie - Ch. 2   | 7:30 Breakfast Club<br>8:00 Social Circle<br>8:30 Morning Tunes<br>9:00 Current Events<br>9:30 Sensory Time<br>1:30 Karaoke<br>7:00 Evening Tunes             |  |
|   | 11  | 12  | 13   | 14  | Art Lesson 15  | 16  | 17  |  |
| 7:30<br>8:00<br>8:30<br>9:00<br>9:30<br>10:00<br>2:00<br>3:00 | Breakfast Club<br>Social Circle<br>Morning Tunes<br>Current Events<br>Sensory Time<br>Catholic<br>Communion<br>Rev. Robb's<br>Church Service/G<br>New Pointe<br>Church Visits | 7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 10:00 Cards 1:30 Bingo 2:00 Spelling Bee 3:00 Ball Toss 7:00 Evening Tunes 7:00 Movie - Ch. 2   | 7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:30 Memory Magic 1:30 Catholic Mass/R 1:30 Name Place Or Thing 2:00 Joyce Cecil - Piano Music 3:00 Bowling 6:00 Resident Choir/G 7:00 Evening Tunes | 7:30 Breakfast Club<br>8:00 Social Circle<br>9:00 Current Events<br>9:30 Sensory Time<br>10:00 Nail Mania<br>1:30 Craft Time  | 7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:30 Trivia 10:00 Farkle 12:00 Ladies Summer Luncheon 2:00 Bruce Seevers - Singer 3:30 Storytime 6:00 Art Class/G 7:00 Evening Tunes | 7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:30 Memory Magic 12:00 Mens Summer Luncheon 1:30 Cooking Corner 3:00 Walks In Garden 7:00 Evening Tunes 7:00 Movie - Ch. 2   | 7:30 Breakfast Club<br>8:00 Social Circle<br>8:30 Morning Tunes<br>9:00 Current Events<br>9:30 Sensory Time<br>1:30 Karaoke<br>7:00 Evening Tunes             |  |
|   | 18  | 19  | 20   | 21  | 22   | 23  | 24  |  |
| 2:00  | Social Circle<br>Morning Tunes<br>Current Events<br>Sensory Time<br>Catholic<br>Communion<br>Dover Bible<br>Church Service/G<br>Evening Tunes                                 | 7:30 Breakfast Club<br>8:00 Social Circle<br>9:00 Devotions<br>10:00 Cards<br>1:30 Bingo<br>2:00 Spelling Bee<br>3:00 Ball Toss<br>7:00 Evening Tunes<br>7:00 Movie - Ch. 2                 | 7:30 Breakfast Club<br>8:00 Social Circle<br>9:00 Devotions<br>9:30 Memory Magic<br>1:30 Name Place Or<br>Thing<br>3:00 Bowling<br>6:00 Resident Choir/G<br>7:00 Evening Tunes                             | 7:00 Evening Tunes  | 7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:30 Trivia 10:00 Farkle 3:30 Storytime 6:00 Bible Study 6:30 Barry Scholles - Piano/Singer 7:00 Evening Tunes                       | 7:30 Breakfast Club<br>8:00 Social Circle<br>9:00 Devotions<br>9:30 Memory Magic<br>1:30 Cooking Corner<br>3:00 Walks In Garden<br>7:00 Evening Tunes<br>7:00 Movie - Ch. 2   | 7:30 Breakfast Club<br>8:00 Social Circle<br>8:30 Morning Tunes<br>9:00 Current Events<br>9:30 Sensory Time<br>1:30 Karaoke<br>7:00 Evening Tunes             |  |
|   | 25  | 26  | 27   | 28  | 29   | 30  | 31  |  |
| 8:00<br>8:30<br>9:00<br>9:30<br>10:00                         | Breakfast Club Social Circle Morning Tunes Current Events Sensory Time Catholic Communion Church Of New Hope Church Service/G Evening Tunes                                   | 7:30 Breakfast Club<br>8:00 Social Circle<br>9:00 Devotions<br>10:00 Cards<br>1:30 Bingo<br>2:00 Spelling Bee<br>3:00 Ball Toss<br>7:00 Evening Tunes<br>7:00 Movie - Ch. 2                 | 7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:30 Memory Magic 1:30 Name Place Or Thing 3:00 Bowling 6:00 Resident Choir 6:00 Apples Of Gold/H 7:00 Evening Tunes                                 | 7:30 Breakfast Club<br>8:00 Social Circle<br>9:00 Current Events<br>9:30 Sensory Time<br>10:00 Nail Mania<br>1:30 Craft Time<br>3:00 Puzzle Time<br>7:00 Evening Tunes          | 7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:30 Trivia 10:00 Farkle 2:00 Music With Max - Piano 3:30 Storytime 7:00 Evening Tunes   | Encore Clothing Co. Fall Sale 10am - 2pm 7:30 Breakfast Club 8:00 Social Circle 9:00 Devotions 9:30 Memory Magic 1:30 Cake Walk Fundraiser/R 1:30 Cooking Corner 3:00 Walks In Garden 7:00 Evening Tunes 7:00 Movie - Ch. 2 | 7:30 Breakfast Club<br>8:00 Social Circle<br>8:30 Morning Tunes<br>9:00 Current Events<br>9:30 Sensory Time<br>1:30 Karaoke<br>7:00 Evening Tunes             |  |

#### DOVER REHAB



Rep. Al Landis and Bill English visit.



