



# THE Friendly Visitor

HENNIS CARE CENTRE

JAN | FEB | MAR 2018

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  
 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.....Lisa Gintz  
 Director of Therapy Services.....Teresa Carlson, O.T.  
 Accounting Manager.....Harold Baker  
 Activity Professionals.....Jeanne Sauernheimer  
 Abby Strubel  
 Maintenance Supervisor.....David Wood  
 Receptionist.....Kathy Herstine

### HOSPICE HOUSE

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

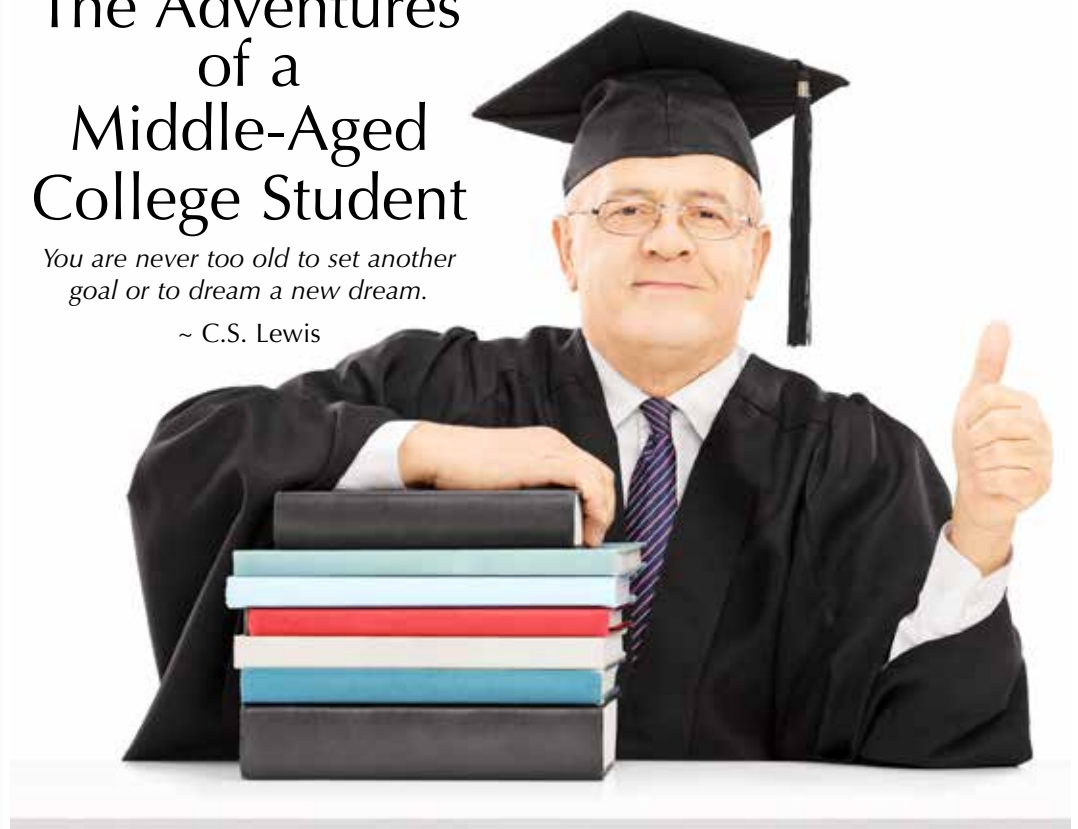
HCC provides out-patient and in-house therapy 7 days a week.  
 HCC is a smoke-free campus inside and outside.

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

## The Adventures of a Middle-Aged College Student

*You are never too old to set another goal or to dream a new dream.*

~ C.S. Lewis



I was staring into the abyss. A month earlier, my supervisor Ana had called me into her office. She had been fighting to keep me on amid massive budget cuts in the city of Reno, Nevada, but seniority trumped skill, so I was laid off.

A layoff is never good, but this was worse. It was the end of 2008 and, with the highest unemployment rate in the nation, Reno was the worst place to look for work. In Hollywood, they call it the inciting incident. In 2006 I was a stay-at-home husband, living in a mundane life of cooking, cleaning and taking kids to school. Then one day, my world ended when my wife left. This incident changed my life for the good, although I didn't see it that way at the time.

I lost more than 100 pounds, my health improved, I got my driver's licence and I filed for divorce. I worked at Walmart for about a

year, looking for a job in accounting, my specialty.

When Ana called me, telling me I got the job at the city, I was thrilled. The pay was low, but I didn't care. I wanted to work, to prove to myself what I could do. After a few months, however, I began to realize something: I hated working in accounting. But that is what I was trained to do.

And that's when Ana dropped the hammer and I went home. A month later, after sending out hundreds of résumés and applications, no one called. I was out of money and slipping back to my old complacent self. I felt like I had gotten in shape, physically, emotionally and spiritually, to run the race of life, only to trip at the firing of the starting gun. It was then that I wrote this in my personal journal:

*It is the last day of the year and, in a way, the final day of my previous life. I turned forty*

~ Middle-Aged College Student, continued on page 3

## JANUARY HEALTH INITIATIVES NUTRITION & PHYSICAL ACTIVITY

For the majority of people who do not smoke, maintaining a healthy weight by eating a healthy diet and being physically active, are the most important ways to improve your health and reduce your risk of chronic diseases such as cancer, diabetes, and heart disease. As a matter of fact, these diseases are largely preventable through healthy lifestyle choices. And that's good news. You can take lifestyle steps each and every day that could reduce your risk of cancer, diabetes, and heart disease—help you feel better, look better, and have the energy you need.

Nutrition and physical activity guide lines for cancer prevention: summary

### ACS RECOMMENDATIONS FOR INDIVIDUAL CHOICES

#### Maintain a healthy weight throughout life.

- Balance calorie intake with physical activity.
- Avoid excessive weight gain throughout life.
- Achieve and maintain a healthy weight if currently overweight or obese.

#### Adopt a physically active lifestyle.

- **Adults:** Engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity are preferable,
- **Children and adolescents:** Engage in at least 60 minutes per day of moderate to vigorous physical activity at least 5 days per week.

#### Eat a healthy diet, with an emphasis on plant sources.

- Choose foods and drinks in amounts that help achieve and maintain a healthy weight. Eat 5 or more servings of a variety of vegetables and fruits each day.
- Choose whole grains over processed (refined) grains
- Limit intake of processed and red meats

#### If you drink alcoholic beverages, limit your intake.

- Drink no more than 1 drink per day for women or 2 per day for men.

### NUTRITION AND ACTIVITY QUIZ

Are you living smart? Take our quiz and find out how to incorporate nutrition and physical activity into your daily life.

**YES NO**

- I eat at least 2½ cups of vegetables and fruits every day.
- I eat whole-grain bread, pasta, and cereal instead of refined grain products.
- I try to choose foods low in calories and fat.
- I rarely eat red meat or processed meat like bacon, hot dogs, and sausage.
- I take it easy on high-calorie, baked goods such as pies, cakes, cookies, sweet rolls, and doughnuts.
- I rarely add butter, margarine, oil, sour cream or mayonnaise to foods when I'm cooking or at the table.
- I rarely (less than twice a week) eat fried foods.
- I try to stay at a healthy weight.
- I get at least 150 minutes (2.5 hours) of moderate or 75 minutes (1 hour, 15 minutes) of vigorous physical activity throughout each week.
- I usually take the stairs instead of waiting for an elevator.
- I try to spend most of my free time being active, instead of watching television or sitting at the computer.
- I never, or only occasionally, drink alcohol.

~ Nursing, continued on page 3

 <b>GRAINS</b> 1 ounce	 <b>VEGETABLES</b> 1 cup	 <b>FRUITS</b> 1 cup	 <b>DAIRY</b> 1 cup	 <b>PROTEIN FOODS</b> 1 ounce
1 slice of bread  1 cup of ready-to-eat breakfast cereal  1/2 cup cooked rice, pasta, or cereal	1 cup of raw or cooked vegetables  1 cup of vegetable juice  2 cups of raw leafy greens	1 cup of fruit  1 cup of 100% fruit juice  1/2 cup of dried fruit	1 cup of milk, yogurt, or soy milk  1.5 ounces of natural cheese  2 ounces of processed cheese  1 cup dairy alternative	1 ounce of meat, poultry, or fish  1 egg  1 tablespoon of peanut butter  1/4 cup of cooked dry beans  1/2 ounce of nuts or seeds

## What Counts as a Serving?

this year, to no fanfare whatsoever. As I reflect on the past year and take stock of my current condition, I can't help but come to the conclusion that I've accomplished nothing in this life. ~December 31, 2008.

Robyn, a friend of mine I had met working for in the city, had just graduated from the University of Nevada, Reno (UNR). I went to her commencement and, while a bit bored with the event, noticed that some of the graduates received degrees in journalism. A seed was planted—deep in my subconscious—that people made money writing, something I did happily for free.

Robyn and I kept in touch. She commented frequently that she had written and read hundreds of essays while in school and I wrote better than many of the professional writers she was exposed to in school.

But I wasn't really listening, my hearing dulled by whispering the darkness. I was at that abyss, wondering why I should go on. My myopic vision only saw blackness ahead.

One day she called me. "Hey, are you dressed? No? Well get

dressed. I'm on my way. We are going somewhere."

Trusting her, and pretty sure she wasn't taking me to a vet to get fixed, I got dressed, ran downstairs and got in the car. We chatted about the usual day-to-day stuff, but she refused to tell me where she was taking me.

We ended up at the Truckee Meadows Community College. She said she started there before transferring to UNR and she just wanted to show me around.

Within an hour, before I could even absorb the surroundings, I had registered for classes at the community college. She had tricked me!

Classes started just a few weeks later, so I was nervous. Not only had it been more than twenty years since I had gone to school, I had dropped out of school at the beginning of my sophomore year because of a previously held religious ideology. I took the GED exam a few years later, getting a ninety-three percent. Leaving school had been a long-held regret, something I had nightmares about.

After the first day of school, I saw the light. I moved away from that abyss. Sitting in class, older than everyone but my professor, I felt, not like a non-traditional student, the politically correct term for old geezer, but like a real student, ready to learn and work toward becoming a journalist.

Still, a voice in my head kept saying I should give it all up. My ex-wife, upon hearing I was going to school, laughed and told my kids that I would give it up in a few weeks. My father used to tell my mother that I was "inept at everything." Those voices started growing louder and I thought that maybe this old dog should just roll over and die.

Then I began to reap what I was sowing. My first English essay came back: ninety-eight percent. Soon the second essay came back to me with a 100 percent. My professor told me I was the first student she ever gave a perfect score to on an English essay. An extra credit project I submitted to my journalism professor got published in a school's paper.

Four years later, on the verge of graduation from UNR with a degree in journalism, the voices still rise at times, but I know now that these ghosts of the past do not have my best interests at heart. I have work to do and things to learn. Learning at an older age is not that hard. An older student may need to clear a few cobwebs from the mind, but learning is about desire and open-mindedness, not age.

I started learning when I trusted a friend to take me for a ride. She knew I wouldn't listen to her, but believed that, once set free, I would thrive in college.

The lesson is that I have the ability to change my future. It may not be easy and it requires a willingness to be open to change, but it is much better than living in the immutable past.

