



THE

Friendly Visitor

July | August | September 2012

HENNIS CARE CENTRE

Dover & Bolivar, Ohio

People Who Can Help

DOVER

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

BOLIVAR

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

Sense of a Goose

- Author Unknown

When you see geese flying along in "V" formation, you might consider what science has discovered as to why they fly that way. As each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in "V" formation, the whole flock adds at least 71 percent greater flying range than if each bird flew on its own.

People who share a common direction and sense of community can get where they are going more quickly and easily because they are traveling on the thrust of one another.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone, and quickly gets back into formation to take advantage of the lifting power of the bird in front.

If we have as much sense as a goose, we will stay in formation with those people who are headed the same way we are.

When the head goose gets tired, it rotates back in the wing and another goose flies point.

It is sensible to take turns doing demanding jobs, whether with people or with geese flying south.

Geese honk from behind to encourage those up front to keep up their speed.

What messages do we give when we honk from behind?

Finally ... and this is important ... when a goose gets sick or is wounded by gunshot, and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies, and only then do they launch out on their own, or with another formation to catch up with their group.

If we have the sense of a goose, we will stand by each other like that.



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

www.henniscarecentre.com

Citrus-Granita and Orange-Mousse Parfaits

"I love a hot fudge sundae, but this is more refreshing," says New York City chef and restaurateur Jimmy Bradley about this light, citrusy mousse layered with orange granita and chopped almonds.

Ingredients

- 1 cup(s) sugar
- 1/2 cup(s) water
- 1/3 cup(s) light corn syrup
- 1 pinch(s) salt
- 4 cup(s) fresh orange juice
- 1 tablespoon(s) fresh lemon juice
- 3/4 cup(s) sugar
- 1 teaspoon(s) powdered plain gelatin
- 8 large egg yolks
- 1 cup(s) heavy cream
- 1 teaspoon(s) grated orange zest
- 3/4 cup(s) finely chopped salted roasted almonds

Directions

Make the granita: In a saucepan, bring the sugar, water, light corn syrup, and salt to a boil, stirring until the sugar is dissolved; cool. Stir in the orange and lemon juices, transfer to a large glass baking dish, and freeze until ice crystals form around the edge, 1 hour. Stir the ice crystals into the center and continue to freeze for 4 1/2 hours, stirring every 30 minutes, until fairly solid.

Meanwhile, make the mousse: In a saucepan, combine the sugar with 1/2 cup of water and boil until the sugar syrup reaches 220° on a candy thermometer, about 10 minutes. In a small bowl, sprinkle the gelatin over 2 tablespoons of water and let stand until softened, 5 minutes. Whisk the softened gelatin into the sugar syrup.



In the bowl of a standing electric mixer fitted with the whisk, beat the egg yolks until smooth. With the machine at medium-high speed, carefully drizzle in the hot sugar syrup, then beat at high speed until the mousse base is thick, fluffy and cool, about 5 minutes.

In a bowl, beat the cream until firm. Add the whipped cream and zest to the mousse base; fold in until no white streaks remain.

Scrape the granita with a fork until fluffy and spoon half of it into 8 dessert glasses. Top with half of the orange mousse and almonds. Repeat with the remaining granita, mousse, and almonds. Freeze the parfaits until firm, at least 2 hours or overnight.

Source: Delish.com

Hennis Care Centre Special Occasion Cookies

Select from the following holidays:

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

Cost per dozen \$6.00

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

See the receptionist for ordering & pre-payment

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



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

Congratulations

to both of you on this
beautiful milestone!



On January 25th our own **CLARA RAINSBURG** celebrated her 100th birthday. She celebrated it with her family -- daughters, Mary and Carl Stansbury, Carol and John McDougall, Dortha Knotts, son Harold and Nancy Rainsberg. Clara has 7 grandchildren, 12 great grandchildren, and 1 great, great grandson. Her great grandson, Brennan Sokowoski, will be leaving soon for Kuwait during his stint in the Air Force. She is proud of him, just as she is of all her grandchildren.

Clara is well known for playing the organ at Feed Spring Church for well over 40 years. She has played for many weddings and funerals as well. She was a member of the Brownsville Helping Hands and the Feed Springs Loyal Workers clubs. Clara is also well known for making all the pies and noodles for the Buckeye Hotel in Uhrichsville. She likes to recall these memories, along with the fond memories of raising her family.

NELL PERRY was born on January 10, 1910, in Maple Grove near Uhrichsville, Ohio. She is one of 12 sisters and brothers. Their parents were Henry and Flora Roth. She is a member of First Methodist in Dover and lived on Angel Drive in Dover for many years. Nell taught school for over 40 years, most of them in California. All of Nell's sisters, like she, became school teachers. She was married to her first husband, Roy Sharp, until his death. With her second husband, Mel Perry, they ventured to California where she taught school for most of those 40 years. After Mel passed away, her nephew Dave, drove to California and helped her move back to Ohio where she soon became active with the happenings of the community and church. She has traveled all over the world and enjoys sharing these adventures with everyone. She was very fond of her pet Boston Terrier and loved taking him everywhere she went. Nell stopped driving when she was 92. Her nephew tells of his home cooked lunches that she made for him every Thursday. He misses her cooking. Now he comes and has lunch with her here at Hennis Care Centre!



ACCOUNTING

Financial Tips for September

Create a Living Will

Discuss with your spouse your wishes concerning health care and funeral arrangements. This is not pleasant, but it is important that others know your preferences should you be incapacitated. Document your decisions by creating a Living Will.

Update Your Will

Update your will and if you are married, your spouse's will as well.

Review Budget vs. Actuals

Compare August income and expenditures with your budget. Make adjustments as appropriate to your September expenditures. Make sure you have invested your planned savings amount for August.

Get Your Social Security Statement of Benefits

Request a Personal Earnings and Benefit Estimate Statement from the Social Security Administration. This can be done using Form SSA-7004 or over the Internet. This statement summarizes your social security

earnings history and provides an estimate of the benefits to which you are entitled. It is important to verify that you have been credited for all of your earnings. You can also use this statement in your retirement planning.

Estimate Your Tax Liability

Total up your taxable income, capital gains and deductions through this date. This information can be used to plan your estimated tax payments, and perhaps avoid or minimize any underpayment penalties.

DOVER GARDENS

Whew! Spring sure ushered in a hot start to summer! That also brought some beautiful flowers for the season. We're enjoying the knockout roses, day lilies, petunias, snap dragons, geraniums, strawberry baskets (good to just pick one or two and eat it fresh from the vine!) - ah, so pretty to stroll around the walkways and take in the beauty like Nell Perry and her nephew do sometimes when visiting. We appreciate our garden and floral caretakers, Nathaniel House (Nurse Melinda's son) and Scottie Krieger (son of Kendra in accounting), subs - Daniel & Chrissy Sickinger, and in his spare time, Demetrious Farmer (DHS athlete). Thanks to all of you for your time with these tasks! We love to gather on the porches, either in a little sunshine or relax in the shade while gazing at the refreshing waterfall and seeing who is coming and going as we visit with each other. We've been attending many community functions this summer. We've been to the Hennis-sponsored Lunch & Learn program a few times at the Tusc. Senior Center for lunch, and help Mike with passing out information and give-aways while listening to the guest speakers, too; quite informative - join us any time- the 2nd Wednesday each month, it's open to the public. Bill Miller is diligent about attending his Lions' Meetings every Monday with the help of his fellow Lion & volunteer, Ken Sopher. Marge has also taken us to Schoenbrunn, Zoar Village, Ft. Laurens, and the Bolivar Dairy Queen for a sweet treat. Chef Brian and the dietary staff prepared and grilled a delicious picnic meal of corn on the cob, chicken, and various fixings and we thoroughly enjoyed it and the other park offerings of Tuscora Park. We had a lot of fun and good luck at the Senior Day at the Senior Center - a good lunch was served, and many of us won prizes! Winners of \$5 each were Alice Ladrach & Deloris Wright, and Barb Arney received \$10, and Mike was the recipient of a gas card! Our cultural opportunities have expanded this season! We saw the shows Chicago and Little Shop of Horrors at the Little Theatre; a movie at Regal Cinema, La Flavour band concert at the Dover Ampitheatre (sponsored by HCC), and plan to go to Bob Hill's orchestra performance at the Dover Park. We enjoy refreshments from the Lion's Club concession stand such as beverages, popcorn, candy and the like (HCC also helps provide the club with refreshments) while taking in some great performances! It's so comfortable in the shade with a breeze blowing across the hilltop among the serene park setting. We will also attend a couple of concerts at Tuscora Park, and enjoy that as well. It's always a pleasure to see and visit with friends at these outings. We have also enjoyed some very nice performances right here in the comfort of our own back yard under the veranda with Barry Scholles playing keyboard and singing, evenings with guitar strumming every Monday, and a big band concert by Wayne Roth and his 13 piece band during our