The Staff accepts the special accommodation from Rep. Al Landis.



Clint & Lauren love the home-made crocheted baby blankets the residents made them.

Gosh, so much has been going on in and outside of this facility--where to start! By now, most of you have probably toured our newest Dover facility "Pat's Porch". If not, please let us know so we can do a walk through, it is BEAUTIFUL!!! Pat and Harry Hennis would be so proud of their latest facilities in Bolivar and Dover. Both are tastefully decorated and so functional.

We have added a new Tuesday afternoon art class in the rehab dining room. Art with Beverly, taught by Beverly Dessecker. It is a well attended class, and all are welcome. As a matter of fact, Beverly was our guest presenter for our Mother's Day Tea in Rehab. She did a Chalk And Chat presentation for us, and her daughter, Debbie, read an inspirational story while Beverly did her chalk drawing. It was a beautiful display of red tulips. She then donated

the art piece to benefit the Alzheimer's Association, to be raffled as a fundraiser. Thanks Beverly, what a wonderful thing to do.

Again this year, we took a large group of residents to the Tuscarawas County Senior Center for Senior Day. Many of our residents won gifts and door prizes, just like last year! It was a fun luncheon and event.

The theme for Nursing Home Week this year was stepping into Broadway. It was filled with entertainment all week long. We started Monday with Jerome James in the afternoon, and Recollections in the evening. Tuesday we had Gypsy Rose Lee, portrayed by Karen Leishmann, in the afternoon, followed by the Texas Roadhouse Dancers. We finished the day with Kodachrome Babies in the evening. Wednesday started with Forever Young in the afternoon and finished with the Dover High School Show Choir, directed by Shawna Hinkle in the evening. Thursday afternoon Roxie and Steve Long did a comedy act and Melody in Motion Dance Studio ended the day. Friday, we ended the seek-long festivities with a style show. Paula Schools Bennett, from Encore boutique resale shop in Canton, presented a style show using both her staff and Hennis staff. It was a fun event! All week long the events were GREAT! Thanks to Kathy Marburger and Lauren Wilson who decorated the rehab dining room, and it looked wonderful.

Dover Hennis hosted the Pig Roast this year and it will be a real Texas Hoedown. I love when we host the Pig Roasts, they are so much fun!!!! It is July 27, so get out your western-wear and join the fun from 4:00pm-7:00pm.

This summer we had many outdoor concerts right here! Jerome James, Wayne Roth, Bruce and Mary Seevers, Jim McConnell, Faithful Four, Barry Scholles, and Forever Young, all enjoyed singing outside under the overhang on the Gardens front patio. With the birds singing and the waterfall flowing it was really enjoyable. Many of the neighbors enjoyed them also. Many brought over

their own lawn chairs and sang along. Good ole summertime, I love it!

I am really happy to announce that Beverly Dessecker, Lynn Capretta, and Zelma Shook were chosen to display their art projects in the NCAL's online exhibit. Art for the Ages part 2 online exhibits contacted me to let me know of their acceptance. They had entrees from all over the United States, and only 300 were accepted. I am so happy for them to be honored that way. NCAL stands for National Center For Assisted Living, for those of you, like me, who didn't know. To view their work and all others, here is the website.

http://www.ahcancal.org/ncal/ Pages/Art-for-the-Ages.aspx

Wow, what a line through! But I just typed in Art For The Ages Part 2 online exhibit and got the same thing--so there!

Some information that is very interesting, our Homestead Unit Manager Mary Phillips RN, is the daughter of Rosemary who is an RN, and the mother of two daughters Susan and Lyndy who also are RN's, pretty cool!!!! Now that is a family that you want to be around all the time, especially if you are a hypochondriac, like me! Ha. Actually, I could not be prouder of this family.

Butch Walker, or Mr. Snuggles, as he is known throughout the building, has been busy for months now making blankets, for anyone interested in owning one. All you need to do is supply the material for him, and he will gladly make one for you. Paula Sickinger and Kathy Marburger have been having Butch make Ohio State and Cleveland Indians blankets for them. These are the tied fleece blankets-no sewing. Now that's my kind of blanket!

Dedication of Pat's Porch, Relay For Life Walk, Pig Roast, Alzheimer's Walk, and Grandparents Day Celebration, are some of the major events this summer. In-between all of these events we had a full load of our everyday activities, so you see we had a very eventful summer! Till Next Time,