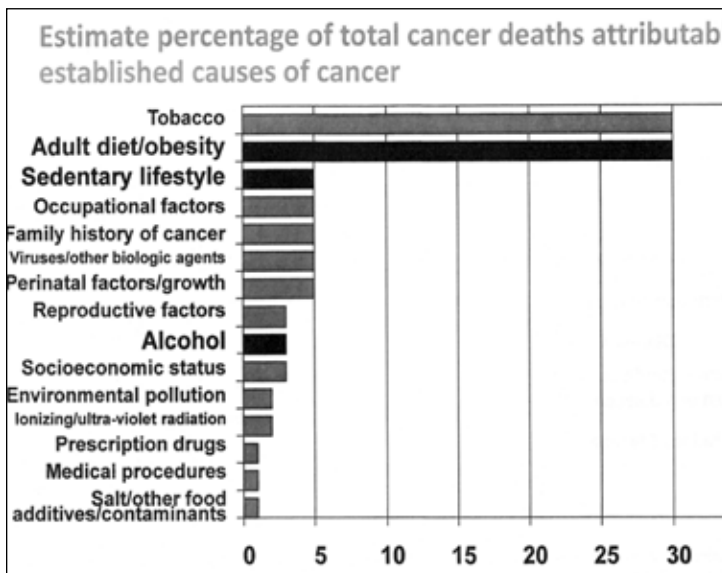
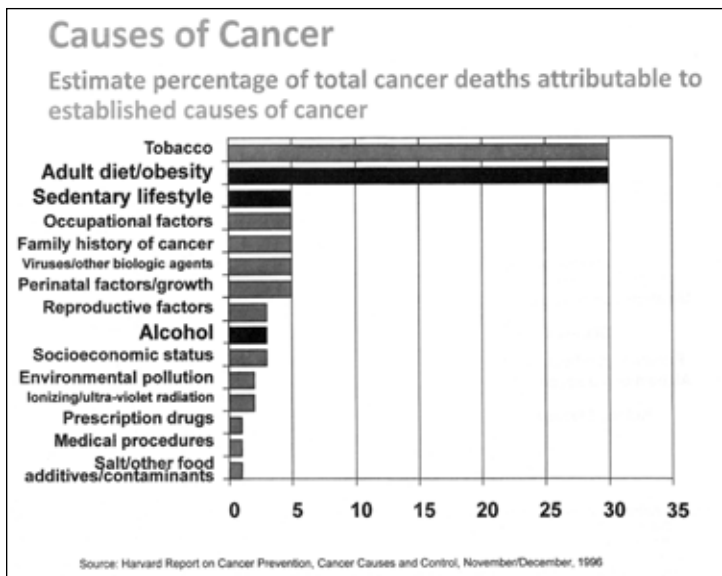
One of the oldest proverbial sayings in the English language is "you can't teach an old dog new tricks."

My commentary on the proverb: It's a lie. Don't believe it.

~ Paul George

*Chicken Soup for the Soul*

~ Nursing, continued from page 2



# 5 Keys to Preparing for Fall and Winter Blues

By Elisha Goldstein, Ph.D.

As I look out my window right now and see the overcast, gray sky I'm reminded of the seasons changing and although fall is coming up, winter is just around the corner. While it's a wonderful practice to be in the present moment, at times it's good to look toward the future so we can use this moment for planning.

I believe it was Benjamin Franklin who said, "Failing to prepare is preparing to fail." When it comes to seasonal affective disorder (SAD) or just being negatively affected by less light or shorter days, this is a great opportunity to get your ducks in a row to stave off a depressive slide.

Here are 5 key tips to stave off any upcoming fall and winter blues:

1. **Mindfulness training** – If you haven't jumped in yet now may be the time. Mindfulness is a wonderful practice for breaking out of the ruminative cycle that can get triggered as the days get shorter. We start to open the mind to become more appreciative of what's here instead of focused on what isn't here. This is the seed of resiliency. If you're in Los Angeles, I have an 8-week Mindfulness-Based Cognitive Therapy (MBCT) group to prevent depressive relapse starting Sunday.
2. **Exercise** – Many people wait until New Years to make the

resolution, this isn't preventative care. There's no other time than now. If the gym is too big of a commitment, what about getting a 20 minute exercise or yoga DVD to practice to or making a 5-minute commitment to do a few sit-ups and push-ups each day. The fact is, if you're not going to take care of yourself who will?

3. **Light therapy** – For some people this is a good solution. There are many light therapy lamps and bulbs on the market, create more light at home, your body just may need it.
4. **Gratitude list** – When this is brought up it can really get the automatic judgments jumping. However, did you know this is a well-researched approach to creating a greater sense of well-being? Yes, creating a daily short gratitude list of specific things in the day that you are grateful for can help incline the mind toward the good in life.
5. **Connect** – While Facebook can be a resource for connection, see if you can start nurturing some regular connections with people who are supportive with you, not just acquaintances. Start making some regular plans to go to coffee, go on a hike, and join a special interest group that meets live. You can find these on meetup.com. If you have a family and everyone has been on their own schedule lately, create a regular family time for connection.

This is about nurturing your life, it's about creating resiliency and most of all about getting in touch with what really matters. Start putting some of this in your calendar as dates and little by little you will have a support for what a lot of people experience as potential difficult times.

## SHARING & UNDERSTANDING

### Caregiver Support Group Monthly Meetings

First time attendees: Please contact the Helpline at 800.272.3900 to confirm the date, time and location.

#### BELMONT COUNTY

ST. CLAIRSVILLE  
St. Mary's Church  
212 West Main St.  
Parrish Hall Basement  
4th Tuesday, 1:00 p.m.

#### CARROLL COUNTY

MINERVA  
YMCA  
687 Lynwood Dr.  
1st Thursday, 6:30 p.m.

#### COLUMBIANA COUNTY

MINERVA  
YMCA  
687 Lynwood Dr.  
1st Thursday, 6:30 p.m.

#### GUERNSEY COUNTY

CAMBRIDGE  
Guernsey County Senior Center  
1022 Carlisle Ave.  
2nd Tuesday, 1:30 p.m.

#### HOLMES COUNTY

MILLERSBURG  
Martin's Creek Mennonite Church  
6111 County Rd. 203  
3rd Monday, 6:00 p.m.

#### JEFFERSON COUNTY

STUEBENVILLE  
Eastern Gateway Comm. College  
4000 Sunset Blvd. Rm. 2504  
3rd Thursday, 6:00 p.m.

#### MAHONING COUNTY

CANFIELD  
Canfield United Methodist Church  
27 South Broad St.  
4th Thursday, 1:30 p.m.

#### NORTH JACKSON

Antonine Sister's Adult Day  
Center  
2675 North Lipkey Rd.  
3rd Monday, 2:00 p.m.

#### MEDINA COUNTY

BRUNSWICK  
Heimatland Party Center  
3511 Center Rd.  
2nd Tuesday, 1:00 p.m.

#### WADSWORTH

Soprema Senior Center and Cafe  
617 School Dr.  
1st Thursday, 1:00 p.m.

#### MUSKINGUM COUNTY

ZANESVILLE  
Trinity United Presbyterian  
Church  
830 Military Rd.  
2nd Tuesday, 6:00 p.m.

#### PORTAGE COUNTY

RAVENNA  
UH Portage Medical Center  
6847 North Chestnut St.  
Room A  
1st Tuesday, 6:30 p.m.

#### STARK COUNTY

ALLIANCE  
Rodman Public Library  
215 E. Broadway St.  
Last Thursday, 2:00 p.m.

#### CANTON – DAY

Faith United Methodist Church  
300 9th St. NW, North Canton  
3rd Thursday, 1:00 p.m.

#### CANTON – EVENING

Sirak Financial Building  
4700 Dressler Rd. NW, Suite 200  
4th Tuesday, 6:00 p.m.

#### MASSILLON

Affinity Medical, Massillon  
Campus  
875 Eighth St NE  
1st Floor, Conference Room 1  
2nd Tuesday, 6:00 p.m.

#### MINERVA

YMCA  
687 Lynwood Dr.  
1st Thursday, 6:30 p.m.

#### SUMMIT COUNTY

BARBERTON  
Barberton Public Library  
602 West Park Ave.  
1st Wednesday, 6:30 p.m.

#### CUYAHOGA FALLS

First United Methodist Church  
245 Portage Trail  
1st Tuesday, 1:00 p.m.

#### FAIRLAWN / AKRON

Fairlawn Lutheran Church  
3415 W. Market, Akron  
4th Thursday, 2:00 p.m.

#### GREEN/UNIONTOWN

Akron General Health & Wellness  
1940 Town Park Blvd. (Room 1)  
Last Monday, 6:30 p.m.

#### HUDSON

St. Mary's Catholic Church,  
Rm. 104  
340 North Main St. (Rte. 91)  
3rd Thursday, 7:00 p.m.

#### NORDONIA

Nordonia Hills Public Library  
9458 Olde 8 Road  
4th Wednesday, 2:00 p.m.

#### TALLMADGE

First Congregational Church  
85 Heritage Dr.  
Last Tuesday, 11:00 a.m.

#### TRUMBULL COUNTY

WARREN  
Trumbull Memorial Hospital  
1350 East Market St., Conference  
Room F  
3rd Wednesday, 10:00 a.m.

#### HOWLAND

Howland United Methodist  
Church  
730 Howland-Wilson Rd. NE  
2nd Tuesday, 7:00 p.m.

#### TUSCARAWAS COUNTY

DOVER  
Union Hospital  
Reeves South Conference Room  
659 Boulevard  
3rd Tuesday, 7:00 p.m.

#### WAYNE COUNTY

ORRVILLE  
Trinity United Methodist Church  
1556 Rex Dr.  
1st Wednesday, 1:00 p.m.

#### WOOSTER

Wooster United Methodist  
Church  
243 North Market St.  
3rd Wednesday, 1:00 p.m.

#### MENS GROUP

(CANTON)  
Holy Cross Lutheran Church  
7707 Market Ave. North  
Canton, OH  
1st Friday, 1:00 p.m.

#### MENS GROUP

(UNIONTOWN)  
Queen of Heaven Catholic  
Church  
Parish Life Center  
1800 Steese Road  
Uniontown, OH  
3rd Tuesday, 1:00 p.m.

#### FTD CAREGIVERS GROUP

(SUMMIT COUNTY)  
701 White Pond Dr., Suite 300  
Akron, OH  
2nd Wednesday, 6:00 p.m.

# Winter Clothing-Care Guide

Get your cold-weather clothes ready for safe storage in five simple steps

1



## MAKE SURE EVERYTHING IS CLEAN...

Examine items for stains. Even if you don't see one now, a stain can yellow as it ages and show up while a garment is packed away. If you think you spilled something, rub liquid detergent or laundry pretreater into the area and wash as usual. Drop off dry-clean-only items and point out any stains.

2



## ...INCLUDING YOUR COAT.

Even a down one can be laundered. Remove the hood (if possible), zip up the coat and close all pocket zippers. Pretreat any stains, turn the coat inside out and treat the collar and cuffs with stain remover, too. Launder as the care label directs, setting your washer for an extra rinse and spin to be sure all traces of detergent are removed. Toss a few dryer balls into the dryer to help the coat dry evenly and keep the filling from clumping.

3



## DON'T FORGET HATS AND GLOVES...

Knit hats, scarves and gloves need washing, too. Hand-wash or launder them separately on the Delicates cycle and either air-dry or tumble-dry them on a low heat setting. Small items, like gloves and headbands, can be placed in mesh laundry bags for easy retrieval.

4



## ...BUT GO AHEAD AND SKIP IRONING.

It's not necessary to perfectly press garments before storing them — you'll likely have to touch them up when you take them out anyway. Instead, remove obvious creases with a steamer. And never use spray starch on fabrics going into storage: It can give insects something to munch on!

5



## PAMPER YOUR SWEATERS.

Roll or softly fold knits and store flat to prevent stretching. If you're short on space and must hang some, choose the heaviest ones, fold them in half or in thirds and drape them over the crossbar of a sturdy hanger you've covered with fabric or a pillowcase. Never hang knit garments from the shoulders.

## CHICKEN MILANESA WITH MAGGI RANCH SAUCE

BON APPÉTIT SEPTEMBER 2016

YIELD Serves 4

### INGREDIENTS

- 1 cup mayonnaise
- 1/2 cup crème fraîche
- 1/4 cup buttermilk
- 1/2 cup finely chopped parsley
- 1 tablespoon fresh lemon juice
- 1 1/2 teaspoons Maggi seasoning sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon freshly ground black pepper, plus more Kosher salt
- 3/4 cup all-purpose flour
- 3 large eggs, room temperature
- 1 1/2 cups panko (Japanese breadcrumbs)
- 4 small skinless, boneless chicken breasts, pounded 1/4 inch thick
- 1/2 cup vegetable oil
- 1/2 English hothouse cucumber, thinly sliced lengthwise
- 4 red radishes, trimmed, sliced
- 1 tablespoon distilled white vinegar
- Pinch of sugar
- Aleppo-style pepper (for serving)

### PREPARATION

- Whisk mayonnaise, crème fraîche, buttermilk, parsley, lemon juice, Maggi, garlic powder, onion powder, and 1/2 tsp. pepper in a medium bowl to combine. Season sauce with salt.
- Place flour in a shallow bowl. Lightly beat eggs in another shallow bowl to blend. Place panko in a third shallow bowl; season all three with salt and black pepper. Working one at a time, season cutlets with salt and pepper, then dredge in flour, shaking off excess. Transfer to bowl with egg and turn to coat, letting excess drip off. Coat with panko, pressing to adhere.
- Heat oil in a large skillet over medium. Working in 2 batches, cook cutlets, shaking pan occasionally, until golden brown and cooked through, about 2 minutes per side. Transfer to a wire rack; season with salt.
- Toss cucumber, radishes, vinegar, sugar, and a pinch of salt in a medium bowl to combine; taste and adjust seasoning with more vinegar, sugar and/or salt as needed.
- Drizzle cutlets with sauce, top with vegetables, then drizzle with a little more sauce. Sprinkle with Aleppo-style pepper.