strawberry festival - complete with shortcake, berries, and the chocolate fountain with goodies - delicious! Our regular weekly entertainers continue to bring us delight as well! We're pretty fortunate, overall! Thank you Tracy Lee Lee, Pam Weltmer, Marge Johnson, Shirley Corpman, Rosie, Mike, Lauren, and other staff and volunteers who make these excursions possible! Friday afternoon fun with Marge has offered games outdoors such as totem pole bean bag toss (Roe W. was a winner one time with 55 points!), horse shoes, card games with a variety of ice-cream treats - refreshing on a hot summer day! The patriotic holidays have been celebrated with crafts, games, ice-cream cones, sing-a-longs, patriotic music, and camaraderie. We always have fun together. Our upcoming excursions include shopping, breakfast and lunch outings, picnics at the park, and a pontoon boat ride at Atwood or Tappan Lake! We look forward to an interactive VBS week in August for the staff's children and grandchildren - always a lot of fun with the youngsters. We'll be having a community benefit card party for the Alzheimer's Association on July 18 at 7:00p - \$5 gets a great night with a summer meal, prizes, fun, and friends! Be sure to give a call to reserve a table or two for you, friends, and residents - and did you know, you can play board games instead of cards if you prefer? With nice summer evenings we can even use our pack patio under the pergalo! We greatly appreciate all the support from many of you with our efforts as we dually fundraised for the cancer and Alzheimer's organizations throughout the year! This June, we proudly donated over \$10,000 at the American Cancer Society Relay For Life Walk! Thank You! Remember, September 29 in the morning is the community walk at Tuscora Park to Walk to End Alzheimer's - be sure to join the Hennis team for this very special endeavor! Also on the calendar are the Summer Lunches for the ladies and men and a guest (invitations will come in the mail), the county fair outings, the community Oktoberfest at Dover HCC (take note - crafters/vendors - you're invited to participate - just give the receptionist a call), and Grandparents Day celebration, football spirit week, and the Alzheimer's Walk. So, for now, stop in and continue to enjoy the fun and relaxation of summer and try to catch one of our concerts! Have a star bangled summer!

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



Deloris Wright in the "island spirit" for National Nursing Home Week Celebration!



Catherine Rinehart and Daughter enjoying Mother's Day Tea.



Happy Birthday Doris Ludwig! With Hostess Myra Lute.



Jane and Friend at Mother's Day Tea.



Totem Pole Bean Bag Toss Doris Smearman



Phyllis Garner with Cruise Captain David



Nothing like corn on the cob and a picnic at Tuscora Park.



July

July 6-10
VBS for Staffs
Children & Grandchildren
6:30 pm
Thurs. Nights
Guitar Strumming
Under Pergola
6:30 pm
Rootbeer Floats
Every Monday

Community Benefit
Card Party
Wednesday, July 18
7:00 pm - 10:00 pm
Mon - Fri
WHOGA
(Wheelchair Yoga w/Mike)
8:30am - R & G

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Energize w/Mike & Devotions 9:30 Bowling 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie Ch. 2 11:30 Catholic Communion 2:00 Alpine Bible Church Service	2 9:00 Energize w/Mike & Devotions 9:30 Bowling 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie Ch. 2	3 9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 2:00 Games of Choice 3:30 Crafts 6:00 Resident Choir	4 Happy 4th of July Individual Activities Cards - Puzzles Board Games	5 Music 1:00 - 2:00 9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee 10:30 Crafts 2:00 Forever Young-G 3:30 Volleyball 4:00 Karaoke 6:00 Creative Corner	6 Afternoon Special Fun With Marge 9:00 Rise & Shine/Exercise Time 9:30 Morning Chat 10:00 Outing 1:30 Dot Visits 1:30 Jingo 3:30 Horseshoes 4:00 Social Hour 7:00 Movie Ch.2	7 Individual Activities Cards - Puzzles Board Games 10:00 Lights For Christ Visits 1:30 Bingo With Staff
8 11:30 Catholic Communion 2:00 Rev. Robb's Church Service	9 9:00 Energize w/Mike & Devotions 9:30 Bowling 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie Ch. 2	10 Outing - TBA 9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 2:00 Games of Choice 3:30 Crafts 6:00 Resident Choir	11 9:00 Loosen Up w/Mike & Devotions 10:30 Nail Polish Mania 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visit 3:30 Bocci 4:00 Pick Your Brain	12 Art Lesson Leo The Lion 9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee 10:30 Crafts 1:00 Jerome James - Singer 3:30 Volleyball 4:00 Karaoke 6:00 Creative Corner	13 Afternoon Special Fun With Marge 9:00 Rise & Shine/Exercise Time 9:30 Morning Chat 10:00 Crafts 1:30 Jingo 3:30 Horseshoes 4:00 Social Hour 7:00 Movie Ch.2	14 Individual Activities Cards - Puzzles Board Games 1:30 Bingo With Staff
15 11:30 Catholic Communion 2:00 Dover Bible Church Service	16 9:00 Energize w/Mike & Devotions 9:30 Bowling 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie Ch. 2	17 9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 10:30 Catholic Mass 2:00 Joyce Cecil - Piano Music 3:30 Crafts 6:00 Resident Choir	18 9:00 Loosen Up w/Mike & Devotions 10:30 Nail Polish Mania 11:00 Purse Sale - R 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visit 3:30 Bocci 4:00 Pick Your Brain 7:00 Comm. Benefit Card Party	19 9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee 10:30 Crafts 2:00 Bruce Seever's - Guitar Music 3:30 Volleyball 4:00 Karaoke 6:00 Creative Corner	20 Afternoon Special Fun With Marge 9:00 Rise & Shine/Exercise Time 9:30 Morning Chat 10:00 Crafts 1:30 Jingo 3:30 Horseshoes 4:00 Social Hour 7:00 Movie Ch.2	21 Individual Activities Cards - Puzzles Board Games
22 11:30 Catholic Communion 2:00 Church Of New Hope Church Service	23 9:00 Energize w/Mike & Devotions 9:30 Bowling 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie Ch. 2	24 9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 1:00 Outing - TBA 2:00 Games of Choice 3:30 Crafts 6:00 Resident Choir	25 9:00 Loosen Up w/Mike & Devotions 10:30 Nail Polish Mania 12:30 Chef Demo 1:30 Bingo 3:00 Dover Library Visits 3:00 Catholic Visit 3:30 Bocci 4:00 Pick Your Brain	26 Art Lesson Squirking 9:00 Let's Get Fit w/Mike & Devotions 9:30 Current Events 9:45 Music With Laura 10:00 Yahtzee 10:30 Crafts 2:00 Jim McConnell - Singer 3:30 Volleyball 4:00 Karaoke 6:00 Creative Corner	27 Afternoon Special Fun With Marge 8:00 Guys Outing 9:00 Rise & Shine/Exercise Time 9:30 Morning Chat 10:00 Crafts 1:30 Jingo 3:30 Horseshoes 4:00 Social Hour 7:00 Movie Ch.2	28 Individual Activities Cards - Puzzles Board Games 1:30 Bingo With Staff
29 11:30 Catholic Communion 2:00 First Methodist Church Service	30 9:00 Energize w/Mike & Devotions 9:30 Bowling 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie Ch. 2	31 9:00 Total Stretches 9:30 News & Chat 9:45 Music With Laura 10:00 Culinary Corner 2:00 Games of Choice 3:00 Resident Council 3:30 Crafts 6:00 Resident Choir	Mon. & Fri. Nites Movies on Ch. 2 7:00pm Activities subject to change Everyday Games in the Dining Room Wii Available Daily Daily: Afternoon & Evening Card Club	PS Salon Services Tuesday thru Saturday Look for Guys Gathering Outings - TBA Daily Computer Use Available Check out the fundraisers for Cancer & Alzheimer's	<h2>Garden Activities of Dover</h2>	

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



**Thelma Shaffer and Louise Gorman
Puzzle Time!**



**Ruth Hughes and daughter
for Mother's Day Tea.**



**Erma Snyder and Family
for Mother's Day Tea.**



Audra Parris and Family for Mother's Day Tea.



**Donna Cauley and Daughter
for Mother's Day Tea.**



**Martha Carlisle receiving baby kisses
for Mother's Day!**



**Martha McIntire and Family
Mother's Day Tea**



**Viola hapily holding great grand baby,
with daughter and grandson.**



**Louis Gorman stands next to Earl, King and
Queen of Senior Center's Senior Day 2012**

Friends of the Homestead,

We have had a fun and eventful spring and summer! Spring brought with her the beauty of all the flowers and the birds came out to sing again. We went cruising through the all sorts of different Caribbean islands, we had wonderful entertainment and even got our passports stamped for National Nursing Home Week! We got to participate in Run for Home again this year and helped keep the runners and walkers cool with refreshments as they gave their all for the cause. We, of course, honored our mothers for Mother's Day. Chef Brian and the dining staff did a wonderful presentation on how to cut fruit decoratively.

We are enjoying all the greatness that summer brings us. We are excited for baseball games, gardening, our walks in the garden, picnics and ice cream! We love our

ice cream socials on the homestead.

Father's day was nice to spend time with our fathers and celebrate the great men in our lives. We are excited to participate in the summer walking program this year, and we are trying to earn feet for our necklace so we can proudly display them. We are also looking forward to visiting some of our local treasures this summer as we make our way to some of the different historical sites around the Tuscarawas County area.

We hope you all have a wonderful summer and enjoy the beautiful sunshine and splash around in the pool. Just don't forget that sunscreen!! So join us as we listen to our official tune of summer.

In The Summertime
Mungo Jerry

*In the Summertime
when the weather is high
You can stretch right up
An' touch the sky
When the weather's fine . . .*

Tune in with us for more of the song!! Enjoy the weather!!