|                |   | 0   |   |   |  | H  | лgi  | 13  | St   | 6  |  |   |
|----------------|---|---|---|---|--|--|--|---|--|--|--|---|
| S              | unday   | ~   | 10nday  | T   | uesday   | We   | dnesday  | TV  | ursday   | Ŧ  | =riday   | Saturday  |
| Rehabilitation |   |   | Tuesde<br>La<br>Gather<br>Da  | Salon Services<br>ay thru Saturday<br>ook for Guys<br>ing Outings - TBA<br>ily Computer<br>se Available | sub <sub>j</sub><br>Eve<br>in th   | ly Movies/Ch.2<br>24 Hours<br>Activities<br>ject to change.<br>eryday Games<br>e Dining Room | Art<br>w   | Lesson <b>1</b><br>/Bev   |  | 2  | 8:00 Breakfast Your<br>Way<br>10:00 Lights For Christ                |   |
|                | Active of D   |   |   | fur<br>Cance<br>R   | heck out the<br>ndraisers for<br>er & Alzheimer's<br>ehab Crafts<br>esdays - 1:00pm  | Dail<br>Eveni<br>Moi   | Available Daily y: Afternoon & ng Card Club-G n. & Fri. Nites ovies on Ch. 2 7:00pm      | 7:30 Breakfast Clu<br>9:00 Mind Body & S<br>10:00 Flower Walks<br>2:00 Forever Young<br>- Singers/G |  | 7:30<br>9:00<br>10:00<br>1:00<br>7:00          | Whoga<br>Porch Visits<br>Domino's                                    | Visit 1:30 Bingo/G Family Porch Visits Cards - Puzzles Board Games                                  |
|                | 4   |   | 5   |   | 6  |  | 7  |   | 8  |  | 9  | 10  |
|                | Catholic<br>Communion<br>Alpine Bible<br>Church Service/G                               | 7:30<br>9:00<br>10:00<br>11:00<br>12:30<br>1:00<br>6:30<br>7:00 | Breakfast Club<br>Moving & Grooving<br>Prayers<br>Porch Time<br>Chef Demo/G<br>Bingo/G<br>Brandon Troyer/R<br>Movie - Ch. 2 |   | Breakfast Club<br>Chair Sit-Ups<br>Devotions<br>Porch Stories<br>Crafts<br>1:1 Visits<br>Resident Choir<br>Recollections<br>Band                           | 7:30<br>9:00<br>10:00<br>1:00<br>2:00<br>3:00  | n & Resident Breakfast Club Exercise Garden Walks Crafts Dover Library Catholic Visits   | 7:30<br>9:00<br>10:00<br>2:00   | Breakfast Club<br>Mind Body & Soul<br>Flower Walks   | 7:30<br>9:00<br>10:00<br>1:00<br>7:00          | Breakfast Club<br>Whoga<br>Porch Visits<br>Domino's<br>Movie - Ch. 2 | 8:00 Breakfast Your<br>Way<br>1:30 Bingo/G<br>Family Porch Visits<br>Cards - Puzzles<br>Board Games |
|                | 11  |   | 12  |   | 13   |  | 14   |   | esson<br>Bev 15  |  | 16   | 17  |
| 2:00           | Catholic<br>Communion<br>Rev. Robb's<br>Church Service/G<br>New Pointe<br>Church Visits | 7:30<br>9:00<br>10:00<br>11:00<br>1:00<br>7:00                  | Breakfast Club<br>Moving & Grooving<br>Prayers<br>Porch Time<br>Bingo/G<br>Movie - Ch. 2                                    | 9:00<br>10:00<br>11:00<br>1:00<br>1:30<br>1:30<br>2:00  | Breakfast Club<br>Chair Sit-Ups<br>Devotions<br>Porch Stories<br>Crafts<br>Catholic Mass/R<br>1:1 Visits<br>Joyce Cecil<br>- Piano Music<br>Resident Choir | 9:00<br>10:00<br>1:00  | Breakfast Club<br>Exercise<br>Garden Walks<br>Crafts<br>Dover Library<br>Catholic Visits | 7:30<br>9:00<br>10:00<br>12:00<br>2:00  | Breakfast Club<br>Mind Body & Soul<br>Flower Walks<br>Ladies Summer<br>Luncheon<br>Bruce Seevers<br>- Singer/G | 7:30<br>9:00<br>10:00<br>12:00<br>1:00<br>7:00 |  | 8:00 Breakfast Your<br>Way<br>1:30 Bingo/G<br>Family Porch Visits<br>Cards - Puzzles<br>Board Games |
|                | 18  |   | 19  |   | 20   |  | 21   |   | 22   |  | 23   | 24  |
|                | Catholic<br>Communion<br>Dover Bible<br>Church Service/G                                | 7:30<br>9:00<br>10:00<br>11:00<br>1:00<br>7:00                  | Breakfast Club<br>Moving & Grooving<br>Prayers<br>Porch Time<br>Bingo/G<br>Movie - Ch. 2                                    | 1:00  | Breakfast Club<br>Chair Sit-Ups<br>Devotions<br>Porch Stories<br>Crafts<br>1:1 Visits<br>Resident Choir  |  | Breakfast Club<br>Exercise<br>Garden Walks<br>Crafts<br>Dover Library<br>Catholic Visits | 7:30<br>9:00<br>10:00<br>6:30   | Breakfast Club<br>Mind Body & Soul<br>Flower Walks<br>Barry Scholles<br>- Singer/G                             | 7:30<br>9:00<br>10:00<br>1:00<br>7:00          | Porch Visits<br>Domino's   | 8:00 Breakfast Your<br>Way<br>1:30 Bingo/G<br>Family Porch Visits<br>Cards - Puzzles<br>Board Games |
|                | 25  |   | 26  |   | 27   |  | 28   |   | 29   |  | 30   | 31  |
|                |   |   |   |   |  |  |  |   |  |  | ore Clothing Co.<br>Sale 10am - 2pm                                  |   |
|                | Hope<br>Church Service/G  | 9:00<br>10:00<br>11:00<br>1:00<br>7:00                          | Breakfast Club<br>Moving & Grooving<br>Prayers<br>Porch Time<br>Bingo/G<br>Movie - Ch. 2                                    | 1:00<br>1:30<br>6:00  | Resident Choir   | 9:00<br>10:00<br>1:00<br>2:00<br>3:00  | Breakfast Club<br>Exercise<br>Garden Walks<br>Crafts<br>Dover Library<br>Catholic Visits | 7:30<br>9:00<br>10:00<br>2:00   | Breakfast Club<br>Mind Body & Soul<br>Flower Walks<br>Music With Max<br>- Piano/G                              | 7:00   | Cake Walk<br>Fundraiser/R<br>Movie - Ch. 2                           | 8:00 Breakfast Your<br>Way<br>1:30 Bingo/G<br>Family Porch Visits<br>Cards - Puzzles<br>Board Games |

