



THE

Friendly Visitor

HENNIS CARE CENTRE

JAN | FEB | MAR 2019

Dover & Bolivar, Ohio

People Who Can Help

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

DOVER

Administrator.....David Hennis
& Brian Hennis
Director/Patient &
Resident Services.....Anita Peffer
Culinary Manager.....Debbie Parsons
Social Services.....Melanie Scheetz
Director of
Therapy Services.....Holly Meister
Accounting Manager.....Harold Baker
Public Relations.....Paula Hennis-Sickinger
Recreational Therapist.....Lauren Wilson
Activity Professionals.....Annette Cookson
Kathy Marburger, Patty Dunkle
Music Therapist.....Laura Smith
Maintenance Director.....Ken Otto
Laundry/Housekeeping.....Tammy Fouts
Receptionist.....Trish Haynam
Leslie Morris

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

BOLIVAR

Executive Director.....David Hennis
Administrator.....Kim Zontini
Director of Nursing.....Nicole Jones
Executive Chef.....Casey Hanlon
Laundry/Housekeeping.....Sue White
Social Services.....Samantha Schoenegge
Director of
Therapy Services.....Teresa Carlson, O.T.
Accounting Manager.....Harold Baker
Activity Professionals.....Danielle Richardson
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

Two Sides of the Coin

Fear knocked at the door. Faith answered. And lo, no one was there.

-Author Unknown

In the spring of 2011, my husband (then an active duty Airman in the Air Force) was deployed to Afghanistan. We had an eighteen month-old baby boy. At the time, I was also working part-time as a youth mental health therapist, finishing up a master's degree, doing a part-time internship as an adult mental health therapist, and going to class. Two weeks before my husband deployed, we found out I was pregnant with our second child! I was going through my pregnancy, taking care of my eight-month-old baby son, working, interning, and finishing my graduate degree all while dealing with the heartbreak of being separated from my husband.

To top it off, I had an intense fear of something happening to my husband during his deployment. I had to seek my own therapy I had to turn this situation into a positive one and I couldn't let my fear and negative thinking win. I needed to stay positive for my eight-month old son and the child in my womb while Daddy was gone.

Weeks into therapy and discussing my fear, my therapist, gave me a coin. One side said "fear" and the other side said "faith." My therapist told me, "Every time you feel afraid or overwhelmed, flip the coin from 'fear' and focus on the 'faith.'" I put the coin in front of my mirror and looked at it every time I felt afraid or overwhelmed. That coin gave me the boost to carry on with those difficult days and move forward!

I later realized that the coin was not the thing keeping me strong, it was me! I was the one who turned my negative situation into a positive one by focusing on my "faith" rather than "fear." My faith took over my fear and I knew everything was going to be okay! We survived the deployment. My husband came home early that summer. Our son is now two years old and our daughter is one. I hope to inspire other military wives or family members who are separated from a loved one by deployment to stay strong. I hope they look for the sunshine in their days and have "faith" that everything will be okay!

Source-Bernadette Fleming
Chicken Soup for the Soul



Just Chill



MEDITATION IS FOR YOU! Even if you can't picture sitting perfectly still or completely quieting your brain, you can meditate—and tap into its many health benefits. Keep reading to find a style that's the right fit.



Thanks to an ever-expanding body of research showing an almost endless list of benefits—including lower blood pressure, less anxiety, relief from chronic pain, just to name a few—meditation has truly gone mainstream. Schools are teaching it to kids to help them stress less and perform better; airlines, including Virgin Atlantic and Delta, have in-flight meditation options; and even the United States Marines have offered mindfulness training before deployments.

With so much evidence piling up, why aren't we all booking one-way tickets to the Land of Zen? We can't sit still. Our mind wanders. We're too busy.

Forget the excuses. First off, time isn't truly a barrier, says psychologist Elisha Goldstein, Ph.D., author of *Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion*. Goldstein's research found that meditating five minutes a day, five days a week was enough to lower stress and even enhance the connection you feel with others.

Second, you don't have to sit completely still at a specific time. "Meditation and



TRY A MINDFUL MOMENT

DOING DISHES

As you wash, focus on the warmth of the water, the smoothness of the dishes, the tickle of the suds.

mindfulness can be woven throughout your day, wherever you are," Goldstein says. "You might take a mindful walk focusing on your footsteps or pause in your morning shower to pay attention to how the water feels on your skin. It's all about finding what works for you."

The biggest and most practical benefit of practicing meditation or weaving moments of mindfulness into your day: You'll enjoy life more while managing the constant juggling act. "Practicing meditation and being more mindful allows you to be more present for your family, your job, your workout—everything."

Not quite sure how to do it? Our guide will get you started.

READY, SET, FOCUS

Meditation isn't about emptying your head of thoughts, it's about bringing focus to them. "When you realize your mind is wandering, that's the moment meditation starts to work its magic," Goldstein says. The process of noticing your thoughts drifting, and the effort you make to bring them back (without criticizing yourself), builds your inner patience and calm. That's why meditation is called a practice.