# SNEAKY WAYS TO PUT Cash in Your Wallet

BY ASHLEY TATE

You know when you're doing the laundry and you discover a \$20 bill in your jeans pocket? You can have that *YES!* feeling more often—and with minimal effort—by using these shortcuts to “find” extra money in places you might not expect.

1



**Know  
when to  
pounce**

To receive sale alerts for your exact style and size, sign up on [shopittome.com](http://shopittome.com). Once you select your favorite clothing looks or brands (such as Chico's, Express, Nine West and American Apparel) and enter your sizes, personalized emails with new markdowns and promo codes will arrive daily, weekly or twice a week (your choice). Save on accessories, too!



2

## **Cut ATM costs**

Sometimes when you need cash, your bank's ATM is MIA. And using a rogue machine (whether it's from a different bank or independently operated, as in a grocery store) will cost you big-time: Combined fees from your bank and the ATM's owner average \$4.13 for each visit, according to the financial website

[bankrate.com](http://bankrate.com). A solution: Open an account with the online bank [ally.com](http://ally.com), which allows customers to use any ATM for free. When another bank charges you for using their machine, [ally.com](http://ally.com) reimburses you at the end of your monthly statement period. If you use an ATM twice a week, you'll save up to \$430 in a year.

5

## **Save while you shop**

Yes, really! Link your bank account to [savedplus.com](http://savedplus.com) and anywhere from 5% to 20% of the price of things you buy will automatically be deposited into your savings. Let's say you choose a 5% savings rate. Every time you do a \$150 food shop, \$7.50 is squirreled away. You won't miss these small amounts of money, but they add up.

**Skip the  
checking  
charge**

6

3

## Bundle your travel

You need to make holiday travel reservations, but hesitate to part with so much money. Booking hotels, flights and rental cars all at once saves you 50% or more than if you make each reservation individually, says Crystal Paine, the Money Saving Mom blogger. Hotwire, Travelocity and Orbitz all allow you to bundle. Don't need wheels? You can still save 20% to 30% by bundling your flight and lodging.

Eureka! Extra money!

4

## Pay as little as possible

Just because you're shopping online doesn't mean you can't offer a lower-than-asking price. Visit [greentoe.com](http://greentoe.com) and state the amount you're willing to pay for baby products, appliances, cameras and more. The site will then send your bid out to its network of established retailers. The first merchant to accept your offer gets the sale. Bonus: You don't pay tax or shipping.

## Credit cards that help you save

**GOOSE YOUR NEST EGG** Instead of travel or other rewards, the Fidelity Investment Rewards American Express card deposits 2% cash-back into a brokerage account, a 529 or an IRA. (There's no annual fee, but pay promptly because interest rates are higher than average.) There's also a Fidelity Visa with a similar deal.

**REWARD GOOD BEHAVIOR** If you pay more than the minimum on Bank of America's Better Balance Rewards card each month, \$25 comes off your outstanding balance each quarter. Card users who have a BofA account earn an additional \$5 quarterly.

**CUT YOUR RATES** One way to pay the least interest you can get away with is to stay on top of your credit reports—mistakes could tarnish your record and cost you in the long run. The Discover It credit card provides your FICO score on your statement each month (otherwise you'd have to pay for monthly info). If it dips for no reason, you can order a credit report and find the problem. This lands you the best loan rates later.

### DID YOU KNOW?

Childcare is not the only expense you can pay for through your employee dependent care account. If your ailing parent lives with you, you can pay for many of her expenses with pretax dollars as well.

If you don't maintain a monthly minimum balance in your checking account, most banks levy a service charge. Last year, the average monthly fee was \$12.54—around \$150 a year, according to [money-rates.com](http://money-rates.com). But you can avoid it simply by depositing a predetermined amount of money (\$250 to \$500, depending on the bank) each month. (You don't need to leave it there.) The easiest way to do this is to have your employer direct-deposit your paycheck. If that isn't an option, you can set up a monthly autotransfer from your savings account, then autotransfer the money back.

# BOLIVAR HOMESTEAD

Hello Family and Friends!

The past months were enjoyed by all with all the holiday activities the season brings. We hope you had a wonderful memory filled season as well. We all enjoyed the hustle and bustle that comes at this time of the year but are all ready to slow the pace and get ready for spring.

On October 26<sup>th</sup> we passed out candy to all of the goblins that dressed up and came to visit and Trick or Treat. The residents even dressed up in hopes to scare some of the little ones. The building was packed with lots of kids of staff who look forward to this evening all year long. The residents laughed, talked, and ate way too much candy all night long.

In November, many of us attended the Jingle All The Way craft show that was held in the front lobby showcasing the vendors' creativity. Many of us were able to find just the right item for our loved ones to purchase for under our trees in December. We also celebrated Thanksgiving with residents and staff on November 19<sup>th</sup> with many side dishes made from our culinary department and Lee's fried chicken.

One of the best nights on the Homestead is when we celebrated Christmas dinner with our friends and families on December 7<sup>th</sup>. Casey and all her dietary staff did not disappoint with another delicious meal consisting of split pea soup, pork tenderloin with cranberry chutney served over sweet potatoes, broccolini, followed by an amazing gingerbread cheesecake. We sang Christmas carols after the meal and just sat and talked reminiscing about holiday traditions. The staff of the Homestead, dietary department and Abby from activities work so well together and our evening went smoothly with staff enjoying the night as much as the residents and families. The month would not have been complete without a visit from Santa Claus who brought everyone a present and visited while we snacked on cookies and milk. We are blessed to have such a wonderful group of residents that have touched our lives.

We are now ready to see what the New Year 2018 will bring. We will start the month off with a Hot Soup fundraiser on the 17<sup>th</sup> from 10:30 AM-2:30 PM. Staff will provide a variety of delicious soups to purchase and we will have take-out containers available so you can share with your loved ones at home. In February, we will have our Valentine party on Feb 8<sup>th</sup> at 5pm, so mark your calendars because it is always a great night to spend together. Also be thinking of who you want to vote for king and queen this year.

Live, Laugh, Love

*The Homestead*



Christine H. and her daughter Tyra



Kendra Calhoun STNA and Shirley P.



Corrina White STNA and James J.



Andrea Chamberlain STNA and Sally S.



Zachary Dennison NT and Clara H.



Shirley B. and her daughters Pam and Joy



Herb and Dawn C. with their daughter Natalie and son Herbie



Mary G. with her daughter and son-in-law



Ruth S. and daughter Carol



Edna M. and daughters



BOLIVAR HOMESTEAD



Betty M., daughter Deb,  
and sister Patricia



Clara M. and family



Greta L. and son Joe  
with daughter-in-law Anita



Gene M. and family



Jessica Cannon RN and Gloria G.



Mary H. and Cami McKinney LPN



Gloria G. and family



Homestead staff and residents



Trick or Treaters



Shirley B. and Keegan Eggleston STNA



Clara H. and her daughter  
handing out candy.



Gloria G., Corrina White STNA,  
and a trick or treater



Shirley B.  
and Gizmo



Mary G.'s 100<sup>th</sup> Birthday  
Celebration



Mary G. and  
Brittany Masters STNA



The Cottons handing out candy

## BOLIVAR ACTIVITIES



## BOLIVAR GARDENS

We hope that you had a wonderful Holiday season! We did so much here at Bolivar that we were all worn out by the end of the year.... November flew by and before we knew it.... December was gone too! We had lots of caroling in the halls and the dining rooms, lots of entertainment and even a few parties...we especially liked the day when Santa visited with all the gifts!! Then our New Year's Eve-Eve party was so much fun with "Jammin' Jay" here to entertain us and to help us bring a very noisy end to our last party of 2017!

All of our regular entertainers, that we all look forward to listening to, were here throughout the fall and early winter months. We hosted the annual Hennis Oktoberfest on the first day of October with plenty of good German food! We also had live entertainment, horse drawn hayrides, an apple butter making contest, craft items for sale amid some very nice fall decorations; and the weather could not have been any more beautiful than it was!

We went on our annual trip to New Towne Mall in November to do some Christmas shopping with the residents. We had so much fun! Just watching the resident's faces as they look around at the decorations makes us feel good! Some of the residents buy for their families and others just window shop, but we always have loads of fun with lots of laughs! We left the facility around 10:15am, eat lunch at the Food Court in the Mall, and then split up in all directions to see what type of sales we can find! We want to thank the staff,

family members and volunteers for going along to help out; we couldn't do these kinds of outing without your help!

We held the annual Christmas dinners to start off December. It was a very nice evening with Gene Weygandt providing the piano music. He played all of the favorite Christmas songs along with some requests. Our theme for the 2017 dinners was "Ginger-bread houses and Gumdrops" with the entries to the dining rooms decorated like you were entering a Gingerbread house. It was very festive and colorful!

January seems to be our "rest up" month with not so many events going on. The regular entertainment will be here throughout the month with "Jammin' Jay", Tim Weddington, Jon King, Gene Weygandt, Marty's "Bucket Tunes", Fran Zupp and Max Grossenbacher. We will be holding a Hot Soup Fundraiser for The American Cancer Society and The Alzheimers Association on the 17<sup>th</sup> from 10:30 am until 2:30pm. We always have a variety of delicious homemade soups that the floor staff and the Dietary Department make for this fundraiser. So....if it is an extra cold day....come on in and get some good, hot soup to warm you up...it's for a good cause! The Family Bingo night will be held on the 17<sup>th</sup> at 7:00pm.

February 6<sup>th</sup> will bring everyone's family members in once again for our special Valentine's Dinners. If you have not been here for this event before, we always crown two residents....1 King and 1 Queen. Everyone can vote for their favorite

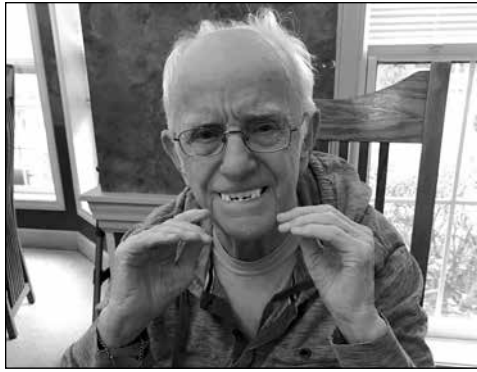
residents prior to this dinner and then the winners are named at the dinner. There is always laughter and usually a few tears when we announce the new King's and Queen's names and give them their crown and robe to wear throughout the evening. It is a fun, love filled night for all...Plan to attend this wonderful event. Gene Weygandt will be entertaining us with some beautiful "Love" songs for the evening on the keyboard. Due to the limited space in the dining rooms, each resident can have two guests for this dinner.

Entertainment for the month of February will be provided by Tim Turkal, Jon King, Tim Weddington, Marty "Bucket Tunes" Zehnder and Max Grossenbacher. The Valentine party for the residents will be held on the 14<sup>th</sup> at 1:30 with "Jammin' Jay" providing the music! The monthly Family Bingo Night will be held on the 21<sup>st</sup> in the Gardens Dining Room at 7:00pm.

March will bring in some better weather.... hopefully! All of our regular entertainers will be returning throughout the month, along with Fran Zupp. Watch for dates and times of these programs on the calendar in the hallway. We will be holding a St. Patrick's day party for the residents on the 16<sup>th</sup> at 1:30 with Marty providing the entertainment, and Family Bingo Night will be held on the 21<sup>st</sup> at 7:00pm. All of these programs are held in the Garden's dining room.

*The "Gardeners"*

BOLIVAR ACTIVITIES





# BOLIVAR ACTIVITIES



## BOLIVAR ACTIVITIES



## BOLIVAR REHAB

Hello and Happy New Year!!

Our entertainers that were here throughout the fall months were Jay Secrest, Jon King, Marty Zehnder, Fran Zupp, Chuck Zerger and his puppets, Gene Weygandt, Max Grossenbacher, The "Somewhere in Time" singers, and Tim Weddington.

During October, we held the annual Hennis Oktoberfest here at Bolivar. There was delicious German food, music, Horse-drawn wagon rides, an Apple Butter making contest and beautiful weather! The day was a huge success with lots of people attending; we had a great turnout and a really good time was had by all who attended. Thanks to all of the families and friends that came and spent the day with us.