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

#### VOLUNTEER BRUNCH, NAT'L NH WEEK, ALICE IN WONDERLAND TEA PARTY & MORE



Louise Gorman - cooking corner





Shirley Scott and Jenna on Audra Parris and family at Mother's Day Tea



Bertie Gillespie and family at Mother's Day Tea



Jean Shores and daughter at Mother's Day Tea



Loretta Edie and family at Mother's Day Tea



Don Huff and Kodachrome Babies, Hannah, working the guitar



Rondinella family celebrating Mother's Day



Volunteer Brunch - Tusc. Veterans Office



Beverly at Mother's Day Tea - Chalk Drawing with daughter narrating



Mother's Day Tea - Nellie Fitzgerald & guests



Volunteer Brunch Marge J. & Patrick Tolloti



Dorothy Dinicola and family at Mother's Day Tea 20



Doris Meryo and family at Mother's Day Tea



Gary Cramblett and "Gypsy Rose Lee" - visit & program during NH week

#### ALICE IN WONDERLAND TEA PARTY - Special Performers and Guests



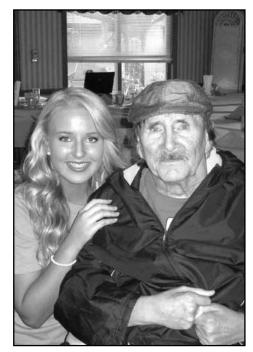
Mother's Day Tea - The Gang's All Here!



Incarnato family being goofy - "Crowd Surfing" with grandma Betty!



Sam McGuire and Gypsy Rose Lee - visit & program during National Nursing Home Week



Tom Sweitzer and niece, a performer with the Dover High School Show Choir



Don Huff, Butch Walker, Marge J., and the Koda Chrome Babies



Dover High Show Choir Performance - Wow!



Senior Day Outing



Senior Day at the Senior Center



Don Huff and Sam McGuire at Senior Day at the Senior Center



Shirley Chromey and family at Mother's Day Tea



Rosemary Masten and family - Alice in Wonderland Theme for Mother's Day Tea



Lori and Eva Spittle - nail mania with family



#### BOLIVAR GARDENS

Summer is finally here! We had two groups from Tusky Valley and Fairless High Schools come in to weed, mulch and plant all the flower beds around the facility in the springtime. They look tremendous. It's so nice to have hard working local high school students. We now have new volunteers from a local company coming in once a month and bringing yummy treats to us! Last month they delivered root beer floats to our rooms. This month we had banana splits with all the toppings you wanted during Bingo. We can't wait to see what they will share with us next month. We enjoy getting a special treat when they come. We celebrated the volunteers in April with a We're Wild About You dinner. The Gardens can't thank our volunteers enough for all they do at Hennis, they are truly appreciated! Our residents sure do miss them when they can't come.

May's National Nursing Home Week theme was Fluttering Into Spring. We made butterfly snack packs and watched all the flowers bloom. June's Fathers Day

brunch brought many families to spend time with their grandpas, dads or brothers. We had a sub fundraiser at the end of June to continue to support the American Cancer Society and Alzheimer's Association Relay for Life. Even though the walk was in May, we raise money for these causes all year long. Thank you to all the residents, staff and visitors that have contributed to any of the fundraisers throughout the year, to make us one of the biggest contributors to this great cause in fighting cancer. July's Card Party on the 10th was a huge success. We really enjoy having those events every 3 months. We love to watch the little kids come in and show off their musical talents.

August 8th and 9th were the Ladies and Men's Luncheons. It's so fun when families come in to visit us and enjoy a great meal just like when we were back home, only we don't have to worry about all the cooking! Tim Turkal came back in to perform for us on the 12th of August. Jon King came on the 2nd and 30th of August. He is so talented, the residents just love to listen to him perform country music. Jon sure

is famous around Hennis. September brought one of the best outings of the entire year and that is the Tuscarawas County Fair. We look forward to the delicious fair food every year. Some of our favorites are the funnel cakes and corn dogs! Thank you to all the staff who volunteer their time to help us on this exciting outing. The "Doodle-Le-Doos" will end the month on the 26th with an entertaining performance like always. They are such an interactive group with the residents and can really sing! As fall begins, we will miss all the time we spent out on the front patio watching the visitors come and go and soaking up the sun. We are looking forward to the holidays though and all the delicious dinners and visits from our families that are to come!

