



THE

# Friendly Visitor

HENNIS CARE CENTRE

APRIL | MAY | JUNE 2019

**Dover & Bolivar, Ohio**

## People Who Can Help

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

### DOVER

Administrator.....David Hennis & Brian Hennis

Director/Patient & Resident Services.....Anita Peffer

Culinary Manager.....Debbie Parsons

Social Services.....Melanie Scheetz

Director of Therapy Services.....Holly Meister

Accounting Manager.....Harold Baker

Public Relations.....Paula Hennis-Sickinger

Recreational Therapist.....Lauren Wilson

Activity Professionals.....Annette Cookson  
Kathy Marburger, Patty Dunkle

Music Therapist.....Laura Smith

Maintenance Director.....Ken Otto

Laundry/Housekeeping.....Tammy Fouts

Receptionist.....Trish Haynam  
Leslie Morris

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

### BOLIVAR

Executive Director.....David Hennis

Administrator.....Kim Zontini

Director of Nursing.....Nicole Jones

Executive Chef.....Casey Hanlon

Laundry/Housekeeping.....Sue White

Social Services.....Samantha Schoenegge

Director of Therapy Services.....Teresa Carlson, O.T.

Accounting Manager.....Harold Baker

Activity Professionals.....Abby Haugh,  
Jeanne Sauernheimer, Danielle Richardson

Maintenance Supervisor.....David Wood

Receptionist.....Kathy Herstine

### HOSPICE HOUSE

Culinary Supervisor.....Carla Braun

Dietary Services.....Dennis Borter  
Matthew Arnold

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

[www.henniscarecentre.com](http://www.henniscarecentre.com)

# The Daffodil Lesson

IT WAS A BLEAK, rainy day, and I had no desire to drive up the winding mountain road to my daughter Carolyn's house. But she had insisted that I come see something at the top of the mountain.

So here I was, reluctantly making the two-hour journey through fog that hung like veils. By the time I saw how thick it was near the summit, I'd gone too far to turn back. Nothing could be worth this, I thought as I inched along the perilous highway.

"I'll stay for lunch, but I'm heading back down as soon as the fog lifts," I announced when I arrived.

"But I need you to drive me to the garage to pick up my car," Carolyn said. "Could we at least do that?"

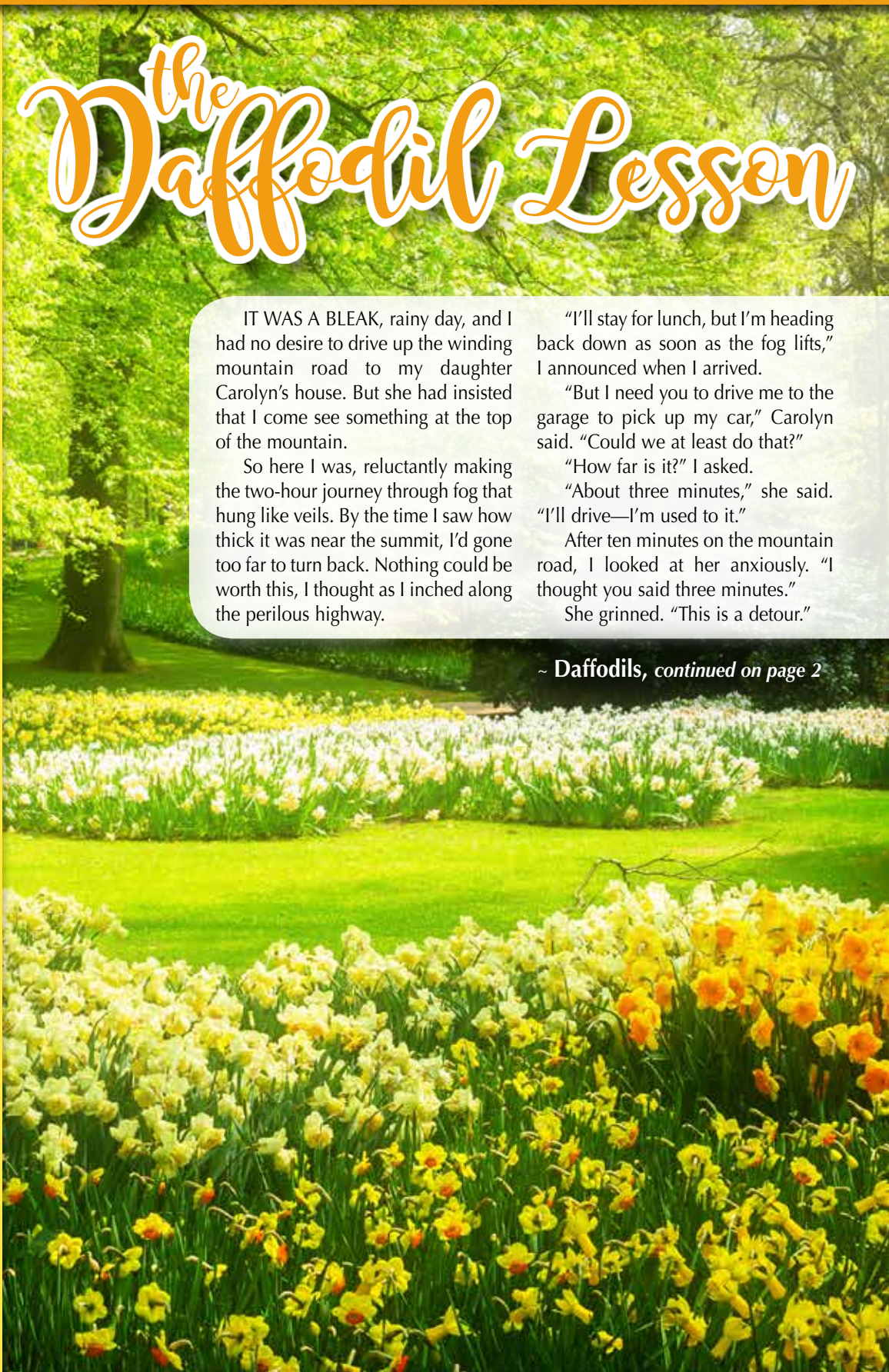
"How far is it?" I asked.

"About three minutes," she said. "I'll drive—I'm used to it."

After ten minutes on the mountain road, I looked at her anxiously. "I thought you said three minutes."

She grinned. "This is a detour."

~ Daffodils, continued on page 2





# RECLAIM YOUR BRAIN

5 ways to bring order to chaos when you've got way too much on your mind

## Do a Brain Dump

Sometimes there are just too many to-dos racing around your brain. When that happens, your mind can't differentiate between which are important and which can wait, explains Soukup, who recommends doing something she calls a brain dump. "Get all of your to-do list out of your brain and onto a piece of paper in 10 minutes or less," she says. "I find it helpful to set a timer." Then prioritize each task with a different number (no ties) and focus on tackling the top 20% of your list—that's what will make the biggest impact.

## Pull Out Your Calendar

If you go into a day thinking, "I don't know how I'll get it all done," you'll feel defeated. So stop for a moment and map it all out. "It unclutters my mind," says Soukup, creator of the *Living Well Planner*, who maps out her upcoming week every Friday afternoon. She recommends giving yourself twice as much time as you think you'll need for tasks and building in unstructured time to, say, call a friend. "Things go from feeling impossible to me knowing that it's doable," says Soukup.

## Try This Move

Just like an overworked computer, your body might need a hard reboot.

But instead of pushing a button, you'll pull yourself together by stretching things out. "Reach down to your toes, stretch your hamstrings and take five deep exhales," suggests Shojai, a classically trained monk. "Let each breath deepen your stretch as the blood rushes to your head. Then rise and ask yourself, 'What's my next step?'"

## Set Up Power Hours

After interviewing dozens of people—from Marie Kondo to Arianna Huffington to Jillian Michaels—about their morning routines, Benjamin Spall noticed a pattern. "The main thing that came up time and time again for moms was to give themselves an hour alone before their kids woke up," he says. "You need that calm, and the best time to get it is first thing in the morning. Plus it's a nice way to ease into the day."

## Practice Serenity

When you're sitting at a stoplight or waiting in line at an ATM, don't reach for your phone and start scrolling through Instagram. Instead, take a moment for your breath. "Count at least three deep breaths and create a mindful pause," says Katz. "Practicing calm during these downtimes makes it easier to access serenity in times of stress."

September 2008

# Bicycles

Remove debris from the spokes and other components. Hose down the bike while it is upright. Spray gently around the crank bearings and wheel hubs. Sponge off dirt and grease with warm water and a mild detergent, using a plastic scourer if necessary on the wheel rims. You can clean the components that tend to get greasy with a mild degreaser. Use steel wool or chrome polish to remove any rust from chrome parts. Rinse the bike off and then turn it upside down to wash the underside of the frame. Turn the bike upright and towel dry. Lubricate the chain with specially formulated oil. After a few minutes, remove excess oil with a clean, dry cloth. Lubricate the derailleurs and any suspension components according to the manufacturer's instructions. Wipe down the seat with a damp cloth; use saddle soap on a leather seat as needed. Between cleanings, wipe down the bike with a dry, clean cloth after each ride, and lubricate moving parts every few weeks or after riding on a wet surface.

Source: How to Clean Practically Anything

~ Daffodils, continued from page 1

Turning down a narrow track, we parked the car and got out. We walked along a path that was thick with old pine needles. Huge black-green evergreens towered over us. Gradually, the peace and silence of the place began to fill my mind.

Then we turned a corner and stopped—and I gasped in amazement.

From the top of the mountain, sloping for several acres across folds and valleys, were rivers of daffodils in radiant bloom. A profusion of color—from the palest ivory to the deepest lemon to the most vivid salmon—blazed like a carpet before us. It looked as though the sun had tipped over and spilled gold down the mountainside.

At the center cascaded a waterfall of purple hyacinths. Here and there were coral-colored tulips. And as if this bonanza were not enough, western bluebirds frolicked over the heads of the daffodils, their tawny breasts and sapphire wings like a flutter of jewels.

A riot of questions filled my mind. Who created such beauty? Why? How?

As we approached the home that stood in the center of the property, we saw a sign that read: "Answers to the Questions I Know You Are Asking."

The first answer was: "One Woman—Two Hands, Two Feet, and Very Little Brain." The second was: "One at a Time." The third: "Started in 1958."

As we drove home, I was so moved by what we had seen, I could scarcely speak. "She changed the world," I finally said, "one bulb at a time. She started almost 40 years ago, probably just the beginning of an idea, but she kept at it."

The wonder of it would not let me go. "Imagine," I said, "if I'd had a vision and worked at it, just a little bit every day, what might I have accomplished?"

Carolyn looked at me sideways, smiling. "Start tomorrow," she said. "Better yet, start today."

***With 12 children (and, later, 76 grandchildren), Jaroldeen Edwards didn't write her first book until her last child started school. She died in 2008, having published 12 books.***

Source: This article originally appeared in the September 1997 issue of *Reader's Digest*. Excerpted from *Things I Wish I'd Known Sooner* by Jaroldeen Edwards, Copyright © 1991 by Deseret Book Company, all rights reserved



## BOLIVAR GARDENS

Hello! We hope this spring weather has all of you feeling great! We have been pretty lucky-so far-with the beautiful days we have been seeing. We are all hoping to start spending more time outside soon. We want to use the Front porch area this spring and summer for music programs, games and just enjoying being outdoors.

Some of the residents have been as busy as "bees in the Gardens"; thanks to Jan continuing to challenge them with new projects. She has been bringing in some different shaped wooden birdhouses and other items that need to be "painted" and decorated with their markers. And, while we are busy with our artwork...we listen, "chair-dance" and sing along to the upbeat "oldies" music that brings back lots of memories! We all also get a kick out of her "Newfie" music from Canada.

We enjoyed a special Valentine day lunch and then crowned Hennis Care Centre's 2019 Queen and King during the Valentine's Day party in the afternoon. Marjorie Adams was voted in as our queen and Jim Wireman for our king.

We continue to have lots of entertainment throughout the months with "Jammin' Jay" Secrest, Marty "Bucket Tunes" Zehnder, "The Sugarcreek Duo", "Old School", Tim Weddington, Max Grossenbacher, Sue Rusk, Fran Zupp, Tim Turkal and "Somewhere in Time". In March, we held our annual Spring Card Party that benefitted the American Cancer Society and the Alzheimer's Association at the main building here at Bolivar. A BIG thank you to all who attended and donated candy that will



**"Jan's Crafts" - Mary and Katie are working intently on their birdhouses.**

be used to fill the Easter eggs for our staff's families' Easter egg hunt. We celebrated St. Patrick's Day with a combination of music and fun on the 15<sup>th</sup> starting at 1:30pm, with Marty entertaining us during the party. And then, we hosted a Baked Potato bar with scrumptious huge baked potatoes with all the toppings you wanted; and, boy, were they good! This fundraiser also benefited the American Cancer Society and the Alzheimer's Association.

Then, in April we held our annual "Bunny Breakfast" and egg hunt for our staff and their families; and the breakfast that was served was delicious! The day was a big success with a lot of little egg hunters. The kids all get so excited after they find an egg that is filled, not only with candy, but a prize ticket inside as well.

