



THE

Friendly Visitor

October/November/December 2010

HENNIS CARE CENTRE

Dover & Bolivar, Ohio

People Who Can Help



DOVER

Administrator.....David Hennis
 Assistant Administrator.....Stacie Hubbard
 Director/Patient & Resident Services... Anita Pepper
 Director of Dining Services.....Carla Braun
 Executive Chef.....Brian Sarty
 Social Services.....Melanie Scheetz
 Director of Therapy Services.....Denise Waldman
 Accounting Manager.....Harold Baker
 Public Relations.....Paula Hennis-Sickinger
 Recreational Therapist.....Lauren Peelman
 Activity Professionals.....Mike Scholles
 Music Therapist.....Laura Smith
 Housekeeping Supervisor.....Wayne Roth
 Laundry Supervisor.....Shirley Billman
 Maintenance Director.....Keith Kaser
 Receptionist.....Trish Haynam
Rose Lomax

Patricia Hennis, Owner

BOLIVAR

Executive Director.....David Hennis
 Administrator.....Kim Zontini
 Director of Nursing.....Katie Ott
 Director of Dining Services... Ex. Chef James Martin
 Director of Dining Services.....Abby Strubel
 Laundry/Housekeeping.....Sue White
 Social Services.....Kari Staron
 Director of Therapy Services... Teresa Carlson, O.T.
 Accounting Manager.....Harold Baker
 Activity Professionals.....Jean Sauernheimer
 Dianna Jones, Dawn McNutt
 Music Therapist.....Laura Smith
 Maintenance Supervisor.....David Wood
 Receptionists.....Rita Albrecht
Kathy Herstine



HCC provides out-patient and in-house therapy 7 days a week.

HCC is a smoke-free campus inside and outside.

www.henniscarecentre.com

The Blessings of the Year, November 1922

Laura Ingalls Wilder

Among all the blessings of the year, have you chosen one for which to be especially thankful at this Thanksgiving time, or are you unable to decide which is the greatest?

Sometimes we recognize as a special blessing what heretofore we have taken without a thought as a matter of course, as when we recover from a serious illness; just a breath drawn free from pain is a matter for rejoicing. If we have been crippled and then are whole again, the blessed privilege of walking free and unhindered seems a gift from the gods. We must needs have been hungry to properly appreciate food, and we never love our friends as we should until they have been taken from us.

As the years pass, I am coming more and more to understand that it is the common, everyday blessings of our common everyday lives for which we should be particularly grateful. They are the things that fill our lives with comfort and our hearts with gladness—just the pure air to breathe and the strength to breathe it; just warmth and shelter and home folks; just plain food that gives us strength; the bright sunshine on a cold day; and a cool breeze when the day is warm.

Oh, we have so much to be thankful for that we seldom think of it in that way! I wish we might think more about these things that we are so much inclined to overlook and live more in the spirit of the old Scottish table blessing:

Some hae meat wha canna' eat,
 And some can eat that lack it.
 But I hae meat and I can eat
 And sae the Laird by thankit.
 -Robert Burns



The best things are nearest: breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of God just before you.

-Robert Louis Stevenson

Mindfulness

Mindfulness, or open, conscious awareness in the present, brings clarity and vividness to present experience. It can enhance a sense of well-being and calm a troubled spirit, and may help you end unhealthy habits and patterns. To determine my level of mindfulness, or lack thereof, I asked myself the following questions. My 'yes' answers showed me that I had a lot of work to do to be more mindful.

- I'm often preoccupied with thoughts about the past or worries about the future.
- When driving, I find myself "awake at the wheel," that is, driving without being conscious of the process of driving.
- I don't notice physical pain until it becomes fairly severe.
- I usually forget a person's name the minute we've been introduced.
- I sometimes experience an emotion, but only realize later what I felt.
- I often complete a task "on automatic," without being aware of what I was doing.
- I snack without being aware that I'm eating.
- I arrive at places without having any memory of what was going on along the way.
- I break or spill things because my mind is elsewhere.

How did you score? The more "no" answers, the more mindfully you live. Cultivating mindfulness remains a major focus of my happiness project. Gretchen Rubin

Source - *Womans Day May 2010*

Pumpkin Fun Facts



- Pumpkins are really a fruit - members of the Cucurbitaceae Family - the same family that cucumbers, gourds, and melons belong to.
- Indigenous pumpkins have probably grown in the United States for at least 5,000 years.
- The largest pumpkin on record weighed 1,140 pounds and was grown by Dave Stelts of Leetonia, Ohio in 2000.
- The first jack-o-lanterns were carved from turnips or gourds and lit with burning lumps of coal instead of candles.
- Pumpkins are low in calories, fat, and sodium, and high in fiber, vitamins A and B, and potassium.

Source: *The Wilderness Center, Inc. Pumpkins - Nov. 2003 - Young Naturalists*

Laundry & Housekeeping

My husband taught me...

"...that carpet stain remover also works on furniture upholstery and clothes.

He suggested I use some on my favorite pink suit to get out a black Sharpie ink spot, and the mark vanished. Who knew?"

-Barbilee Hemmings, Edmonton, Canada

"...how to clean our cast iron skillet.

He said to just sprinkle kosher salt in the skillet, then wipe it with a sponge. I'd never heard of this before, but the salt really does absorb the oil and get food off."

-Kristen Wilson, Scotch Plains, NJ

"...a better way to keep our wood floors spotless.

I now use a large janitorial dust broom that he bought for me at an industrial

supply store. Even if the kids push it around the house sloppily, it still picks up most of the dog hair, dust and dirt."

-Melody Brooke, Richardson, TX

"...that I didn't need to buy a special spot remover

when we got a dark stain on our light-colored carpet. He said to just use laundry stain remover-and he was right, it worked! We haven't bought a carpet cleaner since.

-Tonya Gustafson, Seattle

"...to always put like utensils together when loading the dishwasher:

forks with forks, spoons with spoons, and so on. This way, you save time when you're unloading."

-Patty Bontekoe, Fair Lawn, NJ

Source - *Womans Day June 2010*

Hennis Care Centre Special Occasion Cookies

Select from the following holidays:

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

Cost per dozen \$5.50

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

See the receptionist for ordering & pre-payment

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



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



On a Personal Note...

In January of 2009, Greenbrae, California resident Kathleen Zalecki was approached by her daughters who expressed concerns about her memory. As an active almost-65-year-old who cycled regularly and was living a full and busy life, the conversation was challenging.

"My first reaction was denial and anger; what they were saying was difficult to hear and accept," says Kathleen. "But I was eventually able to recognize changes that were becoming problematic and I agreed to get tested."

She was officially diagnosed with Early Stage Alzheimer's disease in Spring of 2009. She also began making big lifestyle changes in anticipation of the progression of her disease. For starters, she sold her house and moved into a much more manageable condo located closer to her daughters.

"I miss the neighbors, but not the house," she says.

The move also put her closer to the UCSF Memory and Aging Clinic, where she currently participates in a clinical trial. She considers participation in research an extremely important commitment.

"This is a significant disease that has affected friends and relatives I was especially close to," she says. "I always knew it could happen to me."

Today Kathleen says she is grateful to still be highly functioning and driving - but she realizes she will need to give up driving eventually, which will be a hard road to cross.

But she is determined to stay optimistic. She volunteers with several organizations, hikes, observes a brain-healthy diet, keeps her mind active and stays engaged with family and friends. She also attends an Alzheimer's Association Early Stage support group.

"We're a mixture of ages, professional backgrounds and interests, but we gel," she says. "It's a place to go where everyone in the room understands."

She suggests that other people diagnosed with Alzheimer's disease research as much as possible and record doctor appointments so that there is a record of the invaluable information covered during the appointments. She also says a critical part of diagnosis is to not be ashamed and to share with friends and family and to ask for support.

"Most people have been receptive to my honesty and want to know more and be there for me," she says. "Plus, I would rather them think I have a disease than think I'm just odd!"

Her advice for people with a loved one just diagnosed with Alzheimer's is to be patient and offer support in areas that will truly help the individual without overwhelming them.

Kathleen is particularly comforted by the memory of visiting a close aunt who had Alzheimer's. Although her aunt forgot she had already introduced Kathleen to people the day before, it didn't matter. The joy she saw in her aunt's eyes every time she said 'this is my niece, Kathleen, made it all ok.

"I want to put as positive a face on this disease as possible," she says. "I believe that laughter and hugs are essential for everyone facing this disease!"

Three Action Items: Get Involved in Research

1. Visit the Alzheimer's Association TrialMatch at www.alz.org/trialmatch or call 1.800.272.3900 and press 1 to find out how you can participate in one of the more than 100 current clinical trials available for Alzheimer's and related dementias.
2. Visit the Alzheimer's Association's new research Web page to keep up to date on the latest research breakthroughs including new drugs in the pipeline, news about early diagnosis and more --at www.alz.org/research.
3. Sign a petition in support of asking the Federal government to pass the Breakthrough Act, which would allow the National Institutes of Health to allocate more funds for desperately needed Alzheimer research. Just visit www.actionalz.org.

Source - Alzheimer's Association Northern California & Northern Nevada Fall 2010 www.alz.org/norcal

Zucchini Maple Bars

1 cup oil
1-1/2 cups sugar
1/4 cup brown sugar
4 eggs
2 cups grated raw Zucchini
1 tsp. salt
2 tsp. soda
1/4 tsp. baking powder
2 tsp. cinnamon
2 tsp. Maple flavoring
2 cups flour
1 cup nuts

Beat oil, sugar, eggs (well). Add flour, salt, soda, baking powder, spices. Add Zucchini, nuts. Bake 350° for 35 minutes in a greased 15 x 11 pan.

ICING

1/2 stick oleo
1/2 box powdered sugar
1 Tbs. milk
1 Tbs. Karo
1 Tbs. Maple flavoring
dash of salt

Mix well and spread on warm bars.



Dressed-Up Corn Bread

1 c. plain meal
1/2 c. self-rising flour
1 tsp. baking powder
1 Tbs. granulated sugar
1/8 tsp. salt
1/2 c. English walnuts, chopped
9 slices bacon, cooked & crumbled
1 egg
1 c. milk
1/4 c. vegetable oil

Preheat oven to 400° F. In a large bowl, sift together meal, flour, baking powder, sugar, and salt. Stir in nuts and bacon; set aside. In a medium bowl, beat egg. Add milk slowly, then add oil. Slowly stir in dry ingredients; mix well. Spoon into buttered iron skillet. Bake 20 minutes or until golden. Makes 8 servings.

Chris Horne
Macon, GA



My name is Anna (Marino) Monahan. I was born and raised in Weirton, West Virginia. I am 96 years old, born January 1, 1914. I have been here at Hennis Care Centre of Bolivar for approximately two years. I lived in Midland Pennsylvania most of my life. I am now widowed, but my husband, Harry, and I have 5 children, 13 grand children, and 28 great grandchildren. My children are as follows: James and Billy, who live in Florida; Dorothy, Patricia, Harriet and Harry who live in Dover. They all visit on a regular basis, including James from Florida.

My son Harry conducts Bible Study here at Hennis Care Centre of Bolivar once a week which I enjoy attending, so I always visit with him.

I didn't have much of a childhood. I took care of younger siblings and made sure the neighborhood was well fed. I would cook, bake, and make raviolis, Christmas cookies and pizzelles with my neighbor. My first job was a caregiver for a mother-to-be in Wheeling, WV.

I only attended school up to the 4th grade, but from my upbringing, I learned to speak Italian, Serbian, and English. I didn't like to travel unless it was to visit family in Dover. Some of my favorite television shows are Days of our Lives, Price is Right, Wheel of Fortune, and Mother Angelica Rosary.



Anna (Marino) Monahan
BOLIVAR RESIDENT SPOTLIGHT

I was very active in the parish and a member of Christian Mothers, Italian Sons and Daughters of America. I did cooking for any occasions, weddings, funerals, and banquets. I was well known in the neighborhood for being generous, practical, and frugal.

Some hobbies that I enjoyed were crocheting, baking, cooking, and doing number fill-ins such as work puzzles. I was also well known as the Church Lady. I helped

sell tickets for functions at the church or other organizations.

My favorite food is chicken on the bone, pizzelles, and spaghetti sauce. All of which I would make regularly for the neighborhood and family. I would have enjoyed any career as long as I was the boss. I would give anything to meet Mother Angelica.

Mimi Bird

VOLUNTEER SPOTLIGHT OF BOLIVAR

Hi, I am Mimi Bird and I live in Bolivar, Ohio, I have lived here for 23 years. I am originally from North Canton, Ohio. I am married and have four children. Two of my daughters work here at Bolivar Hennis, one as a nurse and one as an STNA. I enjoy spending time with friends and family. I love to cook, go shopping, garden and I love being outdoors. I have been a volunteer at Bolivar since December of 2009. I became a volunteer because I like helping the elderly. I transport residents to and from evening activities and like playing games with the residents. It is nice making friends with them.



Music Therapy

October is Music Therapy Month in Ohio

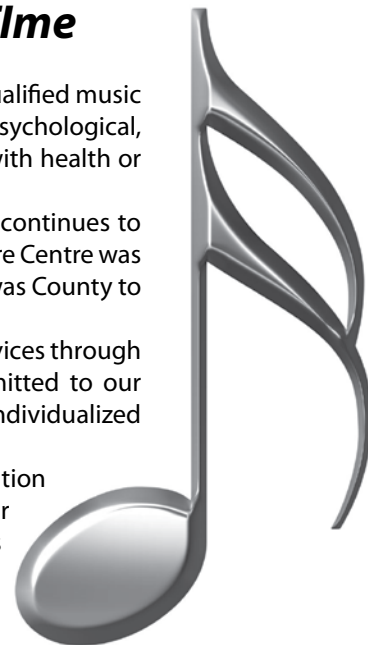
Music Therapy: Making a Difference... *One Song at a Time*

Music Therapy is the prescribed use of music by a qualified music therapy professional to effect positive changes in the psychological, physical, cognitive or social functioning of individuals with health or educational limitations.

The music therapy program at Hennis Care Centre continues to grow and expand from its conception in 1999. Hennis Care Centre was the first rehabilitation/long-term care facility in Tuscarawas County to offer music therapy services.

Our residents continue to receive music therapy services through both group and individualized therapy. Residents admitted to our facilities with respiratory diagnoses benefit from individualized services focusing on respiratory health.

Hennis Care Centre is committed to on-going education and offers a variety of Music Therapy Presentations in our community. To learn more about Music Therapy Services at Hennis Care Centre contact Laura Smith, MT-BC, Music Therapist-Board Certified.



2010

To the Hennis Care Centre Relay For Life & The Alzheimer's Association Fundraising Team & All Participants

Hennis Care Centre represents in many ways...



This year your efforts, donations, fundraising, caring, and support helped bring us to the HCC goal of \$10,000/Platinum level as we shared the fundraising effort with the American Cancer Society and The Alzheimer's Association. You can feel honored you participated in some form or another! You may also feel pride, accomplishment, self-satisfaction, and most of all - the indescribable feeling of knowing that you are making a difference in someone's life! Thank you seems inadequate, but it is so full of heartfelt meaning!

It takes a great team to do what's right ...and we do! Thanks for playing an essential part in our extraordinary fundraising crew! HCC was awarded the ACS Relay For Life "Platinum Award" (\$10,000 - \$15,000) again for 2010! The staff, residents, families, volunteers, & friends raised these funds towards the fight against cancer and Alzheimer's disease. Through a concentrated "Spring Fling" effort and throughout the year, various staff, departments, and friends developed and carried out numerous (24+!) fundraisers such as purse sales, softball games, bake sales, campaign letters, car washes, plant sales, card parties, lunch stands, raffles, chicken BBQ, collections, pizza sales, silent and live auctions, donations, and so much more!

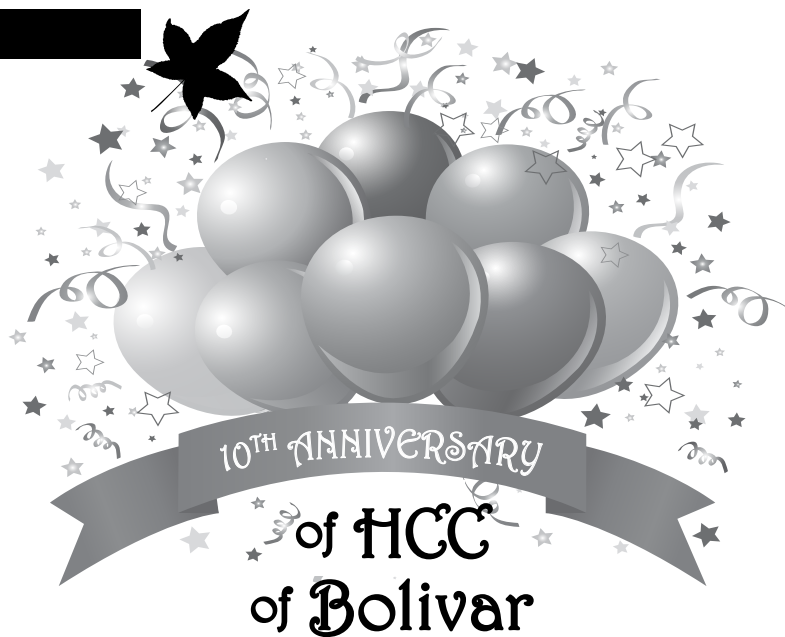
Through your friendship, compassion, hard work, dedication, and desire, you've shown that you care about the same things when it comes to defeating cancer and Alzheimer's. Together, we are helping research and saving lives and creating a world with less disease by offering more education about the diseases and health awareness, encouraging people to get and stay healthy, helping people get well, by finding cures, and by fighting back. How exciting and encouraging! Teamwork - together we succeed.