~ MEDITATION,
continued from previous page

What's your meditation type?

All forms of meditation work in a similar way: You choose something to focus on—your breath, an image—and when your mind wanders, you gently bring it back. The key is finding a style that works for you. Here's a snapshot of four types. Take your pick!

1 MINDFUL MEDITATION

In a nutshell Mindfulness is about being aware of your thoughts, emotions, and environment in a non-judgmental way; you're staying in the present and observing everything you're feeling and thinking. "Mindfulness is about accepting our feelings and thoughts as they are," says Michelle Becker, an instructor at the UC San Diego Center for Mindfulness.

How it works You can do this anywhere: at home, in the office, on hold with customer service. Begin by focusing on your breath. Each time your mind drifts, bring your attention back. Don't criticize. Instead of thinking, I'm so bad at this, think, Aah, welcome back.

2 MANTRA MEDITATION

In a nutshell This technique involves choosing a mantra—typically a one- or two-syllable sound or word that you silently repeat to yourself. This allows you to be in a restful yet alert state, says Anjali Bhagra, M.D., associate professor of medicine and chair of education of Mayo Clinic's Integrative Medicine and Health program.

How it works Sit in a comfortable position and begin silently repeating your word. Om is a popular one, but choose any word or sound that you like. As you become more practiced, you may make your mantra a quality you'd like to have more of: patience, compassion, joy.

3 WALKING MEDITATION

In a nutshell This is basically an on-the-go form of mindful meditation, but instead of focusing your awareness on your breath,

you're noticing the sensations of walking, says Becker, who suggests beginning by practicing in your backyard. Eventually, you can move to somewhere calm like a nature preserve, then start weaving it into your daily life: walking mindfully across the parking lot to your office, while shopping, or to meet a friend.

How it works Start in a standing position, noticing how your feet feel. Do you feel pressure where your feet are in contact with the ground? Start walking, paying attention to how your weight shifts from one side of your body to the other. Notice how it feels as you lift your foot, place your heel down, prepare for your next step. Continue walking, and any time your mind wanders from focusing on how you're walking, gently bring it back.

TRY A MINDFUL MOMENT WAITING IN LINE

Silently repeat to yourself:
"May the cashier be happy
and at ease." It can help
defuse an irritating
situation.

4 GUIDED MEDITATION

In a nutshell This is based on the theory that your body can respond to imagery as it would to a genuine experience. (Need proof? Imagine yourself sucking on a lemon right now.)

Guided meditation typically uses a script to walk you through a relaxing, enjoyable scenario to promote calm.

How it works With each breath, imagine yourself inhaling IN relaxation and exhaling OUT tension. As your body relaxes, picture yourself at the beach or another calming, pleasant place. Imagine the scene in detail, using all of your senses: Feel the sun's rays warming your skin and the sand between your toes; listen to the waves crashing; see the bright blue sky.

BENEFITS OF PRAYER

When neuroscientist Andrew Newberg, M.D., author of *How Enlightenment Changes Your Brain*, asked nuns to pray while being monitored by a brain scanner, he noticed that the changes taking place were similar to those of seasoned meditators. If you pray regularly, you're likely already reaping the benefits of meditation, including less anxiety and a sharpened sense of focus and calm. Likewise, people who meditate enjoy the science-backed advantages of prayer, such as increased blood pressure and enhanced immune response.

CULINARY SERVICES



Gianduja Cream Puffs

INGREDIENTS

- 1 cup water
- 1/2 cup butter
- 1/4 teaspoon salt
- 1 cup all-purpose flour
- 4 eggs
- 1 1/2 cups whipping cream
- 3/4 cup purchased chocolate-hazelnut spread or Chocolate-Hazelnut Spread

Powdered sugar (optional)

Cocoa powder (optional)

DIRECTIONS

1. Preheat oven to 400 degrees F. Grease a large baking sheet; set aside.
2. In a medium saucepan combine the water, butter, and salt. Bring to boiling. Immediately add flour all at once; stir vigorously. Cook and stir until mixture forms a ball that doesn't separate. Cool for 10 minutes. Add eggs, one at a time, beating well with a wooden spoon after each addition.
3. Pipe or drop 12 mounds of dough onto the prepared baking sheet.* Bake for 30 to 35 minutes or until golden and firm. Transfer to a wire rack; cool.
4. For filling, in a large mixing bowl beat whipping cream with an electric mixer on medium speed until soft peaks form (tips curl). Beat in chocolate-hazelnut spread on low speed just until combined.
5. Before serving, cut tops from cream puffs; remove soft dough from inside. Pipe or spoon filling into cream puffs.* Replace tops. If desired, sprinkle with powdered sugar.
Makes 12 cream puffs.

***TIP:** If you choose to pipe the dough and the filling, use a decorating bag fitted with a large star tip.

Per cream puff: 333 cal, 26 g fat (14 g sat. fat, 1 g polyunsaturated fat, 6 g monounsaturated fat), 123 mg chol., 159 mg sodium, 20 g carb., 1 g fiber, 11 g sugar, 5 g pro.