We thanked our volunteers for their dedication with a special Appreciation dinner. Each volunteer received "Thank You" gifts and

door prizes were also given out.

On May 11<sup>th</sup>, we will be hosting our annual Mother's Day Breakfast for each of the ladies and a guest. Then, we begin National Nursing Home week starting on Monday, the 13<sup>th</sup> and continues through Friday. We are planning special events during that entire week, so keep your eyes open for event flyers on the bulletin boards. On Thursday the 30<sup>th</sup>, following Memorial Day, we will be selling hot-dogs, coney's, and sloppy-joes from 10:30am to 1:30pm that will benefit the American Cancer Society.

June is going to be another busy month! On June 15<sup>th</sup>, we will be celebrating our fathers with serving them a delicious breakfast at 8:30 am. Each male resident and their guest will receive their breakfast in the dining room. On the 21<sup>st</sup>, the American Cancer Society's Relay For Life walk will be held at the Tuscarawas county fairgrounds from 3:00pm until 10:00pm. Watch our bulletin boards for more information.

To finish out June, we will be hosting an Ice Cream Social on Wednesday the 26<sup>th</sup> from 10:30 am until 2:30 pm. So, if you need to cool down, or just in the mood for Ice cream...come on in and join us.

Plan to visit us for any or all of these special events; we look forward to seeing you and we always have a great time!!

Until next issue, take care;  
The Gardeners



Anna's daughter in law made herself a wrapping paper hat!



Rachel and daughter, Toni enjoy visiting.



UMMMMM; don't look now, Jan, but Wayne's wife has your picture!



Everyone enjoys camaraderie.



"Jan's Crafts" - Jan really keeps "her" girls busy on craft day!

# S SIMPLE SYRUPS

These inventive seasonal tinctures—crafted for you to keep in the refrigerator all summer long—give iced tea or cocktails an extra-fresh zing. Now ain't that sweet?



## 1 ORANGE-TARRAGON SYRUP

Bring 2 cups **sugar**, 1 cup **fresh orange juice**, 1 cup water, and 1/2 cup loosely packed **fresh tarragon** leaves to a boil in a medium saucepan over medium-high heat, stirring just until sugar dissolves. Boil 2 minutes. (Do not stir.) Remove from heat. Press through a wire-mesh strainer into a bowl, using back of a spoon to squeeze out liquid; discard solids. Cool completely (about 30 minutes). Transfer to a jar; cover and refrigerate up to 3 months. Makes 2 1/2 cups. Hands-on 10 min., Total 40 min.

## 2 LAVENDER-MINT SYRUP

Bring 2 cups **sugar**, 2 cups water, 1 cup loosely packed fresh **mint** leaves, and 1 Tbsp. **dried lavender buds** to a boil in a medium saucepan over medium-high heat, stirring just until sugar dissolves. Boil 2 minutes. (Do not stir.) Remove from heat. Press through a wire-mesh strainer into a bowl, using back of a spoon to squeeze out liquid; discard solids. Cool completely (about 30 minutes). Transfer to a jar; cover and refrigerate up to 3 months. Makes 2 1/2 cups. Hands-on 10 min., Total 40 min.

## 3 STRAWBERRY-CHILE SYRUP

Bring 2 cups **sugar**, 2 cups water, 1 cup fresh sliced **strawberries**, and 1/4 tsp. dried crushed **red pepper** to a boil in a medium saucepan over medium-high heat, stirring just until sugar dissolves. Boil 2 minutes. (Do not stir.) Remove from heat. Press through a wire-mesh strainer into a bowl, using back of a spoon to squeeze out liquid; discard solids. Cool completely (about 30 minutes). Transfer to a jar; cover and refrigerate up to 3 months. Makes 2 1/2 cups. Hands-on 15 min., Total 45 min.

## 4 PINEAPPLE-BASIL SYRUP

Bring 2 cups **sugar**, 1 cup **pineapple juice**, and 1 cup water to a boil in a medium saucepan, stirring just until sugar dissolves. Boil 2 minutes. (Do not stir.) Remove from heat. Add 1 cup firmly packed **basil** leaves, and steep 10 minutes. Press through a wire-mesh strainer into a bowl, using back of a spoon to squeeze out liquid; discard solids. Cool completely (about 20 minutes). Transfer to a jar; cover and refrigerate up to 3 months. Makes 2 1/2 cups. Hands-on 10 min., Total 40 min.

#SOUTHERNFOODNOW

SOURCE: SOUTHERN LIVING MAGAZINE

## BOLIVAR HOMESTEAD

*"If we had no winter, the spring would not be so pleasant."*

-June Bradstreet

We hope this spring is bringing blue skies, flowers, and sunshine. After the harsh cold wintery season we experienced the last several months we are all anticipating the days and evenings of enjoying the outdoors. We already have residents that are taking evening walks out in the courtyard. We have one gentleman who is an avid bird lover and he loves to go listen for them and loves to talk to the staff about all his knowledge.

We enjoyed a scrumptious lunch on Valentine's Day that was prepared by the culinary department that consisted of lobster bisque, filet mignon topped with shrimp, loaded baked potato casserole, and brussels sprouts with bacon and balsamic drizzle finished with a strawberry hot fudge brownie sundae. Then crowned Thomas Grigsby as 2019 King and Hazel Smith as the 2019

Queen. Family and staff enjoyed this time and interaction with the residents on the Homestead while we reminisced about how we celebrated Valentine's Day in years past. Most can remember decorating shoe boxes or paper bags and making home made Valentine's for their secret crush.

We will attend many different activities that are offered here at Hennis Care Centre such as Jammin' Jay Secrest, Marty "Bucket Tunes" Zehender, Farkle, Bingo, Exercise Circle, Chair Exercise, Aromatherapy, Arts and Crafts, Canvas Painting, and many more. If any family members have any ideas or would like to come in and share their love of crafts or baking with those on the unit please feel free to contact Beth Wade at the facility 330-874-9999 extension 3262 and we can discuss how you can share your talents and passion with the residents with the Homestead.

As always our annual Easter egg hunt was a huge success and we thank all those who donated candy to fill the eggs. Our staff's families look forward to this event all year.

We have one little boy who every time his mom brings him into the building he wants to know if the bunny is here too. These events are making memories for the residents, our staff, and their loved ones they will be able to cherish forever.

Mark your calendar for May 7<sup>th</sup> when we will be having a Walking Taco Sale which will benefit the American Cancer Society and the Alzheimer's Association. On May 11<sup>th</sup> the Mother's Day Breakfast will be held at 8:30 AM on the Homestead unit in the dining room. We will celebrate National Nursing home week May 13<sup>th</sup> -May 17<sup>th</sup>. On May June 16<sup>th</sup> we will celebrate Father's Day with a breakfast at 8:30 AM on the Homestead unit in the dining room. For each of these breakfasts the residents will be able to have one guest. We will finish the month off with the Relay For Life walk at the Tuscarawas fairgrounds from 3 pm-10 pm.

We wish you all a very happy spring!  
Live, Laugh, Love,  
The Homestead



Betty Malone and her daughter Deb and sister



Clara Hostetler and her daughter.



Hazel Smith, Kendra Calhoun STNA and family.



Carolyn Dick and her daughter Katie



Gene Merrick and his family



Wanda Haas and family

## KNOW YOUR NUMBERS

Keep these digits top of mind, suggest WD's financial experts.

### CREDIT SCORE

The number can give you a heads-up about whether you'd qualify for a home or car loan—or if someone has stolen your identity, says Anna Sergunina, a certified financial planner with MainStreet Financial Planning in Burlingame, CA.

**WHERE TO FIND IT:**  
*creditkarma.com*

### TAKE-HOME PAY

"The amount that lands in your checking account can be far from the number you negotiated when you took a job," says Sergunina. "It's important to see where your paycheck is going."

**WHERE TO FIND IT:**  
*Request to see your pay stub through your company's payroll department.*

### MAXIMUM RETIREMENT CONTRIBUTIONS

"The IRS changes the maximum allowable contribution to IRAs and/or 401(k) plans often, so keep an eye out late in the year for the new numbers to be announced and try to achieve it," says Kathleen Campbell, founder of Campbell Financial Partners in Fort Myers, FL.

**WHERE TO FIND IT:**  
*irs.gov (search "retirement contributions")*



## Your Wallet

### TAKE 5 MINUTES TO...

#### ➤ Remove your checkbook from your purse

Checks often list your name, address, bank account number, and routing number, vital information a hacker could use to access an account or set up an automatic payment online. Unless you need your checkbook to pay for something, leave it at home.

#### ➤ Tuck a baby picture into your wallet

If your wallet is ever lost or stolen, research from Scottish psychologists suggests that wallets with baby photos are more likely to be returned.

### TAKE 15 MINUTES TO...

#### ➤ Create an online Social Security account

One way to protect your current or future Social Security benefits is to register for an account at [ssa.gov/myaccount](http://ssa.gov/myaccount). This simple step will prevent hackers from logging in as you and using your personal information to divert your benefits to themselves and allow you to check your earnings information.

#### ➤ Dust off your gift cards

Each year, roughly \$1 billion in gift card balances goes unused, according to estimates by the research firm CEB TowerGroup. Move any gift cards that might be gathering dust to the front of your wallet. If you have cards you're unlikely to use, consider

selling them on a site like Raise or Cardpool. Both take a commission off the resale, but scoring \$85 to spend wherever you please is better than \$100 stuck on a card you'll never use.

### TAKE 30 MINUTES TO...

#### ➤ Empty your coin compartment and cash it in

Stray change can add up to sizable savings over the course of a year—but only if you're intentional about it. Instead of keeping loose quarters and dimes in your wallet, set up a pretty jar by the front door so you can stash coins there each day. If watching your spare change pile up motivates you even more, consider adding single dollar bills to the jar as well. Research shows that people are less likely to break larger bills for small impulse purchases, so clearing the \$1 bills out of your wallet may help you save in more ways than one.

#### ➤ Make your money goals tangible

Think of one specific savings goal you have, like helping your daughter pay for college or buying a new car. Then find a picture that makes that goal feel attainable (say, your kid in her high school graduation cap or an advertisement for your dream car). Now attach that picture to your debit or credit card with a rubber band so every time you reach for plastic to make a purchase, you'll be reminded of what you're saving for.

SOURCES: Mari Adam, founder of Adam Financial Associates in Boca Raton, FL; Kathleen Campbell, founder and principal of Campbell Financial Partners in Fort Myers, FL; Cathy Derus, C.P.A., financial planner and founder of Brightwater Financial; Megan Gorman, founding partner of Chequers Financial Management in San Francisco; Abby Kovach, registered investment adviser and founder of Abby Kovach Financial Planning in Erie, CO; Gregg Murset, C.F.P., financial planner and founder of BusyKid; Lauren Tatar, founder of Easy Tax Appeals; Liz Weston, C.F.P., personal finance expert at NerdWallet

Source: Womens Day Magazine | April 2018





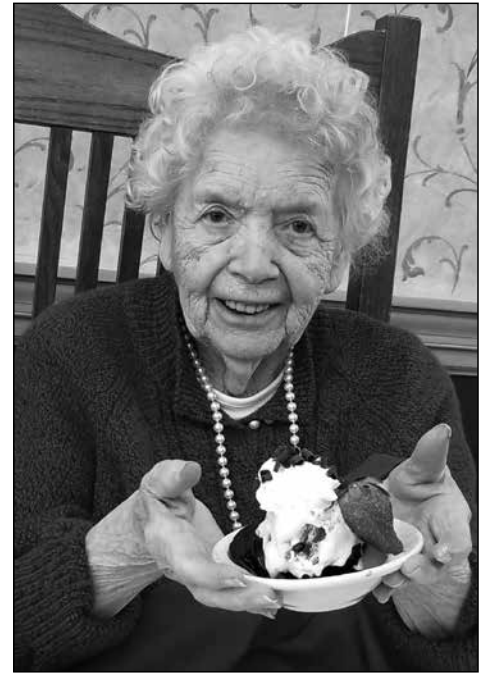
# BOLIVAR ACTIVITIES



King James...Valentine Day 2019



Our Queen for 2019 was Marjorie Adams!



Katie wanted to show everyone the special dessert.



Mr. & Mrs. McKinney



Beth, Marjorie, Donna and Bea prior to the party.



Bob had his sister, Karen, join him for the special Valentine lunch.



Getting ready for the Valentine Lunch.



That sure is an ornery grin from Gayle!



Shirley and Midge have such pretty smiles.



Deanna, Marjorie, and Beth wait patiently for the Valentine meal.



Linda & Ron enjoying the special day together.



Anna and Miriam are ready for the meal.



Jim and Frank show off their big smiles.

# VOLUNTEER

alzheimer's  association®  
Greater East Ohio Area Chapter

Support a world without Alzheimer's by volunteering with the Alzheimer's Association®



Our volunteers are passionate, inspired and want to make a difference in the fight against Alzheimer's disease.

Whether you can spare a few hours a week or can make a more significant time commitment, please consider becoming an Alzheimer's Association volunteer.