Thank you to everyone - individuals, couples, groups, neighbors, departments, co-workers, vendors, friends - who came together to raise money, participate in the walk, attended events; gave of themselves in multiple forms for these deserving causes - it is truly is a group effort with fabulous results in more ways than one!

Everyone's commitment is an awesome inspiration that unites communities and individuals to celebrate, remember, and continue to fight back!

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

Sincerely,
The Hennis Family



September 12, 2010

Friends, families, residents, staff, and the community joined together to celebrate the 10th Anniversary of Hennis Care Centre of Bolivar, as well as Grandparents Day! A beautiful, sunny, comfortable day set the stage for a fun, festive outdoor party among the vibrant colorful flowers of summer and fall, and a beautiful blue sky. Quite a contrast from the January winter evening of 2000 when the Open House was held! The event offered fun stilt walkers who juggled and made balloon creations to the delight of everyone of all ages as they roamed through the crowd - pausing often for a picture! An assortment of delicious food was available in several tents - sirloin sandwiches, shrimp "martinis", artisan breads and cheese, a chocolate fountain and dessert table; catered by the HCC Dining Services, to a child friendly assortment of cotton candy, hot dog sliders, popcorn, slushies, among a fun-filled play area with a bounce house, face painting, corn hole, a parachute game and custom balloon twisting. A professional band, The Geeze Cats, provided excellent live music of songs over a few decades enjoyed by everyone. Traditional dancing and line dancers joined in to the beat of the music. The front row of chairs were definitely prime spots! What an awesome way to combine and celebrate Grandparents Day and HCC of Bolivar's 10th Anniversary! A number of generations were present to celebrate these special occasions. The professional photographer had much to capture for this special milestone! Some history has formed since the facility opened in 2000, various people have come through the doors, and many returned to celebrate this special occasion! Many moments recalled, lots of hugs given, lots of stories shared, and someone knows somebody here somehow - lived here, works here, related to "so and so"... and the list goes on! Many memories made from a time period shared here, especially amidst the numerous daily activities and special events, not to mention the daily care given and received, experienced over the course of time. Many friendships - personally and professionally - have formed during the past ten years, and more to follow. Much appreciation has been gained in many fashions! We love everything that has been established over this decade, and we value this historical celebratory moment and appreciate everyone who participated in it from the first point, (Thanks Harry Hennis for having the foresight and historical connection to Bolivar!) to this current point, and certainly looking forward to the future points in time!

Lawn and Landscape Evaluation

Before we get started, there is another excellent article in our archives on preparing your lawn and landscape for winter. 'Fall Lawn Care Tips' includes practical advice such as making sure the leaves are all raked up and the need for late fall lawn service and fertilization.

The most important tip is the need to mow your lawn short for the winter, especially in the northern areas of the country. If the grass is left too long, it will lay over on itself from the pressure of the snow cover. Air circulation around the plant is reduced, and Snow Mold, a destructive early spring lawn disease, can become a problem in your lawn. It can cause large areas of grass to die, or at least weaken in vigor.

Spring green-up and grass growing may also be slow. Often the grass blades will turn brown during the winter. This is a normal response to the cold weather of winter. The grass plant will need to grow an entirely new plant, from the crown up, the next spring. If there is a lot of brown grass left from the previous year, it will take a long time for the old plants to fall away and allow the new

plants to show through and make the lawn green again.

There are several other late fall, early winter jobs that need attention. If you have any perennial plants that have gone dormant, cut back the brown tops. If the tops are still green, wait until they turn yellow or brown before cutting. There is still energy being transferred to the root system from the top growth. Depending upon the amount of snow cover your area receives, you may have to wait until spring to complete this yard care task.

Outdoor furniture should be covered or brought indoors. Clay pots and other outdoor statuary should be brought indoors to keep from breaking. Alternating freezing and thawing of these items could cause them to crack. If they are too large to move, cover them with a plastic tarp.

Your lawn mower needs attention at the end of the mowing season. Drain the gas tank or add a few drops of a stabilizing agent to the tank to keep the gas from getting 'old'. It is also a good time to change the oil, clean the underside of the deck, sharpen the

blade, and replace the spark plug and air cleaner. Be sure to disconnect the spark plug wire before attempting any repair on your mower, regardless of the time of year the maintenance or repair work is performed.

If you are in an area that receives significant snow fall, many of your plants could be damaged from excess accumulation of snow on the branches. This is especially true of evergreen trees, such as Arbor Vitae. Carefully and gently, brush the snow in an upward direction off the limbs and boughs. If they become coated with ice, leave them alone. Trying to break off the ice could damage the tree or shrub, and won't help much with your tree maintenance. The ice normally melts at a rapid pace, even if the temperatures are below freezing.

Finally, put out a bird feeder or two for our feathered friends. There are many birdseed mixes available, so choose one that will attract the varieties of birds that are most common for your area.

*Source - 2009 Spring-Green Lawn Care Corp.
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At Gym or Elsewhere—Exercise is Key

I have a friend who's overweight. I have been trying to talk her into joining me at the gym, but she always finds an excuse. How can I help her realize that she should exercise more?

According to a recent study, that might not be the problem.

In the study, reported in the *Journal of Nutrition Education and Behavior*, researchers from George Washington University compared attitudes of 1,500 overweight and normal-weight adults about exercising at a health club.

Their findings indicate that attitudes toward exercising at a health club are no different between normal-weight people and those who are overweight or obese. In fact, overweight adults had even stronger attitudes than their normal-weight counterparts about exercise improving their health and self-image.

But researchers also found that only 16 percent of overweight respondents attended a health club, compared with 22 percent of normal-weight respondents.

It appears that overweight respondents have more emotional hurdles to overcome regarding joining a health club. For example, overweight people reported feeling more intimidated by health-club exercise and by the staff and the overall environment at health clubs. They also felt less strongly that such exercise would be fun, and they felt more uncomfortable exercising around young, fit people. In addition, overweight women reported feeling more self-conscious about exercising around men than normal-weight women did.

According to the study's findings, it's not that overweight people don't understand the benefits of exercise or that they lack motivation -- it's that they may not have the same comfort level at a gym that you might have.

Obviously, your friend might have her own reasons for shying away from joining you at the gym. Maybe she can't afford the membership fee, or maybe she can't carve out the time.

But if it is the idea of the health club itself that's holding her back, you might invite her to join you in other types of physical activity -- brisk walking at the mall or at a nearby park, for example, or working out at home with exercise videos. Buddying up is key: Research indicates that people with social support are more likely to be successful exercisers.

For more ideas, see the Physical Activity section of the Centers for Disease Control and Prevention Web site, <http://www.cdc.gov>. The goal is to get at least 2.5 hours of moderate-intensity exercise per week -- this will help reduce the risk of cardiovascular disease, diabetes, and some types of cancer, and improves chances of living healthier and longer.

*Source: Carmen Swain,
Health and Exercise Science, College of
Education and Human Ecology.
Rebecca Nguyen, Health and Exercise Science,
College of Education and Human Ecology*

Happy Thanksgiving
From our home to yours, from heart to heart—
for blessings too many to count...
we offer our grateful praise.

Nursing

LIVING WELL - Steps to a Longer Life

As we get older and presumably wiser, many of us cringe at some of our former bad health habits -whether cigarette smoking, overindulgence in food and drink, sun worship or even reckless behavior on the ski slopes that has made middle-aged knees sore and stiff. Though not all damage can be undone, according to Mark Goldstein, MD, chief of adolescent and young adult medicine at Massachusetts General Hospital and coauthor with Myrna Chandler Goldstein and Larry Credit of *Your Best Medicine* it is indeed possible to revise some aspects of your bad health history by emphasizing particularly important healthful habits now. "It's never too late to make changes that will bring about better health," he says.

WEIGHING IN

If you are or were obese, you're at risk for a host of diseases, including type 2 diabetes, high blood pressure, coronary artery disease, stroke, sleep apnea and osteoarthritis. Yet, despite the known risks, we're in the midst of an obesity epidemic. About one in three Americans is obese and, among those between ages 50 and 60, that figure may be twice as high.

Although being or having been underweight for long periods of time is less prevalent than being overweight, it's also a potential problem. "Under-nourishment or self-starvation is common in this country, especially for people who have body image issues or exercise excessively," says Dr. Goldstein. "Those who had an eating disorder earlier in life may pay a price with their health later on." For instance, the heart may pump less efficiently, causing blood pressure to fall. What's more, bones become under calcified and too thin, creating the likelihood that osteoporosis will develop. Hormone-related issues may arise due to such a history as well, including infertility and thyroid and adrenal disorders.

GOOD NUTRITION IS KEY

Good nutrition is important for everyone, but especially for those who know they face certain health challenges as the result of dietary changes in their past. In addition to consuming a sensible number of calories, avoiding excess sugar and salt, and eating healthful foods, such as fruits, vegetables and whole grains, Dr. Goldstein suggests the following foods for their wide-ranging benefits...

Garlic - Studies have shown that garlic lowers blood pressure, reduces LDL cholesterol while raising HDL cholesterol, and also may help prevent Alzheimer's disease. Garlic, which contains several antioxidants, also boosts the immune system and helps fight fatigue. The recommended daily "dose" of fresh garlic is two to three cloves.

Pomegranate - Another super food, pomegranate juice contains antioxidants in much higher levels than do other fruit juices. A recent study showed that drinking six ounces of pomegranate juice every day for three months reduced the risk of developing atherosclerosis. Another study found that eight ounces of pomegranate juice daily may help slow the progression of prostate cancer.

Tea - Both black and green teas contain powerful antioxidants that prevent narrowing of the arteries, reduce blood pressure and help keep cholesterol in the normal range. Drink three cups a day.

Bone-building foods, such as walnuts, oysters, leafy greens, beans (black, white and pinto) and salmon.

Bananas - People with a history of an eating disorder may be left with imbalanced electrolyte levels, which can lead to potassium deficiency, increasing risk for heart arrhythmia, stroke and death.

Dried plums (prunes) may have a health benefit for Osteopenia and osteoporosis, according to studies in laboratory animals.

GET PLENTY OF SLEEP

"Sleep deprivation can lead to problems, such as high blood pressure and mood disorders like depression, that can make you more vulnerable to illness and injury," says Dr. Goldstein. Insufficient sleep has been linked to a variety of cardiovascular risks, including diabetes. "Lack of sleep also can disrupt the hormones that control appetite, leading to overeating." Getting plenty of sleep, on the other hand, helps tissue repair, proper immune system function, memory and concentration. The ideal amount of sleep is seven to eight hours per night.

EXERCISE REGULARLY

Everyone needs to exercise. Period. It lowers blood pressure, slows heart rate and improves arterial flow. It also may reduce plaque deposits, reversing atherosclerotic disease. Exercise is, of course, important for losing weight and managing stress. One study showed that people who exercised intensely enough to cause breathlessness for 20 to 30 minutes at least twice a week cut their risk for Alzheimer's and dementia by 50%.

AVOID EXCESSIVE CAFFEINE

Caffeine may clear your head after a restless night, but too much of it can cause elevated heart rate and high blood pressure. Caffeine also increases the body's production of stress hormones, placing you at greater risk for cardiovascular problems and aggravating anxiety symptoms. For some people, as few as two cups of coffee can cause rapid heartbeat, sweating and shakiness. Remember, caffeine is found not just in regular coffee, but also in tea, chocolate, cocoa, soft drinks and some over-the-counter medications.

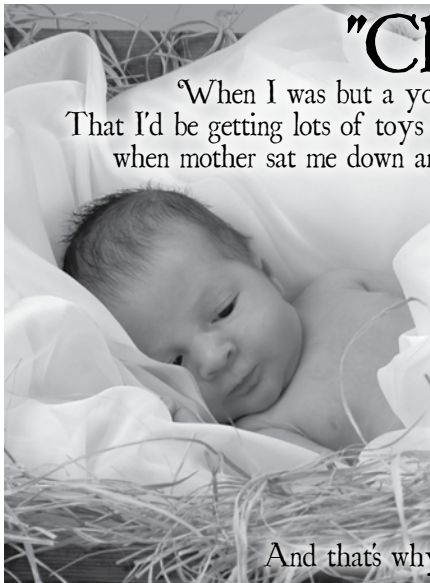
Source(s): *Bottom Line's Daily Health News.*
Mark Goldstein, MD,
Chief of Adolescent and Young
Adult Medicine, Massachusetts General
Hospital, Professor of Pediatrics,
Harvard Medical School, Boston

"Christmas"

"When I was but a youngster, Christmas meant one thing. That I'd be getting lots of toys that day. But I learned a whole lot different, when mother sat me down and taught me to spell Christmas this way:

C is for the Christ Child, born upon this day.
H for Herald Angels in the sky.
R is for our Redeemer.
I is for Isreal.
S is for the Star that shone so bright.
T is for Three Wisemen, they who traveled far.
M is for the Manger where He lay.
A is for All He stands for.
S means Shepherds came.

And that's why there is a Christmas Day.



Accounting

10 Ways to Save on Your Gas Bills

The Department of Energy shows you how

Make the most of your energy dollar. Just follow these simple guidelines and enjoy lower gas bills this season.

1. Set your thermostat as low as is comfortable in the winter. For each degree you raise your thermostat setting, your fuel bill climbs 3 percent. So dress accordingly consider slipping into a sweater before you crank up the temperature.
2. Clean or replace filters on furnaces once a month or as needed. A simple task like this and those in No. 3 could improve your systems' energy efficiency by 10 percent.
3. Clean warm-air registers, baseboard heaters, and radiators as needed; make sure they're not blocked by furniture, carpeting, or drapes.
4. Bleed trapped air from hot-water radiators once or twice a season; if in doubt about how to perform this task, call a professional.
5. Place heat-resistant radiator reflectors between exterior walls and the radiators.
6. Use kitchen, bath, and other ventilating fans wisely; in just 1 hour, these fans can pull out a houseful of warmed air. Turn fans off as soon as they have done the job. Try to keep the humidity level between 30 percent and 60 percent.
7. During the heating season, keep the draperies and shades on your south-facing windows open during the day to allow sunlight to enter your home and closed at night to reduce the chill you may feel from cold windows. During
8. Close an unoccupied room that is isolated from the rest of the house, such as in a corner, and turn down the thermostat or turn off the heating for that room or zone. Some programmable thermostats now come with temperature zoning options. However, do not turn the heating off if it adversely affects the rest of your system. For example, if you heat your house with a heat pump, do not close the vents; closing the vents could harm the heat pump.
9. Consider installing double-pane windows with protective coating that reflects heat back into your home during winter. If such a retrofit is not in your budget, cover your windows with clear plastic film. At a typical cost of \$4 to \$6 per window, the film creates an insulating air pocket between the plastic and the window, reducing heat loss through windows by between 25 percent and 50 percent.
10. Caulk and weather strip around exterior seams, cracks and openings. Pay extra attention around windows and at points where various exterior materials like wood, brick and vinyl siding meet. And on the inside, caulking and weather-stripping around windows and door frames will cut down on drafts.

Source: www.realtor.com



Just Because/Just For Fun

17 Dover Staff Received
St. John's Chicken BBQ Tickets

17 Bolivar Staff Received
Tuscarawas County Fair Tickets

Cleveland Indians Baseball Tickets

Multiple people received tickets this past quarter including staff, police and fire departments, and Hospice families.

Dover Season/Reserved Seating Football Tickets

3 Dover Staff - 3 Bolivar Staff

Staff Appreciation Day Prizes

Staff Appreciation Day was held for the staff and their families in late August at the Dover City Pool as a private party. A hot summer day was perfect for the event. Other non-water activities were also enjoyed - games, puzzles, races, conversations. It was catered by Carbone's Pasta House which was well received - wings, pizza, pasta, salad, fresh fruit, and desserts kept flowing! Numerous prizes were awarded and each employee received a HCC Staff Appreciation T-shirt and customized beach ball. Great fun was had by all!

Variety of prizes that were given away were: Indians tickets, gift cards - movie theater, McDonald's and Subway. Winners were Debbie Smith, Jennifer Weber, Kathy Herstine, Penny Cox, Laura Smith, Marlene Shumard, Nora Flecher, Sue White, Sandi Young, Tonya Montelone, Heather Verbage, Jeanne Saurheimer, Renee Beatty, Joe Cooper, (Brenda) Jessa Hidey, Brianne Gray, Kathy Jones, Danielle Ondash, Allie Rinella, Denhay Hagi, Cindy Goehring

Mark your Calender DATES TO REMEMBER

OCTOBER

COMMUNITY OKTOBERFEST

October 3 • 2pm-4pm
HCC of Dover
Open to the Community, staff, residents,
families, friends, etc.