The Gardens



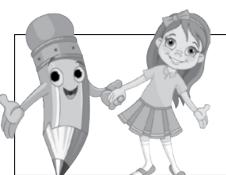




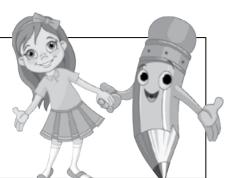








# tugust



| S                            | unday  | Mondaį   | Т                            | uesday  | We                            | dnesday   | Tγ                                     | nursday   | 7                             | =riday  | S                    | aturday   |  |
|------------------------------|--|--|------------------------------|---|-------------------------------|---|--|---|-------------------------------|---|----------------------|---|--|
| Garden Activities of Bolivar |  |  | S. Tues.                     | Mail Call<br>onday-Saturday<br>ndividualized<br>Visits 1:1<br>alon Services<br>. Wed. Thurs. Fri.<br>vities & Location<br>bject to Change | \$4<br>Garde<br>At I          | ZUMBA  Mondays at 7:00pm .00 per person en's Dining Room HCC of Bolivar For info call 30-874-9999 sk for Jeanne | 1:30                                   | <b>1</b><br>Nail Talk<br>Card Bingo<br>Memory Magic                             | 10:00<br>1:00<br>2:00<br>7:00 | Get Fit<br>"Stick To It"<br>Paper Pals<br>Jon King<br>Sings Country | 9:30<br>1:30<br>6:00 | Nail Talk<br>Bingo With<br>Family & Friends<br>Trivia |  |
|                              | 4  |  | 5                            | 6   |                               | 7   |  | 8   |                               | 9   |                      | 10  |  |
|                              | Catholic<br>Communion<br>Faith Baptist<br>Church Service             | 10:00 Get Fit<br>1:30 Bingo With<br>Family & Fr<br>6:00 Game Nigh                                  | 9:30<br>1:00<br>ends<br>6:00 | Reminisce With<br>Becky   | 9:15<br>10:30<br>1:00<br>6:00 | Bible Study<br>With Harry<br>Get Fit<br>Farkel<br>Movie In The<br>Library                                       | 10:00<br>12:00<br>1:30<br>3:00<br>6:00 | Catholic Mass<br>Ladies Luncheon<br>Card Bingo<br>"Stick To It"<br>Memory Magic |                               | Get Fit<br>Men's Luncheon<br>Paper Pals                             | 9:30<br>1:30<br>6:00 | Family & Friends                                      |  |
|                              | 11   | 1  | 2                            | 13  |                               | 14  |  | 15  |                               | 16  |                      | 17  |  |
|                              | Catholic<br>Communion<br>St. Paul's<br>Lutheran<br>Church Service    | 10:00 Get Fit<br>1:30 Bingo With<br>Family & Fri<br>6:30 Tim Turkal's<br>Tunes                     |                              | Reminisce With<br>Becky   | 9:15<br>10:30<br>1:00<br>6:00 | With Harrý<br>Get Fit<br>Farkel   | 9:30<br>1:30<br>6:00                   | Nail Talk<br>Card Bingo<br>Memory Magic   | 10:00<br>1:00<br>2:00         | Get Fit<br>"Stick To It"<br>Paper Pals                              | 9:30<br>1:30<br>6:00 | Bingo With<br>Family & Friends                        |  |
|                              | 18   | 1  | 9                            | 20  |                               | 21  |  | 22  |                               | 23  |                      | 24  |  |
|                              | Catholic<br>Communion<br>St. John's UCC<br>Church Service            | 10:00 Get Fit<br>1:30 Bingo With<br>Family & Fri<br>6:00 Game Nigh                                 | 1:00<br>ends<br>6:00         | Becky<br>Beachball  |                               | Movie In The<br>Library   | 1:30                                   | Nail Talk<br>Card Bingo<br>Memory Magic   | 1:00                          | Get Fit<br>The Lunch<br>Bunch<br>"Stick To It"<br>Paper Pals        | 1:30                 | Nail Talk<br>Bingo With<br>Family & Friends<br>Trivia |  |
|                              | 25   | 2  | 6                            | 27  |                               | 28  |  | 29  |                               | 30  |                      | 31  |  |
|                              | Catholic<br>Communion<br>First United<br>Methodist<br>Church Service | 9:30 Resident Co<br>Meeting<br>10:00 Get Fit<br>1:30 Bingo With<br>Family & Fri<br>6:00 Game Night | 1:00                         | Nail Talk<br>Reminisce With<br>Becky<br>Max's Music<br>Freewill Baptist<br>Service/TH   | 10:30                         | Bible Study<br>With Harry<br>Get Fit<br>Farkel<br>Movie In The<br>Library                                       | 1:30                                   | Nail Talk<br>Card Bingo<br>Memory Magic   | 1:00                          | Paper Pals  | 1:30                 | Nail Talk<br>Bingo With<br>Family & Friends<br>Trivia |  |

#### **BOLIVAR REHAB**







Hello all; have you been here recently to see all of the beautiful flowers that are growing? We had quite a few "helpers" here digging and planting during the month of May. Our helpers were 4-H members and teens from Tusky Valley and Fairless high schools. We really appreciate all that they did, and the front porch area is very pretty!