In November, we looked forward to the delicious smells coming from the kitchens! We enjoyed our annual Special Thanksgiving Buffet catered by Lee's Chicken and the Culinary Dept. here at Hennis's. This is always held the week before Thanksgiving with the lunch being shared by the residents and staff. The hallways always smell soooooo good! We also went on our annual Christmas shopping trips to New Towne mall. We always eat lunch at the Food Court and

then go in all different directions to see what kind of good sales we could find! We had a great time...even those of us that only window shopped! We finished up the days of shopping at Auntie Ann's Pretzel shop for a snack and a cold drink before heading back to Bolivar.

In December, we hosted the Special Family Christmas Dinners, with the beautiful Christmas music on the keyboard played by Gene Weygandt throughout the evening. We had the dining rooms decorated up like Ginger-bread houses and everything looked so festive and bright! We thank Chef Casey and her dietary staff for the delicious food they made for this special event.

In January, we really slow down after the hustle and bustle of the holidays! We will have our regular entertainment in throughout the month; watch for the flyers and the calendars for the dates and times. On the 17<sup>th</sup>, we will be hosting a Homemade Soup Sale to start raising funds for the American Cancer Society and the Alzheimer's Association. The staff makes and brings in their favorite type of soup for this fundraiser sale, along with the Dietary staff. This fundraiser will go from 10:30am until 2:30 pm. If it is a cold day, please stop in and fill up on

something good and hot!

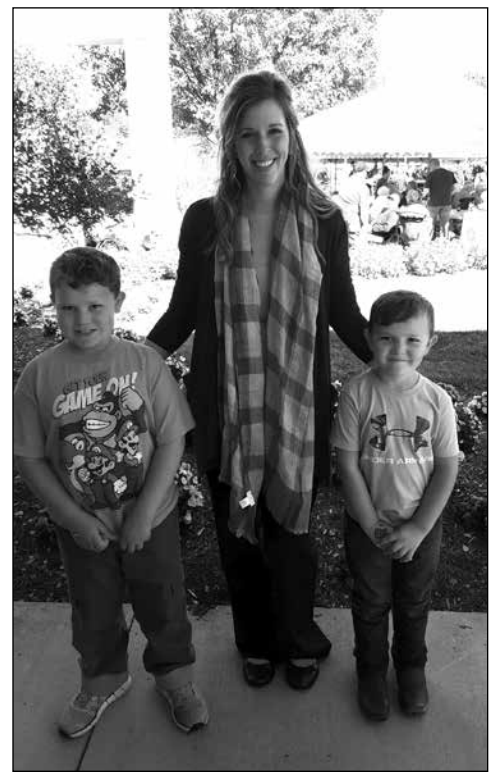
February brings thoughts of love and the special people in our lives. Our annual Valentine's Dinner will be held for our residents and two of their family members on the 7<sup>th</sup> at 6:00pm. Gene Weygandt will once again be providing the beautiful "love" songs on his keyboard for the evening. The invitations will be going out sometime in January, so watch your mail! All of the regular entertainers will be in throughout the month...keep an eye on the calendar for the dates and times. Family Bingo night will be held on the 21<sup>st</sup> at 7:00pm in the Gardens dining room. If you haven't been in for this special night of Bingo, you should stop in...everyone has a good time.

In March, Jay, Jon, Tim, Marty, Gene and Max will all return for the monthly entertainment that they provide for us. Fran Zupp will return during the month on the 19<sup>th</sup> at 7:00pm and Family Bingo night will be held on the 21<sup>st</sup> at 7:00pm. Join us for any of these programs...we always have a fun time!

*The Rehab Team*



## BOLIVAR ACTIVITIES



## HATTIE'S HOUSE

Hello All!

These last months of 2017 have been full of holiday cheer here at Hattie's House. We have enjoyed all the activities associated with the season. We've enjoyed the music and lights that have filled our halls. Family visits and delicious food has made our hearts full of joy.

November brought us cold weather and good food. On November 11<sup>th</sup>, we celebrated our Veterans with a nice pinning ceremony and recital of the Pledge. Thanksgiving dinner was amazing! We had all of the usual and well-loved Thanksgiving items such as turkey, stuffing, mashed potatoes, and noodles. We can't leave out the yummy desserts of pecan and pumpkin pies. No one walked away from the table less than stuffed! Thanks, Chef Scott!

December brought snow and holiday cheer. We have enjoyed the beautiful decorations and music. We had a visit from Santa Claus and were able open gifts. Several carolers from local churches came over the course of the month. It is always nice to have the sounds of Christmas music filling the halls of Hattie's House. Movie nights were filled with feel good movies, popcorn and hot cocoa. We had a wonderful Christmas Dinner on the 4<sup>th</sup> thanks to Chef James. Prime rib, shrimp and potatoes were only part of the main course. Dessert was choices of homemade cookies, cakes and pies. Once again, the food was above and beyond. On New Year's Eve, we had a celebration to welcome in 2018 and say goodbye to 2017. We had hats and noisemakers. Only a

couple of us were able to make it to midnight to see the ball drop. On New Year's Day, we ate pork, mashed potatoes and sauerkraut.

We are all looking forward to what this New Year will bring. It is so hard to believe it is 2018 already. My, oh my, how time just zips by. In January, we will have a quiet month. We will be having a soup and bake sales. These are always great. Come pick up some delicious soup to warm your belly during these frigid Ohio temperatures or something sweet to help with your sugar cravings. February will bring the Valentines dinners and Valentine dessert sale. Stop in to buy your sweetie as sweet treat. In March, we will be hosting the community card party which is always a good time had by all.

We are always having great food provided by the Chefs here at Hattie's. Here is one of their recipes for their famous Tomato Basil Soup for you to enjoy at home. Success!

### Tomato Basil Soup

1/3 cup extra-virgin olive oil  
 5 carrots, peeled and chopped  
 1 large yellow onion, chopped  
 1 tablespoon dried basil  
 3 cans (28 ounces each) whole Italian-style tomatoes in purée  
 1 can (14 1/2 ounces) low-sodium chicken broth  
 2 cups heavy (whipping) cream  
 Kosher salt

Freshly ground black pepper  
 2 tablespoons lightly packed fresh basil leaves, cut into fine ribbons

1. To make the Tomato Basil Soup, in a 6- to 8-quart saucepan over medium heat, warm the oil and swirl to coat the bottom of the pan. Add the carrots, onion and dried basil and sauté, stirring occasionally until softened, 10 to 12 minutes
2. Add the tomatoes, including the purée, and the broth and bring just to a boil. Reduce the heat to low and simmer, uncovered, for 20 minutes to blend the flavors.
3. Remove soup from the heat. Purée the soup in the saucepan using a wand-type immersion blender; or, working in batches, purée in a blender or food processor fitted with a metal blade.
4. Return the puréed soup to the saucepan, add the cream and place over medium heat. Warm until heated through. Season to taste with salt and pepper.

Enjoy!

Wishes of Health and Happiness,

*Your Hattie's House Team*

# BOLIVAR ACTIVITIES



# BOLIVAR ACTIVITIES





# BOLIVAR ACTIVITIES



# BOLIVAR ACTIVITIES





## MARK YOUR CALENDAR

**Jan. 23 – Benefit Card Party**  
(for a staff member dealing with cancer)  
Main Facility Rehab Lounge  
6:30p-9p | \$8 | meal/fun/prizes  
RSVP with Receptionist at 330-364-8849

**Jan. 29 – Valentine Candy Grams Sale/Fundraiser Begins**  
See Receptionist to order | \$1

**Feb. 4 – Benefit Quarter Auction**  
St. John's UCC in Dover  
(to help staff dealing with Cancer)

**Feb. – Special Valentine's Dinners**  
6:00p | Entertainment  
Watch Mailings

**Feb. 13**  
**Alzheimer's Committee Meeting**  
5p | Dough Company  
**Interested in joining?**  
Call us at (330) 364-8849

**Feb. 14 – Valentine's Day Parties**

**Feb. 14 – Ash Wednesday Service**  
10 am | Main Facility, Gardens Lounge  
by Pastor Dotty of St. John's United  
Church of Christ (Dover)

**Feb. 14 – Lunch & Learn**  
12:15p | HCC Chef & Valentine Treat  
Sponsored by HCC  
at the Tusc. Senior Center

**Feb. 21 – Lunch Sale Fundraiser**  
Main Facility Rehab Foyer, Dover

**Feb. 28 – Dover Chili Cook-off**  
(prep day before or same day)  
Judging at 2 p  
Main Facility - Gardens lounge  
*Get with your Chef to help make a batch  
– maybe even share your favorite recipe!*

**Mar. 14 – Lunch & Learn**  
12:15p | Guest Speaker Linda Toohey  
of the Dover Library "Super Women"  
Hosted by HCC  
at the Tusc. Senior Center

**Mar. 15- Community Card Party**  
6:30-9 p | Main Facility Rehab Lounge  
\$8, meal/fun/prizes  
RSVP with Receptionist 330-364-8849

**Mar. 23 – Baked Potato Bar Lunch Stand/Fundraiser**  
\$6 | Main Facility Rehab Foyer, Dover

**Mar. 30 – Good Friday Service**  
9a | Main Facility Gardens Lounge, Dover  
by Pastor of St. John's UCC

### A Heads Up...

*Invitations to be mailed*

**April 28 | 9a**  
**Dover Volunteer Appreciation Breakfast**  
Hosted at Pat's Porch  
RSVP to Receptionist at 330-364-8849

**April 20 | 6p**  
**Bolivar Volunteer Appreciation Dinner**  
RSVP to Receptionist (330) 874-9999

## MAINTENANCE

# Winter weather can wreak havoc on battery power

## This winter don't give your car battery the cold shoulder

The onslaught of winter weather means a few things to homeowners, like replacing furnace filters, cleaning gutters and finishing up the fall yard work. This changing of the seasons is a good time to make sure your car's battery is ready for the freezing temperatures ahead.

Damage caused by intense summer heat can cause corrosion and fluid evaporation, leaving you with a battery that's in less than optimum condition.

When checking your battery, the first signs of corrosion are often a powdery residue around the terminals and battery casing. You can take care of this yourself with a mixture of water and baking soda and a wire brush, to clear away noticeable corrosion from the cable and terminals.

If the battery caps are removable, check the fluid level monthly, ensuring the proper amount of fluid is present. Inspect the battery for any cracks and fluid leakage. A cracked or leaking battery requires an immediate replacement.

Be sure to wear protective goggles and rubber gloves and avoid direct contact with corrosive deposits and battery acid.

Many new cars now require a steady flow of electricity to control fuel delivery, ignition systems, transmissions and other components to keep the car run-



**WE COME TO YOU** — AAA batteries are delivered and installed on the spot.

ning smoothly. Each of these relies heavily on your car's battery.

Serpentine belts are another integral part of the car's charging system. If the belt is not working properly, the battery will not charge and other electrical components of the car will fail to work.

Colder temperatures also decrease a battery's cold cranking amps capacity and put more strain on the battery. Older batteries face particular trouble in

winter months, as the lower temperatures limit the ability to hold a charge.

As a battery loses its effectiveness, you may notice the interior lights start dim, or a clicking noise when turning the key. The motor will also turn over more slowly when starting the vehicle.

If your vehicle displays any of those symptoms, or is more than three years old, it may be time for a replacement.

A AAA technician can test your bat-

tery, perform a replacement and get you back on the road no matter where you are.

As part of our legendary Roadside Assistance, a AAA battery is guaranteed to meet or exceed your vehicle's specifications, and comes with a six-year limited warranty with a three-year free replacement period. There's no charge for the installation, and we'll safely recycle your old battery for free.

AAA Battery Service is provided through Roadside Assistance, with convenient access available through the AAA mobile app. Receive an instant battery quote, check the status of your service call and view your membership card all within the app.

Being a AAA member saves you time and money, with a typical savings of about \$30 off of regular retail pricing per battery, a breakdown doesn't have to break your wallet.

### TAKE CHARGE

If you suspect your car's battery isn't up to par, more information on AAA's mobile Battery Service can be found at [AAA.com/AAABatteryService](http://AAA.com/AAABatteryService) or by calling 1-800-AAA-HELP. From the webpage, click "Battery Prices" for an instant quote.

# Music Therapy Improves Well-Being of Very Ill Patients

By Alan Mozes, HealthDay Reporter

(HealthDay News) -- Exposure to music therapy can dramatically improve the mental and physical condition of patients receiving palliative care, a new study suggests.