-Lauren and the Homesteaders



July

July 6-10
VBS for Staffs
Children &
Grandchildren

6:30 pm
Thurs. Nights
Guitar Strumming
Under Pergola

6:30 pm
Rootbeer Floats
Every Monday

Community Benefit
Card Party
Wednesday, July 18
7:00 pm - 10:00 pm

Mon - Fri
WHOGA
(Wheelchair Yoga w/Mike)
8:30am - R & G

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4 Happy 4th of July	5	6	7	
7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 1:30 Karaoke 2:00 Alpine Bible Church Service-G 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 10:00 Sensory Time 1:30 Bingo 7:00 Movie - Ch. 2 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 12:00 Walks in the Garden 1:30 Cards 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 9:45 Nail Mania 10:00 Sensory Time 1:30 Trivia 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 2:00 Forever Young-G 3:30 Ball Toss 5:30 Book Club 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 10:00 Sensory Time 1:30 Afternoon Games 7:00 Movie - Ch. 2 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 9:30 Sensory Time 1:30 Karaoke 7:00 Lotion Therapy	
8	9	10	11	12 Art Lesson Leo The Lion-G	13	14	
7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 1:30 Karaoke 2:00 Rev. Robb's Church Service-G 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 10:00 Sensory Time 1:30 Bingo 7:00 Movie - Ch. 2 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 12:00 Walks in the Garden 1:30 Catholic Mass 1:30 Gardening 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 9:45 Nail Mania 10:00 Sensory Time 1:30 Trivia 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 2:00 Jerome James - Singer-G 5:30 Book Club 6:30 Art Lesson 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 10:00 Sensory Time 1:30 Art/Craft Time 7:00 Movie - Ch. 2 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 1:30 Karaoke 7:00 Lotion Therapy	
15	16	17	18	19	20	21	
7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 1:30 Karaoke 2:30 Dover Bible Church Service-G 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 10:00 Sensory Time 1:30 Bingo 7:00 Movie - Ch. 2 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 12:00 Walks in the Garden 1:30 Cards 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 9:45 Nail Mania 10:00 Sensory Time 1:30 Trivia 7:00 Lotion Therapy 7:00 Comm. Benefit Card Party	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 2:00 Bruce SeEVERS - Guitar Music-G 3:30 Ball Toss 5:30 Book Club 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 10:00 Sensory Time 1:00 Deacon Ron's Communion 1:30 Afternoon Games 7:00 Movie - Ch. 2 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 1:30 Karaoke 7:00 Lotion Therapy	
22	23	24	25	26 Art Lesson Squirklng-G	27	28	
7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 1:30 Karaoke 2:00 Church On New Hope Church Service-G 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 10:00 Sensory Time 1:30 Cards 7:00 Movie - Ch. 2 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 12:00 Walks in the Garden 1:30 Cooking Corner 6:15 Apples of Gold 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 9:45 Nail Mania 10:00 Sensory Time 1:30 Trivia 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 2:00 Jim McConnell - Singer-G 5:30 Book Club 6:30 Art Lesson 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 10:00 Sensory Time 1:30 Art/Craft Time 7:00 Movie - Ch. 2 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 1:30 Karaoke 7:00 Lotion Therapy	
29	30	31	<i>Activities subject to change.</i> <i>Everyday Games in the Dining Room</i> <i>Wii Available Daily</i> <i>Mon. & Fri. Nites Movies on Ch. 2 7:00pm</i>		<i>PS Salon Services Tuesday thru Saturday</i> <i>Look for Guys Gathering Outings - TBA</i> <i>Daily Computer Use Available</i> <i>Check out the fundraisers for Alzheimer's & Cancer</i>		<h1>Homestead Activities of Dover</h1>
7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 1:30 Karaoke 2:00 First Methodist Church Service-G 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Exercise Group 9:30 Current Events 10:00 Sensory Time 1:30 Bingo 7:00 Movie - Ch. 2 7:00 Lotion Therapy	7:30 Breakfast Club 8:00 Morning Tunes 9:00 Social Circle 9:30 Current Events 10:00 Sensory Time 12:00 Walks in the Garden 1:30 Cards 7:00 Lotion Therapy					

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

DOVER REHAB

All is well on Rehab!

We welcome some former patients who have decided to come back and volunteer. Thank you so very much Jeremy and Jeff for doing this. We really appreciate your involvement. Your time is very valuable to us! Anyone else interested? Just give us a call or stop in to see us.

For months we have had many fund-raisers and have been campaigning for the American Cancer Society Relay For Life and the Alzheimer's Association. Thank you to all for your support and dedication to these well deserved causes and your efforts to make a change in others' lives. Again, we contributed to another awesome donation of over \$10,000 on behalf of the Hennis Team. Thank you!

So many events have taken place since the last newsletter that I want to touch on just a few. Mother's Day and Father's Day were very special. National Nursing Home Week was also a fun experience.

We sailed from port to port, cruising the islands. Captain David made his appearances and joined us for lunch in the Promenade Deck. Such a seafaring captain he is and handsome in uniform. Everyone was given a passport and boarding pass for our luxury cruise liner, the Oasis of Hennis. We had such wonderful cuisine all week that included bananas Dania, crab alfredo, coconut shrimp, Hawaiian pizza and island fruit. On stage in the Lido Lounge were many entertainers all week long. Starting the week were the Texas Roadhouse line dancers, then Jerry Weaver and banjo, the one and only Jerome James, The Forever Young, and ending with the Swinging Grannies! Cruise directors Lauren Wilson and Marge Johnson did a marvelous job. Yea!

Also, the Senior Center of Tuscarawas County sponsored a senior day luncheon and we took a few residents. It's a good thing we took them because several of them won prizes! Alice Ladrach, Dolores

Wright, and Louise Gorman won \$5 each, Barb Arney won \$10, Carol Beitzel won a soap and lotion set, and Mike Scholles won a gas card. Not bad Hennis Care Centre! But, the best part of the day was when our very own Louise Gorman was crowned queen of the event for 2012! I am so proud of you Louise. She won this by being the oldest female present. The king was Earl Johnson of Dover, the oldest male Present.

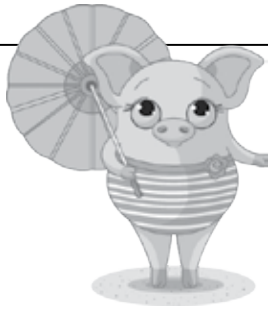
In July, we had the Alzheimer's Association benefit card party and had a huge turnout. We wish to thank all of you who participated. August brought our ladies' luncheon and men's luncheon. It is so nice to see everyone having a good time at these events.

Upcoming events will be the community Oktoberfest, which is at Dover this year. Again, it's this time of year in the fall for the apple pie bake-off. Watch out Gardens and Homestead, we in Rehab want to win again!

Till next time, Mike

DOVER STRAWBERRY FESTIVAL





July

July 6-10
VBS for Staffs
Children &
Grandchildren

6:30 pm
Rootbeer Floats
Every Monday

6:30 pm
Thurs. Nights
Guitar Strumming
Under Pergola

Community Benefit
Card Party
Wednesday, July 18
7:00 pm - 10:00 pm

Mon - Fri
WHOGA
(Wheelchair Yoga w/Mike)
8:30am - R & G

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:30 Catholic Communion 2:00 Alpine Bible Church Service	2 7:30 Breakfast Club 9:00 Morning Walks 10:00 Exercise Group 1:00 Room To Room 7:00 Movie - Ch. 2	3 7:30 Breakfast Club 9:00 Exercise Group 9:30 Devotions 10:00 Exercise Group 10:30 Devotions	4 Happy 4th of July 7:30 Breakfast Club 9:00 Get Moving 9:30 Relax & Pray 10:00 Get Moving 10:30 Relax & Pray	5 8:00 Breakfast Club 8:30 Walk The Patio 10:00 WHOGA 2:00 Forever Young-G	6 7:30 Breakfast Club 8:30 Outside Walk 10:00 Exercise Group 1:00 Summer Stories 7:00 Movie - Ch. 2	7 8:00 Breakfast Your Way 10:30 All Day Computer Time 2:00 Porch Visits With Family
8 11:30 Catholic Communion 2:00 Rev. Robb's Church Service	9 7:30 Breakfast Club 9:00 Morning Walks 10:00 Exercise Group 1:00 One To One Visits 6:00 Patio Time 7:00 Movie - Ch. 2	10 7:30 Breakfast Club 9:00 Exercise Group 9:30 Devotions 10:00 Exercise Group 10:30 Devotions	11 7:30 Breakfast Club 9:00 Get Moving 9:30 Relax & Pray 10:00 Get Moving 10:30 Relax & Pray	12 Art Lesson Leo The Lion-G 8:00 Breakfast Club 8:30 Walk The Patio 10:00 WHOGA 12:00 One To One Visits 2:00 Jerome James - Singer-G	13 7:30 Breakfast Club 8:30 Outside Walk 10:00 Exercise Group 1:00 Summer Stories 7:00 Movie - Ch. 2	14 8:00 Breakfast Your Way 2:00 Porch Visits With Family
15 11:30 Catholic Communion 2:00 Dover Bible Church Service	16 7:30 Breakfast Club 9:00 Morning Walks 10:00 Exercise Group 1:00 One To One Visits 6:00 Patio Time 7:00 Movie - Ch. 2	17 7:30 Breakfast Club 9:00 Exercise Group 9:30 Devotions 10:00 Exercise Group 10:30 Devotions	18 7:30 Breakfast Club 9:00 Get Moving 9:30 Relax & Pray 10:00 Get Moving 10:30 Relax & Pray 7:00 Comm. Benefit Card Party	19 8:00 Breakfast Club 8:30 Walk The Patio 10:00 WHOGA 12:00 One To One Visits 2:00 Bruce Seever's - Guitar Music-G	20 7:30 Breakfast Club 8:30 Outside Walk 10:00 Exercise Group 1:00 Summer Stories 7:00 Movie - Ch. 2	21 8:00 Breakfast Your Way 2:00 Porch Visits With Family
22 11:30 Catholic Communion 2:00 Church Of New Hope Church Service	23 7:30 Breakfast Club 9:00 Morning Walks 10:00 Exercise Group 1:00 One To One Visits 6:00 Patio Time 7:00 Movie - Ch. 2	24 7:30 Breakfast Club 9:00 Exercise Group 9:30 Devotions 10:00 Exercise Group 10:30 Devotions	25 7:30 Breakfast Club 9:00 Get Moving 9:30 Relax & Pray 10:00 Get Moving 10:30 Relax & Pray	26 Art Lesson Squirking-G 8:00 Breakfast Club 8:30 Walk The Patio 10:00 WHOGA 12:00 One To One Visits 2:00 Jim McConnell - Singer-G	27 7:30 Breakfast Club 8:30 Outside Walk 10:00 Exercise Group 1:00 Summer Stories 7:00 Movie - Ch. 2	28 8:00 Breakfast Your Way 2:00 Porch Visits With Family
29 11:30 Catholic Communion 2:00 First Methodist Church Service	30 7:30 Breakfast Club 9:00 Morning Walks 10:00 Exercise Group 1:00 One To One Visits 6:00 Patio Time 7:00 Movie - Ch. 2	31 7:30 Breakfast Club 9:00 Exercise Group 9:30 Devotions 10:00 Exercise Group 1:00 Domino's	<p>Activities subject to change. Everyday Games in the Dining Room</p> <p>Wii Available Daily</p> <p>Daily: Afternoon & Evening Card Club-G</p> <p>Mon. & Fri. Nites Movies on Ch. 2 7:00pm</p>	<p>PS Salon Services Tuesday thru Saturday</p> <p>Look for Guys Gathering Outings - TBA</p> <p>Daily Computer Use Available</p> <p>Check out the fundraisers for Alzheimer's & Cancer</p>	<h2>Rehabilitation Activities of Dover</h2>	