## Sign Up Today!

As our volunteer program grows, new positions will become available and we welcome your ideas. For more information, contact Bernadette Duffy, volunteer manager, at **800.272.3900** or **bduffy@alz.org**.

## Volunteers Needed!

### Join an Event Committee

Our chapter holds the Walk to End Alzheimer's® in eight communities in the fall, two *Paint the Night Purple* galas in the spring, and The Longest Day® in June, each with its own committee, and a variety of roles in need of your expertise and connections to ensure a successful experience.

### Caregiver Support Groups Facilitator

To a caregiver, knowing you're not alone can be a very difficult hurdle to overcome. We offer over 30 support groups led by trained volunteer co-facilitators meeting monthly to encourage discussion, sharing, and provide a supportive atmosphere.

We are seeking co-facilitators across our chapter area.

### Alzheimer's Association Advocate

The Alzheimer's Association is the largest Alzheimer's advocacy organization in the world, recruiting a nationwide network of volunteers to share their experiences and ensure our message about care, education and research is heard at every level of government.

### Helpline & Support

Connect caregivers with local services and Association resources through phone call follow up.

### Students & Internships

Seeking a nonprofit internship, or community service hours? We work with young people from local high schools and colleges on projects across departments that interest them.

### Administrative

There are a number of day to day office and clerical tasks volunteers can support in Hudson, Canton or Canfield.

### Have an idea to volunteer?

As our volunteer program grows, new positions will become available. We welcome your ideas!



For more information, or to learn more about the Alzheimer's Association, call **800.272.3900** or visit: **[www.alz.org/eastohio](http://www.alz.org/eastohio)**



## BOLIVAR REHAB

Hi; Are you looking forward to some bright sunny days as much as we are? We can hardly wait until we are able to get outside to sit on the front porch, receive some warmth from the sun, listen to the chirping of the birds and greet the visitors!

We had a fun time watching a bunch of little ones dancing for us. Thank you to the Legacy Dance Studio for bringing in a special group of kids to perform for us; they were such a delight!

We crowned our Valentine Royalty for 2019 during the Valentine's Day party. Our queen for this year was June Hawthorne and our king was David Rex! Also on Valentine's Day, some kids from Faith Baptist church brought Valentine cards in to pass out to the residents. What a delight these kids were to our residents!

During our craft groups, we have been painting, talking, making "snowmen" and putting hanging hearts together. We also enjoy using the Wii to play games like "Jeopardy" and "Family Feud"; we don't argue about any of the answers though!

March brought the annual spring card party that benefitted the American Cancer Society & the Alzheimer's Association. We had a really good turnout and we appreciate all the card players that also

donated candy to us for the Easter egg hunt that we host for the employees and their families every year. The residents always have so much fun filling the plastic eggs with the candy; although every now & then, someone thinks a piece just "might not" fit inside the egg....so they "fit" it in their mouth instead!

On April 19<sup>th</sup>, we had an Easter bread & Bake sale fundraiser that benefitted the American Cancer Society and the Alzheimer's Association. We held our Bunny Breakfast for our staff and their families and then followed breakfast with the Egg hunt on the front lawn for the kids. On the 26<sup>th</sup>, we celebrated our valued volunteers with a special Appreciation dinner and door-prizes given in their honor.

In May, we will be celebrating Mother's Day with a breakfast on the 11<sup>th</sup> at 8:30am. Each lady resident is allowed one guest, due to the limited space in the Dining room. Then on the Monday following Mother's Day, we will start the annual National Nursing Home Week celebration. There will be special events going on throughout the entire week, so watch for flyers with the event schedules. We will be ending the month of May with our annual Memorial Day fundraiser lunch of hot-dogs, coney dogs and sloppy joes on the 30<sup>th</sup> from 10:30 am until

2:30pm.

In June, we will be hosting our annual Father's Day breakfast on the 15<sup>th</sup> at 8:30am in the Rehab dining room. Each male resident is permitted one guest; due to the restricted space of the room.

June 21<sup>st</sup> will bring the Relay For Life walk that benefits the American Cancer Society. This year the event will be held in the at the Tuscarawas county fairgrounds from 3:00pm until 10:00pm.

On June 26<sup>st</sup>, we will be doing a fundraiser to benefit the Alzheimer's Association...with an Ice Cream Social. We will have all kinds of ice cream and toppings to choose from and you will have a choice of a sundae, a Root beer float, a cone or whatever else you might think up! So, if you need a "cool down" come to Hennis' and get some delicious ice cream!

We have our entertainers that come in monthly during the afternoon hours and also during the evening; you are welcome to come in to listen anytime. Watch the calendars on the units for the dates and times of our performers.

Come and join us for any of these special events; we always have a great time!

The Rehab Team



Carl, Ralph and Wayne give a thumbs up as we talk about the news.



Doris showing off her sock snowman that she made.



Carl and Ralph had a good time talking about memories making snowman as children.



Jim and Wayne had a fun time practicing their sewing skills.



Ralph painted a colorful stained glass window mandala.



Legacy Dance Studio visited us for some fun dances to cheer us up from the cold weather.



Everyone worked hard on the color choices for their stained glass mandalas.



Linda and David made a snowman with a colorful hat.



Everyone enjoyed the heart craft and a lot of laughs were shared.



## At Home

### TAKE 5 MINUTES TO...

#### » Clean out old files

Having documents with your personal information on them could put you at the mercy of prying eyes. Keep current loan documents, insurance policy paperwork, and up to seven years' worth of tax returns. Shred credit, bank, or brokerage statements that can be accessed online and any other document with your name, address, or Social Security number.

#### » Protect vital paperwork

Store birth certificates, adoption papers, Social Security cards, citizenship papers and passports, marriage licenses, divorce decrees, and death certificates of family members in a fireproof lockbox or safe or at least a three-ring binder with plastic sleeves. To reduce paperwork even more, save important files as PDFs on a Mac, select "Tools," then "Protection" in the upper right corner to add a password or restrict editing options.

### TAKE 15 MINUTES TO...

#### » Start a home inventory

In case of a burglary, accident, or natural disaster, having a list of your assets could allow you to collect more insurance benefits than if you just estimated what had been taken or destroyed. An app like Sortly (free, iOS only, sortly.com) or UPHelp Home Inventory (free, uphelp.org) can help you quickly snap and store photos of your valuables.

#### » Call to update your homeowner's insurance

About two out of every three homes in America are underinsured, according to Nationwide, by an average of about 22%. Ask your insurance agent to check your coverage, especially if you've recently made improvements to your home that may have added square footage or increased its value.

# SPRING-CLEAN Your Finances

Getting your financial house in order doesn't have to take all day.

Use these tips to mind your money in 5, 15, and 30 minutes.

### TAKE 30 MINUTES TO...

#### » Begin to review your will

If you have any property at all—a home, a car, a computer, a beloved family heirloom—a will helps ensure that it will go to the right person when you die rather than get snarled in a lengthy probate process. Review your estate plans annually or, if you don't yet have a will, spend this time getting started. You can hire an attorney to handle the whole process or, if your needs are simple, prep the paperwork with online software like LegalZoom for as little as \$69.

#### » Shrink property taxes

Experts estimate that up to 60% of homeowners face bigger tax bills than they should. If you know a neighbor with a near-identical house paying less or think your tax hike this year is based on an assessor's error, you can dispute the bill. Call your local assessor's office to ask about the review process. It may be as straightforward as filling out some dispute forms or attending an informal hearing at the assessor's office. Or contact a local tax appeal expert who will handle it for you for a flat fee or a portion of the bill reduction.



## Online

### TAKE 15 MINUTES TO...

#### » Protect your passwords

Banish that Post-it note from your desktop for good. Store the passwords for your bank, email, Facebook, and more with an app and browser extension like RoboForm (free, roboform.com) or LastPass (free, lastpass.com), which protects your info with a single password you choose.

#### » Tally up your rewards

Many rewards and loyalty programs put expiration dates on points. Log into your programs and read the fine print, then put a reminder on your calendar so you can use those perks before you lose them.

### TAKE 5 MINUTES TO...

#### » Review your last credit card statement

Double-check charges and fees, then look for paid subscriptions and cancel what you don't use. While there, set up text alerts for charges over \$100 to keep you from splurging on big-ticket items.

#### » Download a grocery store app

The average family spends more than \$500 a month on food, the second largest percentage used for household expenses. The good news: Large chains like Wegmans and Aldi allow you to shop through an app, then pay and pick up your groceries at the store, which means you can plan meals around available coupons and avoid impulse purchases.

### TAKE 30 MINUTES TO...

#### » Review your investment accounts

Look at your 401(k) and other retirement accounts at least once a year to assess your investments. It's also

**KEEP IT IN THE CLOUD**  
To protect digital documents from a computer meltdown, store them on a free cloud-based program like Google Drive or Dropbox.

wise to set up a regular automatic 1% or 2% 401(k) increase through your employer to pad your nest egg without feeling much of a pinch.

#### » Upgrade your savings

To build or turbocharge your emergency fund, open a dedicated savings account at an online bank like Ally. While the national average for savings account interest rates is less than 0.1%, some online banks will give you over 1%.



Source:  
Womens Day Magazine  
April 2018  
by Lucy Lazarony  
and Kate Rockwood





Rosa Hammonds was married for 50 ½ years to her late husband Jack. She was born in West Virginia and moved to Ohio after High School to find employment. She met her husband on a blind date (a mutual friend of both had set them up) which she states “I declined the date a few times but my friend wouldn’t take no for an answer so I said ok.” Jack was home on service leave when we met. He came to my house, knocked on the door and as soon as my eyes met his “I knew he would be my husband someday.” That day would be sooner than most, as she giggles, they were engaged with in six days of the first date and married soon thereafter. I told him of my dream to travel the world and he didn’t hesitate to hop on board. He would soon tell her that they

**“I had seen a picture of Hawaii when I was younger and knew then I wanted to travel the world.”**

actually had met about three years prior in a car. The mutual friend and her were in the front seat and he sat in the back. They never exchanged names just a simple glance. He would later learn her name and it seemed meant

to be when he realized who the blind date was with. During their first seven years of marriage they traveled the world visiting most of the 50 states on her list before they decided to start a family. Together they had two daughters and continued their traveling after they felt the girls were of age to finish more of the states on their list; “We did a lot of our traveling in a camper and went to the camp areas.”

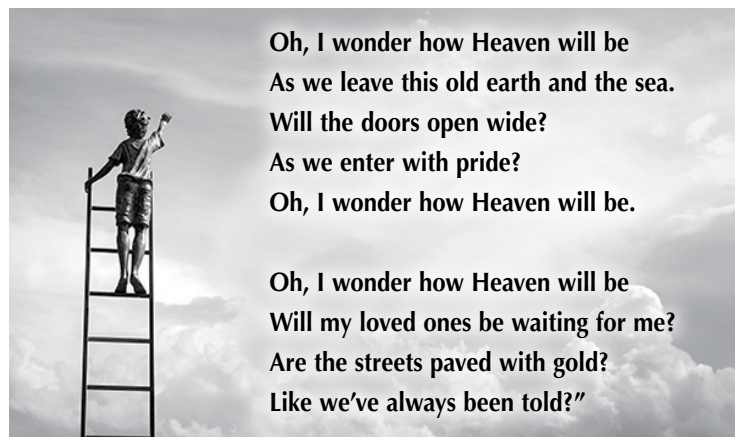
Some of her favorite places out of the United States have been: New Hampshire, Hawaii and Alaska! “Utah was also beautiful and I would probably add that to the top list. I was a little disappointed with Texas. I was so excited when we arrived at the Texas state line, I hopped out and patted the “Welcome to Texas” sign. Then I looked around and all I could see was telephone poles and sand. There were no gift shops anywhere and it just wasn’t what I thought it was going to be.” One of her favorite memories was when they first went to California and there was this herd of Buffalo. Years later we visited the same area and she had remembered where those Buffalo were. She mentioned to her husband “This is where we saw that herd of Buffalo last time we came through.” I think he thought I was a little goofy but not a mile or so up the road a herd of Buffalo came across the road. She remembered looking out the window and saying “Look at this beautiful world that God has made.”

Along the journey they collected ash trays and thimbles from all the states and were able to collect most of them. One of the most not so great memories was when they were in Pennsylvania. She was around the age of 40 and the children with them. They went down to a beach to swim and the camper got robbed. They did end up taking her husband’s billfold. “2011 was the last year that we had visited our last state to finish our journey of visiting all 50 states. They had a couple here locally that would travel along with them. When they got older, that made for good company. Rosa said “I am so blessed to have had the opportunity to visit every state in the United States (I have included Canada, Mexico and the Bahamas’ in my list of ones visited).” She would tell this generation “Take one day at a time and be happy; Life is short and goes by so quickly, cherish the time you have with your family you only are on this earth so long.” Rosa adds “I really enjoy my stay here at Hattie’s House everyone has been so kind.”