The research team says that this is the first large study to gauge -- and substantiate -- the potential of music therapy as a physical and psychological aid to patients coping with advanced illness.

"We've known for a while that music therapy can be used for a wide variety of things in a medical setting," said study author Lisa M. Gallagher, a music therapist with the Cleveland Music School Settlement and The Cleveland Clinic's Horvitz Center for Palliative Medicine. "But this particular study clearly shows that it helps improve mood while decreasing pain, anxiety, depression and even shortness of breath among seriously ill patients."

Gallagher was expected to present her findings Tuesday at the American Academy of Pain Management Meeting being held this week in Nashville, Tenn.

To assess the potential for music therapy among patients with a range of chronic and/or advanced illnesses, the authors, between 2000 and 2002, focused on 200 patients battling several types of cancer, noncancerous tumors, pain disorders, sickle cell disease, aortic aneurysm, Gardner's syndrome, AIDS, neurodegenerative conditions, and other so-called "life-limiting" diagnoses.

Patients were between the ages of 24 and 87, with an average age of just over 60. About 60 percent of the patients were women, and the research team noted that almost 30 percent had some sort of musical background.

Music therapy first involved the patient choosing the style of music her or she wanted to hear, after which Gallagher herself (or a music therapy intern under her guidance) played appropriate selections on keyboards. The therapy averaged approximately 25 minutes, during which patient family members were also present about a third of the time.

Physical and psychological tests were conducted both before music therapy and after an initial therapy session. The results indicated that in addition to marked benefits in patient anxiety, mood, pain and shortness of breath, more than 80 percent of the patients said their mood had improved following music therapy.

Movement, facial expression and verbal

skills were also found to have significantly improved as well. Having had a prior musical background seemed to play no role, and, for the most part, women and men derived similar benefits from the experience.

Even family members appeared to benefit, experiencing an improvement in terms of mood, although not in terms of anxiety levels.

The research team concluded that the findings prove that music is a "universal language" that can have a positive impact on all patients and even their caregivers.

Gallagher said she was pleased to see that the hard data she compiled appears to verify her prior observations.

"Being a music therapist, I've always believed in the power of the music," she said. "But it was great to have it backed up and proven by the research."

For her part, Katherine Puckett, national director of mind-body medicine at the Cancer Treatment Centers of America at Midwestern Regional Medical Center in Zion, Ill., expressed little surprise at the findings.

"I've seen music be very comforting, relaxing, healing, calming and helpful with patient pain," she said. "It may be hard to put into words, because it's often a visceral reaction that people feel. But music can transport people, because they can really relate to it. So, it can distract from pain. It can even help regulate breathing, as a patient's breath comes in line with the music or tempo of the music. And if that music is tranquil and soothing, it can help quiet them down if they're anxious. So, I have to say that these findings are completely in line with my experience."

For more on music therapy, visit the American Music Therapy Association.

SOURCES: Lisa M. Gallagher, M.A., MT-BC, music therapist, Cleveland Music School Settlement and The Cleveland Clinic's Horvitz Center for Palliative Medicine, Cleveland; Katherine Puckett, L.C.S.W., Ph.D., national director, mind-body medicine, Cancer Treatment Centers of America at Midwestern Regional Medical Center, Zion, Ill.; Sept. 9, 2008, American Academy of Pain Management Meeting, Nashville, Tenn.



# HCC STAFF CHRISTMAS DINNER DANCE



Ruthie and Dave slow dance.



Time to kick up the dancing!



Annette and Angel, long time friends, celebrate together.



The Baker Family  
Three of them work at Dover and Bolivar



They took time to sign Christmas cards for the military folks.



Jeannie enjoys her grandson accompanying her.



A romantic horse drawn ride amidst the snow and moonlight.



Enjoying the refreshments.



Greg and Kim enjoy the evening.



Joe and Melinda enjoy conversing with Lindsay.



Tammy decorated for Angel's special birthday.



Heather, Sue and date enjoying the dinner.

## HCC STAFF CHRISTMAS DINNER DANCE



Now here's a group that knows how to have fun!



Date night!

## DOVER - NEW PHILADELPHIA SPIRIT DAY



Alec Sayre, Kyler, Kaden Folkert and Tanner Immel with JoAnn and Sarah.



Dover and Phila fans sporting the new t-shirts they won!  
Bonnie (D), Gladys (NP) and Alice (D).



Dover Alumni, Alice, is happy to support the players, Braxton Uebel, Austin Taylor and Ryan McKinney.



Tracey of Advantage Home Health and her two sons (Dover football players), Kyler and Kaden Folkert.



Don shakes hands with Dover Football player, Austin and wishes him luck at the big game.



Michele and Amanda assist Steve with selections for the tailgate buffet.



Hostesses Sam and Mary are excited for the Spirit Day tailgate food.



Bonnie appreciates the visit from Dover players, Wes Fisher and Tanner Immel.



## DOVER HOMESTEAD

Hello from the Homestead,

BrrRRR... it sure has been a cold one! The weather was all over the place this past year- here is to hoping this New Year brings us some better weather. We spent a lot of time snuggling up with our favorite blankets, drinking hot chocolate and watching our favorite holiday movies- because what is better than that when its cold outside, right?

This Christmas was wonderful. We had such a wonderful, fun packed holiday. Between reindeer games and visits from Santa and his elves, we really had so much to be blessed about this Christmas, and we thank everyone for being a part of it with us. We had so many wonderful visits from local carolers, and they all did such a wonderful job and really helped to put us in the holiday spirit. We had an absolutely delightful and beautiful evening with family and friends at our Christmas Dinner. Max the piano player was such a perfect addition to the wonderful company, food and the ambiance of Christmas- there was truly no better way to kick off the holiday season.

2017 offered us many blessings and many fun occasions, and we hope that 2018 will provide us with just as many blessings. We are looking forward to all the fun times and special events coming our way this new year. Especially, our Valentine's Day dinners! Such a beautiful and fun occasion for us to share the love with those that we hold dear to us. Of course February is also bringing our annual chili cook-off contest- and we are already figuring up the best chili recipe. There sure is nothing like a bowl of hot chili on a cold day. Yum!

Hopefully after February, the weather will start to warm up a little bit as we head into March for St. Patrick's Day and for Easter. No matter where we are from, we all are a little bit Irish on St. Patrick's Day! We are of course are looking forward to Peter Cottontail- hoping down the bunny trail as he comes to deliver us some Easter goodies to snack on too!! So don't forget to join

us for all the fun we are sure to have coming up in the New Year!

*May all your dreams come true. May love work it's magic into your life. May your heart be filled with hope and joy. May you touch every life you meet. Blessings to you for a prosperous New Year!*

Until Next Time,

*Lauren and Kathy*



Marty wonders about these two big dogs visiting (they are only 6 months old!)



A community man visits Ruth and Roy with his two Leonberg puppies.



Polly and Santa are thinking of something!



Sugarcreek Warther's Christmas Tree Festival at Warther Carvings. Dave W. with Ruth L. (mother-in-law).



Ruth L and her daughter, Mary Ruth, wrap gifts together for family members as the group in the back sing songs.



**SEPT. & NOV. CARD PARTIES**  
*Prizes won by many!*

**Gift cards, wine, plants, decorations, home goods, baskets, 50/50**

**2 Scratch-Off Lottery Tickets Raffles:**  
Bridgett Harding & Trish Haynam

**Spirit Day Dover/New Phila Day Prizes- Shirts, Hats, Game Tickets, Kiwanis Pancake Breakfast Tickets:**

Sue Stein, Tammy Fouts, Michelle McMath, Faith Burns, Lauren Wilson, Bart Hughes, Harold Baker, and several residents

**Special Thanksgiving Day Buffet – Provide Recipes for Gift Card Prize Drawing:**  
Jeanne Saurenheimer and Leslie Morris

**Warther's Christmas Tree Festival Preview Party Tickets:** Angel Herbert

**Buehlers Christmas Dinner Raffle:**  
Abby Gardner

**Santa Gourd Craft Raffle:**  
A Lucky Lady

**STAFF SANTA VISIT GIFTS:**  
Computer tablets, action cameras, new instant cameras, 3-D visual goggles, Best Buys & Amazon gift cards, 52" TVs





"The Healing Power of Music" – Board Certified Music Therapist/Certified Asthma Educator, Laura Smith, of HCC, was the key note speaker Oct. 19 at the Dover Public Library as a free community educational program. We can all benefit from learning more about how the therapeutic use of music can help us cope in our day-to-day activities. Did you know that Music Therapy includes how to utilize music for relaxation, active life styles, anxiety reduction, and to promote respiratory health for chronic conditions such as asthma and COPD through singing and respiratory exercises? "People want to learn what they can do on their own" Smith states. "They want to get well and feel good!" Laura is a graduate of the University of Akron and Radford University, with a bachelor's degree in Music Education and Music Therapy. She is also a certified asthma educator specializing in respiratory health. If you missed this presentation you are welcome to attend Laura's program at the Lunch & Learn guest speaker program at the



**Therapists dress up for Halloween. Deb as a racer and Angel as a cat lady with a cart full of cat items.**

Tuscarawas Senior Center January 10 at 12:15p sponsored by HCC.

Other upcoming Lunch & Learn speakers include one of the HCC chefs February 12 for a delectable Valentine's presentation and treat! March will bring Linda Toohey of the Dover Public Library presenting "Super Women"! HCC arranges speakers every month for the second Wednesday of the month at 12:15p, so if you are interested in the schedule you may call the HCC receptionist or watch for signs posted at HCC and at the Senior Center. And, if you know of someone who would like to be a speaker please contact the

receptionist – we host a variety of topics.

Some of the fun we have enjoyed the last quarter of the year has included musical entertainment by singer Jerome James, guitarist Bruce Seevers, pianist Max Grossenbacher, singer Marty Zehnder, singer Jim McConnell, singer/guitarist Dan Gribble, and singers Terri & Steve who bring extra instruments and glow lights, and more as we now offer live entertainment every week! See the calendar and music schedule so not to miss!

Complimentary paint nights with Patty and Annette are always enjoyed by the guests and their visitors. A variety of subjects are offered for the season or interests, along with teaching techniques, etc., but very casually and fun. Everyone is proud of their finished piece! This is offered the second Tuesday every month at 6:00p (sometimes subject to change). A warm cup of flavored coffee and a light refreshment tops off the evening.

A warm Italian meal sounds good on a chilly day or evening...well, Chef Jacque treated us to a delicious Italian dish of lasagna, or the like, with dessert, with the tables set with red and white checked clothes, white linen napkins folded nice and tall in the glasses, played Italian music, and even sang for us! What fun! You never know what meal theme he has up his chef sleeve!

Jacque Fisher, Sr. (father of Chef Jacque), provided some fun with a special lunch box presentation. His collection includes 1,200 retro styles and looks! One from 1950 is the oldest that he has, and in that year 600,000 were sold that year! The price list from 1957 showed you had to buy a dozen at \$6.43, and there were 25 manufacturers at the time. His own favorite is the one shaped and colored like a loaf of bread. Dr. Williams agreed he liked that one too, and Tom said he had one like that! Mr. Fisher brought 20-30 lunch boxes to show us including Toppie the Elephant that he bought for \$9 (but, it has a value of \$2,500), it was made in Ohio, and there are only about 5-6 in the U.S.! Do you remember originally the only way to get one was save yellow stamps from the grocery store, etc.? Other pails included Campbell Soup, U.S. Mail, a fishing tackle box (with electric!), Apple's Way (rare), Gun Smoke, and Holly Hobbie (Therapist Jen's favorite – she had one as a youngster). Chef Brian's favorite was Roy Rogers. Brian also had one with Batman and the Beatles which is mom gave away – ugh! One of those is worth about \$800! The last metal lunch boxes produced was in 1987, then they went to plastic. How did he get interested in collecting lunch boxes? His daughter had him look for a red barn one while antiquing – then he was hooked! So watch out what you might be sent out to do! As you can see, this presentation, stories, and facts elicited a lot of fun conversing, admiring, surprise,



**Therapy fun tossing bean bags.**

and reminiscing! Thank you Mr. Fisher for a delightful afternoon!

On Veterans Day Americans everywhere pause to remember the many patriots throughout the years who served our country to preserve peace, especially those who gave their lives. We honored our veterans Nov. 10 at Pat's Porch including Robert S., John C., and Richard H., with a special pin and certificate, a veteran display board, and music with Lauren Wilson presenting the honors, and staff expressing their thanks with a hug and a handshake. Thank you veterans, we value the service you gave for our country!