In May, we held our annual Mother's Day luncheon with lots of family joining their loved ones. The food was delicious, as usual. Thank you Dietary department! Each unit held their luncheon in the dining room and they were packed full of residents and their families; and we are always happy with our "families" joining us for the special events! During National Nursing Home Week we had Fran Zupp, Gene Weygandt and the Valley Voices in to entertain. We also had a "Girls day out" that week. . . 12 of us went to The Manor restaurant in Strasburg for lunch and had a fun time. We took the "long" way back and enjoyed the country ride; we even stopped at a farm for a few minutes to watch



some miniature horses and their colts; they were sooo little and cute as could be! the "Doodle-Le-Doos" were also here for one of their two early visits.

In June, we had

the American Cancer Society Relay For Life walk at the Strasburg Park; this event always has so many people involved! We had the team walk first and then just kept walking throughout the evening! This event is held for such a wonderful cause . . . . a Cure for Cancer! If you have never attended this

event, you should; especially the candle-light ceremony! It gives me "chills" and tears every year just seeing how many people have been affected by this disease.

June also brought us the annual Father's Day Brunch and once again, the food was very good! We had quite a few

family members that enjoyed this meal and the conversation. We also held a "Build your own Sub" fundraiser here at the facility for our contributions toward The Alzheimer's Association and American Cancer Society fundraising.

Jon King continues to entertain us two times per month. His program is well attended and everyone here has a great time listening to his music and songs. Watch the calendars for times and attend his program; he enjoys entertaining and the residents really enjoy his programs. He is planning a "Patriotic" program for his first visit in July for Independence Day; he will here on July

5th at 7:00pm. Genen Weygandt will be

here on the 16th of July, Jon will return on the 19th, Fran Zupp will return to sing her gospels on July 22nd at 7:00pm and Max Grossenbacher on the 30th.

We have been planning the yearly Summer Card Party; it will be held on July 10th. We have lots of good door prizes on

hand, so try to join us; we always have a great turnout for this party. For a donation of \$5.00, you receive food, beverage and dessert and a door prize ticket. We give door prizes away throughout the evening. So, if you don't have any plans... come and join us here at

Hennis of Bolivar for an evening of fun.

We will be holding our summer luncheons on August 8th for the ladies and August 9th for the men that are residents here.

September plans, so far, include Jon King on the 6th and the 20th at 7:00pm, Gene on the piano for the 10th at 2:30pm, Fran Zupp on the 16th at 7:00pm, Max on the 24th at 2:00pm and The "Doodle-Le-Doos" again on the 26th at 6:30pm. If the weather holds out, we will be visiting the Tuscarawas County Fair on the 19th for the day.

Take care and God bless!





# Hugust



|   |  |               |  |   |                            |  |   |   |                      | V   |              |   |
|---|--|---------------|--|---|----------------------------|--|---|---|----------------------|---|--------------|---|
| S | unday  | ~             | londay   | Tuesday   | We                         | dnesday  | TV                                      | nursday                                     | Ŧ                    | riday   | S            | aturday                                   |
| R | ehabi<br>Activ   | vit           | ies  | Mail Call Monday-Saturday Individualized Visits 1:1 Salon Services Tues. Wed. Thurs. Fri. Activities & Location Subject to Change | \$4.<br>Garde<br>At H<br>H | ZUMBA  Mondays at 7:00pm 00 per person en's Dining Room ICC of Bolivar For info call 80-874-9999 ek for Jeanne | 10:00<br>1:30<br>6:00                   | J   | 1:00<br>2:00<br>7:00 | <b>2</b><br>Get Fit/G<br>Paper Pals/G<br>"Stick A Ticket"/G<br>Jon King<br>Entertains/G | 1:30<br>7:00 | Friends & Family/G                        |
|   | 4  |               | 5  | 6   |                            | 7  |   | 8   |                      | 9   |              | 10  |
|   | Catholic<br>Communion<br>Faith Baptist<br>Church Service/DR          | 10:00<br>1:30 |  | 10:00 Nail Talk<br>1:00 Time To<br>Reminisce/G  | 9:15<br>1:00               | Bible Study<br>With Harry/G<br>Farkel/G  | 10:00<br>10:00<br>12:00<br>1:30<br>6:00 |   | 12:00                | Get Fit/G<br>Men's Luncheon<br>"Stick A Ticket"/G                                       | 1:30<br>7:00 | Bingo With<br>Friends & Family/G<br>Movie |
|   | 11   |               | 12   | 13  |                            | 14   |   | 15  |                      | 16  |              | 17  |
|   | Catholic<br>Communion<br>St. Paul's<br>Lutheran<br>Church Service    | 1:30          | Get Fit/G<br>Bingo With<br>Friends & Family/G<br>Tim Turkal's<br>Tunes       | 10:00 Nail Talk 1:00 Time To Reminisce/G 2:30 Gene's Piano Tunes 7:00 Freewill Baptist Service/TH                                 | 9:15<br>1:00               | Bible Study<br>With Harry/G<br>Farkel/G  | 10:00<br>1:30<br>6:00                   | Nail Talk<br>Card Bingo/G<br>Memory Magic/G | 1:00                 | Get Fit/G<br>Paper Pals/Gs<br>"Stick A Ticket"/G  | 1:30<br>7:00 | Bingo With<br>Friends & Family/G<br>Movie |
|   | 18   |               | 19   | 20  |                            | 21   |   | 22  |                      | 23  |              | 24  |
|   | Catholic<br>Communion<br>St. John's UCC<br>Church Service            |               | Get Fit/G<br>Bingo With<br>Friends & Family/G                                | 10:00 Nail Talk<br>1:00 Time To<br>Reminisce/G  |                            | Bible Study<br>With Harry/G<br>Farkel/G  | 1:30                                    | Memory Magic/G                              | 10:30<br>1:00        | Get Fit/G<br>Lunch Bunch<br>Paper Pals/G<br>"Stick A Ticket"/G                          | 1:30<br>7:00 |   |
|   | 25   |               | 26   | 27  |                            | 28   |   | 29  |                      | 30  |              | 31  |
|   | Catholic<br>Communion<br>First United<br>Methodist<br>Church Service |               | Resident Council<br>Meeting<br>Get Fit/G<br>Bingo With<br>Friends & Family/G | Reminisce/G<br>2:00 Max's Music<br>7:00 Freewill Baptist  |                            | Bible Study<br>With Harry/G<br>Farkel/G  | 1:30                                    | Nail Talk<br>Card Bingo/G<br>Memory Magic/G | 1:00<br>2:00<br>7:00 | Get Fit/G<br>Paper Pals/G<br>"Stick A Ticket"/G<br>Jon King<br>Entertains/G             | 1:30<br>7:00 | Friends & Family/G                        |