BENEFIT CARD PARTIES

HCC Bolivar - October 6 - 7-10pm
HCC of Dover - October 13 - 7-10pm
**Please bring a bag(s) of candy to donate
to the residents for Trick or Treat Nite.*

CHICKEN BBQ FUNDRAISER

October 23 - 11am -1:00pm
Hosted by HCC at Methodist Church
Pavillion

IN HOUSE TRICK OR TREAT NITE

Dover - October 26 - 6:00-7:00pm
Bolivar - October 28 - 7:00 - 8:00pm
For Staff's children and grandchildren

RESIDENT HALLOWEEN PARTY

Dover - October 29 - 2pm
Bolivar - October 29 - 2pm

HCC DOVER FOOTBALL PEP RALLIES

Dates to be announced

HCC DOVER SPIRIT WEEK DOVER-PHILA

October 25-29
See posting for the special festivities

TEAM LONGABERGER BASKET WITH OSU ITEMS RAFFLE

See receptionist for tickets Benefits Cancer
Society & Alzheimer's Association



**HCC proudly supported the
Tuscarawas County Fair Jr.
Livestock and Small Animal Sales.**
Each 4Her is related to our staff and residents.

Micaliah Pepper
Market Goat

Matt DeMattio
Hog

Jacob McDonnell
Hog

Josiah Pepper
Hog

NOVEMBER

HOG/MEAT RAFFLE

See receptionist for tickets
Benefits Cancer Society & Alzheimer's Association

PURSENBABLY YOURS, TOO PURSE FUNDRAISER

HCC Dover - November 11
Benefits Cancer Society & Alzheimer's Association

HOBBY AUCTION

November 11
5:30 Registration 6:00 Auction
Benefits Cancer Society & Alzheimer's Association

THANKSGIVING BUFFET

Hosted by the Staff for Residents
Dover and Bolivar - November 18 - 12pm

DECEMBER

DOVER IN-HOUSE SHOPPING DAY

Residents and Staff
December 3 - 10am-3pm

FAMILY CHRISTMAS DINNERS

Dover - December 6 - Rehab - 6pm
December 7 - Homestead - 6pm
December 8 - Gardens - 6pm
Bolivar - December 7 - Gardens - 6pm
December 8 - Rehab - 6pm
December 9 - Homestead - 6pm

SANTA BREAKFAST FOR STAFF'S CHILDREN & GRANDCHILDREN

Hosted at Dover - Dec 11 - 9pm
Santa Resident Visits - Dover - Dec 23 - 9am
Bolivar - Dec 23 - 1:30pm

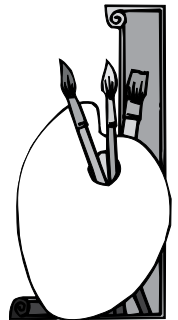
NEW YEAR'S PARTY

Dover and Bolivar - Dec 31 - 2pm

August was National Art Appreciation Month

Many viewed a variety of media that was on display: Pottery, drawing, painting, wood working, tin work, clay printing, etc. all reflecting multiple talent among many people of various ages! Thanks to everyone who shared their talents with us!

Dover Art Show Participants: Kyle Albaugh, Nora Fletcher, Laura Smith, James Humphries, Breanne Gray, Brianne Conkey, P.H., Laura (Lomax) Bell, Mackenzie Pepper, Bellamy Alexandar, Connie Purdy, Pat Hennis, Paula Hennis-Sickinger, Dave Sickinger and Megan Hennis.



American Red Cross Event



**American
Red Cross**
Together, we can save a life

HCC of Dover was pleased to return to support the second Red Cross Swim for Red, an August fundraiser at the Tuscora Pool for local family programs and services. HCC provided healthy and tasty refreshments and beverages for the event. Paula Hennis-Sickinger was honored to present the winning ribbon medals to the children who performed/fundraised the best in their respective pool activity categories. Congratulations to all the participants for all your hard work, as well as to the Red Cross for all your great efforts for the sake of the community!

Years of Service - Bolivar

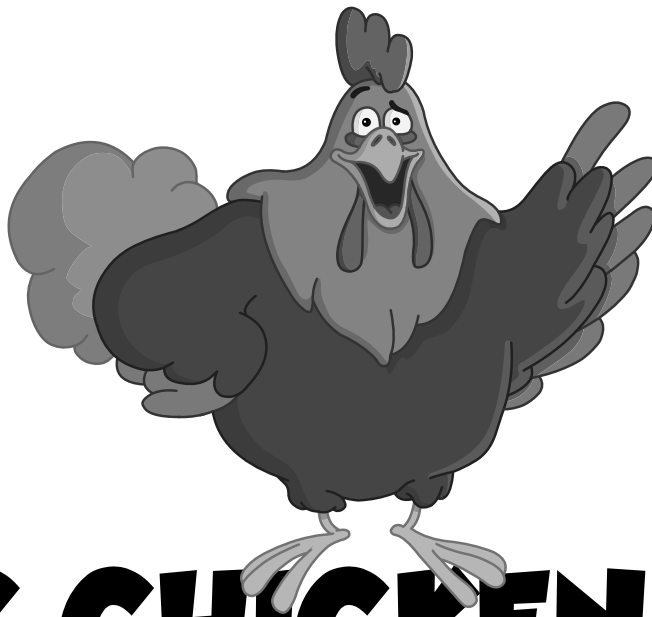
10 YEARS OF SERVICE

Kathryn Ott, Beth Wade, Kari Staron,
Patricia Stone, Roxanne Jones

5 YEARS OF SERVICE

Andrea Michelson, Kathleen Higl, Michelle Tomer, Cami McKinney,
Amanda Carnes, Carol Weaver, Lori Wood, Twila Frye, Carol Miller,
Jennifer Weber, Christina Lieser, Dianna Jones, Deanna Husted,
Rita Albrecht, Gloria Sauernheimer, Tyler Sponaugle, Nicole Dugan,
Nora Elder, Susan Barthelmeh, Nancy Thomas,
Gloria Franks, Penny Cox, Kathleen Herstine, Belinda White





HCC CHICKEN BBQ

FUNDRAISER

Carry-Out ONLY
Sat., October 23 • 11:00am to 1:00pm

LOCATION

Rear Parking Lot of the First United Methodist Church of Dover
1725 N. Wooster Ave.

HOSTED by HENNIS CARE CENTRE of Dover

\$6 Will Get a Chicken BBQ Dinner of:

Fresh Grilled ½ Chicken • Baked Beans • Applesauce • Cookie

PLUS – Prizes and Raffles !

* (Dinner tickets will be used for the prize drawings) *

Grilled by Chef Brian & Chef Dennis

To Purchase Tickets

See the Receptionist or a staff salesperson

Proceeds benefit
The American Cancer Society & The Alzheimer's Association

Merry Christmas & A Happy New Year

Holiday Word Search

O	V	A	V	S	S	D	Y	O	G	O	U	R	D	S	H	C	G	Q	A	N
W	Z	F	Q	X	S	D	N	E	I	R	F	K	S	P	M	O	M	W	Y	R
J	D	E	C	O	R	A	T	I	O	N	S	M	A	T	O	R	P	I	U	T
Q	X	Q	P	Z	F	A	M	S	X	S	I	R	L	G	S	N	C	S	M	Z
D	D	A	F	S	A	K	W	K	E	R	T	H	J	A	Y	U	K	E	O	V
Z	P	Z	M	T	N	I	I	I	G	I	H	H	H	M	S	C	W	M	D	V
J	S	U	E	F	F	O	K	L	E	A	R	Y	X	T	T	O	X	E	S	Y
Z	G	T	M	X	B	O	I	S	M	J	S	L	E	U	F	P	Q	N	U	M
K	N	I	O	H	O	P	G	T	X	R	Q	I	J	R	I	I	X	S	S	Q
S	I	U	R	C	F	T	N	V	I	G	M	M	V	K	G	A	E	T	E	V
E	S	R	I	H	X	W	I	S	F	D	L	A	Q	E	V	O	J	V	J	A
L	S	F	E	E	O	I	F	R	C	H	A	F	C	Y	T	R	S	M	A	P
O	E	A	S	N	W	J	F	W	A	P	O	R	B	A	B	T	Q	S	O	A
R	L	S	S	E	N	L	U	F	K	N	A	H	T	A	H	O	E	R	E	W
E	B	O	B	Y	Y	E	T	A	S	S	M	O	Z	G	I	L	N	X	F	D
S	N	L	L	J	E	O	S	O	M	F	P	J	I	T	D	A	S	F	W	A
S	U	O	A	R	P	P	E	U	V	Z	A	L	T	N	M	Y	K	R	K	O
A	B	N	T	L	U	F	I	T	N	U	O	B	A	E	K	C	E	W	C	E
C	H	U	B	D	D	I	P	Y	C	I	K	C	N	Y	P	A	C	M	C	Z
J	X	F	I	S	Z	N	O	B	B	I	R	T	V	M	T	J	B	Y	A	L
T	M	Q	F	K	A	Y	Q	F	V	V	S	P	F	H	R	Q	W	Q	B	S

Blessings
Bountiful
Candles
Casseroles
Cookies
Cornucopia
Decorations
Family
Friends
Fruit

Gifts
Gourds
Ham
Jesus
Lights
Memories
Ornaments
Parties
Pies
Pilgrims

Potatoes
Ribbon
Snow
Stuffing
Thankfulness
Traditions
Tree
Turkey
Wisemen
Wreath

We did something new this past August – we hosted a joint VBS for the staff’s children and grandchildren, ranging in age from 4 yrs. to 14 yrs! What a great intergenerational experience! We heard and witnessed (and joined in) enthusiastic singing & motions to songs such as: My God is an Awesome God, Pharaoh Pharaoh Let My People Go – this one STNA Kyle Ickus joined in the fun and added a great bass “uhh” effect and the kids loved it! Doris Smearman, Jean Shores, Connie Purdy, Mr. Courtright, Doris Briggs, Karen Griesen, Harold Russell, and Virginia Edwards were regular participants among others, thoroughly enjoying sharing VBS crafts, stories, music, activities, and LOVE! Residents reminisced often about their VBS days and how it’s a little different nowadays. The children were anxious to learn, good listeners, quick learners, and vibrant performers. We wrapped up the week together with a fun Friday outdoor picnic, games, and an inflatable. We appreciate Lauren, Mike, Maria, Kathy, and Paula for their coordination, organization, and teaching! Thanks Tori, Meliha, Nathan, Logan, Jess, Beau, Sammy, and Daisy for sharing your week with us! The end of summer brought a special championship vintage baseball game with the Canal Dover Red Legs vs. the Dover HCC Staff team. It was a comfortable day for August and a fun spirited game. The Dover team looked “spiffy” in their blue team shirts, grey pants, and ball cap! We enjoyed the comfort of the Methodist church’ pavilion (thank you!) while we had typical ballgame refreshments: fresh popcorn by Maria Schwabland, hotdogs grilled by Tonya Raynow, lemonade, and candy by Sammy Sickinger & Logan Ladrich, and Mike Scholles as the hospitality gal! The players were excited to ring the bell for a homerun and write their score on the chalk board. They were appreciative of the hand-made wooden bats to use! In the end, the vintage team won, but it was enjoyable event. Thanks, again, to Bart Hughes for coordinating it. Another baseball excursion found Jim Rees, Jane Niedenthal with Lauren Peelman and friend, Clint, at the Progressive Field to watch the Cleveland Indians play! They were all excited to root for their team! Summer and fall continue to offer us a sanctuary on the many porches, allowing us to appreciate the autumn splendor and experience the cool fresh breezes as well as the sunshine of each season, spaces warmed by rich natural colors and textures: the petunias and geraniums continued giving us pleasure into October, and the mums added to the new season, with pumpkins along side of them, temperatures and hues changing – the contrast is beautiful and pampers one’s spirit. Good weather allowed crochet, corn hole, and board games to be played outside on the patio with Marge along with treats – popcorn, ice-cream, etc. We also enjoyed seasonal activities of corn husking and bean snapping and then eating the fresh meals! Maryann keeps us abreast of what’s happening with the news and events by reading the newspaper and discussing the topics and sharing our opinions. Marge’s Culinary Corner has cooked up some good things – deep fried zucchini, fried green tomatoes – some tried it right

away, others need coaxed, or were more willing after hearing good comments! We had fudge, banana splits and other ice-cream treats that were popular! We enjoy reminiscing about our recipes and cooking experiences, too. We are looking forward to the upcoming cooking demonstrations by the chefs! Jim Ress (a big fan) and Mike Scholles went to the local Dover high school marching band practices several times to watch and listen along with a lot of reminiscing of his band days and OSU stories. We watched the corn hole tournament fundraiser with Mel, and the staff practiced several times out front and we cheered them on. We helped with several special mailing preparations and conversed and laughed while we worked. We appreciated some new entertainment: We enjoyed going to the Dover City Park amphitheatre for the Summer in the Park Concert Series – thanks Mike & Barry Scholles. A new Elvis performance and charming interaction came to be by a young man from Marge’s church. Do you know any performers you could suggest? Just give the receptionist (Trish/Rose) a call – we’d love to add them to our schedule. The Nail Polish Mania service is always appreciated when serviced by the STNAs – we like looking “polished”. We also work together, mentally and physically, through daily exercises, group games, cards, and physical games with staff and volunteers. You know we will welcome a new face if you know anyone! Sadly, we said farewell to volunteer Cindy Smith who moved to Cleveland (come visit anytime). Recreational Therapist, Lauren has been filling in, and we have plans for a couple of new craft volunteers to join us in January. We attended the 10th anniversary party for Bolivar – several of us went with Lauren, and we savored the food and entertainment. The Alzheimer’s Memory Walk was held one Saturday morning at Tuscora Park, and we were honored to participate in it. We thank Tracey Uebel, a new volunteer from Interim Home Health, and her daughter for helping us with this outing. The annual Tuscarawas county fair is always a huge excursion and we love the atmosphere, the various fare, shopping the commercial area, seeing the animals, and other people we know! Thanks to many staff and family to make this possible! We sure value our community involvement! We anticipate more fun with the upcoming events. We’ll be heading to Tim’s Tavern for a fish dinner – per our request. The Oktoberfest is always a great community event to attend. A fall wiener roast is planned with Eileen, too. Football spirits days will bring many cheerleaders and football players to visit, and Halloween festivities are around the corner and are exciting. The Thanksgiving buffet hosted by the staff is certainly delicious. Then, we are planning for the In-house Christmas shopping, family dinners, Santa visits, holiday visitors, the snowmen, and more! Enjoy the Autumn pageantry, Thanksgiving blessings, and the magic of Christmas!

*** Learn from Yesterday * Live for Today ***

*** Hope for Tomorrow ***

The Gardens



Friends enjoy the peaceful waterfall and friendship on the front porch on a hot summer day.



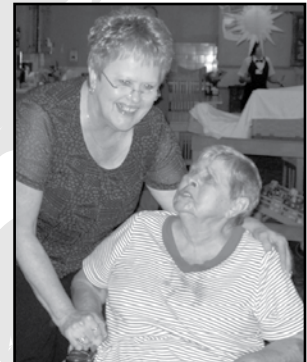
Culinary Corner with Marge Johnson frying up battered zucchini as Doris Briggs watches and discusses the outcome.



The finished fried zucchini has STNA Kelly Fishley sampling the goods.



Tori joins her mom, Nicole, at the computer, side by side, after VBS.



Receptionist, Trish H. & Ethel H. share a laugh and hug.



Virginia and Jean share pictures and a letter in the shade.