***Rosa had her nails painted as she shared her story of traveling the United States***

Rosa had another hidden talent that wouldn’t be discovered until later in life. She would spend a lot of her time writing poems. She wrote a few about her husband. An early on poem about what Christmas would be like in heaven soon was turned into a song by a friend. One poem that is cherished by Rosa is a poem about what heaven would be like which was written in 2006 when her husband Jack passed away. A glimpse of the poem reads:



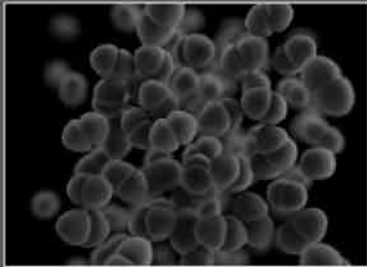
**Oh, I wonder how Heaven will be  
As we leave this old earth and the sea.  
Will the doors open wide?  
As we enter with pride?  
Oh, I wonder how Heaven will be.**

**Oh, I wonder how Heaven will be  
Will my loved ones be waiting for me?  
Are the streets paved with gold?  
Like we’ve always been told?”**





# ANTIBIOTIC RESISTANCE: THE GLOBAL THREAT



Antibiotic resistance—when bacteria no longer respond to the drugs designed to kill them—is happening right now across the world.



The full impact is unknown. There is no system in place to track antibiotic resistance globally.



Without urgent action, modern medicine will be obsolete and minor injuries will once again be deadly.



Centers for Disease Control and Prevention  
National Center for Emerging and Zoonotic Infectious Diseases

CS260606C

## Super-Resistant Bacteria: Problem Today, Crisis Tomorrow

- In India, **58,000+ babies died in one year** from super-resistant bacterial infections, which are usually passed on from their mothers<sup>1</sup>
- In the European Union, antibiotic resistance causes **25,000 deaths per year** and 2.5m extra hospital days<sup>2</sup>
- In Thailand, antibiotic resistance causes **38,000+ deaths per year** and 3.2m hospital days<sup>2</sup>
- In the United States, antibiotic resistance causes **23,000+ deaths per year** and more than 2m illnesses<sup>2</sup>



## Global Action to Slow Resistance

- **Improve Laboratory Capacity:** Countries need medical labs to identify bacteria and choose the right drugs to treat them. When people get antibiotics without this testing, they:
  - Often get treatment that doesn't help
  - Develop and spread resistant bacteria
  - Increase their risk for future resistant infections
- **Develop National Tracking Programs:** Countries need the infrastructure to collect resistance data and report results globally. This information is necessary to:
  - Target and measure prevention efforts
  - Drive policies that help stop spread
- **Implement Antibiotic Stewardship Programs:** To ensure antibiotics are here when we need them, they must be prescribed and taken correctly now.
- **Expand Infection Control Programs:** Improving infection control practices in healthcare settings is critical to prevent spread of antibiotic-resistant germs.



## CDC's Impact on a Global Threat

CDC's proposed Antibiotic Resistance Solutions Initiative will:

- **Allow standardized tracking** of antibiotic resistance internationally
- **Prevent** antibiotic resistance
- **Improve** antibiotic prescribing and use
- **Boost communication** of antibiotic resistance threats



<sup>1</sup>[http://www.thelancet.com/journals/laninf/article/PIIS1473-3099\(13\)70318-9/fulltext](http://www.thelancet.com/journals/laninf/article/PIIS1473-3099(13)70318-9/fulltext)

<sup>2</sup>Anticrobial Resistance Global Report on Surveillance, 2014. WHO Report. [http://www.who.int/drugresistance/documents/AMR\\_report\\_Web\\_slide\\_set.pdf?ua=1](http://www.who.int/drugresistance/documents/AMR_report_Web_slide_set.pdf?ua=1)

# BOLIVAR ACTIVITIES



All the unique color choices of design are always neat to see.



Everyone was happy with their finished pallets.



Carol and Lenora painted beautiful signs.



Bonnie and Ruth played a competitive game of Family Feud on the Wii with Danielle.



Jack brought some of his vintage lunch box/thermos collection in for us to see.



A beautiful solo done brought tears to lots of eyes.



Patty painted a unique sign that she wanted to decorate her house with.



Pallet painting is always a hit here at Hattie's when Trish comes.



It was hard not to smile at the young feet dancing for us.



Betty and Ruth made unique snowman paintings on their glass.



Everyone enjoyed Legacy Dance Studio coming in to perform some routines for us!



Everyone was concentrating on their designs.



Everyone was concentrating on their designs

TV's biggest dance show returned to Northeast Ohio and we were there! It was Dancing with the Stars live, and the Hennis Bus Trip fundraiser was packed full! It was a cold night but warmed up quickly with a continuous, energetic, up beat show! Everyone loved it and can't wait 'til the show returns to TV show in the fall. Earlier in the month we also had a full bus to travel to Cleveland Playhouse Square to see Cinderella to the audience's liking – beautiful costumes, magical changing while on stage, and fun humor. We will head there again August 28 to see Lion King which is currently sold out for our trip, however, we are looking to schedule a second bus trip for this show, so if you are interested please give the receptionist a call as soon as possible. Thank you for all your support for the Alzheimer's Assoc. and Am. Cancer Society!

We enjoy the variety of word searches, crosswords, word jumbles, Sudoku, and coloring pages that are provided at seasonal holidays and related to other themes such as weather and the like: Super bowl, snow, college games, Valentine's Day, Chinese New Year, St. Patrick's Day, spring, Easter, etc. Some of the visitors and staff also enjoy them.

We were treated to some tasty donuts from Learch's of Wooster on a Saturday that was an exclusive Am. Cancer Society's fundraiser. HCC participated in the sale and had pre-orders and sales on delivery day – cinnamon, plain, and sugar were good as well as the blueberry ones this year! If you missed the sale it will be offered again next February, or you can find them in Wooster.

It was enjoyable to hear the staff discuss a special event held for them that was the Winter Wonderland that was a reward and educational opportunity with fun craft classes, too. It included canvas painting, snowman crafts, and wreath making, refreshments of chili and corn muffins, cheese balls made like a snowman, etc. amidst the beautiful white scenic winter décor complete with white silhouette animals, glittery snow, white pine trees, lights, a glazed-over stream, and more. Prizes ranged from gift cards, to money, to wine and much more that

were well-liked! All staff received personal notes on fun snow-related cards that were meaningful.

We supported the fourth annual Arts on Broadway in Sugarcreek Souper Bowl fundraiser. Local potters provided bowls that our attendees used for the soup of their choice from four selections. The live entertainment was the Sugarcreek Duo, who we've hosted here as our afternoon entertainment. We also discovered some relationships to our folks are volunteers at this event – small world everywhere! If you are interested their Swing into Spring it is March 30 with cheese and chocolate fondue.

Our Valentine's Day dinner was a tasty one of beef tenderloin and shrimp as we enjoyed the fresh red and pink floral arrangements on the tables and the red table clothes, and later, the live music by singer Sue Rusk. The Valentine King and Queen were crowned – and the royalty was Judy Leahy as Queen and Don Smith as King, and Annette Cookson did the honors of announcing and crowning them! They also received a box of chocolates.

May you always have... walls for the winds, a roof for the rain, tea beside the fire, laughter to cheer you, those you love near you, and all your heart might desire. May joy and peace surround you, contentment latch your door, and happiness be with you now and bless you ever more! St. Patrick's Day lunch offered grilled pastrami and Swiss on rye and sides, and dinner was a traditional slow braised cabbage and corn beef brisket with boiled potatoes and a delicious mint dessert! Life is like a cup of tea, it's all in how you make it!

We've been pleasantly entertained by such a variety of performers: Soloists include Sue Rusk, Scott Miller, Mike Wikoff, Marty Zehnder, and Terrie and Steve/Sugarcreek Duo; Pianist Rick Michael, Max Grossenbacher; and guitarist/singer Dan Gribble. Ben Yoder is good friends with Mike Wikoff/Wacky Country and was so pleased he could perform while Ben was here! This is delightful for our dinner hour.

Paint nights are always stimulating with

Patty and Annette! One theme was winter pine trees and another was Flamingo – Patty called her original Pink Ladies. Sandy and her grandchildren thoroughly enjoyed the evening and have a nice keepsake from the time together! Watch for signs if you would like to join us next time (they are held monthly) – they are complimentary, including the laughs!

Our monthly trips to the Senior Center presented some fun and interesting speakers for the Lunch and Learn programs. "Library Linda" of the Dover Public Library, spoke on the Songs of our Lives in January, and it was very engaging! Like a quiz without grading! Examples to guess as hints were given and some humming included "Puttin' on the Ritz" from 1939, signature song of Kate Smith – "God Bless America", and did you know "Rudolph the Red Nose Reindeer" is still the highest grossing Christmas song! It sold over 12 million copies when it came out, and over 150 million today! It is second to "White Christmas". We reminisced about Rudolph being at Montgomery Ward, in coloring books, books developed, then the song followed. "It had to be You" was in the movie *When Sally Met Harry*. "Happy Days are Here again" was originally a fast tempo and 30 years later sung in a melancholy style by Barbara Streisand. It didn't take long for the Lunch and Learn audience to join in singing the songs once the answers were established!

February Lunch and Learn always offers a Valentine culinary delight by a Hennis Chef – this time Matthew. He prepared fresh berry flambé over pound cake with chocolate marshmallow ice-cream topped with caramel sauce that was a hit! He discussed how to prepare the strawberries, blue berries, and raspberries so they stay just right, and what to add and when – lights out, then wha-la - beautiful flames that were impressive, and it was ready! Martha, Kathy, and Paula helped



Their finished canvases look nice! Sandy and Shirley enjoyed their group with Patty.



Annette and Kathy visit with Dennis M. and Keith S. at Valentines time during lunch.



*A nice trio of pine trees by a visitor of Pat's Porch during Paint Night.*



## PAT'S PORCH OF DOVER



Jo and her daughter shared Paint Night together at Pat's Porch.

serve and everyone loved it to the last bite! Winners that day were a couple who received a Red Lobster gift card, and a vase of roses went to another couple, and the special ingredient bottle for the flambé went to a fellow – all names drawn by Martha!

March brought Barb Lengler, a retired Dover school teacher and good steward in life to speak on the RePurse It program as well as Cancer Care Bags community project of St. John's UCC of Dover. Barb first saw the idea for reusing purses in the newspaper and thought about it for a year, and then felt God said take some action. She was mowing one day and the name came to her – RePurse It. She spoke in church about it and received purses and started the program. People donate tissues, hygiene items, nail polish, etc. – all different sizes to fit in various size purses, and they are donated to places such as the Homeless Shelter, Salvation Army, mission trips, Harbor House, and the Food Pantry line where they could hardly get to the door the second time they went as they were anxiously waiting for them! The Dollar store knows Barb and the projects and gets things ready for their donation and brings it all out on a dolly! Other donations and fundraisers help these to continue. Norm of the audience humorously said it sounded like a good chance for ladies to get a new purse (and donate other ones). The Cancer Care Bags are for anyone receiving chemo or

radiation treatment. They contain helpful items, soft knit beanies, hygiene items, lap blanket or shawl, footies, puzzle books, and more. People of the church and others make these, and donations are always welcome. Several people asked how to contribute and were genuinely interested. Martha of the Center offered to put out a box to collect items. Fundraisers like card parties, seasonal events, etc. are also held to put towards these efforts. The bags will be at Relay For Life June 21 at the Fairgrounds in Dover, Hospice, Regional Care Center, and are available through a church member or the church office, with no obligation. Barb's moral is: When God is nudging you, don't dispute it or say you don't have time, energy, or money to invest in His project. Give it all you've got 'cause in the end you'll reap greater rewards than you ever dreamed possible. Take it from me! – The goodies that day were made by Chef Casey of HCC of Bolivar that were brownies with beautiful mint green icing with Andes mints, and they were loved!

Our support in the community continues. From our soup sale prior to the first big snow storm, we packaged a lot of soup for the Fire and Police stations of Dover to wish them good luck with the upcoming weather dealings, and to thank them for all they do. They were very grateful. Carla and Dennis of the Hennis Culinary Services at the Hospice House and

Matt participated in the Chocolate Love A'Fair for the Cleveland Clinic Union Hospital Auxiliary event offering a brownie topped with a mix of berries and whipped cream winning the People's Choice! We saw many people we know and friends such as Marlena Allen of Magnolia Manor B & B in Phila, Hannah and Rachel, and daughter Gillian, of WJER, Big Brother Dan Warther of Warther's on Front St. in Dover with his little brother, and so many more! Someone enjoyed the auction item we donated of a gift certificate from CRAFT Bistro in New Phila attached to a wine bottle. It's always a pleasant day!

We attended the Special Olympics Basket Bingo March 16 at Buckey and the room was packed! HCC donated a School House Winery gift certificate and shirt as a prize, as well as a wine basket from the Sickinger family, and we along with Carol Withem of Dr. Gigax's office had a fun night!

At the end of March, Kathy and guest, Paula, Chrissy, Carol and Elizabeth, and Ashley of Therapy will attend the Garden Tea hosted by the Auxiliary where HCC is assisting with the catering and donating a silent auction basket. We are looking forward to this as it will be held in the new Rustic Wedding Barn in New Phila. Following that, Dennis and Carla will be preparing for the Culinary Capers

~ PAT'S PORCH,  
*continued on page 23*



Paint Night - Sandy's grandchildren did a great job on their paint pieces!