Christmas music playing, greens being hung, the Christmas tree being touched up and new lights added, decorations put in place, the aroma of chicken dinner cooking, people coming and going and commenting on the beauty, people visiting... After going home, Ken H. stops in to visit a friend at the main facility, then he comes to visit the chef over a cup of coffee and chats. He asks Chef Jacque if he is ready for Christmas – Chef mentioned he has four Christmas trees at home – a large artificial fir, a large live one, a silver tree, and another one, and Aiko said "don't forget about your Christmas Story leg lamp!" Meanwhile, at work he is playing music on his old-time looking CD player that adds to the atmosphere and cozy feeling. David A. (a "frequent flyer" – thank you!) states he is so happy to be there, happy to exercise on the bike, loves the staff, appreciates therapy, and loves the Christmas tree!

There is joy in all the preparations, visitors, and events that come with the Christmas season. From decorating with wreaths, snowmen, Santas, and nativity scene, to lighting the tree, to carolers of all ages, and more helps celebrate the season. Ms. Melanie Krauss (our neighbor) and Mrs.

Nancy Smith and a couple of other teachers from the Dover Middle School brought their students one afternoon after school, and being close, they walked here to perform and share some candy, and then went next door to share their songs. Many others from community groups and churches brought joy to our hearts. We appreciate all their efforts and talent! Did you notice the live reindeer visiting one morning in their pen? It was for the Santa Breakfast HCC hosted for the staff's children and grandchildren, and we had fun listening to them talk about their visit with the reindeer and feeding them, eating a warm hearty breakfast, and the delight of seeing Santa enter, and then to sit and visit him. Such special memories to make and share, as well as recalling our own! Also fun was when Santa visited the staff another day and delivered cameras, computer tablets, visual imaging devices, gift cards and a big screen television! STNAs Akiko and Colton received some! We also enjoyed hearing about some staff who went to the company Christmas party at Breitenbach Tool Shed with a catered dinner, DJ for dancing, and winter horse-drawn wagon ride. Those who worked were given a \$50 gift card to Red Lobster. We also enjoyed a lovely Special Christmas dinner with family and friends prepared by Chef Brian of beef tenderloin, an appetizer, salad, potato, and sweet dessert among "candle light" with Rick Michaels in his sharp black tux setting the mood with his talented fingers on the keyboard. A nice Christmas dinner was also served on Christmas day that we enjoyed with visitors, too.

The frequent paid entertainment played a variety of holiday music for our enjoyment that brings the Christmas spirit, and we look forward to additional vocalists and musicians that will be forthcoming soon. During Coffee & Canvas night we painted beautiful Christmas wreaths that turned out really nice. We appreciated keeping them to decorate our room here, at home, or to give as a gift. In the middle of December Kickin' & Clickin' Cloggers performed at the main facility – what fun to watch! The next day there was a vendor sale and lunch stand that offered quite a variety for shopping from



**Beautiful canvas painting at Pat's Porch.**

wreaths, scarves and hats, to totes, jewelry, and everyday needs. Santa found us at 309 E. 17<sup>th</sup> St. to deliver everyone a gift and a big hug as Lauren snapped a photo – a chuckle and a wave and he was out the door to deliver more gifts! Friends, family, the staff, and the community created a warm merry Christmas!

Not long after, vocalist Jerome James was here to help us wrap up 2017 and usher in a new year! A delicious pork and sauerkraut dinner was prepared by Chef Brian on January 1<sup>st</sup> as a good luck tradition. Our wish to everyone is for a new year filled with peace and renewal.

Looking for something to do in the new year? How about a cooking class



**Chef Jacques and his father, Jacques.**



**Akiko is really one of Santa's elves!**



**They enjoyed looking over the lunch box collection from Mr. Fisher.**

for an evening with Chef Matt and others at Buckeye Career Center. Get inspired with Sue Ritenour with fun new ways of creating tasty dishes using a spiralizer and other techniques and kitchen tools! Hmm... How about exploring France with Chef Matt and having the cooking techniques and methods of creating some of the favorite dishes of France Jan. 8? Chrissy and Paula might try that one!

Other things to look forward to and join in include a card party Jan. 23 and March 15, the chili cook-off in Feb., Valentine's Special Dinner and festivities, St. Patty's Day fun, Easter, and more. Hope to see you at any of these events or to visit with a warm cup of coffee and a slice of dessert!

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

The Giving Tree – The book was read to us by the children in the Dover Library program last summer. Interest in this book increased in churches and “it was hailed as a parable on the joys of giving.” Protestants ministers and Sunday school teachers believed that the tree represents “the Christian ideal of unconditional love” Though the book has generated various opinions on how to interpret the relationship between the tree and the boy, we would like to go with the religious interpretation. We have a lot of evidence of such joy in giving demonstrated by many the last few months, and much more that we are unlikely not aware!

Though the weatherman predicted the autumn colors would not be grand and peak early, the great Master Artist provided a beautiful colorful pallet (as Pat Hennis used to say) as we took a ride around Tuscarawas County on scenic routes, bus trips to lunch outings, Walmart, new concerts, and other places giving us a pleasant day in any event.

Patty and Annette escorted a few folks to St. John’s UCC one Sunday afternoon for a mighty concert performed by Chiz Rider, professional trumpeter, of Pennsylvania. A variety of styles and music were performed. The acoustics of the church were perfect, the talent was amazing – giving and sharing this beautiful trumpet talent, as well as his message, is truly giving.

Many of you have probably been to Dee’s restaurant, so you know it’s a great way to start your day with their breakfast! Patty and Dee went there and enjoyed their morning meal prior to delivering their items they submitted to the fair. We are pleased to announce that Dee earned a blue 1<sup>st</sup> place ribbon for her painted glass ware, and Patty received first place for her painted gourd and 3rd for her quilt! Congrats to them for sharing their talent with the public, and more importantly, sharing their talent among others as gifts and training classes!

Other congrats are in order for some newlyweds! The fall also provided some beautiful days for the staff nuptials! Congratulations on the weddings for Holly (Meister), of therapy, who was wed Sept. 23 to Eric Williams, Daniel Sickinger married Elizabeth Withem Oct. 14 (three days after his parents’ wedding date), and Abby Strubel, of Bolivar Activities, exchanged vows also Oct. 14 with Randy Haugh, as well as Bridget Kirkman-Wallace. Best wishes to all of them! Others? Giving of selves to one another, starting new happy marriages – what beautiful giving.

A new band was welcomed to our hoe-down this fall, Hastily Assembled Country Band, and boy, did we like them! They gave of their musical and singing talent, and the culinary dept. gave of their skills such as Debbie Parsons, the new manager, and Tammy created some very cute

refreshments such as Campfire S’More pops, Fine Vittles Flamin’ Firepit, Nellie Horse “Feed”, and Squealin’ Barnyard Cupcakes – it was also so nicely done and fun to eat! The Western theme was carried out all day for breakfast, lunch, & supper, and the residents and staff enjoyed sporting their Western attire.

Laura Smith, Board Certified Music Therapist/Certified Asthma Educator, was a key note speaker at the Dover Public Library on “The Healing Power of Music” which includes how to utilize music for relaxation, active life style, anxiety reduction, and promote respiratory health for chronic conditions...want to learn what you can do to get well and feel good? Catch her at our next HCC-sponsored Lunch & Learn presentation at the Tuscarawas Senior Center Jan. 10!

Nature continued to give us glorious weather through October that helped us to head to different destinations. Shopping at Walmart is always in demand, and we enjoyed browsing through New Towne Mall with holiday decorations and having a snack in the food court to rejuvenate. The Tuscarawas Valley Quilt Guild hosted their quilt show at the United Methodist Church. Being our neighbor, we strolled over their several times on a 70 degree sunny day and admired the beautiful work and designs displayed room after room, visited friends, enjoyed a snack at the café, and heard interesting stories about donated quilts. Deanna K. is a member, and she was able to attend and stayed most of the day, and she wore her badge with pride, and she visited among many friends and members she knows. She was thrilled! The Guild also participates in community and charitable projects that include Harbor House, hospitals, Veterans’ Services, the Red Cross, and more! Talk about giving!

Speaking of talent, Dee, Jim, Patty and Annette attended a pottery class at the New Philadelphia Library and had a good time. Boy, do the libraries offer a lot of valuable programs, and we thank them! If you know of other community offerings please let us know – thanks.

One of staff members donated \$50 a few times for a scratch-off lottery tickets fundraisers to help raise funds for some staff dealing with cancer (thank you!). Bridgett Harding was the lucky winner of the Oct. drawing! The same thing was repeated for a Dec. drawing, and Trish Haynam’s name was pulled as the winner! There is a third one planned for April so you could get your name drawn, too! A few card parties from Oct, Nov, and Jan. have been held to benefit these staff members that were well attended and fun. There are more things in the works, so watch the sign boards. Thank you for all of your support for all the fundraisers!

Another talented lady is Teresa Scheetz who

has a gift shop, Fencerow Productions in Fresno, and she was kind enough to donate a darling Santa gourd she painted and gave towards our fundraising, and someone won it right before Christmas! Stop in her shop sometime to say hi and browse, it’s sure to be fun! We plan to take a little trip and check it out and have lunch!

The beautiful, warm pleasant days just continued to flow, and we loved it! That gave us more time on the porch and to take short walks. The impressive pink, orange evening sunsets were noticed and appreciated by many at dinner time and those heading out after work – appreciating the little things in life!

Trick or treat was also a nice evening and brought in many for the fun. Hostess Ilene dressed as a medieval character and helped pass out candy and assisted the residents. Laurie S. was “startled” when a little fellow dressed in a black suit with his hair slicked back, face painted pure white, red lips, and dark eyes came begging for his treat. Two year old Spencer Wilson came as a weight lifter with buckets as the weights, and her sister, Parker was a mermaid frolicking around! Nurse Carol’s family came as the Star Wars family, and STNA McKenzie brought her baby daughter with matching pirate costumes, and they visited those who couldn’t come out. Outnumbered by many princesses, the traditional clowns, super heroes, and the like, it was enjoyed by all. Gladys was a cowgirl, and Eleanor was impressed how good the children were, how cute the costumes were, and that they knew how to handle trick or treat. Good job, parents! Thanks for bringing this joy! The festivities included cookie decorating (on Rehab), Patty making and serving pumpkin pancakes (thanks David Hennis for giving us the mix) [on the Gardens], and making witches brew (on the Homestead), along with Trivia, staff costume judging, entertainment, etc.

Everyone enjoys football fun during the fall and winter games, and we enjoyed our Dover/Phila spirit day festivities and tailgate party foods such as deep fried shrimp, waffle fries, pretzel dogs, nachos & cheese, loaded potato skins, chili dogs, and cookies. That evening Kathy held choir,



*Patty and Margaret are flipping pumpkin pancakes.*

## DOVER GARDENS



**Fall football fun - Doug sporting his OSU attire and Gladys wearing NP Quakers.**



**Halloween costume fun for the staff, Ilene, Patty and McKenzie.**

then it rolled right into the tunes of Dover band music playing as a special visit by 11 Dover Tornados first string football players made their presence just a few days before the big game! They were wearing their Dover attire as they introduced themselves, told us their numbers and positions, residents asked questions like – what is their favorite part of spirit week? – the bonfire, the special team meal, – what costume did they dress in at school that week? – hipster, hunter. We asked the residents if they thought if any of these players were related? – they responded “no”, so we asked the two Folkert brothers to step forward, and their cousin, Braxtin Uebel joined them! And, in the end, it was noted that as a team they are all “brothers”. The big question came from Doug – will Hess play? – couldn’t answer that too soon, but they were hopeful for their teammate. Several residents told them the year they graduated and what school (surprising some of these young men), shared that some were in band, choir, one was a teacher, etc. and they all have such good memories! Doug led a Dover cheer, we wished them good luck and sent goodie bags with them. These young men probably don’t realize how special this visit and interaction was and the extent of joy they gave that night to the residents! Thank you! The evening

ended with OSU marching band music playing by Doug’s request. We give special thanks to Tracy Roden (of Advantage Home Health), and her sons, Kyler and Kade Folkert, for arranging this visit! More tailgate fun will follow with big college games and the Super Bowl! Fridays throughout football season the staff wear their team jerseys/t-shirts (that goes towards fundraising) which adds an element of fun and sparks team discussions.