October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">Garden Activities of Dover</p>		<i>PS Salon Services Tuesday thru Saturday</i> <i>Mon. & Thurs. Nites Movies on Ch. 2 7:00pm</i> <i>Activities subject to change.</i> <i>Everyday Games Independent Crafts in the Dining Room</i>	Watch For Dover-Phila Pep Rallies This Month - Dates To Be Announced For Spirit Week Festivities! Strasburg High School Spirit Day Date To Be Announced! <i>Daily Computer Use Available</i>	 <p>Patty S. gets the rhythm of the tambourine to the accordion concert.</p>	1 Heritage Clothing Shopping 10:00 Rise & Shine 10:30 Exercise Time 11:00 Morning Chat 11:30 Painting 12:00 Pokeno 12:30 Cornhole 1:00 Social Hour	2 Individual Activities Cards - Puzzles Board Games 10:00 Lights For Christ Visits 1:30 Bingo With Staff
		3 Community Oktoberfest 2:00pm - 4:00pm 10:00 Catholic Communion 2:00 Alpine Bible Church Service	4 9:00 Monday Energize 9:45 Music With Laura 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie - Ch. 2		5 9:00 Total Stretches 9:30 News & Chat 10:00 Culinary Corner 2:00 Games Of Choice 3:00 Catholic Visits & Dog Visits 6:00 Crafts	6 9:00 Loosen Up 9:45 Music With Laura 10:30 Nail Polish Mania 1:30 Football Tailgate Party - R 1:30 Bingo 3:00 Dover Library Visits 3:30 Bocci 4:00 Pick Your Brain
10 10:00 Catholic Communion 2:00 Rev. Robb Church Service	11 9:00 Monday Energize 9:45 Music With Laura 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 6:30 Dover Youth FB Players & Coach Visit "Steelers" 7:00 Movie - Ch. 2	12 9:00 Total Stretches 9:30 News & Chat 10:00 Culinary Corner 2:00 Music By Joyce Cecil -R 2:00 Games Of Choice 3:00 Catholic Visits & Dog Visits 6:00 Crafts	13 9:00 Loosen Up 9:45 Music With Laura 10:30 Nail Polish Mania 1:30 Bingo 3:00 Dover Library Visits 3:30 Bocci 4:00 Pick Your Brain 7:00 Benefit Card Party	14 9:00 Let's Get Fit 9:30 Current Events 10:00 Yahtzee 1:30 Cooking Demo w/Chef Dennis-R 2:00 Texas Roadhouse Line Dancers - R 3:30 Volleyball 4:00 Tricky Trivia 7:00 Movie Ch.2	15 Afternoon Special Fun With Marge 9:00 Rise & Shine 9:30 Exercise Time 10:00 Morning Chat 10:00 Painting 1:30 Pokeno 3:30 Cornhole 4:00 Social Hour	16 Individual Activities Cards - Puzzles Board Games 1:30 Bingo With Staff
17 10:00 Catholic Communion 2:30 Dover Bible Church Service	18 9:00 Monday Energize 9:45 Music With Laura 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie - Ch. 2	19 9:00 Total Stretches 9:30 News & Chat 10:00 Culinary Corner 10:30 Lunch Outing 2:00 Games Of Choice 3:00 Catholic Visits & Dog Visits 6:00 Crafts	20 9:00 Loosen Up 9:45 Music With Laura 10:30 Nail Polish Mania 1:30 Bingo 3:00 Dover Library Visits 3:30 Bocci 4:00 Pick Your Brain	21 9:00 Let's Get Fit 9:30 Current Events 10:00 Yahtzee 2:00 Music By Marburger 3:30 Volleyball 4:00 Tricky Trivia 7:00 Movie Ch.2	22 Apple Pie Bake Off Judging @ 1:00pm 9:00 Rise & Shine 9:30 Exercise Time 10:00 Morning Chat 10:00 Painting 1:30 Jingo 3:30 Horseshoes 4:00 Social Hour	23 Individual Activities Cards - Puzzles Board Games 11:00 HCC Chicken BBQ Fundraiser @ Methodist Church Pavilion 1:30 Bingo With Staff
24 10:00 Catholic Communion Church Of New Hope Church Service 2:00 Truth Bible Church Service	25 9:00 Monday Energize 9:45 Music With Laura 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie - Ch. 2	26 9:00 Total Stretches 9:30 News & Chat 10:00 Pumpkin Decorating w/Staff Partner 10:00 Culinary Corner 2:00 Games Of Choice 3:00 Resident Council 3:00 Catholic Visits & Dog Visits 6:00 Trick Or Treat	27 9:00 Loosen Up 9:45 Music With Laura 10:30 Nail Polish Mania 1:30 Bingo 3:00 Dover Library Visits 3:30 Bocci 4:00 Pick Your Brain 6:15 Pumpkin Caroling by St. John's Youth - G	28 9:30 Let's Get Fit 9:30 Current Events 10:00 Yahtzee 2:00 Jerome James 3:30 Volleyball 4:00 Tricky Trivia 7:00 Movie Ch.2	29 9:00 Rise & Shine 9:30 Exercise Time 10:00 Morning Chat 10:00 Painting 1:30 Jingo 2:00 Resident Halloween Party 3:30 Horseshoes 4:00 Social Hour	30 Individual Activities Cards - Puzzles Board Games 1:30 Bingo With Staff
Dover - Phila Football Spirit Week & Festivities						
31 10:00 Catholic Communion 2:00 Truth Bible Church Service	9:00 Monday Energize 9:45 Music With Laura 10:30 Uno 1:45 Bingo 3:30 Parachute Partners 4:00 Name That Tune 7:00 Movie - Ch. 2	9:00 Total Stretches 9:30 News & Chat 10:00 Pumpkin Decorating & 2:30 w/Staff Partner 10:00 Culinary Corner 2:00 Games Of Choice 3:00 Resident Council 3:00 Catholic Visits & Dog Visits 6:00 Trick Or Treat	9:00 Loosen Up 9:45 Music With Laura 10:30 Nail Polish Mania 1:30 Bingo 3:00 Dover Library Visits 3:30 Bocci 4:00 Pick Your Brain 6:15 Pumpkin Caroling by St. John's Youth - G	9:30 Let's Get Fit 9:30 Current Events 10:00 Yahtzee 2:00 Jerome James 3:30 Volleyball 4:00 Tricky Trivia 7:00 Movie Ch.2	9:00 Rise & Shine 9:30 Exercise Time 10:00 Morning Chat 10:00 Painting 1:30 Jingo 2:00 Resident Halloween Party 3:30 Horseshoes 4:00 Social Hour	Individual Activities Cards - Puzzles Board Games 1:30 Bingo With Staff

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

The beautiful fall continues to give us nice weather to enjoy things outdoors such as walks around the facility grounds and enjoying visitors on the front porch. You can be sure you'll find Delbert and Dorothy Bair out there quite often! Many others enjoy it frequently as well. We also appreciate small group outing to restaurants, stores, and the like, which offers a more personal gathering. A larger yearly outing is to the county fair! We had great weather for this fun outdoor event, and enjoyed lunch at the Grange, roaming through the commercial buildings - where we saw our friend/bus driver, Carl Beatty's construction booth, petting the animals, and munching on the fair goodies. We certainly appreciate all the staff and family helpers for this trip!

We also attended a concert at the Dover park for our favorites - Randy Valez and Jerome James and enjoyed the great outdoor setting. A large Hennis group of us participated in the Alzheimer's Memory Walk at Tuscora park, and we enjoyed that Saturday morning taking in the meaningful walk and festivities afterwards. We are grateful for such a wonderful community!

The Oktoberfest was held in Dover this year, and I like the idea of alternating it between the two facilities because I enjoy both the pig roast and Oktoberfest. Al Zimmerman has been doing our entertainment for a number of years now, but darn it anyhow, wouldn't you think he would give me a break and let me sing with them? Come on Al, being tone deaf shouldn't have anything to do with it! Everyone enjoys the live music and activities overall. We thank the dietary dept. for all the delicious food and nice job overall!

Our sister facility in Bolivar recently celebrated their 10th anniversary, and the festivities just kept going! It was exciting and the party food plentiful. So many people, including Harold Russell, went and joined in the celebration of the occasion. David Hennis, Paula, & Kathy - your grandmother, your dad, Harry, and your mother would be so proud of you for taking care of so many lives as you do, the compassion you have for your community, and building and developing the commitment to their name. We're all glad to be a part of it, too! So many people cross through

our lives, and I am grateful for the the multiple interactions and memories. We love it when people get better and return home, and then bake lots of chocolate chip cookies, pies, or fudge - that's it FUDGE! All because you miss our exercise class so much! So, you know you are welcome to visit and exercise with us anytime or attend anything here at Hennis!

Speaking of baked goods, coming up in October is our annual Apple Pie bake-off between each unit! We're also looking for judges! Just give me a call if the job is for you! We are also looking forward to many other fall festivities that include the benefit card party on the 13th of October, football players & cheerleaders visits, fall crafts & decorating, trick-or-treat night, Thanksgiving buffet that the staff hosts, plus our regular delicious Thanksgiving dinner, in-house holiday shopping, and all the special Christmas activities and visitors.

The Thanksgiving season offers us reflection on the fond blessings that we all have received throughout the year. The volunteers fill a capacity every day and I am so grateful to them. Dot, I depend on you and admire you. Nancy, I appreciate all your spectacular bulletin board decorating. You and Horrace help so many people throughout this facility. Dorothy, you share so many compliments and spoil everyone on Rehab, and we appreciate all the goodies. Lee, after all these years you are a gracious friend and volunteer. Maria Schwabland, Daniel & Chrissy Sickinger, and Brian Hennis - you have been with me for so many years and have helped make the Activity dept. run smoother by your commitment to your grandfather, Harry Hennis, and family. There are many of you who are so supportive in many ways and we value you greatly! Thank you all, for being here.

Meanwhile, enjoy your loved ones, family and friends during this part of the year! Have a lovely Thanksgiving, merry Christmas, and a happy new year!

Till next time,

Mike



Jane Ballard and Mike during the Reading Group.



Lauren and Nathan playing the Wii before therapy.



Mrs. Kline making a selection from the Jewelry Sale Fundraiser, manned by Mrs. Smith, mother of Laura Smith.



The therapist perusing the jewelry table.



Chrissy Sickinger playing the piano as Chester Harmon listens.



October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rehabilitation Activities of Dover		<i>Every Morning 7:00 a.m. Tea Trolley! 11:00 - AM Trivia 12:00 - Dinner Music</i> <i>Videos are shown on Ch. 2 in all rooms and in our dining room lounge area</i> <i>Mondays & Fridays 4:00 pm Book/Magazine Cart</i>	Watch For Dover-Phila Pep Rallies This Month - Dates To Be Announced For Spirit Week Festivities! Strasburg High School Spirit Day Date To Be Announced! <i>Daily Computer Use Available</i>	<i>Catholic Visits Every Wednesday @ 3:00 pm</i> <i>Monthly Small Group Lunch Outings & Misc. Outings TBA</i> <i>Monday - Friday 9:00 am Exercise Warm Ups</i>	1 Heritage Clothing Shopping 7:30 Breakfast Club 9:00 Mikes Visits 10:00 Exercise Class 10:30 Morning Prayers 11:30 Spooky Stories 1:30 Dot's Deal 6:00 Family Time In Dining Room	2 8:00 Breakfast 10:00 Lights For Christ Visits 2:00 All Day On Your Own Computer
		3 Community Oktoberfest 2:00pm - 4:00pm 10:00 Catholic Communion 2:00 Alpine Bible Church Service	4 7:30 Join Us For Breakfast 9:00 One On One Visits 10:00 Shake All Over 10:30 Horace & Prayers 11:00 Robin Cook Story 1:30 Bingo 2:00 Rosary 7:00 Movie Ch. 2	5 7:30 Breakfast Club 9:00 In Room Visits 10:00 Movin & Groovin 10:30 Morning Prayers 11:00 Story Hour 1:30 Dot's Choice 3:00 Catholic Visits & Dog Visits	6 7:30 Join Us For Breakfast 9:00 One On One Visits 10:00 Exercise Time 10:30 Prayer Session 11:00 More Robin Cook Story 1:00 Domino's 1:30 Football Tailgate Party - R 3:30 Dover Library Visits 6:00 Computer Time	7 7:30 Breakfast Club 9:00 Let's Get Together 10:00 Loosen Up Time 10:30 Spiritual Time 11:00 Novel Reading 1:30 Cards 2:00 Randy Rawls Music 6:00 Visit Rehab D.R. 7:00 Movie Ch. 2
10 10:00 Catholic Communion 2:00 Rev. Robb Church Service	11 7:30 Join Us For Breakfast 10:00 Shake All Over 10:30 Horace & Prayers 11:00 Robin Cook Story 1:30 Bingo 2:00 Rosary 7:00 Movie Ch. 2	12 7:00 Story Hour 7:30 Breakfast Club 9:00 In Room Visits 10:00 Movin & Groovin 10:30 Morning Prayers 1:30 Dot's Choice 1:30 Catholic Mass 2:00 Joyce Cecil 3:00 Catholic Visits & Dog Visits	13 7:30 Join Us For Breakfast 9:00 One On One Visits 10:00 Exercise Time 10:30 Rev. Lewis-G 11:00 More Robin Cook Story 1:00 Domino's 3:30 Dover Library Visits 6:00 Computer Time	14 7:30 Breakfast Club 9:00 Let's Get Together 10:00 Loosen Up Time 10:30 Spiritual Time 11:00 Novel Reading 1:30 Cards 1:30 Cooking Demo w/Chef Dennis-R 2:00 Texas Roadhouse Line Dancers - R 6:00 Visit Rehab D.R. 7:00 Movie Ch. 2	15 7:30 Breakfast Club 9:00 Mikes Visits 10:00 Exercise Class 10:30 Morning Prayers 1:30 Dot's Deal 6:00 Family Time In Dining Room	16 8:00 Breakfast 2:00 All Day On Your Own Computer
17 7:30 Breakfast 10:00 Catholic Communion 2:30 Dover Bible Church Service	18 7:30 Join Us For Breakfast 10:00 Shake All Over 10:30 Horace & Prayers 11:00 Robin Cook Story 1:30 Bingo 2:00 Rosary 7:00 Movie Ch. 2	19 7:00 Story Hour 7:30 Breakfast Club 9:00 In Room Visits 10:00 Movin & Groovin 10:30 Morning Prayers 1:30 Dot's Choice 3:00 Catholic Visits & Dog Visits	20 7:30 Join Us For Breakfast 9:00 One On One Visits 10:00 Exercise Time 10:30 Prayer Session 11:00 More Robin Cook Story 1:00 Domino's 3:30 Dover Library Visits 6:00 Computer Time	21 7:30 Breakfast Club 9:00 Let's Get Together 10:00 Loosen Up Time 10:30 Spiritual Time 11:00 Novel Reading 1:30 Cards 2:00 Music By Marburger 6:00 Visit Rehab D.R. 7:00 Movie Ch. 2	22 Apple Pie Bake Off Judging @ 1:00pm 7:30 Breakfast Club 9:00 Mikes Visits 10:00 Exercise Class 10:30 Morning Prayers 1:30 Dot's Deal 6:00 Family Time In Dining Room	23 8:00 Breakfast 11:00 HCC Chicken BBQ Fundraiser @ Methodist Church Pavillion 2:00 All Day On Your Own Computer
24 10:00 Catholic Communion 2:00 Church Of New Hope Church Service	25 7:30 Join Us For Breakfast 10:00 Shake All Over 10:30 Horace & Prayers 11:00 Robin Cook Story 1:30 Bingo 2:00 Rosary 7:00 Movie Ch. 2	26 7:00 Story Hour 7:30 Breakfast Club 9:00 In Room Visits 10:00 Pumpkin & 2:30 Decorating w/Staff Partner 10:00 Movin & Groovin 10:30 Morning Prayers 1:30 Dot's Choice 3:00 Catholic Visits & Dog Visits 6:00 Trick Or Treat	27 7:30 Join Us For Breakfast 9:00 One On One Visits 10:00 Exercise Time 10:30 Prayer Session 11:00 More Robin Cook Story 1:00 Domino's 3:30 Dover Library Visits 6:00 Computer Time 6:15 Pumpkin Caroling by St. John's Youth - G	28 7:30 Breakfast Club 9:00 Let's Get Together 10:00 Loosen Up Time 10:30 Spiritual Time 11:00 Novel Reading 1:30 Cards 2:00 Jerome James 6:00 Visit Rehab D.R. 7:00 Movie Ch. 2	29 7:30 Breakfast Club 9:00 Mikes Visits 10:00 Exercise Class 10:30 Morning Prayers 1:30 Dot's Deal 2:00 Residents 6:00 Halloween Party 6:00 Family Time In Dining Room	30 8:00 Breakfast 2:00 All Day On Your Own Computer
Dover - Phila Football Spirit Week & Festivities						
31 10:00 Catholic Communion 2:00 Truth Bible Church Service	7:30 Join Us For Breakfast 10:00 Shake All Over 10:30 Horace & Prayers 11:00 Robin Cook Story 1:30 Bingo 2:00 Rosary 7:00 Movie Ch. 2	7:00 Story Hour 7:30 Breakfast Club 9:00 In Room Visits 10:00 Pumpkin & 2:30 Decorating w/Staff Partner 10:00 Movin & Groovin 10:30 Morning Prayers 1:30 Dot's Choice 3:00 Catholic Visits & Dog Visits 6:00 Trick Or Treat	7:30 Join Us For Breakfast 9:00 One On One Visits 10:00 Exercise Time 10:30 Prayer Session 11:00 More Robin Cook Story 1:00 Domino's 3:30 Dover Library Visits 6:00 Computer Time 6:15 Pumpkin Caroling by St. John's Youth - G	7:30 Breakfast Club 9:00 Let's Get Together 10:00 Loosen Up Time 10:30 Spiritual Time 11:00 Novel Reading 1:30 Cards 2:00 Jerome James 6:00 Visit Rehab D.R. 7:00 Movie Ch. 2	7:30 Breakfast Club 9:00 Mikes Visits 10:00 Exercise Class 10:30 Morning Prayers 1:30 Dot's Deal 2:00 Residents 6:00 Halloween Party 6:00 Family Time In Dining Room	8:00 Breakfast 2:00 All Day On Your Own Computer

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Well friends, it is time to put away the sprinklers and sunscreen to trade in the bathing suits, tans, and shorts for some scarves, long sleeves and knit caps. Fall is knocking on the door and Winter and Jack Frost are nipping at its heels.