Pat's Porch King, Don Smith, is presented a box of chocolates by Annette.



"Library Linda" speaking at Hennis sponsored Lunch & Learn at the Senior Center.



Alex visits Don Smith in therapy at Pat's Porch



Annette crowns the Valentine Queen of Pat's Porch, Judy Leahy.



Don R. receives a Valentine smooch like the old days of the Balloonatik!

Acts of kindness... Mindfulness and giving, it makes a difference. If it can be done a lot more, that's a powerful thing to leave behind.

When you feel it in your heart now, you'll want to continue making a difference.

Acts of kindness are evident in many ways with staff, residents, and others of HCC (some very evident, some subtle, some layered, some privately).

The seasonal decorating year-round makes the living areas more enjoyable and cozy for residents, families, volunteers, and visitors. Their sentiments are shared by Jean, Deloris, Ruth and daughters and others as they enjoyed the winter wonderland to Valentine's decorations, to St. Patrick's Day to spring and Easter. These surroundings are enjoyed and stimulate conversation while visiting, enjoying a special treat together, taking in a music program to strolling the halls and the like. The time and effort to provide this makes it worthwhile. Then, the great outdoors will take over as spring and summer invite us to spread to the porches, patios, and winding sidewalks. We've been waiting for those greens to push through the soil and the leaves to unfurl on the trees, and the sunlight to touch our faces and arms!

An early outing was when Thelma, Dee, and Deloris came with Patty and Annette to the Union Country Club to help prepare door prizes for the Celebration fundraiser (we always appreciate their kind help with such efforts). Afterwards, they had a delicious lunch in the dining room overlooking the golf course. The waitress was very attentive, and they all enjoyed their lunch entrees and conversation.

2019 was welcomed with open arms with a celebration featuring Randy Valez who is well received. He is so kind, gave an extra ½ hr. to his performance and everyone loved it. Then, afterwards he visited different ones for a length of time. Hors d'oeuvres were also part of the festivities. On the 31<sup>st</sup> we enjoyed sparkling juice with dinner to celebrate again! One afternoon during the new year week the fun continued with colorful blow horns with Mr. and Mrs. Brunk, Alice, and Barb and others – simple, fun, and delightful.

Acts of kindness brighten the days of others – the giver and the recipient.

Kindness is shown by many staff, residents, families, sharing among each other boxes of candy, cards, valentines. candy bars, baked goods, pot lucks, and other treats and gestures. Residents helped prepare invitations

for the Volunteer Appreciation Breakfast – we all appreciate the volunteers and this is one way to give. They assisted in helping to fold and stuff envelopes for a fundraiser mailing – another way to give of their time and effort, and they know they've participated in a valuable way.

Acts of kindness – it's a feeling many of us may have experienced a time or two, and you better believe it has the power to brighten someone's day. It may also compel us to keep the kindhearted gestures flowing, Other genuine support and care demonstrated to others - care, if someone doesn't look or feel well, financial help with various needs, food support during different times, assisting somehow to ease a burden, there when one



***A community fellow, Kevin, shares his big dog, a Leonberger, with us to show tricks and visits Bev and Alice. Others enjoyed petting him.***

needs a shoulder to listen or understand, group gifts for special occasions, giving rides when needed, helping each other after hours for something special or just because, when you're needed somewhere else someone covers for you, and during tough times and good times. Though these are stated vaguely (for privacy and respect), there are numerous ways kind acts have reached beyond to help and continue. Random acts of kindness and love are meant to encourage the unexpected moments of generosity. We are grateful as many others are as well.

Our annual winter soup sale was held with five selections and is always well-liked. What's not good about a warm, cozy bowl of soup for lunch on a winter day, or to take it home to have dinner ready to go? Some bought soup for co-workers, and one bought some for a family member who had a rough few weeks to take home to make the evening a little easier and comforting. It was Friday

afternoon and the big snow storm was coming – we loaded a few boxes of the soup and treated the Dover Police and Fire stations knowing they were going to have a busy weekend, thanked them for their service and wished them the best with the weather. They were very appreciative. Spreading awareness for random acts of kindness is a good feeling, and the more kindness you put out in the world the more you can expect to have come back. The late Harry D. Hennis believed and practiced this.

Many of you may have experienced or provided for meals paid for at a restaurant unexpectedly, or have gone through a drive-thru and the customer ahead paid for the car behind them...One restaurant owner said they have this happen almost every day, but it's about 20 times the transactions that we normally do for pay it forwards! You've probably seen in the Times Reporter's 30 Seconds when somebody experiences these gestures and often times they say they will pay it forward! Isn't that great! So many simple ways to bring unplanned joy to a person! And, often the joy comes from giving! And, it doesn't have to be big or costly – that's the beauty, too.

Several staff helped create and stayed after hours for the formation of the Winter Wonderland, using talents, time, and knowledge, for the staff as an educational, rewarding, and fun event where special refreshments like snowman cheese balls and the like were provided, a beautiful winter scene was created including a frozen waterfall and stream, mountain snow peaks, frosted pine trees, white animals such as deer and owls, snowflakes and the like were set in the rehab lounge. Craft sessions with staff were shared with others to make wreaths, snowmen, and painting that they were pleased to take home. Personalized notes were written to each staff member that were saved. Everyone received a gift of assorted nice things. This was special to many. And, the lounge stayed decorated for the week for the residents and visitors to enjoy.

When something happens to you that is a surprise, it kind of hits you and makes a lasting feeling, so you hope people pay it forward...

Some of us bundled up and ventured to Sugarcreek to the Arts on Broadway for a Souper Bowl which is their fundraiser. A volunteer there is Sandy Honaker, who is the daughter of Sarah B! We were able to select a handmade pottery bowl made by the local potters to use for our soup. We enjoyed trying

~ GARDENS, continued on page 18

# DOVER GARDENS



Alice and Linda enjoying a visit.



Eddie, Anna and Barb play Bocci together.



June, Arlene and Bev enjoying the Randy Valez Concert on Valentine's Day.



Sarah and JoAnn working on Dominos.



Geraldine J. is delighted with the candy cracker she made on Candy Day.



Evie is happy to try her hand at Jenga.



Steve enjoys a visit from the baby in the family



Bill B. likes Bella the dog visiting.



Barb is sweet on Trixi, one of Patty's pets.



Doug enjoyed all the selections to make his candy cracker on Candy Day.



Bev and Patty chair dancing to Randy's music.



Randy Valez signs his CDs that he gave to all the Valentine Royalty.



Kathy T. is brave enough to try removing a Jenga block from the middle!



Look at Tom's dream catcher!



Brenda likes her finished dream catcher she made in Crafts with Patty.



Thelma decided to put down her 17 puzzle book and try her dexterity at the Jenga tower.



I'll just take this piece off the Jenga pile.



~ GARDENS,  
continued from Page 16

a couple of different soups from the 4-5 selections. The featured artists were Dick and Janet Ladrach, son of Alice L.! While there, we also enjoyed the entertainment by The Sugarcreek Duo – we know them as Terrie and Steve! There are a variety of items locally made available in their store to purchase that make good gifts for any reason. Classes are also offered. We're looking forward to their Swing into Spring event which features cheese fondue and dipping chocolate on March 30 – want to help us with our trip – just give us a call!

Max Grossenbacher gave a nice piano performance around the blood orange moon time. So, he featured several melodies around an astronomical theme playing Moon River, of course, and he talked about the moon, and he also put in some Elvis songs in honor of his birthday – he always prepares so nicely. We also enjoy Rick Michaels performing on the keys in his black tux. Sue Rusk gives us a beautiful singing performance, as do many others.

Did you notice January 8 in Dover, Ohio it was nearly 60° and sunny; so pleasant and several people went outside for walks and had to step out to check the weather. Then, at 4:20p after a little rain, there was more sunshine and a beautiful "solid" rainbow end to end seen over the roof of the Gardens unit. Paula told Sharla and she told other staff to come see it, they brought residents, some took pictures, and we all enjoyed the simple, pretty gift in the blue sky! The next day's forecast called for 31° and possible light snowflakes! That's Ohio for you.

Leslie kept us busy with lots of theme related puzzle packs that were snow related, football and basketball related, Valentine and St. Patrick's Day themes. These are nice to do at our leisure and to share with our family and friends.

We kept warm in a circle playing a Bocce type game with Rich and Patty leading it, cheering and guiding, and Bev, Sarah, Alice/Linda, Barb and others joined in. It can get lively! - Do you know an enclosure used for a horse to be kept? What is a Paddock – Jeopardy, just like the real TV game that even has the voice of Alex Trubek – (sound effect) – it's the Daily Double: This Queen was Egypt's most famous female ruler – Who is Cleopatra? It's fun and stimulating and many could answer the questions. We also have fun

attending the benefit card parties, and we hope you can be there with us on March 21!

We had fun with Chinese New Year making colorful lanterns for décor, some used red since it was the year for red, and they hung from the chandeliers. Kathy shared books from the library to see photos, etc. We enjoyed beef and broccoli, sweet and sour chicken, sides, and fortune cookies for our lunch meal. A 5 ft. long colorful dragon hung in the doorway as added décor. Themed coloring pages were offered and Sarah worked nicely and did the most! Patty discussed the animals from the year they were born and did some face painting of the animals – sporting tigers, monkeys and the like on their cheek. We also



***Deloris and Thelma prepare to enjoy their beautiful valentine lunch.***

read our fortunes as we were grouped together – one read: And all for love, and nothing for reward. – Interesting – kind of ties into the acts of kindness...

How about National Candy Day Feb. 1! Patty had us making our own candy crackers with an assortment of candy and icing as we listened to the tunes of Sugar Shack by the Fireball in 1963 (Paula loves this song) and Candy Man that had us humming them all afternoon.

February 2 brought the silly Groundhog Day for fun – Punxsutawney Phil said he didn't see his shadow which means there is an early spring – we'll take it! It showed good signs on Feb. 3 when it was 64° at 2:00p, and the next few days in the 50's coaxing some outside. The late winter also offered some beautiful winter gifts of pretty skies at sunset

with pinks and oranges – a nice scene out the Gardens' front door (facing West) as the sunset is through the backdrop of the dark tree branches and the Methodist church bell tower – just makes you feel good and appreciative of the scene.

Rich and his brother go out to the Senior Center often and enjoy the fellowship and activities. They and friend, Kathy Irwin, also go to St. John's UCC for weekly corn hole games and enjoy the games and camaraderie. Their team name is the Tossing Quakers. More community fun is when they attend the New Phila basketball games, rooting, cheering, and visiting with folks they know, and return to discuss the game the following day.

One Saturday, a friend of Dee's came and they worked together on quilt preparations. Dee also makes pillowcases of darling prints for a children's hospital (someone provides the fabric) and others fill them with fun and useful things – heartwarming...kind acts. Kathy, Paula, and Patty's church and their Goodwill Committee community project is Christian Cancer Care bags – these lime green bags are filled with a variety of helpful items donated such as puzzle books, note pads, knit caps, prayer shawls or lap blankets, mints, lotion, ginger ale, tooth brushes, info card and more for anyone in the community and beyond who is going through chemotherapy or radiation for cancer. People in the church and outsiders are making blankets and shawls by sewing, knitting, or crocheting some including our friend Lynn C. – if you would like to make and donate one just let the receptionist know. If you know of someone who can use a bag just let us know (there is no obligation)... More acts of kindness... Even the Senior Center offered to have a box to collect items for this endeavor. So many thoughtful programs and projects – heartwarming.

It's Grilled Cheese and Tomato Soup for the lunch stand fundraiser! A pleasant surprise – Rileigh Pepper was off school due to weather so she took care of manning the stand! A perfect day for this warm, tasty lunch. Lots of people are good at supporting these stands (thank you), buying a meal for another, leaving change to donate, paying more to also support the cause... more kindness.

Our annual Chili Cook-Off sure smelled good as we sliced and diced some of the ingredients to make our crock pot including Shirley, Bev, Rich, Deloris, and others who worked diligently preparing the onion, celery, peppers, and more. It was mighty delicious in the end! This year's judges were Keith and

~ GARDENS, continued on page 20

# DOVER GARDENS



Sam and vocalist Randy Valez are pals!



Patty and Eugene enjoy dancing at the Valentine Party.



Hostess Kathy chair dances with Evy at the Valentine Party.



The staff enjoys the aroma of the chili at the cook-off.



Larry and Patty have fun with the huge Kerplunk game!



STNA Jen S. visits with twin baby girls and 4 year old daughter as Delene and Bill admire them.



Chili Cook-Off judges - Keith and Matt Marburger and Pastor Tom Dunkle.



June S. and Annette looking at rings and necklaces during the jewelry sale fundraiser.



Deloris and Dee browse the display tables of the Barnett Realty Jewelry Sale Outing.



Barb Lengler shares with attendees the various items in the Cancer Care bags after her Lunch & Learn Program.



March Lunch & Learn by Hennis at the Senior Center - Barb Lengler, speaker, visits with an audience member.



Vickie of the senior Center enjoys the delicious mint brownies made by Chef Casey of Bolivar for the March Lunch & Learn Program.