We want to let our college students know we remember them as they are off at school, or even in town, so we sent them a package in the mail with a note to let them know we are thinking of them, wished them well with exams, included a HCC newsletter, candy bags, and a new staff Hennis t-shirt. We received several notes of thank and appreciation back. We welcomed back many of them for their Christmas break, and will again in the spring and summer.

We exercised our rights by voting on the issues in November, and we appreciate the ladies who volunteer to come and make this possible – thank you for giving of yourselves for this purpose!

One of the greatest gifts is that of the service from our veterans. The veterans were honored at a special, meaningful program with James Thorton of the local Veterans Office, as the speaker. We all sang God Bless America, and Annette Weston (Annette’s niece) sang a solo of the Star Spangled Banner, and everyone joined in. A display board made by Lauren represented the veterans and their service. Annette and Lauren were pleased to be able to present pins and certificates to the veterans. A nice spread of refreshments were enjoyed afterwards. Overall, humbling and appreciated. Special thanks to Debbie Cook, Army Veteran, who helps arrange a speaker for our program, and for her special visits she makes routinely during the year to the veterans in the facility and brings them nice gifts.



**Gladys and Doug fill candy goodie bags from a huge tote!**

November 6 started the week off with a Christmas tour with Kathy and Paula taking a fellow church member, Ruth L. to her son’s-in-law place, the David Warther Museum in Sugar creek, for the Pomerene Hospital Christmas Tree Festival.

We enjoyed the yellow and red trees and fire bushes along the way, and our conversations. The tree tour was festive and fun, along with the beautiful ship carvings and the lovely museum overall. We enjoyed the homemade cookies offered afterwards. We even signed up for the raffle baskets. Then we browsed through the lovely gift shop admiring all the things on display for the holidays. Then, we were back in time for dinner!



**June and daughter painting a ceramic Christmas tree together.**

Patty was fortunate enough to travel with her church on a trip to Italy the first part of November, so other team members and volunteers helped with the Activities. One day Paula planned a holiday craft – painting ceramic light up fir trees for their rooms – some adding snow, and finished with glittery spray while Christmas music was playing, and the KSU students assisted and conversed with us – so nice of them. This was a prelude to the upcoming Warther Christmas Tree Festival in Dover. Earlier in the day the students also helped with the exercise program and that made it fun! The Thursday afternoon entertainment came and we love Terry and Steve who are so animated and fun! At 3:00pm we welcomed Mr. Jacque Fisher who presented his retro lunch box collection (yes, he is the father of Chef Jacque), and he has 1,200 in his collection but brought about twenty to share. Doug was very interested in the discussion, and others had questions and enjoyed looking at them. Several remembered some they had as youngsters – Billie had a flowered one but shaped like today’s style, Doug’s favorite was the barn and Roy Rogers. Therapist Jen loved the Holly Hobby like she had as a kid. Did you know that vinyl came out in 1959, and in 1962 embossing was started? His oldest box is from 1950 which is when paper graphics were used on them. Reminiscent it was! Made us feel like a kid again! Later that afternoon, the joy of giving occurred! Dee and Paula assembled ten gift shoe boxes for Operation Christmas Child (plus 5 more later), and Dee is very orderly and efficient as she packaged harmonicas, slinkies, cars, coloring books and crayons, stickers, wash clothes, soap, tooth brushes, combs, chapsticks, socks, etc. It’s fun to

buy for them, fun to package, and warming to the heart to send them. Our donation, and some from the staff, helped push St. John's UCC collection over their goal! Operation Christmas Child is a nation-wide effort to collect gift-filled shoe boxes for children who may have never experienced the true meaning of Christmas. A tracking label may help us discover the boxes' destination – hopefully we can report something in the next issue!

We love to go on our annual excursion to the Union Hospital Auxiliary's Christmas Tree Festival held at the Dover Warther's Museum. It always sets the excitement for Christmas! 80+ trees were displayed in various sizes, designs, colors, and from traditional, to contemporary, to whimsical, to well- that's interesting! Guaranteed to please! What a gift to the community! Giving and supporting, HCC of Dover sponsored a snow theme tree, and HCC of Bolivar purchased a cute burgundy ski them tree.

Everyone enjoyed the new twist on our tradition of a (pre) Thanksgiving buffet catered by Lee's Famous Chicken, side dishes (the corn pudding was well-liked) and a selection of pies and cheesecakes from our culinary services, as well as an assorted cookie tray from the Amish Door was a hit! While going through the buffet some wanted the dark piece, another wanted the breast, "I only want a leg", some saved some for supper, too. Overall they loved the chicken – when asked how was it? – Tozzi gave a big OK sign with her hand as she tasted the chicken! The staff enjoyed sharing this occasion together and the good meal!

One early winter day there was discussion among tablemates after lunch - while looking out the window one lady commented about the leaves blowing around and snow starting to fall, another chimed in she doesn't like it because winter will soon come. Then that same lady reminisced as a young girl the boys made snowballs and threw them at the girls, and they hurt! She recalled that her mother told her that meant the boys liked the girls, and they all chuckled! The others had



**Special Thanksgiving Buffet**  
*Sue the hostess offers a selection of desserts from the culinary services as Delene and Jeanette ponder their options.*

similar stories they shared. Lots of conversations of various subjects, news, sports, the day's events, etc. take place at mealtimes – the gift of camaraderie.

The McDowell Music Club held a meeting here at HCC in the Gardens with the residents present, and they were treated to some very nice music of song and piano by our own Laura Smith, Music Therapist, and other members and students. They didn't know Laura could sing like that! Afterwards, everyone enjoyed refreshments of fresh fruit kabobs and assorted cookies. Giving of themselves in this manner is so valuable to be part of a community club's interaction and recipient of the talented performers. Thank you!

Surprise! A big milestone in life for Bob C. was celebrated! He was surprised when he came back from work and found his friends and family gathered around the big table of gifts, cake and decorations for his birthday bash! He had fun unwrapping multiple gifts, and the surprise of some in box within a box inside of another box! He especially loved the candy!

The Christmas Hat & Mitten trees were placed at each main entrance, and little by little they were soon covered with colorful gloves, mittens, ear muffs, and hats with cute prints. After being removed and delivered to the Salvation Army, the trees were adorned with snowflakes and candy canes. Caring and giving hearts – thank you!

An annual visit that has become tradition is the December Thursday performance by the Forever Young singers – they performed a very nice concert, and they have grown in size and have difficult music. One man spoke for the 'T was the Night before Christmas, and it was quite enjoyable. In turn, they have the HCC Choir perform for them. It was enjoyed by all!

Giving –We are so blessed to receive so much programming from the community! Library Linda gave an informative presentation on Super Women and it was great! Want to hear it? The Lunch & Learn program will host her for the speaker March 14, so join us! We value our churches providing Sunday services and Catholic communion, individuals sharing Bible study, volunteers who call Bingo/help with crafts/assist with events and outings, those who come on holidays to carry out an activity or to brighten someone's day. We're happy for our entertainers who sometimes come after their day's work. The service groups who visit, bring gifts, or provide a program. The Library services for delivery and pick up of books and movies. Thank you!

Oh, the delight of the Santa Breakfast for the staff's children and grandchildren, and the joy we get watching it nearby. Outside the Rehab front doors, the live reindeer greet the little ones and



**Clara adores the puppy that belongs to Nurse Michelle.**

receive some carrots as treats. The owners provide some reindeer education and a have a display. The cold ushers them inside quickly to the warm breakfast buffet full of steaming pans offering Santa's Scrambled eggs, Blitzen's Bacon, Rudolph's rolls, Frosty's Fruit and more! They get to their table and work on coloring pages and puzzles as they await the arrival of Santa. Soon he bustles through the front door – some still at the buffet with wide eyes looking at him! He says hello and pats one on the head, enters the dining room, visits table to table, then heads to his special big chair (a long tradition thanks to Dave Marino sharing this special gift!). Santa and his elf closely visit as each boy and girl patiently wait to sit on his lap to tell their Christmas wishes. The innocent wonder, to chattering toddlers, to bashful ones, to older ones still wanting to come are truly delightful. Even the big "kids"/residents in the hallway or nearby sitting area take it all in with youthful wonderment! It's a special day, no doubt! Thank you to all of the Activity team, Culinary staff, Receptionists, and Maintenance guys who make all this magically happen!

Did you see 75 gorgeous poinsettia plants delivered one morning? Red, white, pink, and marble healthy plants were for the fundraiser sale – presale orders and current sales were good! Giving to others in a room, office, homes, and other places - they certainly added a nice Christmas touch. Thank you for your support to the Alzheimer's Assoc. and American Cancer Society.

You know what early December brings? The Special Christmas Dinners with family or friends. Everyone looks so beautiful and handsome as they go to the salon where Emily and Ann show their cosmetology skills, they select a cute holiday print shirt or seasonal color outfit and jewelry, matching Christmas sweaters, or like Don who breaks out a nice new dress shirt he's been saving and looks quite dashing. They wait for their guests and head to the beautiful dining room with a red and white and silver decorated Christmas tree, greens hung with many red shiny ornaments, red table clothes, and greenery centerpieces with "candles" to enjoy



a delicious dinner by the Culinary services of: A medley of fresh greens topped with fresh fruits and house-made croutons, and dressing, beef tenderloin with burgundy glaze, topped with shrimp, stuffed mushrooms, twice baked potato, and tri-colored carrots, complete with triple chocolate mint cake with peppermint crème icing with a drizzle of chocolate ganache. The Kodachrome Babies looking fine in their festive Christmas attire provided us with live music.

Did you know there were busy elves (the Activity Team & Maint.) decorating the whole facility, to muddy elves (Chrissy & Paula) planting 200+ pink tulip bulbs outdoors on Dec. 5<sup>th</sup> in the misty rain (it had been nice all week) to be ready to bloom in the spring [watch the front landscape corner by the Dr. office], to more elves baking, wrapping, and other elves entertaining, and young elves caroling, to other elves bringing gifts, and the elves who visit and make crafts, and so much more giving!...



*Sarah loves her family*

Staff and others sending elf grams to one another giving a compliment or encouragement (benefitting fundraising), staff thoughtfully sharing their gifts of vacation time, gift cards, money, greeting cards, and love with co-workers off due to medical reasons, arranging the Balloonatik to visit and lift their spirits, one finding a collectable Santa at an auction to give to the co-worker who is off for her Santa collection, visits to their houses bringing cookies and gift baskets and love. Vickie who made a craft item for another co-worker/customer who was giving it as a family gift and needed it by the time they left at 5:00 am, so Vickie the elf finished it and delivered it to her front porch at 3:00 am! The staff taking time during the company Christmas party to sign and write a note in a Christmas card for the service men and women. And, thanks to Perry at the Elks club who gets these cards sent out to the military folks! We're confident there are many more acts of love and kindness we don't even know about taking place.

Thank you St. John's UCC for a special idea to have cookies baked and donated by the congregation, then the church bagged them with a note to let them know they were thought of, and at

the Christmas eve service the attendees were asked to take some and deliver them to people working anywhere on Christmas eve such as gas stations, convenient stores, the police dept., hospitals, fire stations, nursing homes, etc. Yes, that giving warms the spirit! HCC employees received some and were pleasantly surprised!

A hostess elf paid for all the hostesses to be able to wear Christmas shirts for the whole month – so kind! Special thanks to all the families and staff who brought tasty goodies all season – it makes the day/evening brighter, more fun, and delicious!

One December Monday afternoon the staff was surprised to see Santa roaming the halls sporting his Scandinavian Santa sweater and red pants, asking for Sherry, Amber, Ben, and several more as he hugged them, handed them candy canes, and gave them digital gifts of tablets, action cameras, Best Buy gift cards, instant picture cameras (remember the Kodak and Polaroid Instamatic Camera of yesteryear?!), action 3-D goggles, and a 52" T.V.! Nurse Sam reminded us of a youngster as she looked so surprised and innocent and asked did he mean her? She came obediently and graciously accepted his gift with a big smile and a thank you! Sometimes he had to look for the recipient because they were in a room giving care, but he waited. He found Kelly the hostess who was having fun wearing antlers and it couldn't have been on a better day as Santa was so pleased, and he loved her expressions and enthusiasm! Of course, Becky was thrilled to see that big T.V. with her name on it – and so deserving! Everyone was thankful for the random fun and gifts, as we are so thankful for them! Merry Christmas, Santa!

Meanwhile, another day Ruth L. and her daughter, Mary Ruth, were in the dining room wrapping gifts for their family in the midst of the HCC singers caroling with Kathy at the piano and the tree lights and decorations glimmering. Earlier that day, a male visitor was at the round table also wrapping packages...wonder what was in those boxes? The next day you could see Gladys and Patty helping Santa with present wrapping using a variety of pretty paper and stacking the gifts. Giving.