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

Let's Paws to Reflect

Some interesting data has come up that will amaze you, especially if you're a cat owner. My interest here is to merely pass along information, not to stir up cat owners. Been there, done that, didn't like it.

In a recent study, scientists found that dogs may have personalities. Canines apparently have enough unique characteristics and traits that you can actually tell them apart just by their body language.

Many longtime dog owners say they've known this all along, but scientists won't take the word of people who allow themselves to be smooched by a creature that drinks out of the commode.

For example, just because a dog wags its tail means very little until you understand there are "high waggers," which are contented dogs, "middle waggers," dogs that have some minor issues, and "low waggers," dogs with serious social problems.

With this in mind, scientists recruited a thousand Labrador Retrievers and had them fill out a "What's Your Style?" form. A control group was asked to complete the "Which movie star do you like most?"

The results showed that 40 percent of the test subjects wanted to play fetch with Brad Pitt, while 30 percent wanted to discuss politics with Madonna. The remaining 30 percent went to the door and asked to be let out.

OK, I just made that up. The asked dog owners to rate their dogs for various personality traits — aggressiveness, curiosity, friendliness and then had strangers rate the same dogs. Most of the time, the owner's assessment and the stranger's assessment agreed, proving

that dogs probably do have measurable personalities.

A more interesting bit of research has demonstrated that dogs are very good at reading human social cues, better, in fact, than their cousin the wolf, or our cousin, the chimpanzee.

In this study, a graduate student approached a group of dogs, a group of chimpanzees and a pack of wolves, pointed at a wet spot on the carpet, and said "Bad! Very bad!"

No less than 100 percent of the dogs responded by ducking and whining apologetically. Half of the chimpanzees threw a banana at the investigator, while the other half pointed indignantly at the dog. No one is sure what happened with the wolves, as they're still waiting for the student to get out of hospital.

Will there ever be definitive proof about a cat's ability to read humans? We'll need more sophisticated tests. When asked to fill out the personality quiz, 95 percent of cats tested bit the investigator's ankle and wandered off. When asked to find food under the cup, 97 percent of cats scratched the investigator's ankle and wandered off.

Leading cat psychologists say felines are very complicated because they communicate via telepathic means, but they say are more prone to depression, anxiety, addictive behavior and weight gain.

Now, what have learned from all this? Nothing.

So for now I guess, the dog is having its day, while the cat remains resolutely out of the bag.

Source Jerry Wolfrom



Heat exhaustion and heat stroke pose significant threat

Summer is a season best spent outdoors, and many people anxiously await their opportunity to soak up some sun in the warm, summer air. But the summer heat can be relentless, posing a potentially significant threat to those who aren't careful when the dog days of summer arrive.

Heat exhaustion and heat stroke are two of the biggest concerns for those spending time under the summer sun. Differentiating between the two and understanding the causes and symptoms of each can help revelers survive the summer heat.

What is heat exhaustion?

Those who work or exercise in humid or hot conditions might have experienced some level of heat exhaustion. When a person is suffering from heat exhaustion, their body is losing its fluids through sweat, and that loss causes dehydration. The body will also overheat, with its temperature rising as high 104 F.

What is heat stroke?

Heat stroke can be life-threatening. When a person is experiencing heat stroke, his or her body's cooling system stops working, and the body's temperature can rise to 105 F or higher. The cooling system is controlled by the brain, so heat stroke can even damage the brain and/or additional internal organs.

What causes heat exhaustion?

Many people who suffer from heat exhaustion are not used to exercising or working in hot or humid environments, an unfamiliarity that makes them susceptible to heat exhaustion. Gardeners, for example, might be able to work in the garden in late spring and feel no ill effects. However, once summer arrives with its humidity and higher temperatures, those same gardeners are not accustomed to such conditions and might develop heat exhaustion as a result. Especially humid days make it difficult for the body to properly evaporate sweat, and the body will lose fluids and electrolytes. As this is happening, people who do not adequately replace those lost fluids are more likely to suffer from heat exhaustion.

What causes heat stroke?

Unlike heat exhaustion, which is largely caused by external conditions, heat stroke can result from an existing medical condition or medications. People with certain conditions or on medications that hinder the body's ability to sweat may be predisposed to heat stroke because their cooling mechanisms are already impaired or compromised. But heat stroke can also be caused by anyone exerting themselves in a hot environment, even if those people do not have a preexisting medical condition.

What are the symptoms of heat exhaustion?

Heat exhaustion symptoms vary but can include:

- sweating profusely
- feelings of dizziness
- muscle cramps or pains
- fainting
- dark-colored urine (dehydration)
- nausea
- pale skin
- rapid heartbeat
- headache

What are the symptoms of heat stroke?

A body temperature of 105 F or above is a telltale indicator of heat stroke, but additional symptoms may include:

- throbbing headache
- flushed, hot and dry skin
- slightly elevated blood pressure
- dizziness and light-headedness
- nausea and vomiting
- rapid, shallow breathing
- lack of sweating despite the heat
- rapid heartbeat that is strong or weak
- unconsciousness

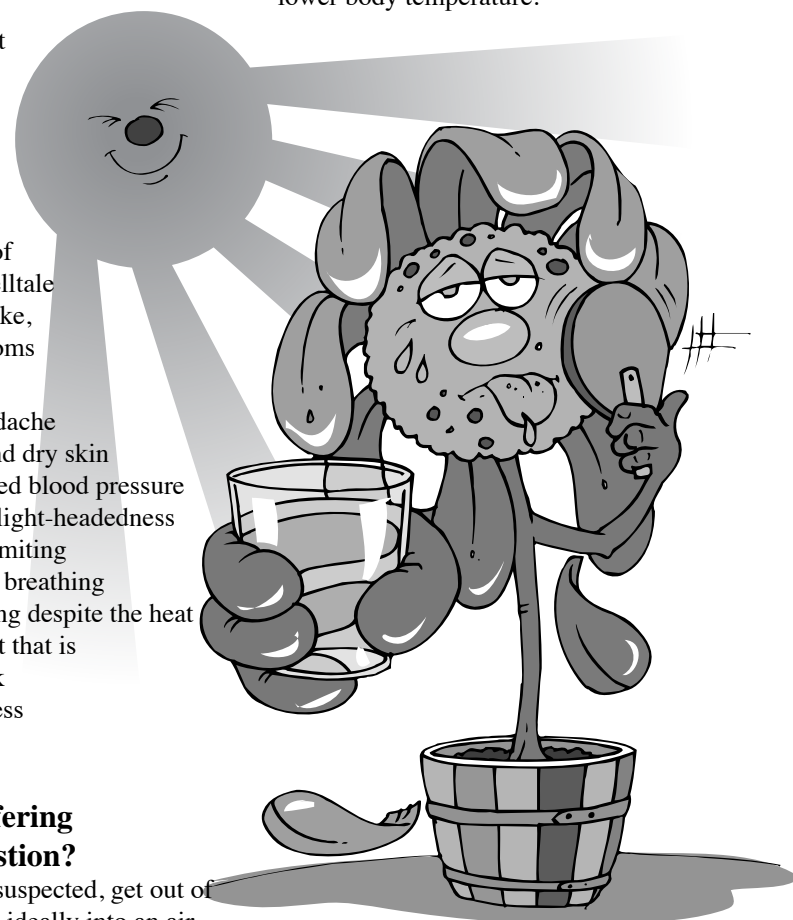
What do I do if I suspect I am suffering from heat exhaustion?