Patty crowns the Gardens' Valentine Queen, Deloris H.



Patty with Rich C., the Gardens Valentine King.

~ GARDENS,  
continued from Page 18

Matt Marburger of Marburger Insurance (spouse/son of Kathy) and Pastor Tom Dunkle of St. John's UCC, who had the not-so-easy task of judging for best taste, best aroma, best appearance, and best overall, And, the blue ribbon went to (drum roll) – Rehab! Congratulations to Dorothy and Annette and others on your winning chili! At the time, Dorothy was in Rehab, but now she has joined the ranks with us here at the Gardens. The Gardens came in with the best flavor! Rich tried to figure out the various spices an ingredients as he taste-tested his bowl. Some thought it was sweeter and Gardens had a salsa flavor. Some had more vegetables, one sweet and thinner, another more red and like Tex Mex. Everybody loved sampling all of them after the judging. It's a fun event.

Time for Valentine affection! For three days we made valentine cards and Jean H. wrote nice sayings in each one to be used however we wanted, Some went to staff, some for family and friends, some given to others to use for a spouse, etc. We enjoyed valentine trivia and crafts with Patty, and iced heart cookies. We had a delicious special steak dinner lunch finished with a layered strawberry dessert, among lovely décor and romantic music, with tables adorned with tall glass tower flower vases with pale pink roses, ivy, and baby breath on dark red table clothes, and red netting draped in the entrances. The fireplace mantle twinkled with faux candles at varying heights, tiny white lights, soft pink and white roses placed in the midst of a green vine, and a red satin heart with a "diamond" accent was the final touch. Pink wreaths hung on nearby doors. Soon after, we thoroughly enjoyed a live performance by singer Randy Valez, loved by many. Now, imagine special dramatic music playing - they entered the room two by two wearing crowns as the Royal Court was declared for each unit! Gardens Royalty was Queen Deloris and King Richard. Whoo hoo and congratulations! Special slow dancing was by Mr. & Mrs. Nemitz that was very touching and many shedding some tears. The king and queen also shared a dance. The more upbeat tunes followed which had Patty, Annette, Kathy, and Eugene dancing the hour away, and staff popping in to dance, too, like nurse Michelle and hostess Kathy L. By the way, Randy is always willing to give extra time beyond the contract time when he sees the fun being had – thank you! Kindness continues.

Puppy love! Mrs. Little brought her Brussel Griffon 6-8 wk. old puppies frequently to visit us – we could hold and love them as much as we wanted! Steve enjoyed them, Harold chuckled as they waddled across his chest, Laurie was in love, Eddie got a kick out of the little black one, and Delene didn't want to put them down! And they are for sale, too.



**Chocolate Love A' Fair  
wins the People's Choice.**



**We enjoyed visiting with Marlene Allen.**

Then came the 9 wk. old Great Dane puppy name Tiny, big and floppy and full of love! He belongs to nurse Nancy. He is spotted like a Dalmatian and has beautiful blue and grey eyes and a darling pink speckled nose! He loved visiting and wore himself out and fell asleep at another nurse's feet!

Some other sweet visits who came to brighten our day was the Boy Scout troop #84 of the neighboring Methodist Church. They are so dear to share their time visiting and sharing a gift and to think of us. We appreciate this

annual visit! Another friendly group who comes every year is the Adult Buckeye Medical Office class of Nancy Graef who spent the day playing games, doing nails, helping with crafts, etc. We always appreciate their friendship and kindness.

We appreciate the spiritual support from Pastor Dotty of St. John's UCC for conducting our Ash Wednesday service and Good Friday service attended by residents, families, and staff. This is very meaningful to us. Some traditional fun is included for Easter such as coloring eggs, crafts, and a spring bake sale.

Fun and skill and suspense comes from the oversized games of Kerplunk, Jenga, checkers, and Yahtzee! Jenga has become the favorite as they cheer, advise, think on it, encourage, strategize, and go for it! Most of the time the stack stays in place for quite a while. There is a lot of laughter, support, lip-biting, and fun had with this and the other games. Those passing by always stop in to see the action – the fun of yesteryear!

Sometimes Patty brings some unusual things for our taste sensory stim! Beware of the flavored (good and bad) jelly beans! Lots of conversation there! One day she provided several flavored potato chips to taste and debate such as chocolate, bacon, and more.

How special is it when your granddaughter visits and spends the time reminiscing about all your cooking and baking and asking how you made it and what were the special ingredients?! Anna's granddaughter did just that (right outside of Paula's office – making her envious and hungry!). They spoke of the cake and icing Anna used to make - and what was that icing called you made? – I loved it – and gave her clues – 7 minute icing! (We all have memories that kind! The late Pat Hennis used to put it on chocolate cake). She asked Anna why it was called that – Anna explained it was beat for seven minutes – the granddaughter was delighted when she answered all of it appropriately. Remember how we would snap green beans under the tree and used a certain method... Remember making your home-made ice-cream with family – it was the best – what made it so good? Something different and I wanted it plain, no other toppings, just to enjoy that flavor – the "secret" ingredient was brown sugar – they discussed stirring it and everything else. Sometimes we would add a huge spoonful of Spanish peanuts. By this time Paula had to go out and ask her if she was for hire and told her what a good job she was doing with reminiscing and conversation.

~ GARDENS, continued on page 22



# DOVER GARDENS



Piano recital student of Phyllis Ronald playing a Sonatina.



Deloris H. helps prepare papers for the goody bags for plant talk at New Towne Mall.



Singer Mike Wikoff visits with Bob W. who was his Drivers Education teacher!



Now that's a big game of checkers! Eddie, Anna, Barb and Delene ponder their moves.



Vocalist Randy Valez visits with Dee.



Sarah, Mel S. and Brennea at the Winter Wonderland.



Rich, Delene, Barb and Shirley help chop the fresh ingredients for their chili batch.



Patty and Tom make a special valentine for his wife.



Doug and Delene stuff tablets and pens and more in goody bags for WJER program.



Harold snuggles this darling puppy.



Steve loves this cute 8 week old Brussels Griffon puppy.



The Brussels Griffon puppy brings a smile for Eddie.



Delene warms this tiny puppy with love.

~ GARDENS,  
continued from Page 20

Then the granddaughter asked Paula one of her favorite family recipes – my grandma’s molasses pioneer cookies that are baked at 400° for 10 minutes, and they are soft and puffy, and when we were little she would let us have them with “coffee” (mostly cream with a little coffee) like her and mom. Admittedly, we can’t get the recipe to taste quite like grandma’s – we both agreed love is certainly one of the special ingredients. But, we keep trying! Thanks for the memories!

We had a fun time as we traveled down the road to the Barnett Realty’s jewelry sale fundraiser for the Am. Cancer Society. It was fun to browse the tables, pick things up to look closer or try on, and at affordable prices. June selected a pretty necklace, Deloris found a nice western necklace and attractive rings, Dee purchased some things and butterfly earrings for hostess Kelly as a surprise (act of kindness), and Paula found something to add to a raffle basket, Patty discovered animal earrings to suit her, and Annette came upon several nice pieces for future uses. When we were done shopping we gathered together to enjoy cookies and coffee that was provided and chit chatted. The day before, we loaded the bus for our monthly trip to Walmart shopping for anything we needed. March 19 we will help support the Dine & Donate community fundraiser at Bob Evans in New Phila for our causes where we will plan to go for breakfast – hope to see you there, too! Next month, we look forward to an outing for a special tour of the new renovations of the Dover Public Library by “Library Linda”. More excursions soon to follow with the better weather now!

Another entertainer we enjoy is Wacky Country/Mike Wikoff who loves what he does is will sing as long as the afternoon allows. His recent performance opened with “Here for a Good Time” which was rejuvenating, “Rock Me Like a Wagon Wheel”, personalized “Goodbye Mary Ruth” for one in the audience, sang an Elvis song for the liking of Donna, and Bob W. spoke out and said he thought he had Mike in his high school driver’s education class – Mike agreed! He mixed in a few jokes that brought laughs. Reminiscenced with “King of

the Road”. Some songs elicited clapping along, some brought tears, some were finger-snapping. He sang “I Believe Most People are Good” (and those lyrics are a good relation to good and kind). And remember, the lyrics by Tim McGraw: Stay humble, stay kind...



**Here’s to you!  
Patty and Rich at McClosky’s Pub!**



**Anna, Betty, Bill and Don enjoy  
Patty’s St. Patrick’s Day Pub.**

We enjoy being a part of the community in various ways such as helping with endeavors of filling 200 goodie bags for WJER for Plant Talk with Fred Hower event at New Towne Mall, helping with fundraisers like the lunch stands and bake sales, going to a local church for games, enjoying excursions, heading out to lunch bunches, or going out with family like Delene did with her family one Friday afternoon to Grinders and enjoyed a Reuben sandwich and more. She returned in time for the St. Patrick’s Day party.

Welcome to Patty McClosky’s Pub! (This was her maiden name!). There was plenty of seating at the green “booths”, an attractive green bar tended to by O’Patricia, and a nearby cozy fireplace adorned with a large green shamrock, a vase of green flowers, and glittery shamrocks, and a green derby hat. The pub was packed! The menu offered beer nuts, snack mix, green beer, Irish coffee and Irish

hot cocoa with green sprinkles. The fun included guessing the number of gold candy in the jar – Brenda guessed 99 and she won coming closest to 104! Trivia questions followed to exercise the brain. We also appreciated receiving the little cute St. Patty day cards hand-colored and signed by the preschool and pre-k students of teacher Ms. Ronna of St. Mary’s in Dennison... acts of kindness. Thank you for your thoughtfulness!

St. Patrick’s Day lunch was corn beef and cabbage, potatoes and carrots, and a green dessert. Supper followed with Guinness shredded pork sliders, potato leek soup, and pistachio pineapple marshmallow dessert. May the luck of the Irish be with you!

Multiple fundraisers and joint collective efforts on behalf of others are gratifying and are reflective of much kindness from giving, sharing, and donating and the shared camaraderie. The HCC spring fling is underway for the Alzheimer’s Assoc. and Am. Cancer Society ‘til mid June. Some of the ACS Relay’s teams name are an indication of caring and dedication: No One Fight’s Alone, Emmy’s Encore, Out of Darkness, and Hope Brigade are just a few. We are all working towards the same goal for both organizations – finding a cure! That’s the purpose of the 36 fundraisers and efforts that are ongoing at HCC. Check them out to see what is of interest to you. Cleveland Indians tickets, Cedar Point tickets, or a mini get-away, sound interesting? A few new things include a volleyball game between HCC teams of Dover and Bolivar along with a softball game, and a kickball tournament June 8 hosted by Pioneer 360 at Tuscora Park – so we hope you can come out and root for us for all these fun games!

Kind acts – generous deeds shared are great examples of what happens when action follows the heart. At the end of the day kindness is a universal language. “It goes a long way when you spread that kindness. When you touch the life of someone else it really touches you back, and that’s what it’s all about.” Love and thanks to all who carry out acts of kindness, big or small!

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



# Teddy Bear's Lament

By Robert Dean Wise  
September 14, 1989

One night in restless, fitful sleep  
I had the strangest dream,  
I dreamt I was a Teddy Bear  
All brown with spots of cream.

With fluffy ears and a button nose  
And shining plastic eyes  
I sat with all the other bears  
Mid the toys and soldier guys.

And then this lovely lady stopped  
Chose me from all the rest  
And took me home to be her bear  
Because she liked me best

And then my dream to a nightmare turned  
For reasons that I'll share  
All hopes of joy came tumbling down  
Around this Teddy Bear

I know she must have held me tight  
And softly called me dear  
But with these fluffy little ears  
I found I could not hear

And then she shyly winked and gave  
A lovely smile to me  
But with these plastic eyes of mine  
The smile I could not see

She held me by my Teddy Bear arms  
And walked me round and round  
But sad it was I could not feel  
My feet on the ground

Her love for came shining thru  
Like twinkling stars above  
But worst of all I had no heart  
That she could warm with love

Then I awoke how glad I was  
That my dream was only that  
I almost cried with joy  
As on my bed I sat

I know I don't have fluffy ears  
Or a tiny button nose  
I don't even have those plastic eyes  
But that's the way it goes

But I can see and hear and feel  
With a heart that love can share  
I'll tell you this, I must confess  
I'd never be a Teddy Bear.

~ PAT'S PORCH,  
*continued from Page 15*

dinner in the spring that will also be held at the Rustic Wedding Barn on Rt. 39 in New Phila.

There will be a Quarter Auction hosted by the Am. Cancer Society April 5, doors open at 5:15p and the auction starts at 6:00p. This will be held in the Social Hall of St. John's UCC at 409 N. Wooster Ave., Dover (elevator available). A concession stand will be open, and vendors will be set up for browsing and shopping. Look for the Hennis baskets and many others! This is a nice, fun event.

HCC will also be supportive with Am. Cancer Society Relay For Life Friday, June 21, at the Fairgrounds in Dover from 3:00p -10:00p. We will donate silent auction items, luminaries, paper products for the Survivor Dinner, food for our team camp site, give our overall donation check, and our team will be there participating and helping. HOPE you'll be a part of it, too!