The Receptionist's office helped the North Pole by being a temporary holding room for all the Santa gifts, and all the elves did a wonderful job wrapping beautiful presents with big bows and special decorations added to them. Surely, there were stockings hung somewhere, too!

Carolers walked from Dover Middle School with teachers, Mrs. Nancy Smith and Ms. Melanie Krause, along with a couple of other teachers, to sing and share candy canes – they were energetic and sweet. New Philadelphia Middle School/High

School choirs came to perform one morning and gave a very nice concert, and they shared hugs and visits afterwards. Many other groups, churches, and individuals shared their gift of song and holiday cheer. So delightful!

"Helping Hearts" – Nathan McGee, an employee of Stark/Summit Ambulance Company, is doing a volunteer project currently until March 15, where he collects funds to purchase new winter coats, gloves, hats, scarves, socks, and slippers for male and female adults in nursing facilities in Tuscarawas County. The purpose is to help those who go out in cold weather to doctor appointments and the like to be warm. He came here and gave four coats, scarves, hats, and shoes! A Santa in disguise! Thank you!

As they say on T.V.: We interrupt this broadcast to bring you this news story of the big man, Santa, has made his way to Dover, Ohio, at Hennis Care Centre! He brought lots of great gifts and joy! He strode through the halls saying Ho Ho Ho, passing packages to everyone, leaning in for a hug or a tug on the beard, getting shoulder to shoulder for a photo, kneeling at a bedside to share love and a gift, and kept giving making sure not one is left undone!

Soon after we were preparing to say farewell to the year, Gladys, Patty, and others were crafting party hats to wear at our New Year's party, looking forward to the bi-annual live singing entertainment by Randy Valez, and enjoying the party hors d'oeuvres of quesadillas, mini dogs, chicken bites, and meatballs with sparkley beverages to welcome 2018! The room was full as the hostesses with the mostess- Lauren and Patty, served goodies, as we sang along, tapped our toes, swayed to the music, and clapped as the festivities created the celebratory mood! Happy New Year!

A new year...Four beautiful seasons begin. Wishing you a year that brings good friends, good health, good luck, good things!

Coming up within the first quarter of 2018 is a card party on Jan. 23 and March 15 with lots of fun, food, raffles, and prizes, a soup sale – great for lunch or to take home for supper, fundraiser bus trips to Cleveland, a trip to Walmart, Valentine's Special Dinners, a fun party, a chili cook-off (want to join in?), lunch stand fundraisers, animal visit/presentation, and Easter will be on its way!

As you read here, there were certainly multiple ways of giving, so remember to try to keep on giving – little or big, quietly or loudly – it's all for the good!

*Learn from Yesterday  
Live for Today  
Hope for Tomorrow*

DOVER GARDENS



Students of Kent's Nursing Class exercise together with residents.



Kent Nursing Student assists Delene with painting a ceramic tree.



Larry and Kent Nursing Student



Kent nursing students help with ceramic painting.



Alex gets a special treat from Bonnie.



Mr. Fisher presents a nostalgic lunch box collection program.



Liz and her family take time to pose beside the tree before going to the dinner.



Billie and her pal, Parker, share a hug.



Lorie loves all the trees at the Warther's Christmas Tree Festival.



Jeanette and Bev enjoy painting some jars.

# DOVER GARDENS



Bob is happy with his painted jar.



Elanore created this snowman painted jar.



Kathy and STNA Kathy exercise in a fun way with the big ball.



Having a ball with the big red ball during exercise - Corrine, Jeanette, Delene and others



NP Middle School Choir performs Christmas Songs.



NP Choir student visits with Warren.



Delene whipping up a batch of goodness!



Doug is proud of the baked goods.



Sarah and Shirley preparing for colorful crafts.



Buckeye student helps Gladys and Jeanette with Christmas crafts.



"I love you, Santa!" from this little girl as he visited her in the car as he exited.



Happy Birthday, Bob!



Billie enjoys the visit with Mr. Fisher and the lunch box collection.

# DOVER SANTA BREAKFAST FOR STAFF'S CHILDREN & GRANDCHILDREN



Wendy and her family with Santa and his elf.



It appears as though the baby is checking to see if Santa's beard is real!



The precious wonderment!



Toni is pleased to see Santa.



New Grandma Angel with her grandbaby and his new stocking.



Sara's daughter is so poised with Santa.



A good little family.



Santa is checking on their therapy progress.



Erin and her daughter, Ava, are happy to see Santa.



"Hey Santa! Look what I picked for breakfast!"



Santa knows what every boy and girl wants.



# DOVER SANTA BREAKFAST FOR STAFF'S CHILDREN & GRANDCHILDREN



We're ready!



They love seeing and feeding the reindeer.



STNA Colton shares the fun with close ones.



What a fun event!



Coloring pictures for Santa and others.



Karleigh and her children making breakfast choices.



Santa says, "Yum, your breakfast plate looks good!"



"Look what I colored for you, Santa!" says Dustin.



A Christmas card picture! Stephanie & family.



The "big kids" watched in the hallway. Annette and Larry F.



Grandma Gayle watches as her grandson takes in what Santa says.



Andrew Albright with his family, Mom, Carla Braun, Dietary Supervisor at the Hospice House.

## SANTA VISITS STAFF WITH SURPRISES



Carla, of the Hospice House Dietary is happy to receive a gift card.



Sue gets Santa to relax with a shoulder massage.



Nurse Sam is excited with her gift.



"Yes Santa, I've been good!" says Lauren W.



Santa found our valuable volunteer, Jean.



Santa even took time to call Bingo!



Shirley of Laundry, hugs Santa upon receiving her gift.



Ben of Culinary Services found out he's on the good list!



Becky W. is sure to make him his favorite cookies!



Part of the Culinary Services Crew enjoys the Santa visit.



Angie and Rachel pause from therapy work to visit Santa.



Marty and Carol came upon Santa in the hallway!

SANTA VISITS STAFF WITH SURPRISES



Reindeer antlers!



Santa making a Christmas gift for a minster and his wife with their pet.



Santa might borrow this enthusiastic reindeer, Hostess Kelly.



Two jolly guys! Ho Ho Ho!



Santa sees the dinner menu with Hostess Judy.



Santa checks in with the Housekeeping Maintenance Crew.



Santa snatches the Smith Ambulance Driver!



The fellows and Santa from Wellfount Pharmacy - Rick & Jonathan.



"Ah, excuse me, can you hold for a second, Santa is here to see me!" explains Bart.



Nurse Amber is tickled to receive her tech gift from Santa.



Stacy of VIOI Group of Dr. McClain poses for a picture.



Team work - Santa and Paula.

## Rehab Recap

- Excursions to museums, Walmart, lunch, new concerts, the mall (Pleasant!)
- Wedding congratulations to Holly (Meister) Williams of Therapy, Daniel Sickinger, Abby (Strubel) Hough of Bolivar Activities, and Bridget Kirkman-Wallace. *Good luck!*
- A great trumpet concert at Dover St. John's UCC (Fabulous!)
- Dee got 1<sup>st</sup> place for glass painting at the Tusc. County Fair (We're proud!)
- Enjoyed a new band – Hastily Assembled Country Band (So good!)
- Our Laura Smith, Board Certified Music Therapist/Certified Asthma Educator, presented at the Dover Library (Cool!)
- Walked to the Quilt Guild Show displayed at the Methodist Church (Beautiful!)
- Loved Spirit Day/DHS football players visit/ Overall football season (Go teams!)
- Held multiple fundraisers (Supportive!)
- Trick or Treat Night (Fun!)
- Jim, Dee, others with Annette & Patty attended a pottery class at the N.P. Library (Creative!)
- Sports festivities (Enjoyable!)
- Voted (Patriotic!)
- Veterans Day Program (Honorable!)
- New twist on our [pre] Thanksgiving – Catered by Lee's Famous Chicken and HCC Culinary Services (Delicious!)
- Presentation of retro lunch box collection by Jacque Fisher Senior (Reminiscent!)
- Weekly entertainment (Lively!)
- Assembled Operation Christmas Child gift boxes (Meaningful!)
- Exercise with KSU nursing students (Fun!)
- Hanging of the Christmas greens and Christmas tree decorating (Holiday spirited!)
- Holiday visitors, carolers, and live reindeer (delightful!)
- Christmas programs (wonderful!)
- Attended Warther Christmas Tree Festival in Dover (Lovely!)
- Santa breakfast for staff's children and grandchildren (Joyous!)
- 15 piano students of Kay Larson performed for us with McDowell Music Club (Talented!)
- McDowell Music Club December meeting & entertainment, and visit (So good!)
- Thank you for all the hats and mittens collected, donated to Salvation Army (Warming!)

- 75 big poinsettia plants sold for fundraising (Thanks!)
- HCC Choir had a Christmas concert with Forever Young singers (Special!)
- Library Linda presented Super Women (Informative!)
- Seeing the BIG Santa chair, tradition (Wow!)
- Special Christmas Dinner with family or friends (Savory & special!)
- Christmas gift wrapping (Homey traditions!)
- Crafting for holidays (Seasonal fun!)
- Wearing Christmas colors and prints, residents and staff (Fun!)
- Santa visits the staff with digital gifts (Surprising!)
- Lots of Christmas cards, plants, and gifts delivered (Enjoyable!)
- HO HO HO! Santa brings gifts to all the residents (Joyful!)
- Hearing stories of the staff's Christmas (Fondly)
- Celebrating the new year with Randy Valez live music and refreshments (Exciting!)

We are looking forward to what 2018 offers soon such as a warm soup sale, a fun chili cook-off, card parties, fundraisers, shopping, lunch sales, and not too far off for the Valentine's Day Special Dinners! Spring will be here soon with more sunshine, warmer temperatures, and new things to offer! Have a healthy, happy new year!

*Live Big & Have Fun!*



Tom and his guests pause for a picture.



Cindy is happy to hold Santa's hand.



Thanksgiving Pumpkins theme bake sale attracts the managers, Erin, Kendra, Sharla and Kathy D, as they peruse the goodies.



Liz and Larry look so nice in their red attire for dinner.



Hank, Mona and daughter head toward the lovely dining room.



Owen is in the spirit with his family at the Rehab Special Christmas Dinner.



DOVER REHAB



Dee is hard at work, precisely packing the gift shoeboxes full of items for Operation Christmas Child.



One of our favorites! The Kodachrome Babies sang for entertainment.



Such a nice couple - Cindy and Godfrey



This fellow enjoys the bedside visit from their large young Leonberg pups.



Lavera and her son and grandson make it on a special night.



Jim Sr., Jim Jr. Contini and guest appreciate the beautiful dinner.



Jack and his family enjoy the special dinner.



Helen D. and other guests enjoy the lovely affair.



Ruby and her son celebrate together.



Ruth and her daughter



Jim and Toya are set for the dinner.



Theda, Doug and a friend in their Christmas sweaters.

# DOVER GARDENS SPECIAL CHRISTMAS DINNER



Delene enjoys hosting her guests.



Lori and her granddaughter, Nurse Veronica, dine together.



Terry and his brother, Warren, enjoy dinner together.



Thelma spends time with her family, Nurse Nancy and guest.



Corrine and her daughter enjoy the meal.



Mr. and Mrs. Fox share the night together.



Lois and her daughter enjoy the beautiful tree.



Barb enjoys a hug from her daughter.



We love the dinner and music.



Bernice H. gets a lovely hug.



They're having fun!

## DOVER VETERANS DAY PROGRAM



Owen is happy to receive his pin.



Floyd is honored to receive a certificate and pin for Veterans Day.



Bill and Jim are in the "patriotic spirit" at the Veterans Day Program.



A serious moment for Jim as he receives his Veterans pin and certificate from Annette.



Bob is honored for his Veterans Day recognition.



Veterans Day delivers Mr. Fox a pin.

## DOVER WARTHER'S CHRISTMAS TREE EXCURSION



Billie and her daughter Jackie take in the tree festival together.



Donna and Annette enjoy the Warther Tree Outing.



Stella admires the tree ornaments.



Ruth and Kathy take a rest and look at all the decorations.



Clara likes this tree!



Doug and Volunteer Paul enjoy the tree tour together.

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**DOVER**

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**10:00 a - 1:30 p**

**BOLIVAR**

**APRIL 23**

**10:30 a - 2:30 p**

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