#### BOLIVAR HOMESTEAD







Greetings and Blessings from the Homestead!

I hope that this summer has been as fun and busy for all of you as it has been for us here on the Homestead. we sure have enjoyed the beautiful weather that has brought us lovely breezes and clear blue skies. The courtyard is a busy and colorful place at this time of the year. Many partake in early afternoons and late evenings relaxing on the swing or taking walks and enjoying the flower beds. we really appreciated the volunteers that came and helped us plant everything in our



flower and vegetable gardens. Many of us have enjoyed the garden and all the fresh veggies we have picked together.

In August we will hold a Ladies' Luncheon and a Mens' Luncheon and as always we anticipate that the dietary department will go above and beyond in making everything special and yummy. This is time to celebrate the wonderful men and women that we have the privilege of taking care of and celebrate summer.

In September we will celebrate Grandparents Day with our traditional wiener roast. Many families will come and partake in roasting hotdogs and marshmallows and making smores. Grandparents Day was initiated by a Virginia housewife, Marian Lucille Herndon McQuade. she campaigned to set aside a special day just for grandparents and with the help of Senator Jennings Randolph the first Grandparents Day was proclaimed in 1973 in West Virginia by Governor Arch Moore.

We look forward to the fall season and the glorious splendor that nature brings with the changing of the seasons.

Live, Laugh, and Love,









|                | $\bigcap$   |                |            |
|----------------|-------------|----------------|------------|
| E 30E          |             |                | <b>\</b>   |
|                | - TTl       | MAMS           | <b>5</b> L |
| 6              |             | J              |            |
| Strader Mandar | True day Wa | dia ac daul Ta | useda      |