If heat exhaustion is suspected, get out of the heat immediately, ideally into an air-conditioned room but under a tree in the

shade if that's the only option. Call a doctor if you cannot keep fluids down or if you seem incoherent. Those who can keep fluids down should drink plenty of noncaffeinated and nonalcoholic beverages, and remove any tight or unnecessary clothing. In addition, take a cool shower or bath, but ideally only do so if someone is around to monitor you.

What should I do if I suspect I am suffering from heat stroke?

Heat stroke is potentially life-threatening, so immediately dial 911 if you feel you have heat stroke. If you suspect someone else has heat stroke, administer some first aid while waiting for an ambulance to arrive. Move the person to an air-conditioned room, and try to get his or her body temperature down to a more manageable 101 F or 102 F. Wet the person's skin and apply ice packs to the armpits, groin, neck, and back, as these areas have an abundance of blood vessels close to the skin, and cooling them can help lower body temperature.



NATIONAL NURSING HOME WEEK



Marge J. and Mary are making tropical crafts.



Lauren Wilson and Tom Sweitzer at Casino nite



Niece Sue Everhard celebrates with Alice Ladrach.



Mary Brannon sports the Captain's hat with David Hennis.



The ships Capatain (David) with friends.



Bartt Hughes deals a hand to Mr. and Mrs. Bleininger at the Casino Table.



Bob enjoys the Casino games.



Dancin to the Casino live entertainment!



The ship's Activity Director, Mike Scholles, helps with a water craft.



"Captain" Tom Sweitzer and David Hennis



Doris Ludwig tries on the Captain's hat of David Hennis.



The Captain, David Hennis, shakes hands



Nurse K.P. gets in the cruise theme too, with David Hennis.

Fruits and Vegetables Can Directly Influence Brain Function

Sometimes scientists tell us things that we're fairly certain we already believe. Still, it's always nice to know that what we believe to be true is in fact true. A group of scientists in France investigated whether eating fruits and vegetables for thirteen years (!) would actually protect against a decline in cognitive abilities that humans commonly experience with normal aging. It does, and this is how they proved it.

The study began with a very large group of adults, over 6800; however, only 2500 finished the study by adequately completing all the dietary and cognitive evaluations. The subjects were between the ages of 45 and 60 years old at the beginning of the thirteen year study and each was required to maintain careful and detailed records of their daily diets. The subjects were evaluated at the beginning and end of the study for a variety of cognitive abilities, including verbal memory and higher executive functions such as decision-making and mental flexibility, among many other tests. Their results were published in the November 2011 issue of *The American Journal of Clinical Nutrition*. There is good news and bad news.

First of all, their diets were composed of a variety of fruits and vegetables, but specifically excluded potatoes, legumes and dried fruits (they each introduce specific complications that might interfere with the outcome). The adults were divided into the folate-rich diets containing both fruits and vegetables, the beta-carotene-rich diets containing both fruits and vegetables, the vitamin C-rich diets of both fruits and vegetables, and the vitamin E diets containing both fruits and vegetables. The individual consumption of specific nutrients, i.e. folate, beta-carotene, and vitamins C and E were also monitored. The subjects were allowed to choose how much of each diet they wished to consume each day; therefore, daily intakes of each nutrient varied. This was

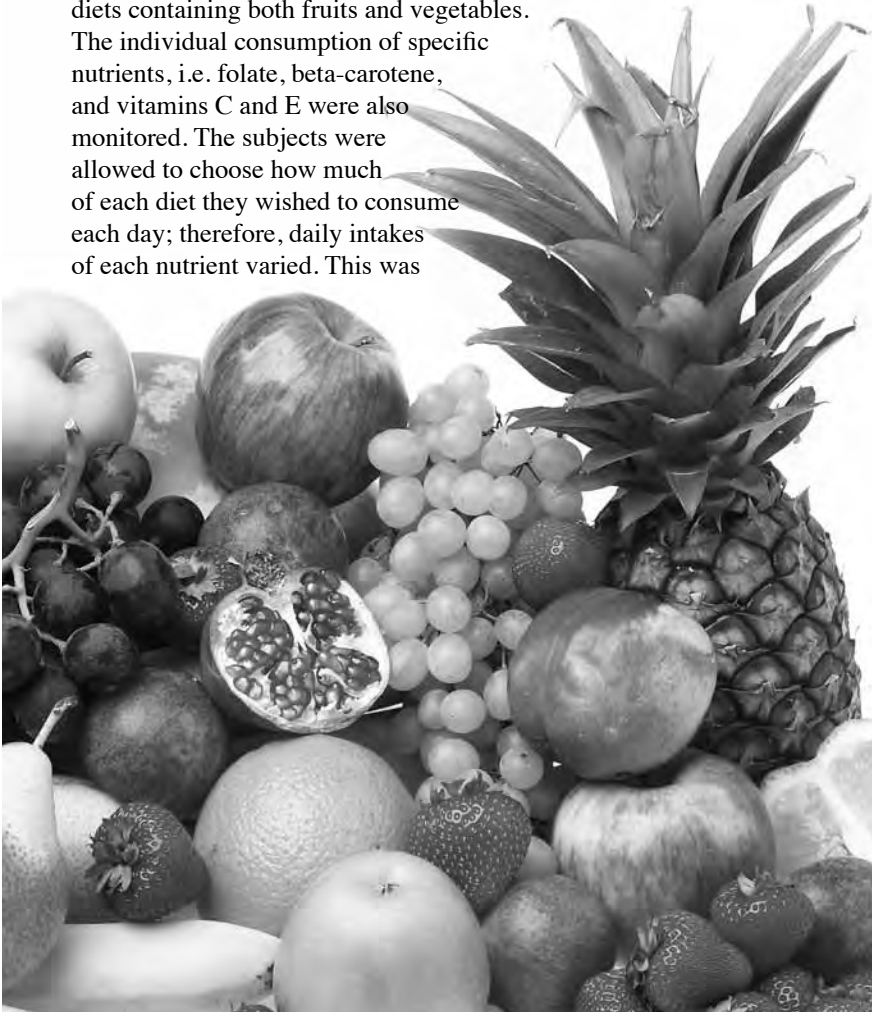


allowed in order to more closely reproduce how most of us actually select our daily intakes. At the end of the study, this is what they found.

Eating fruits and vegetables have differential and significant beneficial effects on different aspects of brain function. When the specific diets were examined more closely diets that consisted of only fruits or diets with vitamins-C & E rich fruits and vegetables selectively benefited only verbal memory scores. This test involved being told to remember 48 different words and then recalling them after a delay with distractions. If this sounds like your job then you're in luck. Now the bad news.

Diets that consisted of vegetables alone or diets that were beta-carotene-rich were negatively associated with executive functioning scores. If your job involves making difficult executive decisions then you might want to avoid beta-carotene-rich diets. These fruits and vegetables typically have bright orange and yellow pigmentation.

This study is valuable because the authors tried to determine the effects of specific aspects of our diet upon brain function. Clearly, our diets can influence how well our brain works and how we feel. As an added bonus, these diets tend to reduce the risk of cardiovascular disease and cancer—and you'll be thinner while doing so.



AMERICAN CANCER SOCIETY RELAY FOR LIFE 2012 - STRASBURG



WINNERS

Kiwanis Pancake Day Tickets

Laureen Wilson, Devin Huffman,
Bert Evans, Harold Baker, Kendra Krieger,
Mike Scholles, Mary Phillips

Gas Card Winners

Martha Rackets, Jeannie Saurenger,
Jean Lance, Sue Everhart,
Jessica Karl, Barb Burcher

Methodist Church Chicken BBQ Tickets

Wayne Roth, Anita Pepper,
Barry Scholles, Ruth Meese,
Lisa Smith, Ashley Niretto

Nat'l Nursing Home Week Prizes Movie & Subway gift cards & Cleveland Indians Tickets

Rose Lomax, Nicole Jones, Mary Phillips,
Bert Evans, David Edwards,
Danielle Ondash, Tonya Monteleone,
Jill Bresseur, Bartt Hughes,
Joseph Gray, Angela Coblentz,
Jessica Love, Sarah Ball,
Carol Mason, Katrina Maxwell

HELP NEEDED

Seeking:
Persons interested in helping
with crafts and 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.



DATES TO REMEMBER

JULY

Benefit Card Parties

Open to the public

Bolivar - July 11 - 7 pm - 10 pm

Dover - July 18 - 7 pm - 10 pm

For Alzheimer's & Cancer Associations

July 28 - **Pig Roast** - Western Theme
Bolivar family & friends - 4 pm - 7 pm

July 11 - Lunch & Learn

Dover Senior Center - 11:45 am - 1:15 pm
Hosted by Hennis Care Centre

AUGUST

HCC of Dover VBS

for staff's children & grandchildren
(afternoon) - August 6 - 10

Sign up with the Dover Receptionist

Lunch & Learn - August 8

Dover Senior Center - 11:45 am - 1:15 pm
Hosted by Hennis Care Centre

Ladies Summer Luncheon

Dover & Bolivar August 16 - 12 pm

Men's Summer Luncheon

Dover & Bolivar - August 17 - 12 pm

Cake & Pie Walk Fundraiser

(Great for Labor Day gatherings!)