Remember to watch for our Bread and Bake sale April 19, our hanging floral basket sale in early May, Patriotic Lunch stand, a Pizza Lunch stand, and so many more raffles and the like – all for the good of our causes! We greatly value your support!

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

**Treasure Today!**  
**Tomorrow is a new day,**  
**make it count!**



There's always time for a hug!  
Becky W. with a church buddy.

## MARK YOUR CALENDAR - APR/MAY/JUNE 2019

### APRIL

#### Volunteer Appreciation

Dover | April 6 | 9a | Breakfast  
Bolivar | April 26 | 6p | Dinner

#### Good Friday Service

April 19 | 10a | Pastor Dotty | Dover Gardens

#### Bake Sale & Bread Sale

April 19, 10a, Dover Rehab Foyer

#### Pizza Lunch Stand Fundraiser

April 30, 10a – 1:30p, Dover Rehab Foyer

### MAY

#### Mother's Day Tea – May 11

Dover – 2p | Bolivar – 8:30a

#### Celebrating National Nursing Home Week

May 13-17

*Watch for signage for all  
the special fun and join us!*

#### Memorial Day Service

Dover & Bolivar | May 24 | 2p

#### Hot Dog Lunch Stand Fundraiser

Dover | May 30 | 10a – 1:30p  
Bolivar | May 31 | 10:30 – 2:30p

### JUNE

#### Strawberry Fest

Dover, June 4, 6:30p, Rehab dining room

#### Am. Cancer Society Relay For Life Community Walk

Friday, June 21  
3p – 10p, Dover Fairgrounds – Join us!

#### Father's Day Breakfast

June 15  
Dover - 9a, Rehab dining room  
Bolivar – 8:30a, Rehab dining room

#### Ice-Cream Fundraiser

Bolivar, June 26, 10:30 – 2:30p

#### Atwood Lunch & Boat ride

Dover, June 26, leave at 9a  
(Bolivar – scheduled for August)

#### Sub Sandwich Lunch fundraiser

Dover, June 28, 10a – 1:30p

#### Community Card Parties

Dover Rehab Dining Room  
July 31 | 6:30p – 9p, \$9  
July 10 | Bolivar Hattie's House | 7p -9:30p  
July 24 | Bolivar Main Facility | 7p – 10p



Greetings from the Homestead! Bring on the sunshine! Warmer weather has been calling us with the beautiful, sweet bird songs, fragrant flower scents, and warming temperatures! We are looking forward to working in our garden and spending time on the patio, swinging, and enjoying the nice breeze.

The new year rolled in with a bang and we've been enjoying the fun ever since! We've been celebrating various National Days such as popcorn day, croissants day, Peppermint Patty day, share a smile day, and potato chip day, and more that has sparked a lot of conversations and stories. We also had a great day reading and talking about Martin Luther King Day.

We continue with live entertainment every Thursday at 2:00pm like Jim McConnel, Terrie & Steve, and Forever Young singers to name a few – a super variety!

In February, we celebrated the Chinese New Year over a few days to have more fun! We watched videos, shared books, colored with bright colors and hung them in our living room. We had a full length dragon hanging on the wall with our lanterns we made. We even had an authentic meal with small portions so that we could taste everything on the menu!

The Hennis Care Centre Choir continues on the second and fourth Monday (note change in the day – Monday) [other weeks are used as needed], and with new music we are expanding our talents and repertoire. It is a delightful hour with residents from each unit present.

What is February without a Valentine's party? We started with a special lunch and afterwards, we all gathered together for our party. Once again, the unique talent of Randy Valez charmed us with his music. Before the music began, Randy announced the King and Queen from each unit. From the Homestead unit it was Queen Mary L. and King Eugene N. who were escorted in to the room to the music! Randy graciously gave each Queen and King an autographed CD of his music. The enjoyment that afternoon was contagious with singing, clapping, tapping our feet, laughing, dancing, lots of smiles, and comfortable camaraderie. Our Valentine King Eugene had us all moving, grooving, and dancing all the way at our Valentine's Day party! It was such a wonderful time!

If that wasn't enough for the month,

we also had a Chili Cook-Off, each unit preparing their own chili. We prepped our chili the day before the contest, chopping peppers, onions, celery and adding our "secret" ingredients. Our chili cooked overnight in the crockpot for the competition. With our admirable panel of judges we thought for sure we had the blue ribbon, but alas, not to be, however, there's always next year! Everyone got to share the chili and were pleased at how it all tasted. All and all, it was an outstanding time.



***Kathryn T. loves Bella visiting.***

Earlier we let you know of the celebration of national days. This month we observed and enjoyed National Margarita Day! Oh wow! Using a recipe (minus alcohol) we would like to share: NON-ALCOHOLIC MARGARITAS

\*saucer of water, \*sea salt (for rim of glass), \*2 – 12 oz. cans of frozen limeade – thawed, \*2 cups orange juice, \*1 cup grapefruit juice, \*ice cubes, \*lime wedge/ 1) Salt the edges of the glasses by dipping them upside down in the saucer of water and then dipping in salt. 2) Blend the limeade concentrate and orange and grapefruit juices in a blender with ice cubes then pour into glasses. 3) Add a lime wedge to each glass. YIELD: 14 servings. From this amusing and likable time, Kathy's Kocktails was born! Every other Friday we will have a different mocktail with our afternoon snack for more enjoyment! We have so much fun finding a reason to celebrated!

In March, we enjoyed "Celebrate Your Name". With a book from the library each resident found out the meaning of their name. It was interesting how contrasting,

and at the same time, similar each name meant. Just something different to think about and discuss. Another enthralling activity was Mardi Gras with much good food, and again, coloring pages – easy fun.

After all this...St. Patrick's Day! Once more, an excellent Irish meal with more than one entrée to try and fill up on. Many personalized shamrocks were hanging on the walls either colored, glittered, or both. Our party featured green beer (non-alcohol), green punch with iced shamrock cookies we decorated earlier in the day. Laughter, humor, and joy was abounding!

We were so fortunate to have Dotty Hartzell (Associate Pastor of St. John's UCC Dover) to present us with a meaningful Ash Wednesday Service with the Installation of Ashes. Dotty will also be with us on Good Friday for a special service.

We are looking forward to Easter, and especially all the goodies. We can't wait to have a small Easter Egg Hunt with the staff and some of our Neighborhood kids – we love watching the kids open the eggs and find the prize hidden in them, and the sweet treats, too! We have so much fun dyeing the eggs, and celebrating this beautiful time with all our family and friends.

The fun doesn't stop at Easter on the Homestead, shortly after, we will move into May for our beautiful Mother's Day celebration and National Nursing Home



***Brenda and Barb looking festive in their St. Patty's Day derby hats.***



***Kathy and Louise having more fun on St. Patrick's Day!***

## DOVER HOMESTEAD

Week.

We continue with our many fundraisers supporting Relay For Life and the Alzheimer's Association such as card parties, Dine and Donate at Bob Evans, and a number of food bars, and more. The Relay For Life will be held at the Tuscarawas County Fairgrounds June 21. The Alzheimer's Walk will be held September

21 at the Dover Middle School. Come to one or both and support your loved one for these worthy causes.

National Nursing Home Week is the week of May 12 – 18. The schedule of events is amazing. Plan to come and attend any and all with your loved one. The theme this year is Dr. Seuss – expecting great fun and exciting days! Oh, the places

we will go with it – sure to be a fantastic adventure for all of us!

“Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.” – Dr. Seuss

Make sure to join us for all the fun to be had along the way!



Kathy prepares icing with Brenda to ice Valentine cookies.



Louise G. - A Valentine hug from Carla Brown is always welcomed!



Toni and family enjoy a meal together.



John and Chuck enjoy the piano music played by John's cousin.



Mary Beth and Ruth L. enjoying coffee and goodies as they visit.



Happy Birthday Mary Larson! Family Celebration and Valentine Queen.



Ruth L. appreciates the St. Patrick's Day card made by St. Mary's Pre K Classes.



Park enjoys assembling his candy cracker on Candy Day.



Eugene N. loves when his dog visits!



Angel of Therapy shares grandbaby pictures with Roe.



Roy and family enjoy a special occasion together.



Look out! Kathryn T. and Kathy are groovin' to the Valentine Day Party music!



Volunteer Jean checking out the card game of Kathy and Louise.

DOVER HOMESTEAD



Barb T. sings with Annette during the Valentine Party.



It's National Marguerita Day! Fun with Kathy along with Ron L, Ruth L., and Donna.



Donna and Kathryn enjoying the St. Patrick's Day fun.



Eugene leads the way in a chain dance during the valentine party.



Valentine King Eugene N. and Diane his valentine!



Jazz hands! Hostess Kathy and Eugene have fun dancing to the music by Randy Valez.



Diane and Eugene share a special Valentine Dance.



Dorothy with several family generations!



Becky is happy with her prize at the Winter Wonderland.



Staff were pleased with their canvas painting done at the Winter Wonderland.



Lucy cuddles the Brussels Griffon puppy.

JAN | FEB | MAR

**LUNCH & LEARN  
AT THE TUSC. SENIOR CENTER**  
Three Winners of a \$25 gift card  
and 5 tickets for benefit raffle  
drawings each month

**WINTER WONDERLAND**  
Numerous staff received  
misc. prizes and notes

**NIGHT ON THE TOWN RAFFLE**  
Linda Hupp

**STAFF SUPPORT**  
Many staff members received  
new candy bars from Daffin's,  
East of Chicago Pizza,  
Subway,  
Pangrazzio's Pizza,  
Donuts from Applecreek  
and Lerch's

*Special Thanks!*

Special thanks to family of  
Kathy Tope for their kind  
donation of a set of beautiful  
hand-drawn fruit pictures  
artistically done by her aunt  
to display in the Dover  
Gardens!







# Learn to Not Fall

Falls send more people, especially younger folks, to the doctor than any other injury. The best protection?

ALCIDES MORENO and his brother Edgar Moreno were window washers in New York City. On December 7, 2007, the brothers took an elevator to the roof of a 47-story apartment building. They stepped onto the 16-foot-long, 3-foot-wide aluminum scaffolding designed to slowly lower them down the black glass of the building. But the anchors holding the platform gave way, plunging it and them 472 feet to the alley below. The fall lasted mere seconds.

Edgar tumbled off the scaffolding, hit the top of a wooden fence, and was killed instantly. But rescuers found Alcides alive, crouching amid a tangle of crushed aluminum in the alley next to the building, breathing and conscious.

Falls are one of life's great overlooked perils. We fear terror attacks, shark bites, Ebola outbreaks, and other remote dangers, yet each year an estimated 646,000 people die worldwide after falling. Falls are the second-leading cause of death by injury, after car accidents. In the United States, falls caused more than 33,000 fatalities in 2015.

Falls are even more significant as a cause of injury. More patients go to emergency rooms in the United States after falling than for any other form of injury, including car accidents, according to the Centers for Disease Control and Prevention. And while elderly people with fragile bones certainly need to be careful, they may not be the group at the biggest risk of injuring themselves in a fall. In a study published last year in *PLOS One*, nearly 18 percent of men ages 18 to 44 had reported a fall-related injury in the prior three months, more than double the percentage of men 65 and older.

Falls can happen anywhere at any time to anyone. Spectacular falls from great heights outdoors, such as the plunge of the Moreno brothers, are actually extremely rare. The most dangerous spots for falls are not rooftops or cliffs but the low-level interior settings of everyday life: shower stalls, supermarket aisles, and stairways.

Any fall, even a tumble out of bed, can change life profoundly, taking someone from robust health to grave disability in less than one second.

It's no wonder that scientists are now encouraging people of all ages to learn how to fall to minimize injury, to view falling not so

much as an unexpected hazard to be avoided as an inevitability to be prepared for.

Training may even have been a factor determining the outcome of the Moreno brothers' fall to earth. One theory was that Alcides lived because when the scaffolding gave way, he lay flat and clung to the platform, as professional window washers are taught to do. As the scaffolding fell into the narrow alley, air resistance may have built up against the platform, slowing it down. Deceleration is the key to surviving falls and reducing injuries. As the joke goes, "It's not the fall that gets you; it's the sudden stop at the bottom." Alcides ultimately underwent 16 surgeries and was in a coma for weeks. But after a long regimen of physical and occupational therapy to strengthen his legs and restore his balance, he can walk again. "I keep asking myself why I lived," Alcides told the BBC. "I have a new baby—he must be the reason, to raise this kid and tell him my history."

Given the tremendous cost of falls to individuals and society and the increasing knowledge of how and why falls occur, it pays to learn how to prevent them—and what you can do to lessen harm in the split second after you start to fall. Some of the following tips are just common sense—and too easily brushed aside until the oversight has caused an accident. A few suggestions might require a bit of training, or at least some practice. They're all worth thinking about, no matter how steady you may feel on your feet.

## PREPARE YOUR ENVIRONMENT

Secure loose rugs or get rid of them. Make sure the tops and bottoms of staircases are lit. Clean up spills immediately. Install safety bars and put down traction strips in showers, and treat slick surfaces such as smooth marble floors with anti-slip coatings. If there's ice outside your home, clear it and put down salt.