Like most people we are trying to figure out just where did summer go and how do we get it back? Mr. Sun we love you don't leave us with the cold wind and snow!! This summer brought us all sorts of fun and goodies. We went strawberry picking and had all sorts of strawberry foods, oh my, were those strawberries finger lickin' good! YUMMY!!!!

Summer also brought us America's favorite pastime, BASEBALL! It's going... going...gone! We got to watch balls being hit out of the park by some of our very own friends here at Hennis at a special vintage baseball game vs. the Hennis Staff team. Vintage players took on our crew here at Hennis and what a game that was!! It was interesting to watch the old fashion style with chalkboards for the score, bell ringing for a home run, and old time uniforms.

We also went exploring and participated in our first Vacation Bible School. It was so much fun getting to play and learn with the children, they were so smart! We learned and shared all kinds of great stories, we learned about Noah and the Ark, Moses, Jonah and the Whale, and how we and the world were made. AMAZING!! We can not wait to see what kind of fun Vacation Bible School has in store for us next year! It was a great intergenerational event with the staff's children and grandchildren!

If those weren't enough, we attended concerts in the park, it was nice to go to a concert with lawn seating. We had some luncheons with some delicious tasting food! We also celebrated Art Appreciation Month in August and got to showcase our own artworks and got to see everyone else's too! We got some pretty talented people here at Hennis. Thank you, staff, for a great art show!

We are excited at the prospects that fall and winter bring. We have Halloween and Oktoberfest coming up in October, not to mention TRICK of TREATING!!! YAY! Spirit Week, pumpkin decorating, parties, new entertainers and more! Thanksgiving all that turkey and mashed potatoes and pumpkin pie...yikes, now I am making myself hungry! Last, but not least, CHRISTMAS!!! We are making our list and checking it twice we know we're not naughty only nice!!! Can't wait for all the goodies under the tree, the time with family, and the joy of the season! Join us for some wonderful celebrations and good cheer! Remember you're never too old to make snow angels and snowmen! We look forward to spending many special seasonal traditions with special loved ones and friends and forming new special memories. Enjoy this special season! Go Team! Gobble Gobble! Merry Christmas! Happy New Year!



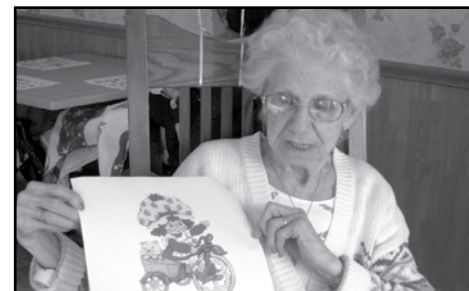
Velva Crago and Louise Gorman picking strawberries.



Louise Gorman strawberry picking.



Betsy King & Mel Scheetz-eating strawberries.



Velva Crago-showing off her strawberry shortcake picture.



John Mossor-Strawberry Festival.



Eva Spittle-2010 Strawberry Queen.



Martha Carlisle-It's ok!



Jean Shores and family at the Strawberry Festival.



Louise Gorman and Ruth Martin snapping Green beans.



Hermine Youngman and Autumn Grindley snapping green beans.



October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Homestead Activities of Dover		<i>Facility Wide Programming Every Thurs. Providing Choice and Diversity</i> Music Therapy Group Sessions at 9:00 am <i>Activities subject to change</i>	<i>Exclusive 1:1 Individualized activities centered around the Homestead Residents' daily routine including: Aroma Therapy, Story Time, Pet Visits and Sensory Stimulation</i>	Watch For Dover-Phila Pep Rallies This Month - Dates To Be Announced For Spirit Week Festivities! Strasburg High School Spirit Day Date To Be Announced! <i>Daily Computer Use Available</i>	1 Heritage Clothing Shopping	2 7:30 Breakfast Club 9:30 Morning Tunes
		3 Community Oktoberfest 2:00pm - 4:00pm 7:30 Breakfast Club 2:00 Alpine Bible	4 7:30 Breakfast Club 9:30 Exercise 1:30 Bingo 7:00 Movie Ch. 2	5 7:30 Breakfast Club 9:30 Story Time/ Games 3:00 Catholic Visits & Dog Visits	6 7:30 Breakfast Club 9:30 Exercise 1:30 Bingo	7 7:30 Breakfast Club 9:30 Story Time/ Games 1:30 Paper Plate Witches 2:00 Music Entertainment-G 7:00 Movie Ch. 2
10 7:30 Breakfast Club 10:00 Catholic Communion 2:00 Rev. Robb	11 7:30 Breakfast Club 9:30 Exercise 1:30 Bingo 7:00 Movie Ch. 2	12 7:30 Breakfast Club 9:30 Story Time/ Games 1:30 Pumpkin Pass 2:00 Music By Joyce Cecil - R	13 7:30 Breakfast Club 9:30 Exercise 1:30 Football Tailgate Party - R 1:30 Bingo 7:00 Benefit Card Party	14 7:30 Breakfast Club 9:30 Story Time/ Games 1:30 Cooking Demo w/ Chef Dennis-R 2:00 Texas Roadhouse Line Dancers - R 7:00 Movie Ch. 2	15 7:30 Breakfast Club 9:30 Exercise 1:30 Bingo	16 7:30 Breakfast Club 9:30 Morning Tunes
17 7:30 Breakfast Club 10:00 Catholic Communion 2:30 Dover Bible	18 7:30 Breakfast Club 9:30 Exercise 1:30 Bingo 7:00 Movie Ch. 2	19 7:30 Breakfast Club 9:30 Story Time/ Games 3:00 Catholic Visits & Dog Visits	20 7:30 Breakfast Club 9:30 Exercise 1:30 Bingo	21 7:30 Breakfast Club 9:30 Story Time/ Games 1:30 Mask Making 2:00 Music Entertainment-G 7:00 Movie Ch. 2	22 Apple Pie Bake Off Judging @ 1:00pm 7:30 Breakfast Club 9:30 Story Time/ Games 1:30 Mask Making 2:00 Music Entertainment-G 7:00 Movie Ch. 2	23 7:30 Breakfast Club 9:30 Morning Tunes 11:00 HCC Chicken BBQ Fundraiser @ Methodist Church Pavillion
24 7:30 Breakfast Club 10:00 Catholic Communion 2:00 Church Of New Hope	25 7:30 Breakfast Club 9:30 Exercise 1:30 Bingo 7:00 Movie Ch. 2	26 7:30 Breakfast Club 9:30 Story Time/ Games 10:00 Pumpkin Decorating w/ Staff Partner 2:30 Catholic Visits & Dog Visits 6:00 Trick Or Treat	27 7:30 Breakfast Club 9:30 Exercise 1:30 Bingo 6:15 Pumpkin Caroling by St. John's Youth - G	28 7:30 Breakfast Club 9:30 Story Time/ Games 2:00 Music Entertainment-G 7:00 Movie Ch. 2	29 7:30 Breakfast Club 9:30 Exercise 1:30 Bingo 2:00 Residents Halloween Party	30 7:30 Breakfast Club 9:30 Morning Tunes
Dover - Phila Football Spirit Week & Festivities						
7:30 Breakfast Club 10:00 Catholic Communion 2:00 Church Of New Hope	31 7:30 Breakfast Club 10:00 Catholic Communion 2:00 Truth Bible	7:30 Breakfast Club 9:30 Exercise 1:30 Bingo 7:00 Movie Ch. 2	7:30 Breakfast Club 9:30 Exercise 1:30 Bingo 6:15 Pumpkin Caroling by St. John's Youth - G	7:30 Breakfast Club 9:30 Story Time/ Games 2:00 Music Entertainment-G 7:00 Movie Ch. 2	7:30 Breakfast Club 9:30 Exercise 1:30 Bingo 2:00 Residents Halloween Party	7:30 Breakfast Club 9:30 Morning Tunes

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Ruth Martin, Anna Martin, Hellen Hass and Louise Gorman enjoy BINGO Time.



Jean Shores playing bingo.



Hermine Youngman and baseball player Adam Metcalf—Take Me out to the Ballgame



John Mosor-BINGO!



Baseball player Adam Metcalf and June Reif; Myria Wade and baseball player Clint Wilson.



Hermine Youngman singing "Wild Thing"



Our green beans and potatoes!!



Louise Gorman, Velva Crago and Baseball player Clint Wilson—Take Me Out to the Ballgame Day.



Eva Spittle and baseball player Clinton Wilson Take Me out to the Ballgame.



Baseball player Adam Metcalf and Lorilla Farris singing Take Me out to the Ballgame.



Viola Smith and baseball players Clint Wilson and Adam Metcalf.



Martha Carlisle, Louise Gorman, Velva Crago and Ryder. Ladies just love a puppy.



Betsy King and Ryder-puppy lovin'.



Floyd Stein and Ryder-Man's best friend.



Floyd Stein and baseball player Clint Wilson Take Me out to the Ballgame



Memory Magic Group help prepare letters for the bulletin board.



Pet visits with the kennel club.



Bolivar 4-H group helps plant flowers.



Games in the evening.



Volunteer Sandy helps with Kings Corners Card Game.



Richie & Hannah Johns entertain.



Dorothy Randall says, "Isn't he cute."



Nurse Ruth helps Alice and Doris plant flowers.



Denise VanVoorhis visits with a puppy.



Hello from the Gardens,

This summer we have been enjoying all the flowers in the courtyard and out front. It was so hot this summer that we lost several of the petunias and things didn't grow as big as last year, but we still had plenty of color. We so appreciate all our volunteers who helped with the gardens this year. Nick Tressel was a big help when we planted, and the 4-H and church groups really made the planting go quickly. After supper many residents sit on the front porch watching for hummingbirds, watching children play at the school, and enjoying the flowers. There is usually a nice breeze blowing on our faces and we love talking about old times with peers and family members. We are so happy to have Juanita Goodwin back doing our "Get Fit" class after being off for several months when she hurt her back. One Sunday, after church, we had a visit with the Davis Street Duo, Richie and Hannah Johns. These young children are so talented. They play the banjo, guitar, harp, violin, piano, add some humor, and sing country, bluegrass, and gospel music. We really enjoyed their performance.

We have had many pet visits with puppies, cats, the Kennel Club and our own pets Roxie and Daisy. We have watched and listened to many birds, butterflies, bees, moths and hummingbirds in the courtyard. We saw many different animals at the fair in Sept. and ate at the 4-H cafe. We love those cream chicken sandwiches and fresh made pies. Then we stopped at the booths to see the displays. We had to have some elephant ears, waffles, ice cream, candy apples and popcorn before we went home. Thanks to all the staff that helped with this fun day.

The Memory Magic group sat in the courtyard many nice days looking through the Reminisce magazine which reminded us of things in our past and sparked many good conversations. We have expanded Memory Magic to include anything that makes our minds work like: Farkle, where we have to figure out our points and volunteer Sandy Johnson helps with that. Thank you Sandy! Kings Corners, where we have to remember which card goes where, math flash cards, Scrabble Slam where we have to make new words with the letter cards we have in our hand, (thank you Logan for teaching us this game), looking at pictures of places we have been, putting puzzles together, helping label supplies for Angie, talking about our gardens, tasting tomatoes and frying green tomatoes. We also made letters to put on the bulletin boards, played Corn Hole in the courtyard, wrapped plastic ware for the Pig Roast which made us reminisce about the restaurants we used to frequent. Bud Newman helped water

the flowers this summer. Thank you for all you hard work. Hester has been keeping the porch swept. Doris Kaiser went to her high school class reunion at The Manor and received a copy of her year book picture and a story about her likes and hobbies. Funny they are still the things she likes today. Doris is still making cards everyday. If you want to order Christmas cards stop in and see her.

In September, the tenth anniversary of the Hennis building in Bolivar was a very festive celebration with great food, fun games and entertainment. We had a section of the yard just for children with a blowup jumping toy, face painting, snow cones, Cornhole game, beanbag toss game, balloons, and snacks. We want to thank the therapy Dept. for helping with the games, and dietary for all the great food that day.

We enjoyed the Men's and Women's luncheons in August. In Sept., Oct., and Nov. our entertainers are Gene Weygandt, John King, Jim Dine, Randy Rawls, the Doodle-Le Doos, Fran Zupp, Don Miller, Tim Turkal and Max Groessenbacher. Oct 6 was the Benefit Card Party. The end of October we will have Trick or Treat with the children of the staff and a Halloween Party for the residents. Nov 18th we will have a Thanksgiving buffet prepared by staff and our Dietary team. Then we will start thinking about Christmas shopping at the mall, Christmas light tours, Christmas dinners, Santa, carolers, entertainers, parties, baking cookies and much more.

In the evenings we continued to play cards, listen to many entertainers, we have church with Freewill Baptist Church. The dogs are still coming for Kennel Club visits. We were sorry to hear that Digger, one of the dogs has passed away. The Residents are having Bible Study with Gerry. The residents choose the subject and songs for the study like: God's Favor, Love and God's Love. One evening it was so nice outside, we all went out to listen to John King sing by the front porch. We are looking forward to making crafts, decorating the trees, and making the library look like home for Christmas. Delores Koerber is coming in December as one of our entertainers.

The activity dept. is in need of calendars with pictures of babies, children, animals, old cars, tractors, or nature scenes. We are also in need of pastel colors of yarn for baby afghans we make and send to Akron General Hospital. Thank you for your generosity.

Have a beautiful Thanksgiving, great Christmas and Happy New Year.

The Gardens



Tyler (Therapy) plays cornhole with Bud Newman.



Volunteer Scottie helps with Get Fit.



Dorothy, Eleanor, Alice, and Gladys help label supplies.



The dietary team at the pig roast.



Administrator Kim Zontini tries the face painting.



October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Garden Activities of Bolivar		<i>Individualized Visits 1:1</i> <i>Mail Call Monday-Saturday</i>			1	2
		<i>Salon Services Tuesday - Friday</i> <i>Activities & Location Subject to Change</i>	<i>Location Key:</i> <i>H-Homestead</i> <i>R-Rehab</i> <i>G-Gardens</i>	9:45 Music Therapy 10:00 Get Fit 12:30 Memory Magic 2:00 Garden Club 5:45 Cards & Games	9:30 Continental Breakfast 10:30 Travel Log-Ch. 2 12:30 Movie-Ch. 2 1:45 Bingo With Family & Friends	
3	4	5	6	7	8	9
9:15 Catholic Communion 2:00 Faith Baptist Church Service	10:00 Get Fit 12:30 Memory Magic 2:00 Volunteer's Bingo 6:30 Win Lose Or Draw	9:15 Sensory Sensations 10:00 Nail Talk 10:30 Music Therapy 12:30 Memory Magic 2:30 Gene's Piano Tunes 6:30 Bible Study	8:45 Bible Study with Harry 10:00 Get Fit 12:30 Memory Magic 1:45 Card Bingo 7:00 Benefit Card Party	9:15 Sensory Sensations 10:30 Music Therapy 12:30 Memory Magic 7:00 Fran Zupp	9:45 Music Therapy 10:00 Get Fit 12:30 Memory Magic 2:00 Garden Club	10:30 Travel Log-Ch. 2 12:30 Movie-Ch. 2 1:45 Bingo With Family & Friends
10	11	12	13	14	15	16
9:15 Catholic Communion 2:00 St. Paul's Lutheran Church Service	10:00 Get Fit 12:30 Memory Magic 2:00 Volunteer's Bingo 6:30 Tim Turkal Entertains	9:15 Sensory Sensations 9:30 Sewing 10:00 Nail Talk 12:30 Memory Magic 1:30 Resident Council 2:00 Don Miller's "Music From The Heart" 7:00 Freewill Baptist	8:45 Bible Study with Harry 10:00 Get Fit 12:30 Memory Magic 1:45 Card Bingo 6:45 Kennel Club Visit	9:15 Sensory Sensations 10:00 Lunch Bunch Outing 10:00 Catholic Mass 10:30 Music Therapy 6:30 John King	9:45 Music Therapy 10:00 Get Fit 12:30 Memory Magic 2:00 Garden Club 6:30 Play Poker	9:30 Continental Breakfast 10:30 Travel Log-Ch. 2 12:30 Movie-Ch. 2 1:45 Bingo With Family & Friends
17	18	19	20	21	22	23
9:15 Catholic Communion 2:00 Rev. Robb Church Service	10:00 Get Fit 12:30 Memory Magic 2:00 Volunteer's Bingo 6:30 Win Lose Or Draw	9:15 Sensory Sensations 10:00 Nail Talk 10:30 Music Therapy 12:30 Memory Magic 6:30 Parachute Fun	8:45 Bible Study with Harry 10:00 Get Fit 12:30 Memory Magic 1:45 Card Bingo 6:00 Movie Ch. 2	9:15 Sensory Sensations 10:00 Lunch Bunch Outing 10:30 Music Therapy 12:30 Memory Magic 6:30 Randy Rawls Sings	9:45 Music Therapy 10:00 Get Fit 12:30 Memory Magic 2:00 Garden Club 6:30 John King	10:30 Travel Log-Ch. 2 12:30 Movie-Ch. 2 1:45 Bingo With Family & Friends
24	25	26	27	28	29	30
9:15 Catholic Communion 2:00 Rev. Robb Church Service	10:00 Get Fit 12:30 Memory Magic 2:00 Volunteer's Bingo	9:15 Sensory Sensations 9:30 Sewing 10:00 Nail Talk 12:30 Memory Magic 2:00 Max's Piano Tunes 7:00 Freewill Baptist	8:45 Bible Study with Harry 10:00 Get Fit 12:30 Memory Magic 1:45 Card Bingo 6:00 Movie Ch. 2	9:15 Sensory Sensations 10:30 Music Therapy 12:30 Memory Magic 7:00 Trick Or Treat Night	9:45 Music Therapy 10:00 Get Fit 12:30 Memory Magic 1:30 Halloween Party 6:45 Friday Night Bingo	9:30 Continental Breakfast 10:30 Travel Log-Ch. 2 12:30 Movie-Ch. 2 1:45 Bingo With Family & Friends
31	10:00 Get Fit 12:30 Memory Magic 2:00 Volunteer's Bingo					

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Marie Hardin celebrates her birthday with family.