Dover Rehab Dining Room - 1:30 pm
(Baked items also graciously accepted)

SEPTEMBER

Grandparents Day Celebration

Bolivar - September 8 - 6 pm - Weiner Roast

Dover - September 9 - 2 pm

Dessert Bar Rehab Dining Room

Lunch & Learn - September 12 - Dover

Senior Center - 11:45 am - 12:45 pm

Autumn Apple Pie Bake Off - Dover

September 21 - 2 pm judging

Walk to End Alzheimer's

September 29 - Morning

Join the Hennis Team at Tuscora Park!

OCTOBER

Community Oktoberfest at Dover

October 7 - 2 pm - 4 pm

Lunch & Learn - October 10

Dover Senior Center - 11:45 am - 12:45 pm

Benefit Card Parties

Open to the public

Bolivar - October 3 - 7 pm - 10 pm

Dover - October 10 - 7 pm - 10 pm

*Be sure to bring a bag(s) of wrapped candy
(for Activities) for Trick or Treat Night
& have your name entered to win a prize!

BOLIVAR GARDENS



Joan enjoys the finished product



Alice, Virginia and Rob at the Charge basketball game



Betty and Sally help make Bananas Foster with the chef



Thelma stops at our Paris Café'



Alice sings with the Doodle Le Doos



Kathryn, June and Jean really like Randy Valez



Richard Stallman poses at the french café



Helen Friley tickles the ivory

Hello *from the Gardens Unit,*

We imagined we were on a cruise around the world for National Nursing Home Week. The theme was Celebrating the Journey! The day we went to Paris we dressed up and pretended we were at a French cafe' and had our pictures taken. The dining room had a large Eiffel Tower painted by STNA Holly. We did Get Fit to french music, played Paris Bingo; the winners had to yell Paris instead of Bingo, and the Valley Voices entertained that night. Tuesday we sailed to Africa. We watched a John Wayne movie about Africa, made tote bags to carry our souvenirs in, Gene played the piano for us and we played "Around the World" beach ball at night. Wednesday we danced our way to Mexico. Everyone was so excited to hear Randy Valez perform. We talked about how good he was for days. Then we went to Alaska. We panned for gold, sent postcards home and danced to the tunes of the Doodle-Le-Doos, Friday we painted Flowers to put in our hair for the Luau that evening. The weather was so nice we had our Luau in the courtyard with Hawaiian music; Hawaiian food prepared by Chef Matthew and played some Hawaiian games. A fun time! The end of the month we were entertained by Gene and Jon.

The first weekend in June was Relay For Life. Staff has been raising money all year for this event. It was at the Strasburg Park. We had another cooking class with Chef Matthew, and had a Father's Day Brunch with our families. Even in the summer our faithful volunteers come to help with bingo, exercise, church, games, and so much more. Thank you! We couldn't do it without you. You are very special people. Max came and played Patriotic music and summer tunes, Gene and Don also played for us.

We had fun celebrating the 4th of July. We had another Card Party for the public on the 18th. The Pig Roast was the 28th. There were tents outside in the front yard, a real roasted pig, wonderful food, good music and had a good time visiting with our families. In August we will be having our annual Ladies and Men's Luncheons.

As the fall weather comes we will be having a Grandparents Day wiener roast. This is such a fun time. The families bring in pot luck and we roast hot dogs and marshmallows.

Have a great fall!
The Gardeners



July



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

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



Pearl fanning herself at the luau



Earl sneaking a few snacks during an activity



Wayne trying out the new Plinko game

Hello Sunshine!!

Wow, has it ever been hot lately!! But, that's what we all were hoping for a few months ago!

What fun we had during the week of National Nursing Home Week. We "visited" Paris, Africa, Mexico, Alaska and Hawaii; ending the week with a luau in the courtyard! We played different games throughout the week; such as, Paris Bingo, Plinko, and Bean-bag toss. We enjoyed watching John Wayne starring in the movie "Hatari". In this movie, he and his team travel to Africa to catch animals for a zoo in America. There are some serious parts and some really funny parts throughout the movie. Randy Velez performed for us while we "visited" Mexico. What a great entertainer he is! He sang some of Louis Armstrong's songs and sounded just like Louis! We look forward to his return. The "Doodle-Lee-Doos" also entertained us and as usual, we enjoyed their visit very much. Marcia is just soooooo lively! She makes everyone enjoy the show!

We will be hosting another Card Party on the 11th of July. For a donation of \$5.00, you receive a buffet meal, beverage, dessert and enjoy playing cards with your family &/or friends! This evening will benefit the Relay For Life Cancer Society and the Alzheimer's Association. Call Kathy or Julie (receptionists) at 330-874-9999 or the Activity Office at extension 3363 for your reservation. We hope to see you here!



Myra, Ralph and Earl enjoying an African Safari race.

We are busy making plans for the annual "Hennis Pig Roast". We will be hosting it at Bolivar this year. It will be held on the 28th of July from 4:00 pm until 7:00 pm. Hopefully you will be joining us for this event; we always have a great time! There will be lots of food, conversation and music. This event is held outside on the front lawn under tents, so the heat isn't too bad for all that attends. Most of the residents come out for their dinner on this day to enjoy the music and being outdoors.

In August, we will be having our annual Ladies' and Men's luncheons. Our ladies will have a "summer" meal on the 16th and the men will be served their meal on the 17th. The residents can invite 1 guest to this luncheon; so, plan to attend this summer luncheon with your loved one.

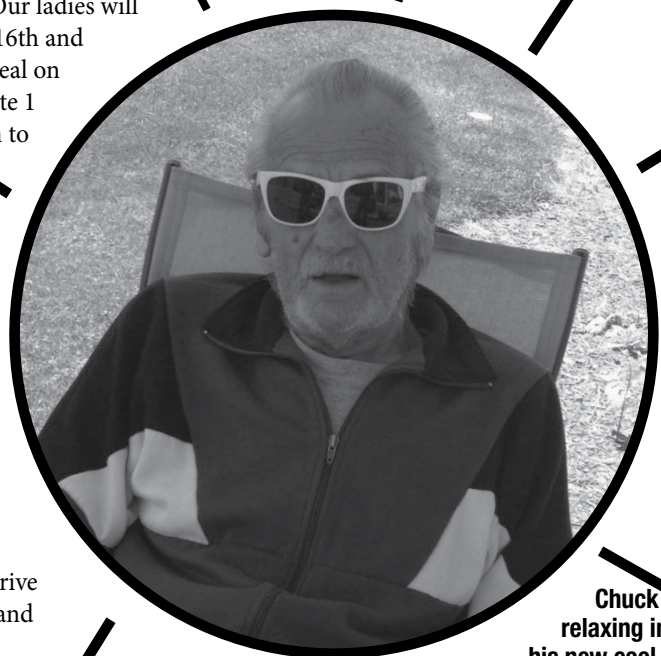
For September, we will be celebrating Labor Day and our Grandparents during the first week. On the 8th at 6:00 pm, we will be hosting our annual "Grandparent's Day" wiener roast. This is held in the front parking lot. We have 2 fire-pits and lots of tables set up for everyone. Watch for your invitation to arrive for this special evening of fun and conversation!



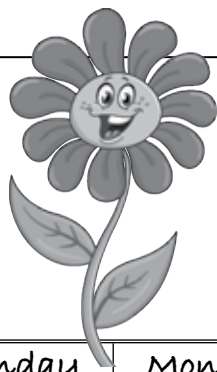
A Mexican resident outing

I hope that you will be able to join us for some or all of these events! We always have a great time!

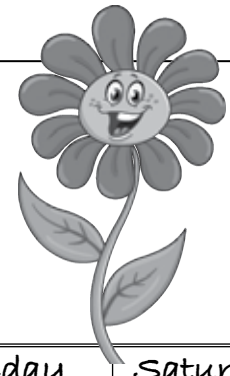
Until next issue; take care and may God bless!
Jeanne