|   |   |   |  |  | H   | 7 1   |  |  |
|---|---|---|--|--|---|---|--|--|
| sunday  | Monday  | Tuesday   | wednesday  | Thursday   | Friday  | Saturday  |  |  |
| Home  | actond  | Individualized Visits<br>1:1  | ZUMBA  | 1  | 2   | 3   |  |  |
| Activ   | vities  | Salon Services Tues. Wed. Thurs. Fri. Mail Call Monday-Saturday All Activities & Location Subject to Change                             | Mondays at 7:00pm \$4.00 per person Garden's Dining Room At HCC of Bolivar For info call 330-874-9999 ask for Jeanne | 8:00 Social Circle<br>9:00 Dancing With<br>Diane<br>10:30 Reading<br>3:00 Nail Talk<br>6:00 Social Drinks<br>8:00 Lotion Therapy                         | 8:00 Social Circle 9:00 Morning Movie 10:00 Baking With Regina 3:00 Current Events 6:00 Social Drinks 7:00 Jon King Sings Country 8:00 Lotion Therapy | 8:00 Social Circle<br>10:30 Morning Chat<br>1:30 Eating Our<br>Creations<br>6:00 Social Drinks<br>7:00 Movie Night<br>8:00 Lotion Therapy |  |  |
| 4   | 5   | 6   | 7  | 8  | 9   | 10  |  |  |
| 8:00 Social Circle 9:30 Catholic Communion 2:00 Faith Baptist Church Service 6:00 Social Drinks 6:30 Oldies Tunes 8:00 Lotion Therapy           | 8:00 Social Circle<br>1:30 Trivia<br>3:00 Current Events<br>6:00 Social Drinks<br>8:00 Lotion Therapy                   | 8:00 Social Circle<br>9:00 Dancing With<br>Diane<br>6:00 Social Drinks<br>8:00 Lotion Therapy   | 8:00 Social Circle<br>11:00 Resident's Choice<br>3:30 Ball Toss<br>6:00 Social Drinks<br>8:00 Lotion Therapy         | 8:00 Social Circle 9:00 Dancing With Diane 10:00 Catholic Mass 10:30 Reading 12:00 Ladies Luncheon 3:00 Nail Talk 6:00 Social Drinks 8:00 Lotion Therapy | 8:00 Social Circle 9:00 Morning Movie 10:00 Baking With Regina 12:00 Men's Luncheon 3:00 Current Events 6:00 Social Drinks 8:00 Lotion Therapy        | 8:00 Social Circle<br>10:30 Morning Chat<br>1:30 Eating Our<br>Creations<br>6:00 Social Drinks<br>7:00 Movie Night<br>8:00 Lotion Therapy |  |  |
| 11  | 12  | 13  | 14   | 15   | 16  | 17  |  |  |
| 8:00 Social Circle 9:30 Catholic Communion 2:00 St. Paul's Lutheran Church Service 6:00 Social Drinks 6:30 Oldies Tunes 8:00 Lotion Therapy     | 8:00 Social Circle 1:30 Trivia 3:00 Current Events 6:00 Social Drinks 6:30 Tim Turkal's Tunes 8:00 Lotion Therapy       | 8:00 Social Circle 9:00 Dancing With Diane 2:30 Gene's Piano Tunes 6:00 Social Drinks 7:00 Freewill Baptist Service 8:00 Lotion Therapy | 8:00 Social Circle<br>11:00 Resident's Choice<br>3:30 Ball Toss<br>6:00 Social Drinks<br>8:00 Lotion Therapy         | 8:00 Social Circle<br>9:00 Dancing With<br>Diane<br>10:30 Reading<br>3:00 Nail Talk<br>6:00 Social Drinks<br>8:00 Lotion Therapy                         | 8:00 Social Circle 9:00 Morning Movie 10:00 Baking With Regina 3:00 Current Events 6:00 Social Drinks 8:00 Lotion Therapy                             | 8:00 Social Circle 10:30 Morning Chat 1:30 Eating Our Creations 6:00 Social Drinks 7:00 Movie Night 8:00 Lotion Therapy                   |  |  |
| 18  | 19  | 20  | 21   | 22   | 23  | 24  |  |  |
| 8:00 Social Circle 9:30 Catholic Communion 2:00 St. John's UCC Church Service 6:00 Social Drinks 6:30 Oldies Tunes 8:00 Lotion Therapy          | 8:00 Social Circle<br>1:30 Trivia<br>3:00 Current Events<br>6:00 Social Drinks<br>8:00 Lotion Therapy                   | 8:00 Social Circle<br>9:00 Dancing With<br>Diane<br>6:00 Social Drinks<br>8:00 Lotion Therapy   | 8:00 Social Circle<br>11:00 Resident's Choice<br>3:30 Ball Toss<br>6:00 Social Drinks<br>8:00 Lotion Therapy         | 8:00 Social Circle<br>9:00 Dancing With<br>Diane<br>10:30 Reading<br>3:00 Nail Talk<br>6:00 Social Drinks<br>8:00 Lotion Therapy                         | 8:00 Social Circle<br>9:00 Morning Movie<br>10:00 Baking With<br>Regina<br>3:00 Current Events<br>6:00 Social Drinks<br>8:00 Lotion Therapy           | 8:00 Social Circle<br>10:30 Morning Chat<br>1:30 Eating Our<br>Creations<br>6:00 Social Drinks<br>7:00 Movie Night<br>8:00 Lotion Therapy |  |  |
| 25  | 26  | 27  | 28   | 29   | 30  | 31  |  |  |
| 8:00 Social Circle 9:30 Catholic Communion 2:00 First Unithed Methodist Church Service 6:00 Social Drinks 6:30 Oldies Tunes 8:00 Lotion Therapy | 8:00 Social Circle 9:30 Resident Council Meeting 1:30 Trivia 3:00 Current Events 6:00 Social Drinks 8:00 Lotion Therapy | 8:00 Social Circle 9:00 Dancing With Diane 2:00 Max's Music/G 6:00 Social Drinks 7:00 Freewill Baptist Service 8:00 Lotion Therapy      | 8:00 Social Circle<br>11:00 Resident's Choice<br>3:30 Ball Toss<br>6:00 Social Drinks<br>8:00 Lotion Therapy         | 8:00 Social Circle<br>9:00 Dancing With<br>Diane<br>10:30 Reading<br>3:00 Nail Talk<br>6:00 Social Drinks<br>8:00 Lotion Therapy                         | 8:00 Social Circle 9:00 Morning Movie 10:00 Baking With Regina 3:00 Current Events 6:00 Social Drinks 7:00 Jon King Sings Country 8:00 Lotion Therapy | 8:00 Social Circle 10:30 Morning Chat 1:30 Eating Our Creations 6:00 Social Drinks 7:00 Movie Night 8:00 Lotion Therapy                   |  |  |



# Sat. Sept 14 8am Registration

Kent State Tuscarawas Performing Arts Center 330 University Dr. NE, New Philadelphia

Coordinator: Cindy Baker 330-650-0552 or call Hennis Care Centre of Dover, 364-8849 and Bolivar, 874-9999

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

**Pat's Porch** 309 E. 17th St. 1 Dover, OH 44622 (330) 364-8849

Hennis Care Centre
Transitional Therapy Houses



www.henniscarecentre.com

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

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

manog zo roaog fo



WAILER'S CHOICE

DAID

US POSTAGE

PRID

P