Hester Slutz says "This porch needs swept"



Evelyn Clements smells the lotion on her hand during Sensory Sensations.



Harry Monahan teaches bible study on Wednesday mornings



Midge and Alice play beachball at an evening activity.



Helen Friley tastes her birthday cake.



Dorothy Randall has lunch with her family when they visit from out of state



Dorothy Randall says "I love pineapple" at the Ladies Luncheon.



Marie Little loves being with her family at the Ladies Luncheon.



Gerry Sickafosse talks with her daughter at the Ladies Luncheon.



Jean Little and daughter LeAnn visit during the Ladies Luncheon.



-Gene Reidl gets a visit from his grand-daughter and great grand-daughter.



Marie Hardin likes the pictures of mountains during Memory Magic.



Randy Rawls serenades Marjorie Johnson.



Grace, Dorothy, and Alice bring back memories with the Remince magazine outside.



Hester Slutz says "This baby needs changed."



Rose Phillips and daughter enjoy the pig roast.



Bill Fowler and family say, "Where is the food" at the pig roast.



Marion Perry and son Deveare all smiles at the pig roast.



Wib Ramage and daughter arrive at the pig roast.



The Carlson girls helped with face painting at the pig roast.



Eleanor Huth and family are all smiles.



Erma Anstien and daughter in law pose for the camera.



Gerry Sickafoose licks her lips "What a good meal."



Helen Gerber and family at the pig roast.



Denise VanVoorhis and her mother pose for the camera.



Marge Johnson, Marie Little and June Natoli enjoy the pig roast.



Gladys and Bud Newman and Tom Barlock dressed in jungle attire for the pig roast.



Marie Hardin and her family at the pig roast.



Ethel Deames family visit with her at the pig roast.



Hello family and friends! Looking back over the months we were truly blessed with all the beautiful sunny days, which we enjoyed. The residents took advantage and spent a lot of time outside in the courtyard. We have our own entertainers that run around in the courtyard, Daisy and Roxie, the facility dogs.

Diane has been baking up a storm with the residents on Fridays. The favorite sweets have been enjoyed by everyone residents, staff and family. This brings lots of memories for the residents to talk about and share stories with everyone. We have even made fried green tomatoes that turned out delicious and had staff and residents from other units sneaking treats.

Our schedule of activities includes "Get Fit" held on Monday, Wednesday, and Fridays. Bingo is also held on the same days making them very busy days for the residents. John King has been entertaining us twice a month with very much appreciation. He has a large following and needs the Therapy Room to accommodate everyone. Wednesday mornings also include Bible Study with Harry, he usually has a large crowd of listeners. Check out our calendars for activities you might want to attend. We are always looking for volunteers or new entertainers.

Gerry has various events scheduled in the evenings. Just to name a few Horseshoes and Win Lose or Draw. Movies are shown on the normal channel 2; if you have any requests let the Activity Department know.

Just to keep everyone updated Jessica, the Unit Manager had a beautiful baby girl with no troubles. They are both doing well and we anticipate a visit from them someday. Her name is Sydney Lnn Bosler and she weighed in at 7 lbs. 12 oz.

The pets, Daisy and Roxie are doing well together. Daisy has been visiting Gardens a lot, but likes to roam the entire facility. They like to get treats and will follow any one who pays them any attention.

We would like to thank the staff and family for making the residents comfortable and making sure they have a wonderful day. Keep up the wonderful job on making the unit look awesome with the seasonal crafts made by the residents. Great Job!

Hope you all have had a wonderful few months and hope to see you in the months to come.

Live, Laugh and Love,

The Homestead Team



Dean Mutigli holding a small puppy visitor.



Midge Handrich and Daisy the dog taking an afternoon nap.



Edna Dilley holding the sleeping puppy.



Midge Handrich showing off her baking masterpieces.



Bettie Rairigh and STNA Emily just hanging out.



An afternoon of sunshine in the Homestead courtyard.



Relaxing in the sun.



Dean Mutigli playing ball with Logan.



Dorothy Scaffide and STNA Dianne.



Louella McConahay with two of her grandchildren.



October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Homestead Activities of Bolivar		<i>Salon Services</i> <i>Wednesday - Saturday</i> <i>Individualized Visits 1:1</i> <i>Memory Magic Daily - 9:00 am</i> <i>Mail Call Monday-Saturday</i> <i>All Activities & Location Subject to Change</i>	Activity Lounge Choices 12:30-3:30 Daily <ul style="list-style-type: none"> • aroma therapy • arts & crafts • bingo • coloring • dancing • flannel board • flower arranging • golf ball sort • hand massage • healing hairstyles • handyman box • laundry • folding • mix-match massage therapy • pictures-puzzles • reminiscing • read to me • reading circle • social circle • sort-stack • singing "animals" • sift-sand • singing tri 		1	2
					8:00 Social Circle 10:00 Baking With Diane 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 8:00 Lotion Therapy
3	4	5	6	7	8	9
8:00 Social Circle 9:15 Catholic Communion 2:00 Church 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 Music Therapy 1:00 Beauty Makeovers 2:30 Music With Gene 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 7:00 Benefit Card Party 8:00 Lotion Therapy	8:00 Social Circle 9:00 Music Therapy 10:30 Reading 3:00 Nail Talk 6:00 Social Drinks 7:00 Fran Zupp 8:00 Lotion Therapy		Movies On Ch. 2 8:00 Social Circle 10:30 Morning Chat 1:30 Eating Our Creations 6:00 Social Drinks 8:00 Lotion Therapy
10	11	12	13	14	15	16
8:00 Social Circle 9:15 Catholic Communion 2:00 Church 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 Music With Tim 8:00 Lotion Therapy	8:00 Social Circle 9:00 Music Therapy 1:00 Beauty Makeovers 2:00 Music With Don 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 6:45 Kennel Club 8:00 Lotion Therapy	8:00 Social Circle 9:00 Music Therapy 10:30 Reading 3:00 Nail Talk 6:00 Social Drinks 6:30 John King 8:00 Lotion Therapy	8:00 Social Circle 10:00 Baking With Diane 3:00 Current Events 6:00 Social Drinks 8:00 Lotion Therapy	Movies On Ch. 2 8:00 Social Circle 10:30 Morning Chat 1:30 Eating Our Creations 6:00 Social Drinks 8:00 Lotion Therapy
17	18	19	20	21	22	23
8:00 Social Circle 9:15 Catholic Communion 2:00 Church 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 Music Therapy 1:00 Beauty Makeovers 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 Music Therapy 10:30 Reading 3:00 Nail Talk 6:00 Social Drinks 6:30 Randy Rawls 8:00 Lotion Therapy	8:00 Social Circle 10:00 Baking With Diane 3:00 Current Events 6:00 Social Drinks 8:00 Lotion Therapy	Movies On Ch. 2 8:00 Social Circle 10:30 Morning Chat 1:30 Eating Our Creations 6:00 Social Drinks 8:00 Lotion Therapy
24	25	26	27	28	29	30
8:00 Social Circle 9:15 Catholic Communion 2:00 Church 6:00 Social Drinks 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 Music Therapy 1:00 Beauty Makeovers 2:00 Music With Max 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 Music Therapy 10:30 Reading 3:00 Nail Talk 6:00 Social Drinks 7:00 Trick Or Treat	8:00 Social Circle 10:00 Baking With Diane 1:45 Halloween Party 3:00 Current Events 6:00 Social Drinks 8:00 Lotion Therapy	Movies On Ch. 2 8:00 Social Circle 10:30 Morning Chat 1:30 Eating Our Creations 6:00 Social Drinks 8:00 Lotion Therapy
Happy Halloween! 31						

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



WOW!! Has this year flown by or what?? I can't believe it's almost the end of 2010! But... what a summer we have had here at Bolivar!

We hosted the annual Hennis Pig Roast in July and had a beautiful day! There were lots of families, residents, and staff enjoying each other's company. In September, we celebrated our 10th anniversary here at Hennis Care Centre of Bolivar; and a great time was had by all who attended! The food stands were unbelievable with soooooo much to choose from!! The kids enjoyed having their faces painted, playing "corn-hole", eating, jumping around in the "Castle" on the front lawn; and the entertainers were terrific. "The Geeze Cats" were really great to listen to and sing along with; and they kept everyone's feet moving and toes tapping! And, can you imagine walking around on stilts like those people were?? I can't! Thanks to all the staff that helped out, and to the families that attended, to make this day a BIG success!!

All of our "regular" entertainers were here during the summer months; we usually try to have some of them outside in the courtyard or the front porch area, when the weather permitted. Some days it was just too hot and muggy!! Although, we were able to listen to Jon King in the courtyard one evening in August, during our "cool-down" in temperatures.

We were able to visit the Tuscarawas County Fair again in September, and we had a good time, as usual. We traveled through the animal barns, the 4-H building and the Grange building. And, we brought lots of advertising and freebies back with us from the commercial building and under the grandstand! Thanks to all of the extra staff members who went along with us-we couldn't do outings like this without your help!!

We are in the process of planning the upcoming holiday events such as: Halloween, "Trick-or-Treat" night for the staff's families, Thanksgiving buffet with the staff and residents, Christmas shopping at New Towne Mall, Christmas light tours and the annual Christmas Party! There will also be some extra events that are not scheduled yet, so, watch for the flyers with the dates and times of all these events.

As we move into the holiday season, please keep the men and women that are serving in the military in your thoughts and prayers. Enjoy a lovely fall season and a beautiful holiday season.

Bye for now...Take care and may God bless us all!

Jeanne



Audrey & husband Ralph Kilchenman always enjoy being outdoors during nice weather



Yvonne & Earl Myers sharing a laugh over the "stretchy cheese" stick.



Jon King "entertains" the residents with his "air" guitar!



Lucy Cameron really enjoyed the tasty fried green tomatoes.



Jean Zurfley and husband enjoying the food at the pig roast.



Rehab residents, Earl, Blanche & Wayne playing "Farkle" one evening.



Everyone had a terrific day at the pig roast.



Yvonne & Earl Myers had some "fun in the sun" during the pig roast in July.



Frances Craig waves "hello" to the photographer.



Elsie Nemeth and daughter enjoyed the Pig Roast and the beautiful weather.



October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rehabilitation Activities of Bolivar		<i>Individualized Visits 1:1</i> <i>Mail Call Monday-Saturday</i> <i>Pet Visits with Dancer</i> <i>Salon Services Tuesday - Friday</i> <i>Activities & Location Subject to Change</i>	<i>Location Key:</i> <i>H-Homestead</i> <i>R-Rehab</i> <i>G-Gardens</i>		1	2
				9:45 Music Therapy 10:00 Get Fit 12:30 Memory Magic 6:45 Cards & Games	9:30 Continental Breakfast 10:30 Travel Log-Ch.2 12:30 Movie - Ch.2 1:45 Bingo With Family & Friends	
3	4	5	6	7	8	9
9:15 Catholic Communion 2:00 Faith Baptist Church Service	10:00 Get Fit 12:30 Memory Magic 1:45 Volunteer's Bingo	9:45 Music Therapy 12:30 Memory Magic 1:00 Nail Talk 2:30 Gene's Piano Music 6:30 Bible Study	8:45 Bible Study With Harry 10:00 Get Fit 12:30 Memory Magic 1:45 Card Bingo 7:00 Benefit Card Party	9:45 Music Therapy 12:30 Memory Magic 1:00 Nail Talk 7:00 Fran Zupp Sings	9:45 Music Therapy 10:00 Get Fit 12:30 Memory Magic 2:30 Sing A Long & Trivia	10:30 Travel Log-Ch.2 12:30 Movie - Ch.2 1:45 Bingo With Family & Friends
10	11	12	13	14	15	16
9:15 Catholic Communion 2:00 St. Paul's Lutheran Church Service	10:00 Get Fit 12:30 Memory Magic 1:45 Volunteer's Bingo 6:30 Tim Turkal	9:45 Music Therapy 12:30 Memory Magic 1:00 Nail Talk 1:30 Resident Council 2:00 Don Miller's "Music From The Heart" 7:00 Freewill Baptist	8:45 Bible Study With Harry 10:00 Get Fit 12:30 Memory Magic 1:45 Card Bingo 6:45 Kennel Club Visit	9:45 Music Therapy 10:00 Lunch Bunch Outing 10:00 Catholic Mass 6:30 John King Sings Country	9:45 Music Therapy 10:00 Get Fit 12:30 Memory Magic 1:45 Just Desserts 6:30 Poker Night	9:30 Continental Breakfast 10:30 Travel Log-Ch.2 12:30 Movie - Ch.2 1:45 Bingo With Family & Friends
17	18	19	20	21	22	23
9:15 Catholic Communion 2:00 Rev. Robb's Church Service	10:00 Get Fit 12:30 Memory Magic 1:45 Volunteer's Bingo 6:30 Win Lose Or Draw	9:45 Music Therapy 12:30 Memory Magic 1:00 Nail Talk 6:30 Parachute Fun	8:45 Bible Study With Harry 10:00 Get Fit 12:30 Memory Magic 1:45 Card Bingo 6:00 Movie Night	9:45 Music Therapy 10:00 Lunch Bunch 12:30 Memory Magic 1:00 Nail Talk 6:30 Randy Rawls	9:45 Music Therapy 10:00 Get Fit 12:30 Memory Magic 2:30 Sing A Long & Trivia 6:30 John King Sings Country	10:30 Travel Log-Ch.2 12:30 Movie - Ch.2 1:45 Bingo With Family & Friends
24	25	26	27	28	29	30
9:15 Catholic Communion 2:00 Rev. Robb's Church Service		9:45 Music Therapy 12:30 Memory Magic 1:00 Nail Talk 2:00 Max's Piano Tunes 7:00 Freewill Baptist	8:45 Bible Study With Harry 10:00 Get Fit 12:30 Memory Magic 1:45 Card Bingo 6:00 Movie Night	9:45 Music Therapy 12:30 Memory Magic 1:00 Nail Talk 7:00 Trick Or Treat Night	9:45 Music Therapy 10:00 Get Fit 12:30 Memory Magic 1:30 Halloween Party 6:45 Friday Night Bingo	9:30 Continental Breakfast 10:30 Travel Log-Ch.2 12:30 Movie - Ch.2 1:45 Bingo With Family & Friends
31						
9:15 Catholic Communion 2:00 Freewill Baptist Church Service	10:00 Get Fit 12:30 Memory Magic 1:45 Volunteer's Bingo					

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



It looks like John is telling mom "to eat your dinner!"



Earl Roush says "Get ready-here it comes"!!



Wayne Kienzle proudly shows off his "Hennis T-shirt" during the pig roast.



Ruby Smith and guest enjoying the strawberry shortcake.



Pearl Essix, son George, and daughter-in-law Wendy at the pig roast.



Ken Greene smiles and waves during his performance at the pig roast.



Jeanne ate lunch with her cousin, Ed Taggart, during the Men's Luncheon in August.



Diana Davis, Rehab LPN, with residents at Atwood Lodge for lunch.



Gene Zurcher shows off his expertise at Corn Hole.

Pet Visits with the Dover Gardens Residents



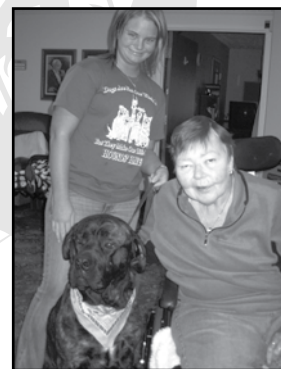
Jim Ress is happy to feed the visiting Mastif.