Chuck relaxing in his new cool white shades



July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Catholic Communion 2:00 Faith Baptist Church Service	2 10:15 Get Fit 12:30 Memory Magic 1:45 Bingo With Friends & Family	3 9:00 Movie 10:00 Nail Talk 12:30 Memory Magic 7:00 Movie In The Library	4 Happy 4th of July	5 9:15 Rob's Sing A Long 10:00 Nail Talk 12:30 Memory Magic 2:00 Movie	6 9:00 Movie 10:15 Get Fit 12:30 Memory Magic 2:00 Movie	7 1:45 Bingo With Friends & Family 7:00 Movie
8 9:30 Catholic Communion 3:15 Bolivar Wesleyan Church Service	9 10:15 Get Fit 12:30 Memory Magic 1:45 Bingo With Friends & Family	10 9:00 Movie 10:00 Nail Talk 12:30 Memory Magic 1:45 Resident Council 7:00 Freewill Baptist	11 8:45 Bible Study With Harry 10:15 Get Fit 12:30 Farkel 1:45 Card Bingo	12 9:15 Rob's Sing A Long 10:00 Nail Talk 12:30 Memory Magic 2:00 Don Miller's Music 2:00 Movie	13 9:00 Movie 10:15 Get Fit 12:30 Memory Magic 2:00 Movie	14 9:30 Continental Breakfast 1:45 Bingo With Friends & Family 7:00 Movie
15 9:30 Catholic Communion 2:00 Rev. Robb's Church Service	16 10:15 Get Fit 12:30 Memory Magic 1:45 Bingo With Friends & Family	17 9:00 Movie 10:00 Nail Talk 12:30 Memory Magic 2:30 Gene's Piano Tunes 7:00 Movie In The Library	18 8:45 Bible Study With Harry 10:15 Get Fit 12:30 Farkel 1:45 Card Bingo 7:00 Fran Zupp's Gospels	19 9:15 Rob's Sing A Long 10:00 Lunch Bunch 10:00 Nail Talk 12:30 Memory Magic 2:00 Movie	20 9:00 Movie 10:15 Get Fit 12:30 Memory Magic 2:00 Movie	21 1:45 Bingo With Friends & Family 7:00 Movie
22 9:30 Catholic Communion 2:00 Rev. Robb's Church Service	23 10:15 Get Fit 12:30 Memory Magic 1:45 Bingo With Friends & Family	24 9:00 Movie 10:00 Nail Talk 12:30 Memory Magic 7:00 Freewill Baptist	25 8:45 Bible Study With Harry 10:15 Get Fit 12:30 Farkel 1:45 Card Bingo	26 9:15 Rob's Sing A Long 10:00 Nail Talk 12:30 Memory Magic 2:00 Movie	27 9:00 Movie 10:15 Get Fit 12:30 Memory Magic 2:00 Movie	28 1:45 Bingo With Friends & Family 4:00 Hennis' Annual Pig Roast/ Western Style 7:00 Movie
29 9:30 Catholic Communion 2:00 Freewill Baptist Church Service	30 10:15 Get Fit 12:30 Memory Magic 1:45 Bingo With Friends & Family	31 9:00 Movie 10:00 Nail Talk 12:30 Memory Magic 2:00 Max's Music 7:00 Movie In The Library	ZUMBA Mondays at 7:00pm \$4.00 per person The Therapy Gym At HCC of Bolivar For info call 330-874-9999 ask for Dianna or Jeanne	<p><i>Mail Call Monday-Saturday</i></p> <p><i>Individualized Visits 1:1</i></p> <p><i>Salon Services Mon. Wed. Thurs.</i></p> <p><i>Activities & Location Subject to Change</i></p>	<h2>Rehabilitation Activities of Bolivar</h2>	

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

Welcome summer!

It is finally the season for basking in the sun, swinging in the courtyard, and enjoying the beautiful gardens. We are definitely a group who love the outdoors. The residents were very involved in getting the courtyard ready for this season and we had a few that were giving direction to how the garden should be planted. After discussing it we decided that peppers, tomatoes, cucumbers, zucchini, and squash were the top favorite garden items and planted accordingly. Fresh salsa, spaghetti sauce, zucchini bread, and fried green tomatoes can be found cooking on a regular basis on the Homestead.

We celebrated National Nursing Home Week and “cruised” through Mexico, Alaska, Paris, Hawaii, and Africa. The decorations caused quite a stir and buzz around the facility. Many participated and enjoyed all of the entertainers, special cuisine, and activities that were scheduled and some even want to know where we are “cruising” to next year.

We will celebrate July 4th with a cookout and sparkler display. Staff have been grilling dogs, burgers, and chicken for the residents and all that partake seem to enjoy. Bring the family and enjoy the weather with your loved ones. Take a walk out in the courtyard, play ring toss, or just swing but come and make new memories.

We would like to welcome anyone to volunteer your talents if you sing, do crafts, like to read come in and share your passion. We now have Regina who volunteers every Friday and bakes yummy cookies but we would love to have others share what you love with our group. Before we know it cooler weather will be upon us and we will start with our fall decorating and getting ready for the holidays. Time flies, doesn't it? So enjoy all the summer activities, even mowing the yard and gardening while you can.

Live, Love, Laugh
The Homestead



Ed and STNA Chelsie enjoying the shade on the hot summer day



Leon and his wife all smiles while enjoying the outdoors



Betty and STNA Rob dance the morning away



Martha and her husband enjoy evening entertainers



Midge loves to get up and sing and dance



Ed and STNA Chelsie enjoying the shade on the hot summer day



Swinging in the warm summer breeze



July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Happy 4th of July	5	6	7
8:00 Social Circle 9:30 Catholic Communion 2:00 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 8:00 Lotion Therapy	8:00 Social Circle 9:00 Dancing With Diane 9:00 Movie 6:00 Social Drinks 8:00 Lotion Therapy	8:00 Social Circle 11:00 Resident's Choice 3:30 Ball Toss 6:00 Social Drinks 8:00 Lotion Therapy	8:00 Social Circle 9:00 Dancing With Diane 10:30 Reading 2:00 Movie 3:00 Nail Talk 6:00 Social Drinks 8:00 Lotion Therapy	8:00 Social Circle 9:00 Movie 10:00 Baking With Regina 2:00 Movie 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 8:00 Lotion Therapy
8	9	10	11	12	13	14
8:00 Social Circle 9:30 Catholic Communion 2:00 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 8:00 Lotion Therapy	8:00 Social Circle 9:00 Dancing With Diane 9:00 Movie 6:00 Social Drinks 7:00 Freewill Baptist 8:00 Lotion Therapy	8:00 Social Circle 11:00 Resident's Choice 3:30 Ball Toss 6:00 Social Drinks 7:00 Fran Zupp's Gospel Music 8:00 Lotion Therapy	8:00 Social Circle 9:00 Dancing With Diane 10:30 Reading 2:00 Movie 3:00 Nail Talk 6:00 Social Drinks 8:00 Lotion Therapy	8:00 Social Circle 9:00 Movie 10:00 Baking With Regina 2:00 Movie 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 8:00 Lotion Therapy
15	16	17	18	19	20	21
8:00 Social Circle 9:30 Catholic Communion 2:00 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 8:00 Lotion Therapy	8:00 Social Circle 9:00 Dancing With Diane 9:00 Movie 6:00 Social Drinks 8:00 Lotion Therapy	8:00 Social Circle 11:00 Resident's Choice 3:30 Ball Toss 6:00 Social Drinks 8:00 Lotion Therapy	8:00 Social Circle 9:00 Dancing With Diane 10:30 Reading 2:00 Movie 3:00 Nail Talk 6:00 Social Drinks 8:00 Lotion Therapy	8:00 Social Circle 9:00 Movie 10:00 Baking With Regina 2:00 Movie 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 8:00 Lotion Therapy
22	23	24	25	26	27	28
8:00 Social Circle 9:30 Catholic Communion 2:00 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 8:00 Lotion Therapy	8:00 Social Circle 9:00 Dancing With Diane 9:00 Movie 6:00 Social Drinks 7:00 Freewill Baptist 8:00 Lotion Therapy	8:00 Social Circle 11:00 Resident's Choice 3:30 Ball Toss 6:00 Social Drinks 8:00 Lotion Therapy	8:00 Social Circle 9:00 Dancing With Diane 10:30 Reading 2:00 Movie 3:00 Nail Talk 6:00 Social Drinks 8:00 Lotion Therapy	8:00 Social Circle 9:00 Movie 10:00 Baking With Regina 2:00 Movie 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 8:00 Lotion Therapy
29	30	31	ZUMBA Monday at 7:00pm \$4.00 per person The Therapy Gym At HCC of Bolivar For info call 330-874-9999 ask for Dianna or Jeanne	Individualized Visits 1:1 Salon Services Mon. Wed. Thurs. Mail Call Monday-Saturday All Activities & Location Subject to Change	<h2>Homestead Activities of Bolivar</h2>	

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

Urinary Tract Infections

UTI: Urinary Tract Infections are the most common infections in Long-Term Care with prevalence rates up to 30% annually, and they are also the most common source of nursing home bacteremia (sepsis). The most common urinary tract pathogens are: *Escherichia coli*, *Proteus mirabilis*, and *Kiebsiella pneumoniae*. There are numerous risk factors for UTI in the nursing home setting including: incontinence of bowels, estrogen deficiency, diminished cognition, suppressed immune systems, advanced age, indwelling catheters and urinary retention. One significant, but often overlooked, contributor to urinary retention and infection in nursing homes is anticholinergic burden. There are numerous common medications used to treat a variety of medical conditions that inherently carry this anticholinergic bladder-slowng activity.

DIAGNOSIS:

There is often an atypical presentation of UTI in the elderly. A high index of suspicion for infection should be held when an elderly person has a

change in mental status (e.g confusion), decline in physical functioning (e.g. falls), new onset or worsening of urinary incontinence, decreased appetite, and/or somnolence. Fever is the cardinal sign of infection, however, fevers are often very mild or even absent with UTI's in the elderly. With this being said, the diagnostic definition of a "true" UTI in the elderly should include at least three (3) of the following signs and symptoms in a patient without an indwelling catheter OR at least two (2) of the following in patients with a catheter.

1. Chills or fever of at least 100 degrees F (or two or more degrees above baseline)
2. New or increased dysuria, urgency or frequency
3. New flank or suprapubic pain/tenderness
4. Change in the character of urine (e.g. bloody, foul smelling, sediment, pyuria (lab), hematuria (lab))
5. Worsening of mental or functional status (e.g. falls, confusion, new/increased incontinence)

ASYMPTOMATIC BACTERIURIA: This is the most common bacterial urinary tract problem affecting nearly 2/3 of all nursing home patients and nearly 100% of those with indwelling catheters. ASB is often confused with "true" UTI in the elderly. Patients with ASB are essentially carriers of certain bacteria (i.e. colonized) and will yield positive results on Multi-Stix, Urinalysis, and Urine Cultures in the absence of new signs or symptoms of "true" UTI. Having ASB does not predict future UTI or mortality and surveillance via urinalysis/cultures is not recommended. Additionally, treatment of ASB should be avoided as it contributes to the development of more resistant bacteria.