## BE CAREFUL, EVEN IN THE MOST ORDINARY PLACES

Watch where you are going. Don't walk while reading or using your phone. Always hold handrails—most people using stairways do not. Don't have your hands in your pockets, as this reduces your ability to regain your balance when you stumble. Remember that your balance can also be thrown off by a heavy suitcase or backpack.

## IMPROVE YOUR GEAR

Wear good shoes with treads. On ice, do not wear high heels. Wear a helmet when bicycling, skiing, and skateboarding. Use a cane or a walker if required. Hike with a walking stick. And get a hearing aid if you need one. "Individuals with hearing loss had more difficulty with balance and gait and showed significant improvement when they had a hearing aid," says Linda Thibodeau, a professor at the University of Texas at Dallas's Advanced Hearing Research Center, summarizing a recent pilot study.

## LISTEN TO YOUR BODY

Drugs, alcohol, and even sleep deprivation can affect balance and coordination, making them a factor in falls. If you feel light-headed or faint, sit down immediately. Don't worry that someone might think you are weak or that you are being rude; you can get back up once you've established you are not going to lose consciousness. Eat a balanced diet to support bone density and muscle strength, especially if you are older, so that you are less likely to be injured if you do fall. A study of more than 12,000 elderly French people in 2015 found connections between poor nutrition, falling, and fractures. Strength training helps too. Lower body strength is important for recovering from slips; upper body strength, for surviving falls.

## IF YOU FALL, ROLL

Scientists studying falls are developing "safe landing responses" to help limit damage. If you are falling, first protect your head. Fight trainers and parachute jump coaches encourage people not to fall straight forward or backward. The key is to roll and try to let the fleshy side parts of your body absorb the impact.

"Don't reach back for the floor with your hands," says Chuck Coyl, fight director at the Lyric Opera of Chicago, describing how he tells actors to fall on-stage. "Distribute the weight on the calf, thigh, into the glutes, rolling on the outside of your leg as opposed to falling straight back."

Source: Reader's Digest 1 Oct 2018 BY NEIL STEINBERG FROM MOSAICSCIENCE.COM

### *A Recap of the Fun and Festivities of the Past Quarter...*

- Residents and families expressed their appreciation for all the beautiful decorating for holidays and seasons and how much they enjoy it. (Special!)
- The big hutch in the lounge was decorated for January with silver, white, and clear items, large pinecones, glassware, white feather trees, and more as a winter theme. Always elicits conversation! (Beautiful!)
- Celebrated the opening of 2019 with a party with live music by Randy Valez, hors d'oeuvres, and fun! (Celebratory!)
- January 8th – nearly 60 degrees! Brought John and others out to the front porch sunny areas. Later that day, a short rain fell, and then a beautiful solid rainbow! (Ahhh!)
- Annual Soup Sale lunch stand fundraiser – vegetable, ham & bean, chili to name a few, were nutritional and warming! (Delicious)
- Family Bingo Nite lends fun, good prizes, and camaraderie. (“1 – 7”!)
- A Winter Wonderland for the staff (educational & rewarding) and residents and visitors enjoyed it, too. The lounge was beautifully decorated as a winter scene, had fun related activities and crafts, related refreshments, prizes for staff, and residents helped make a glitzy winter canvas décor that was framed and placed in the center of the mantle. (Appreciated!)
- Music by many entertainers helping to keep our spirits up and bright! Pianists, guitarists, soloists... (Talented!)
- The Receptionist, Trish, helps set up the room for entertainment and assists us with transporting. (Thank you!)
- Took an excursion to Sugarcreek to the Arts on Broadway to support their fundraiser, enjoyed some soup in pottery bowls made by artists, and listen to the Sugarcreek Duo’s music. Daughter-in-law of Betty H. was also involved in the event and she stated in the Bargain Hunter “It’s a fun time to be together, the fellowship and music are really good. Everyone just enjoys coming in and seeing what we have. And the soup is good.” (“A Souper Time”!)
- January Card Party benefit was held – enjoyed pulled pork sandwiches and other goodies, several rounds of various card games, and the fun with friends. (Thanks for attending!)
- Leslie, the Receptionist, made several seasonal puzzle packs for our enjoyment. (Stimulating!)
- Made Chinese New Year lanterns, very attractive, had a Chinese entrée for lunch on a beautiful table of gold tablecloths, red & black placemats, gold star centerpieces, and white round lanterns hanging. Afterwards, we joined Annette as she sported a pretty satin Kimono at the fireplace among decorations of red bowls and plates, a red umbrella, Chinese books, atop a gold clothe, and the like, while we enjoyed fortune cookies and reading our fortunes aloud. Staff joined in, too, like Ron of Maintenance, Brandi the STNA, and Paula and others. (Thank you Annette, for you special touches!)
- Groundhog Day came and offered an early spring! The next couple of days brought 64 degrees and 50’s thereafter! This let John take a seat at his regular summer post for some sun rays! Others followed suit! (Thankful!)
- Enjoyed nice piano music played by Rose Ann, cousin of John Mc., various afternoons. (Thank you!)
- Valentine crafts, puzzles, and further decorated the big sparkly collage for the Valentine décor, made heart decorations on canvas to garnish the hutch, each one different. Gwenn and others made valentines and greeting cards, and iced heart cookies to enjoy. (Fun!)
- Boy Scouts of Pack #84 came to visit and brought gifts, they’re always so sweet and kind! (Loyal!)
- Valentine’s Day special lunch of steak and fixings, a big special dessert was enjoyed by all among the beautiful red floral décor in the center of the room and red roses on the table. 2:00pm brought the fun party with Randy Valez opening with special announcement music to proclaim the Valentine Royalty – Queen Theda Y. & King James H.! Congratulations to both of you! Slow and fast dancing, clapping, arms swinging, singing along, etc. brought an abundance of joy! (Delightful!)
- Grilled cheese and tomato soup lunch fundraiser – always well received, great for a wintery day! (Yum, and thank you!)
- A special piano recital was held by the students of Phyllis Ronald – from beginners to the more experienced. Phyllis always does a nice job having the students introduce themselves and tell us about themselves, where they go to school and what they’re involved in, etc. and we enjoy their performance. (Thank You!)
- Hooray! Rehab won the Chili Cook-Off! Congrats! Fun to help prepare and assemble the batch of chili! Everyone enjoyed tasting it after the judging! (Wow Wee!)
- Leach’s Donuts (of Wooster) fundraiser for the Am. Cancer Society occurred one Saturday afternoon as they were delivered and brought around! (Thanks for the support!)
- Walmart shopping days are great fun and productive! Enjoy seeing folks in the community, too! (All Aboard!)
- Family visits are appreciated and can be found in various places such as the foyer lounge, main lounge, annex, rooms, other lounges, and porch areas in nice weather (Sentimental!)
- Celebrated the birthday of Sarah H. with a special family gathering in the annex with cake, flowers and decoration, conversation, and laughter that was meaningful. (Significant!)
- Revised – Family GAME Night – Bring a favorite game or we will provide one for an evening of fun together! (Fun!)
- Held an Ash Wednesday service here with Pastor Dotty – thank you! (Meaningful!)
- Attended a jewelry sale hosted by Barnette Realty as a fundraiser for the Am. Cancer Society and perused the tables and found bargains, pretty items, some for gifts, some for us, and enjoyed refreshments while we visited afterwards. (Pleasant!)
- Developed the dazzling canvas decoration into March, St. Patrick’s Day, and spring by adding green accents and it sits on the mantle. (Bedazzling!)
- Crafted Shamrocks on canvas for décor to display in the hutch – each one unique, and hopefully, they will bring more luck! (Pretty!)
- Making shamrock cookies, enjoying Irish coffee, O’Dulles, and more at Annette’s Irish Club on Friday, March 15! Green balloons adorned the room with her gold bar set up at the fireplace that was also decorated in green things for the holiday, received St. Patrick’s Day cards from St. Mary’s preschool, enjoyed friendships, then watched an Irish movie! Dessert after lunch was a luscious mint oreo pie with Bailey’s mint whipped cream on top! (Festive!)

~ REHAB, continued on Page 30

DOVER REHAB



Ed M. enjoys a furry visit - STNA Ryan shares his dog on his day off.



Chocolate Love A' Fair wins the People's Choice.



STNA Brandi reading her fortune with others during Chinese New Year fun.



Lauren and Terrelyn S. checking out the lunch stand fundraiser.



Angela of Therapy takes a moment for some puppy love.



Kathy M., Carolyn D., and Mel K. moving to Randy's Valentine tunes.



The happy floral designs - Jean S. and Geraldine J.



Laura and others are pleased with the refreshments at the Winter Wonderland.



Randy Valez the singer makes Cindy's day!



Loretta with her granddaughter groovin' to the Valetnine Music Party.



Annette participates in the staff painting during the Winter Wonderland.

  
**Relay for Life**  
Cancer: not here, not there,  
not anywhere

See back cover for more information.



~ **REHAB**, continued from Page 28

- Several people didn't quite know our Irish lady, Dee, as she was dressed in green attire and Irish accents from head to toe, and everyone loved it! (Spirited!)
- The therapists joined in the St. Patrick's Day fun by wearing little darling, glittery, green derby hats – such fun! (Characters!)
- Top of the Mornin'! Enjoyed St. Patty's Day lunch of corn beef & cabbage, potatoes and carrots and a green dessert! Supper was super with Guinness shredded pork sliders, potato leek soup, and pistachio pineapple marshmallow dessert!
- Joined in the Dine & Donate efforts at Bob Evans March 19 by jumping on the

- bus at 8:00am to have breakfast, and enjoyed the community, too! (Tasty!)
- Held the Spring Card Party for the Am. Cancer Society and Alzheimer's Assoc., we enjoyed the buffet of Rachel sandwiches, hot ham & cheese, and fruit, cheese, chips, and beverages, prizes, and friendship. (Rummy!)
- Check out all the fundraisers, raffles, and events on display to benefit the causes! A Mini Get-Away, lottery tickets, OSU basket – tempting? Buy some tickets and take a chance! (Good Luck!)
- Remember, all the raffle drawings will be announced June 18, so be sure to get your tickets soon! (Grateful for your support!)

- Remember to join us Friday, June 21, 3:00p – 10:00p for the community walk and luminary ceremony of the American Cancer Society Relay For Life at the Tuscarawas County Fair Grounds. (Meaningful!)
- We have eagerly awaited the spring season with its weather, sights, and sounds, and future events. Come enjoy with us a Good Friday Service, a bake sale, Easter festivities, a trip to the Dover Library for a tour of the reno, National Nursing Home celebrations, outings, and more summer stuff on the way! Be a part of it!

**Live Big and Have Fun!**



Yummmm... Therapists Angel and Holly and Harold of Accounting, can't wait to eat this great mint pie for St. Patty's Day!



Therapist calls Bingo for Rehab!



Happy St. Patrick's Day to Kim from Therapy.



Patty and Art sharing valentine love together.



Shall we dance? Annette and Becky. Everyone enjoyed dancing at the Valentine Party.



Sweethearts - Carolyn and Marty D.



Annette with Dorothy all decked out in red as they prepared Rehab chili and won!



John enjoys a good book and beer at Annette's Golden Bar on St. Patrick's Day.



Andrea and Annette are sung to by Mike Wikoff during his country performance.



Gwenna is thrilled with her big pile of mail!



Kim is excited with her giant Valentine's Day card!

DOVER REHAB



Theda and Virginia Valentine table mates.



Eric reads a valentine card to his mother, Ruby.



Betty H. with family during a Valentine's Day lunch.



Valentine Queen, Theda Y. and King Jim H. - Congratulations!



We love our volunteers! Annette with Shirley and Tilly enjoying the Valentine Music Program.



Winnona S. and Hostess Kathy enjoy dancing to the music of Randy Valez.



Happy birthday Brian Hennis!



Cindy is happy to have a 9 week old Great Dane puppy resting at her feet!



Adm. Brian H. and Dorothy as they sample various chili from the cook-off.



Dee, the Irish lady and Sam, the ornery one, have fun with Green Bingo.



Shonda Davis of Barnett Realty serve cookies to the ladies at their jewelry sale.



Hi there! Mig and Marty greet each other one afternoon.



STNA Jen S. visits with twin baby girls and 4 year old daughter with staff help.



Piano recital with Phyllis Ronald and new student Cohen VonKaenel.



# Community Event! Relay For Life

Honor those who are currently fighting cancer,  
and remember those who weren't able to win  
their battle against the terrible disease.

## Everyone Welcome!

**Have Questions?**

Call Kevin Kornis 330-340-3451

Don't forget to like us on Facebook:  
[www.facebook.com/TuscRelay/](http://www.facebook.com/TuscRelay/)



**"A hope is a HOPE,  
no matter  
how small"**



**Friday, June 21  
3pm - 10pm**

**Tuscarawas County  
Fairgrounds**

**Dover, OH**



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

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

Transitional Therapy Houses

Hennis Care Centre



[www.henniscarecentre.com](http://www.henniscarecentre.com)

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

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

*of Dover & Bolivar*

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