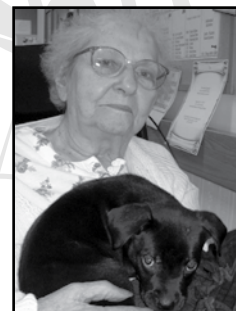
Doris B. and Martha H. pet the gentle Mastif dog owned by Linda Bate's daughter.



Vickie Gowins (of Medical Records), husband; Dale, and daughter; Hidey bring their 2 Shih Tzus in to visit with all the residents- Doris Briggs is pleased to hold both dogs!



Connie P. gladly pose with the beautiful Mastif and its owner.



Doris Briggs shares her lap with the lab puppy, too.



Heather V. watches her daughter, Daisy, play in the inflatable.



The gang is arriving for a fun evening.



All chaise lounge chairs are occupied plus lawn chairs and blankets.



Yum-Desserts before and after swimming.



Chealsa Slutz enjoy swimming and pizza while taking a break on the lawn.



Taking the plunge off the dive!



Girlfriends strolling along.



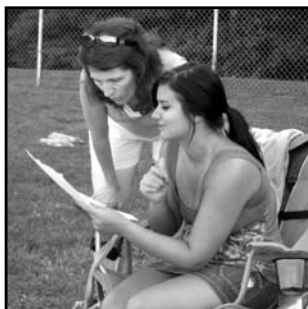
Boys enjoying the pool.



They were spread across the lawn and chaise lounge chairs.



Brianna Gray with baby enjoy a relaxing time on the lawn



Alli and Melinda working on the customized party word search puzzle together.



Heather, Karen, & Mary dipping their feet poolside and chatting.



Jeannie S. & company enjoying themselves.

Years of Service



Potato sack race kept them hopping.



Marissa C., Sherry H. & friend hang out and eat.



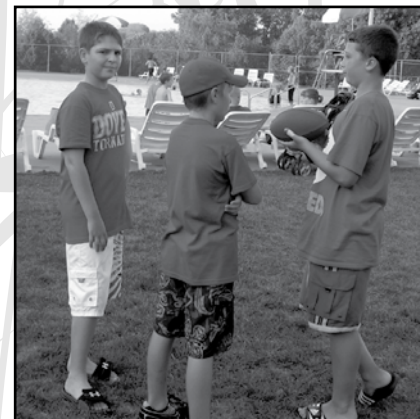
Aunt Kathy gets in the pool with Sammy & friends



Cindy and grandson smiling while floating.



Denhay Hagi children & husband having fun in the children's area.



Sammy Sickinger and friends, Chris Taylor and Charlie Hamm, talking and playing football.

BOLIVAR

Kathryn Ott, Director of Nurses	10
Beth Wade, Nurse	10
Kari Staron, Social Work/Counsel	10
Patricia Stone, Laundry	10
Roxanne Jones, LPN	10
Andrea Michelson, Occupational Therapist	5
Kathleen Higl, Occupational Therapist	5
Michelle Tomer, LPN	5
Cami McKinney, LPN	5
Amanda Carnes, Nurses Aides	5
Carci Weaver, Hostess/Server	5
Jennifer Weber, Ward Clerk	5
Christina Lieser, Laundry	5
Dianna Jones, Activities	5
Deanna Husted, Nurses Aides	5
Rita Albrecht, Administration	5
Gloria Sauernheimer, Activites	5
Tyler Sponaugle, Physical Therapist	5
Nicole Dugan, LPN	5
Nora Elder, Housekeeping	5
Susan Barthelmeh, LPN	5
Nancy Thomas, Nurses Aides	5
Gloria Franks, Nurses Aides	5
Penny Cox, Laundry	5
Kathleen Herstine, Nurses Aides	5
Belinda White, Laundry	5

DOVER

Paula Sickinger, Social Services	30
Harry Hennis II	25
Rebecca Demattio, RN	25
Sandra Wikoff, Housekeeping	25
Debra Smith, Laundry	25
Iona Emert, Housekeeping	25
Anita Peffer, Director of Resident Services	15
Candy Fiddler, Nurses Aide	15
Beth Kohler, LPN	15
Bertham Lowery, Laundry	15
Mary Snyder, Nurses Aide	15
Ruth Meese, Dietary	15
Barbara Burtcher, Dietary	15
Sue Stein, Hostess/Host	15

DOVER

Tammy Fouts, Nurses Aide	15
Carla Braun, Dietary	15
Marjorie Johnson, Hostess/Host	15
Peggy Wilkinson, Nurses Aide	15
Melinda House, RN	10
Abigail Gardner, Nurses Aide	10
Bonnie Beorn, LPN	10
Louanne Casini, Speech Therapist	10
Mary Baker, Nurses Aide	10
Carla Wilsterman, Nurses Aide	10
Tanya Raynow, Dietary	10
Gayle Holland, RN	10
Laura Smith, Music Therapy	10
Michelle McClain, Nurses Aide	5
Christy Johns, Nurses Aide	5
Mary Phillips, NSG A&H Supervisor Nurse	5
Akiko Schlabach, Nurses Aide	5
Ricki Pannell, Nurses Aide	5
Tracy Welsch, Nurses Aide	5
Bunnie Yaworsky, RN	5
Sue Gardner, Nurses Aide	5
Denise Garvin, Nurses Aide	5
Beth Murphy, Activities	5
Shirley Biechler, Housekeeping	5
Amanda Maurer, LPN	5
Alexandra Raynow, Tech	5
Rhonda Arter, RN	5
Jennifer Miskimen, Physical Therapist	5
Vesta Haver, Dietary	5
Kristi Herman, Occupational Therapist	5
Kathy Jones, Nurses Aide	5
Allison Rinella, Nurses Aide	5
Kimberly Kohl, Occupational Therapist	5
Jessica Love, LPN	5
Elizabeth Love-Arner, Nurses Aide	5
Angela Campagna, Physical Therapist	5
Monica Alleshouse, LPN	5
Nancy Phillips, RN	5
Sarah Stephens, Nurses Aide	5
Brian Sarty, Dietary Supervisor	5
Brittany McConnell, RN	5
Roselie Youngen, Hostess/Host	5

Staff Years of Service Recognition



Melinda House is pleased with the special recognition.



History offers a lot of good comments to mention about Peggy Wilkenson.



Becky DeMattio receives a hug upon her recognition.



David acknowledges Paula's 30 years with the family business.



Jenny and David giving Debbie Smith flowers for her milestone years of service with the company.



David Hennis shares comments and special flowers regarding Becky's Milestones.



David awards a professional pin and comments to Beth Kohler.



Ruth Meese is all smiles while David converses about her years and service.



David has many good stories to share about Carla Brown's good history with HCC.



Bert Evans looking gorgeous upon her recognition and receiving a flower and pin.



Shirley & Guest enjoy a delicious dinner.



Kim Kohl and husband with Laura Smith enjoying the special occasion.



Chuck and Mary Ann and Denise enjoy each other's company during dinner.



Andi Nicholson & Jenny Miller share a hug and a smile.



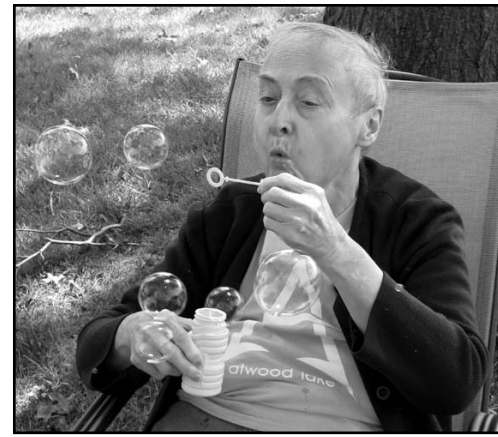
David Hennis congratulates Mary Ann Snyder on her 15+ years milestone with HCC and compliments her flexibility.



STNA Kyle, a big kid at heart, poses with the Tiger inflatable. He had a lot of fun jumping inside with the kids, who also loved him! Ask Kyle about his uniform pants! Oh my!!!



Jessica receives “thanks”, a big VBS bag of a Bible, crafts, goodies, and a certificate of participation.



Always young at heart. Patty enjoys blowing bubbles, too.



Karen Griesen of Rehab, is surrounded by a big group of love, joy and smiles of VBS happiness.



The “Warm Up” act by Marge J. & Tonya R. as the group prepares for the next activity.



Lauren presents Maliah with a customized decorated VBS bag by Maria S. complete with The Adventure Bible, toys, books, newsletter, Bible stories, pencils, stickers, take-home crafts and the HCC VBS CD!



A picnic on the lawn with the residents, children and staff among the sun, shade and fun.



Virginia, Jean, Lauren and Ethel are glad to be an important part of VBS.



Deloris W. and Mary C. are happy to participate in VBS.



Nathan and Sammy take a break on the sidewalk to enjoy hotdogs and cookies.



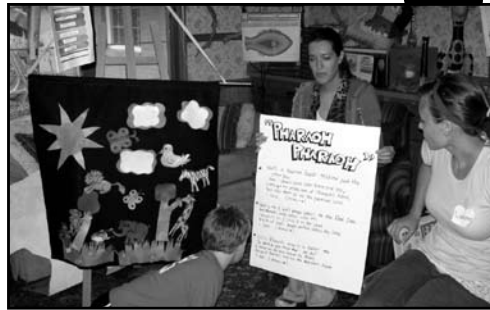
Jean, Delores, Shirley and Virginia enjoy hotdogs, lemonade & cookies with the children.



Closing Day-Some of the children wait patiently for the photo before jumping into the tiger inflatable.



Jessica Miller, sporting her animal print glasses, is a helpful assistant with VBS.



Maria Schwabland leads a lesson about Pharaoh, along with song lyrics... "Let my people go."



Daisy, Logan, Jess, and Sammy, with the others enthusiastically performing their song & dance in Rehab.



Deloris & both Dorises join in the calm story lesson with the children.



This craft has the whole group smiling.



Daisy & Lauren try repeatedly to get that water balloon to break among lots of laughter & cheers.



A hot VBS summer day is perfect for a water balloon activity.



"Ta-Da!" The beautiful story board is completed by all the children.



Harold is surrounded by all the VBS joy and music of the children.



VBS helpers, Nathan & Sammy, help lead a song with motions as the residents watched and clapped.



Getting Down... STNA Kyle, gets pulled into the song & dance act of "Paraoh Paraoh", too and everyone had a fun time, especially with the deep "Uh" sound effect!



Daisy Verberg and Harold enjoy sharing VBS snacks together.



Maria Schwabland assists Daisy and Nathan with VBS art & lessons.



Beau stretches out comfortably to listen to the VBS story.



Jean Shores, of the Homestead, brings her love and VBS experience to the art group, too.



Storytime



The boys and girls use their binoculars to discover more VBS fun



VBS opening day-Maliah & Tori with Doris S. greet the arrivals with registration forms and giggles



Kathy Marburger dressed in the exploration theme, talks during closing.



Beau concentrates on shining his flashlight thru the water as an example of light & dark teaching.



Harold & Mr. Courtright, of Rehab, appreciate the VBS story with the children.



Maria S. and Doris B. sharing an art project.



Beau is Connie's long-time buddy and VBS pal.



Virginia Edwards, Sammy, Doris B., & Doris S. work together on the theme pictures.



The Homestead receives a performance of the VBS "Awesome God" by the group with Virginia, Doris, Kathy, Lauren & Childen



Lauren tells the Creation story as Maliah & Tori add pieces to the felt board.



Jean and Virginia are all smiles as they participate with Tori and Maliah.

All in Fun – VBS



Harold works on the Noah's Ark puzzle to give to his grandchildren as Beau works along side of him.



Logan Miller is happy to bring his stuffed alligator to the Jungle Exploration VBS to share.



Connie and Lauren work together on the craft.



Sammy Sickinger helps with VBS theme snacks.

All in Fun



Sharon Brown gets a solo photo with the performers from the concert in the park.



Randy Velez and Jerome James pose for photos with Sharon Brown, Patti, Stephanie and Hennis Staff.



Happy Birthday Karen and Jen.



Above & Beyond Awards given to Keith Kaiser and Bartt Hughes by Volunteer, Dot.



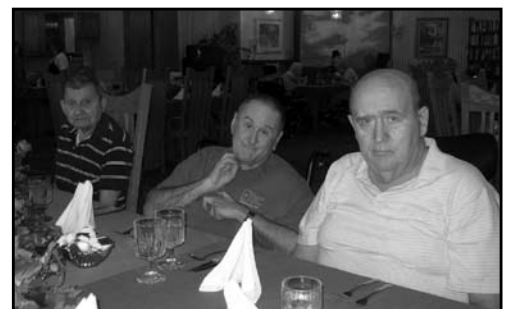
Ladies & Mens Luncheons



The Page's



Jack & Jim



Floyd, John & Curtis

Ladies & Mens Luncheons



Jack with visitor Rose



Homer, David & David



Special Guest "Earl" having lunch with Mike.



Beth Huffman



Marjorie and Karen



Catherine Neibert



Willie and Grand-daughter



The Martins and guests



Shirley W. and guest



Doris B. and friend



Volunteer with Jean and Virginia



Patty, Deloris and Jane



Ruth and Ethel



Jane and Connie



Howard & Floyd



Micky and Susan



Martha and Family



Vada and Family



Bob & Theresa



Martha and Helen



Glee and Barb



Ethel and Martha



Rose with her daughter



Table guests sharing a good time.



Doris and Delores



Dot's helping spirit.



Chester and Marsha



Farwell and good luck Paul



Horace and Nancy



Dorothy & Delbert

Vintage Baseball



Maria Schwabland prepares and serves fresh popcorn.



Harold Russel and John White take in the game.



Players looking over the hand-made bats to select one to play .



Hermaine looks mighty fine with her hat and enjoying the popcorn while attending the game



Doris B. and Bob Downs comfortable in the pavillion.



The Vintage Mayor and team manager, Bartt Hughes, converse before the game.



Maria serves refreshments to Homer Rinehart and Donna.



A player signing in at the table for a play he made.



Tonya R. grilling the hotdogs.



Look at that swing!



Warren and friends.



Good pitch!



Mr. Carlisle and Martha and STNA, Brian enjoy conversing at the game.



David Wood and son of Bolivar came to support the game and co-workers.



The assistant cook helps Tonya.



Donna surrounded by players of both teams and Kathy Marburger.



Spectators, wife and son of player John McMullen watch the game from the playground.



Dover & Vintage players with Doris Briggs.



Sammy Sickinger & Logan Ladrich "man" the candy bars.



Ethel converses with Barb, a St. John's UCC visitor, as they support the game together.



Bolivar player & family pause on the lawn together.



Good stance #33.



Staff players surrounded Betsy for a team hug.



Player Michelle & Grandma Martha Carlisle are all smiles.



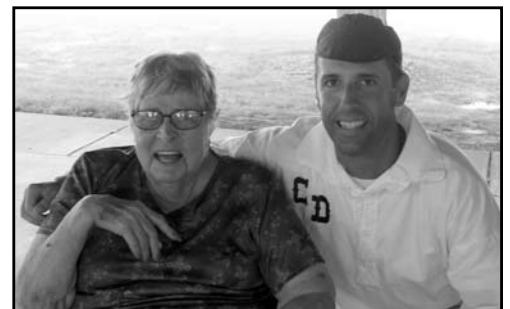
Team player & visitors surround Guy with love.



Ethel & Patty sporting hats and visors for a sunny day at the game.



Team manager, Bartt Hughes, and new player, Kyle Ickus, gather after the game.



Vintage player, Dr. Shawn Kapper, visits with fellow church member, Ethel Hattery.



Harold Baker coming in to home plate.



Both teams pose together.



Vintage player, Jerry, Bartt Hughes, and Maria Schwabland with Ted.



Vintage player, Jerry & Bartt support Ben Stafini.



Vintage player Jerry makes Hermaine happy.



The end of the game hand shake by all players.



Hungry after the game, a player eagerly preparing his hotdog.



Vintage player Jerry and Dover Bartt with Vintage Mayor with Warren.



Player Bartt Hughes, Vintage player Jerry Stefani and Mayor pose with Guy.



Player rings the bell upon bringing in a run.



Mike Scholles & McMullen helper prepare hotdogs to deliver.



Players write the score on the chalkboard.



Mr. & Mrs. Farnsworth enjoy a refreshing popsicle on a warm summer day.



Martha Carlisle and son enjoy the time together.



Helen Haas assisted by Tracey Uebel.



Mrs. Martin enjoying the outing.



Evelyn and Velva posing with a Scarecrow.



Jim and Harold-The Ohio State Guys enjoying lunch.



Good buddies - Kyle and Homer



Kathy and Betty appreciate the photos on display.



Anna and Patty strolling thru the barns.



Willie and Myra appreciate the weather.



Donna and Heather having a good time.



Dave and daughter enjoy the fair together.



Tiffany and Jean Lyons like looking at the displays.



Rachel, Jim, Kirsten and Vada love the quilts on display.



Micailla Pepper waiting to serve farm goers.



George and daughters and grandson make it a family affair.



John White at the horse barn.



Kitchen helpers - Anita's grand daughters



Mike & Paul Fisher



Dave working hard in the kitchen.