This nursing article has been written by the Medical Directors of Hennis Care Centre

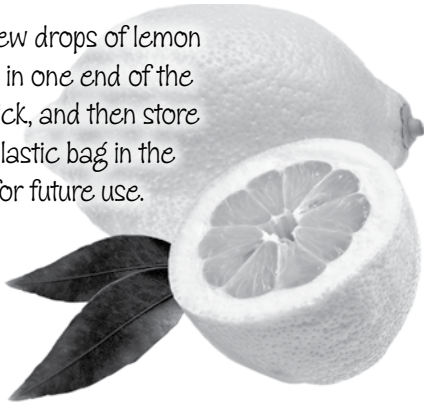
Daniel J. Cannone, DO, CMD

Sean C. Cannonc, DO, CMD

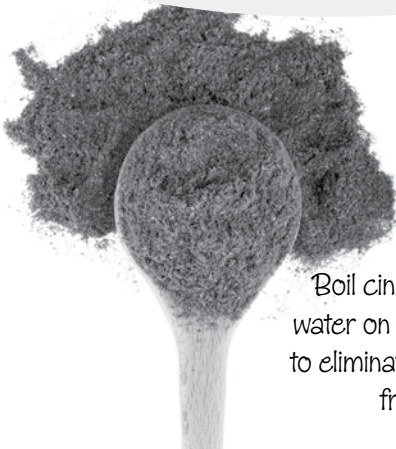
LAUNDRY AND HOUSEKEEPING

Helpful Household Hints

If you want just a few drops of lemon juice, poke a hole in one end of the fruit with a toothpick, and then store the lemon in a plastic bag in the refrigerator for future use.



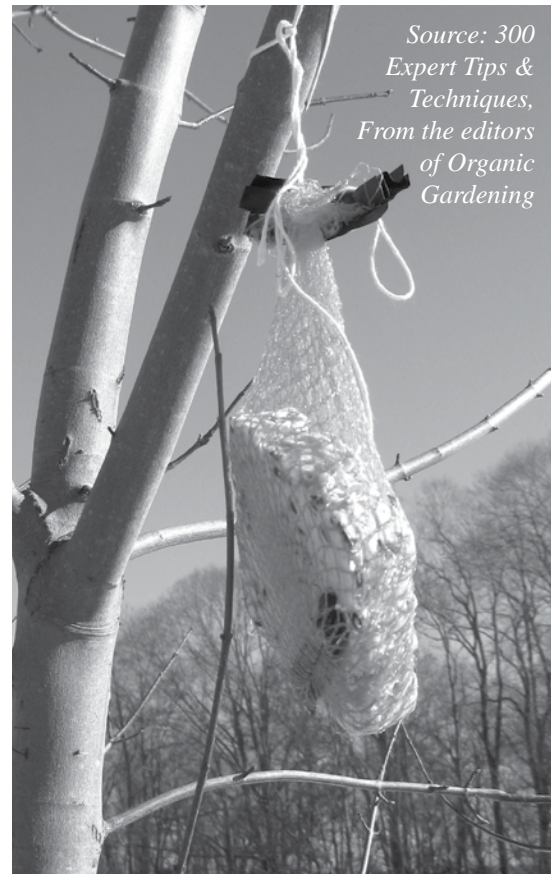
To remove stains from Formica countertops, make a past of baking soda and water; apply it to the stain, leave it on for a minute or two, then wipe it off.



Boil cinnamon and clove in water on the back of the stove to eliminate cooking odors and freshen the air.



Keep an old toothbrush by the kitchen sink for cleaning vegetable and cheese graters. The brush gets into all the nooks and crannies that a sponge can't reach.



Source: 300 Expert Tips & Techniques, From the editors of Organic Gardening

Save your old net onion bags and use them as "hanging baskets for suet. The holes in the bags allow the birds easy access to the suet.

Late Summer Maintenance Checklist

- Change out your HVAC filter.
- Test your Smoke Detector
- Doors & Windows
 - Check the operation of all your doors and windows you know the kids have been tough on them (That includes the Garage Doors)
 - Check the weather-stripping around them & replace as necessary
 - Check the frames for evidence of rot – this is a good month for those repairs with either an Epoxy based system, or replacement
 - Check for loose or cracked caulking & replace it – don't cover over it
 - Cracked windows, or missing glazing should be repaired or replaced
- While you are checking out your windows & doors, now would be a good time to look at your foundation & brick walls – if you notice cracks or missing grout ***except at

the very bottom of the wall – that is to allow water out*** get it repaired

- Are your rooms super hot & the AC can't seem to catch up – either schedule an Energy Audit, check to see if your attic has enough insulation.
- If you have not checked your gutters in a while, now would be a good time.
- Trash Can's – now would be a great time to wash them out & disinfect them

- Plant any fall vegetables such as cabbage, collards, broccoli, beans and peas that you would like

Lawns

- Do we really need to mention the ongoing watering, weeding, and grass cutting that needs to be done?
- Later into the month, you should be able to water the lawns just a little more deeply, but cut back on the frequency

Flower Gardens

- Trim perennials that have finished blooming down to 4" in height & divide any groups if they are overcrowded or overgrown
- Divide your Irises & plant new ones
- Some cool season flowers you can plant include; snapdragons, dianthus, pansies, calendulas

Gardening Checklist

Garden

- First, may you enjoy a nice bountiful harvest – just make sure you keep up with it, so you don't invite insects into your garden & the plants keep producing
- Start planning for a winter cover crop & be ready to plant it as soon as your vegetable crop is finished

What is Otosclerosis?

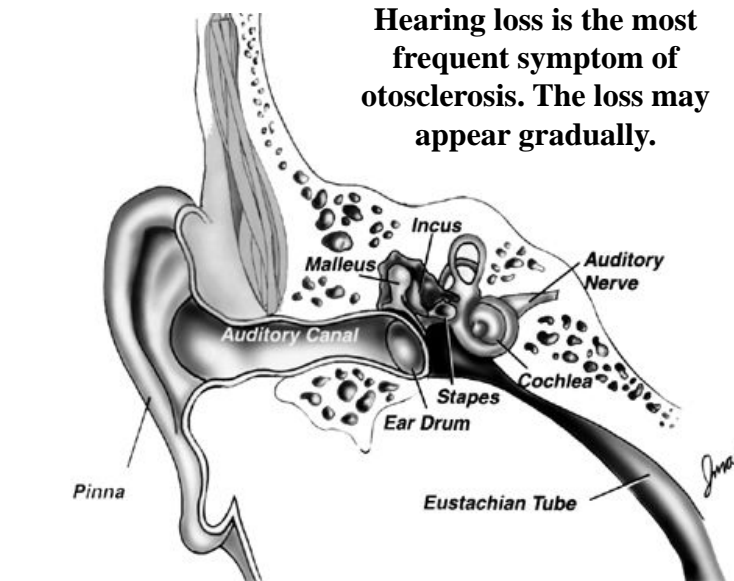
Otosclerosis is the abnormal growth of bone of the middle ear. This bone prevents structures within the ear from working properly and causes hearing loss. For some people with otosclerosis, the hearing loss may become severe.

How do we hear?

Hearing is a series of events in which the ear converts sound waves into electrical signals and causes nerve impulses to be sent to the brain where they are interpreted as sound. The ear has three main parts: the outer, middle, and inner ear. Sound waves enter through the outer ear and reach the middle ear, where they cause the ear drum to vibrate. The vibrations are transmitted through three tiny bones in the middle ear called the ossicles. These three bones are named the malleus, incus, and stapes (and are also known as the hammer, anvil, and stirrup). The ear drum and ossicles carry the vibrations to the inner ear. The stirrup transmits the vibrations through the oval window and into the fluid that fills the inner ear. The vibrations move through fluid in the snail-shaped hearing part of the inner ear (cochlea) that contains the hair cells. The fluid in the cochlea moves the top of the hair cells, which initiates the changes that lead to the production of the nerve impulses. These nerve impulses are carried to the brain, where they are interpreted as sound. Different sounds stimulate different parts of the inner ear, allowing the brain to distinguish among various sounds, for example, different vowel and consonant sounds.

How does otosclerosis cause hearing impairment?

Otosclerosis can cause different types of hearing loss, depending on which structure within the ear is affected. Otosclerosis usually affects



the last bone in the chain, the stapes, which rests in the entrance to the inner ear (the oval window). The abnormal bone fixates the stapes in the oval window and interferes with sound passing waves to the inner ear.

Otosclerosis usually causes a **conductive** hearing loss, a hearing loss caused by a problem in the outer or middle ear. Less frequently, otosclerosis may cause a **sensorineural** hearing loss (damaged sensory cells and/or nerve fibers of the inner ear), as well as a conductive hearing loss.



COME ON.....
JOIN THE HENNIS TEAM!!!



ALZHEIMER'S WALK

Sat. Sept 29

9am Registration

New Phila Tuscora Park

Open Pavillion

Entertainment • Refreshments • Recognition

www.henniscarecentre.com

(330) 874-9999

300 Yant Street • Bolivar, Ohio 44612

(330) 364-8849

1720 Cross Street • Dover, Ohio 44622

of Dover & Bolivar

HENNIS
CARE
CENTRE



PRSTD STD
US POSTAGE
PAID
MAILER'S CHOICE