Bus Driver Carl at his commercial booth.



Jim Ress & Harold Russell



Jane & Ted lead the crowd.



John pushing Bob Downs.



Jim & Harold-Go Ohio State!



John checking out the horse.



Seth visits the fair



Dennis with Horace and Nancy



Jane Ballard



Nathan at the fair



Seth and Mike at the fair - Give me one of those fries!



Becky Huffman watching Nathan play a game.



Bob & his mom, Beth



Gary checking out the fair food



John eating waffles



Jane Ballard sipping lemonade.



Sharla Fish and her mom



Sharla's Family



Our bus driver, Carl



We are ready to go.



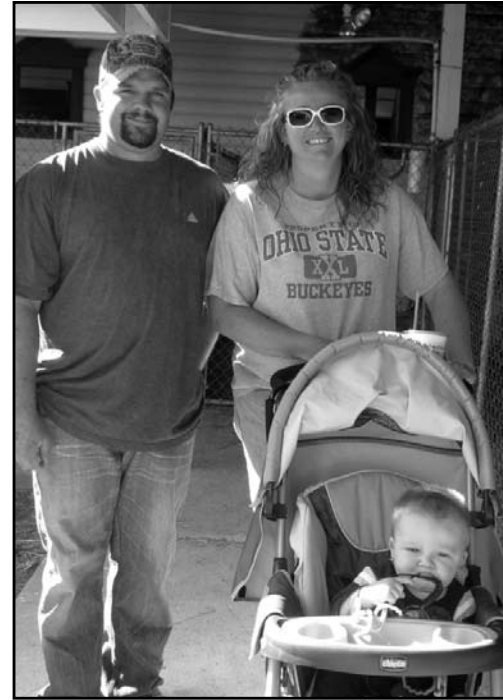
Waiting for Mike to take the picture.



Our friends - Dover Elementary 1st Grade



Old McDonald's Farm is one of Bob's favorites.



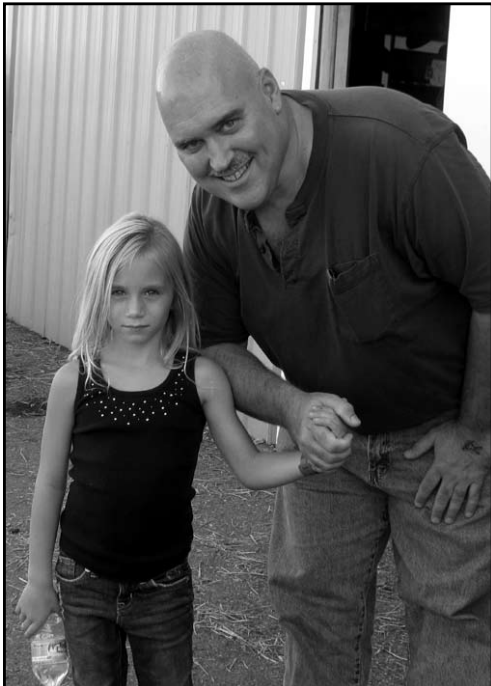
Casey and family



Jane likes the pony



John White at Old McDonald's Farm



Bruce McDonald



Denise and Jim



Jane pushes Harold



Joe, Nathan, and Mary Jane



Patiently waiting in line



Jane and Anna



The Page's



Faith, John and Danielle



Martha, Joe and Evelyn strolling along.



John enjoy fair goodies.



Autumn and Cathy having fun.



Sara and Helen taking it all in.



Beth enjoying her food .



Myria and Lindsay Teague watching the animals.



Veda and Christi admiring all the pictures.



Sharon and Jean liking lunch at the Grange.



Harold and Renee enjoying lunch.



Bob & Jane selecting for their meal choices.



Joe and John liking their pie from the Grange.



Brittany and her handsome son



Nathan and mom, Mary Jane



Nathan playing one of the fair games.



Paula Hennis-Sickinger and Stacie Hubbard with Homer Rinehart.



Mike Scholles, Harold Russell and Melinda House



A member of the Alzheimer's Association spent time visiting with Doris Briggs.



The HCC of Bolivar is well represented!



Dianna and Bolivar lady conversing pretty seriously.



Jim Ress receiving a cup of coffee served by Mike S.



A fun character poses with the group.



Volunteer Tracey Uebel and daughter assist Deloris and Shirley



Volunteer Jean and Mike Scholles



Homer R., Tracey Uebel and daughter



Myra Lute and Martha C.



Sharon B and George are assisted by Renee and friend.



Virginia, Mel and Helen P. are all smles.



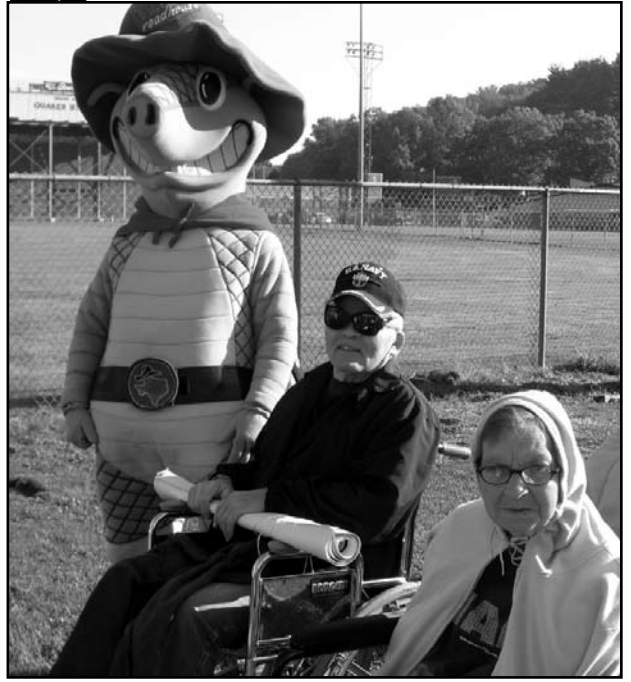
The Martin ladies arrive.



The Bolivar folks relaxing under the shade of a tree, eating popcorn and visiting.



Daughter of Tracey Uebel
Youth Volunteer



"Who is this masked character?"
asks John W. and Shirley W.



Jean S., Melinda H., Joe and Connie
unload off the bus.



Look at the Hennis Team!



The Martin Family is well-represented.



Cindy from the Alzheimer's Assoc. visits with Connie.



Helen Haus and Bartt Hughes



Floyd and Velve with the Uebel girls.



A beautiful day in the park.



Bolivar gang having fun together.



Mel and Betsy strolling together.



What a huge HCC team!



The chicken says "follow me!"



Morgan, Maria, Michael and Chrissy gather with the chicken (Lauren)



Mike and Barry Schoelles and others walk in the rain.



Dining Services: Chef Brian, Myra Lute, Emily, Tabby and Carla Braun.



Dawn McNutt and husband all smiles under the umbrella.



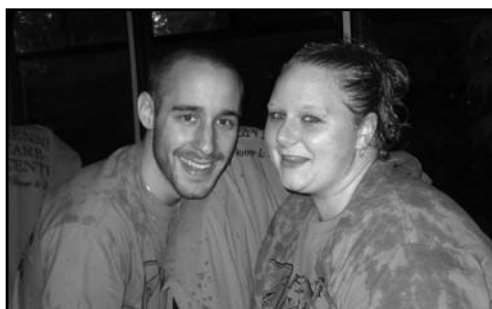
The youngsters are eager to carry the team banner.



"It's me! Bartt Hughes!"



Brandee, Melinda and Michelle House and Jim Martin are good sports to walk in the wet weather.



The HCC bus was a good get-away from the down pour for this Bolivar couple.



YUM! This salad, sandwiches and cookies are good! Team camaraderie under the tent.



Others take turns carrying the banner.



HCC and St. John's share a campsite - Barb Hutras enjoys some food with other St. John team members.



"We're singing (and eating) in the rain" Dawn McNutt and husband



Baking sisters, Renee Beatty and Becky Wassems and friend provided a great RFL/Alzheimer Bake Sale.



St. John's UCC team friends conversing - Kevin Keffer



Morgan Numbers and Chrissy Sickinger prepare BBQ side dishes.



They came two by two - nurses on break. Brittney and Michelle



Chefs Brian and Dennis grill fresh chicken on the Methodist Church's outdoor grill.



Carla Serves the customers.



Bob makes his purchase after a tough decision from the bake sale.



Tabby Birch's family join the team Mom, sister and niece



Carla, Myra and Brian prepare for the RFL Survivors' Dinner.



Beans anyone? Maria Schwabland and Michael Toth serving side dishes for the chicken BBQ.



Sandy and guests enjoying the RFL Survivors' Dinner.



The Hennis team files out of the stand to prepare for the Parade of Teams.



Doris is buddies with the chicken.



Clara R. is comfortable to pose for the camera.



Vicki and the chicken doing the chicken dance.



Kathryn and Alice wonder who or what they invited to sit with them!



Evelyn takes a Kodak moment with the chicken



The chicken helps Vera McGrath with her jigsaw puzzle.



Mrs. Martinelli is all smiles with her chicken visit.



Bedside visit with Marilyn B.



George F. receives a chicken hug.



Bob Downs poses with the chicken visitor.



Stacie and JoAnn S. dance with the chicken.



Jerry Marlow, the Chicken, and the gang doing the "Chicken Jig."



Jerry Marlow and the chicken share a laugh.



Ethel, Clara and Deloris work to remove the sting from the corn.

Chicken Visits and Corn Roast



Shirley, Jean, Mrs. Edwards, & Patty shuck corn with Marge.



George supervises the corn work by Marge and Patty.



All ages like the chicken visit.



"MMMMM"... fresh buttered corn on the cob enjoyed by Ethel, Jean, Jane and Patty.



Clara and Willie each bite their corn on the cob.

Bolivar's 10th Anniversary



Michael and Maria with the stilt walker.



The hostess tends to the chocolate fountain.



Delivering party fare with a smile.



YUM... this cotton candy is soooooo good!



A perfect seat on the front porch.



Customized HCC Corn Hole



Hostess, Kathy Little, Kathy Herstein and Chef Jim, Bartt Hughes work together to prepare the special cheese and bread station.



Family cruise the dessert table.



Just hanging out and eating popcorn.



Gentleman, STNA, & Diana Jones enjoy the anniversary affair



Adults and children enjoy the colorful parachute game.



Stiltwalker and little Alice dancing .



Family Affair



The Bounce house & balloon twister-fun for all ages!



Welcome back Chef Steve! Thanks for helping with the chocolate table.



Chef Jim and Bartt Hughes set up the Martini station.



The juggler entertained many.



YUM - all the food is good!



Adoring fans



Prime front row seats



Alice Hill and Stacie Hubbard of Dover visiting with Paula Hennis-Sickinger and Chef Jim.



Jeannie Saurenheimer, Hostess Karen Steed and guest make their selections at the chocolate desserts.



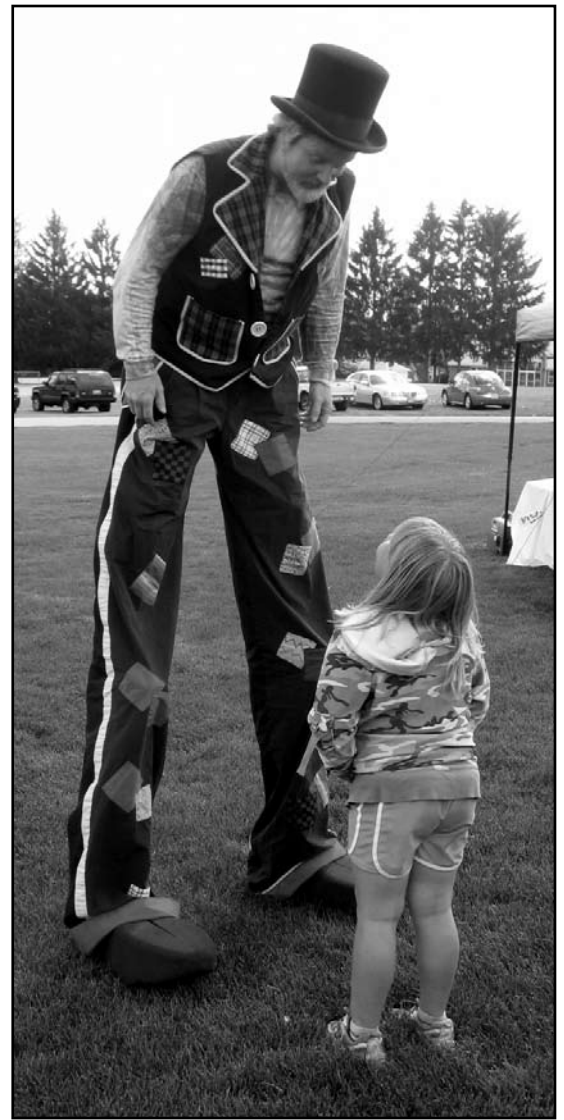
The band played on.



Chef Brian and fruit/vegetable carving.



I see you!



What? I can't hear you up there!



The Dover residents and staff have fun with stilt walker.



Thanks for caring Salvation Army Volunteers with stilt walker.



The Carlson daughter paints faces.



Family visitors of Kari Staron.



Jim Ress and Herold Russell take in all the atmosphere.



Jennifer and son enjoy the goodies.



Abby Strubel with a tray of delicious party food.



Chef Jim's family are having fun.



Dave and Paula Sickinger look short with the stilt walkers.



Chef Steve Beatty gets a hug from Christy Stocker.



Beth Wade visits with guests.



Patty and Megan Hennis arrive with the stilt walker.



Staff enjoy the affair.



Staff of various ages participate in the celebration.



Great slushies, ladies!



Enjoying a cold beverage and the music.



Dianna Jones strolls tent to tent to help.



Happy 1st Anniversary to Jen and Scott.



Great food, fun, and friends.



Kim Z. with Kari's Dad.



Looking cute.



Visiting and relaxing.



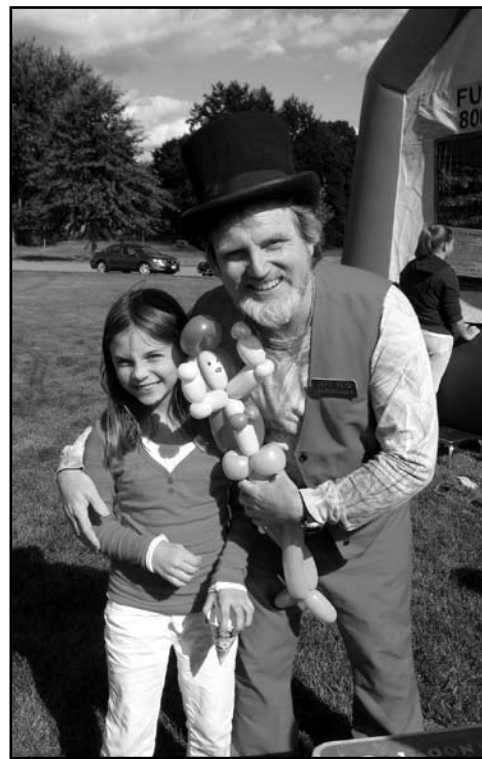
Juggler performs along side of the residents.



Full of fun!



Line dancing guests.



The balloon twister produced many smiles!



Taking in the entertainment together.



Dancing to the band music.



Anna and guest



Painted face



The lawn is a comfortable spot for this family.



Sharon and hubby



The Bill Hutras Family -
General Contractor



The three talented chefs -
Steve, Jim and Brian



Chef Jim and wife take a break



Guests chatting



Painted face - "O"
for OSU fan Jim Rees.

A Hobby Auction

Tues, Nov. 16th in the Dover Rehab Dining Room

Registration begins at 5:30p.m. • Live Auction 6pm - 9pm

Professional Charity Live Auctioneer: Wendell R. Wendling

Come enjoy an evening of fun!

Wave your paddle to bid on and buy wonderful one-of-a-kind items that will make great holiday gifts. Free admission and open to the public so invite your friends and family.

Refreshments will be available.

50/50 Raffle Tickets and Silent Auction from 5:30p.m. to 7:30p.m.

PLEASE DONATE YOUR HOMEMADE AND HANDMADE ITEMS FROM YOUR HOBBY TO BE AUCTIONED. Examples: Baked Goods, Pies, Cookies, Angel Food Cake, Fudge, Peanut Brittle, Buckeyes, Painted Wood Crafts, Handmade Baby Items, Unique Christmas Decorations and Ornaments, Handmade Jewelry, Cross-Stitched Items, Crocheted Scarves, Afghans, Quilts, Quilted Wall-Hangings, Handmade Greeting Cards, Holiday Wreaths, Hand-Painted Ceramics, Homemade Candles, Pottery, Framed Photography, Paintings... use your imagination and donate to a great cause. Donated items will be accepted starting on Thurs, Nov 11.

Proceeds will go to the American Cancer Society and the Alzheimer's Association

For questions please call or see Brandee Becker or Paula Hennis-Sickinger at 330-364-8849.

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