Source: A Taste of Home

BOLIVAR GARDENS

We hope that you had a wonderful Holiday season! For us, November flew by and before we knew it....December was gone too! We had lots of caroling in the halls and in the dining rooms, lots of entertainment and even a few parties...we especially enjoyed Santa's visit with all the gifts!!

All of our regular entertainers were here throughout the fall and early winter months. We were deeply saddened to hear that one of our favorite piano players, Gene Weygandt, had passed through Heaven's gates...where, we are sure, he is playing the piano for the Angels to sing along with! We all miss him and his music here!

We went on our annual trips to New Towne Mall in November to do some Christmas shopping with the residents. We had so many laughs! Some of the residents will buy gifts for their families while others just "window shop", but we always have loads of fun! We leave 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 that went along on this excursion!

We had our annual Christmas dinner during the first week of December with Rick Michel providing the evening's piano music. The dinner was delicious, as usual. Thanks to Chef Casey and her dietary staff. The evening went quickly due to the conversation, laughs, music and eating!

January was our "rest up" month, with not too many events going on. The regular afternoon entertainment will be here throughout the months with "Jammin' Jay", Tim Weddington, Marty's "Bucket Tunes", Sue Rusk, and Max Grossenbacher; while Fran Zupp, the "Sugarcreek Duo", "Old School" and Scott Miller have been providing the evening entertainment. We held a "Hot Soup" Fundraiser with the proceeds going to the American Cancer Society and Alzheimer's Association. There were a variety of delicious homemade soups that the floor staff and the Dietary Department made for this fundraiser.

If you have not been here for our Valentine's Day festivities in the past, we always crown two residents as our King and Queen. Everyone can vote for their favorite residents prior to Valentine's Day and then the winners will be named on Valentine's Day.

There is always laughter and usually a few tears when we announce the new Kings and Queens names and give them their crown and robe to wear throughout the remainder of the day. It is a fun, love filled event for all...Plan to join us for this wonderful event. Entertainment for the month of February will be provided by Tim Turkal, the "Sugarcreek Duo" and "Old School" in the evening at 7:00 pm, and during the daytime, we will be listening to "Jammin' Jay", Tim Weddington, Marty "Bucket Tunes" Zehnder, Sue Rusk and Max Grossenbacher.

March will bring in some better weather.... hopefully! All of our regular entertainers will be returning throughout the month. 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 15th at 1:30 with Marty providing the entertainment. All of these programs are held in the Garden's dining room; join us anytime.

During March, the Activity Department will be hosting their annual card party at the main building and a Baked Potato Bar on the 20th from 10:30am until 2:30pm. Both of these events will benefit the American Cancer Society and the Alzheimer's Association.



Midge Horton and daughters



Midge Horton celebrates 100 years!



A celebration with family and friends.



Barb, Nancy, and Miriam enjoying talking while they put their painting skills to use.



Linda Grace shows off the watering can she painted.



Miriam Harshey is all smiles about her purple dragonfly.



Juanita Goodwin painted a cute little bunny.

BOLIVAR TUSCARAWAS COUNTY FAIR OUTING



Jan and Sue seem to be having a stare down with one of the sheep



Paul Young and Jordan Kerr



Clara Hostetler and Betty Wright



Jeanne and Jeanette got some laughs while watching the puppies at Old McDonald's Farm



Carl Provost and Kathy



Diane and Helen Peden take a popcorn break



Carl Provost, Jeanne, and Kathy take a time out with the Tin man in the grange



Anna Rambaud with Son and daughter in law Gary & Sue



Jan, Nancy, Sue, and Jeanette enjoying an ice cream break



I think Sue is more interested in her ice cream than the baby animals at the moment Jan



Betty Smith and Bridget



Anna Rambaud enjoying a beautiful day at the fair with her family

BOLIVAR HOMESTEAD

The holiday season is over and what a busy time of the year it was! We seemed to go from one activity or performer to the next. We started the season off with one of the best nights at Hennis Care Centre which is Trick or Treat night for all the staff and their families. The halls were filled with ghosts, goblins, and skeletons running from one resident to another trying to fill their bags with all kinds of sweet goodies. Many residents and their families dressed up to hand out their goodies, too. Everyone snacked on doughnuts, cookies and punch after they collected their treats. We finished October with a Halloween party and staff costume contest.

The residents had a chance to shop at Jingle All The Way craft show where they and their loved ones could also get sandwiches and cookies to enjoy after they found the perfect gift for loved ones. We all celebrated Thanksgiving together on Nov 15th and enjoyed Lee's fried chicken with all the fixings from our culinary department while we reminisced about holidays we've celebrated in the past. Pumpkin pie is the favorite pie that the Homestead folk like with chocolate pie coming in a close second.

We all love the decorating, baking, and celebrating all the things we are thankful for at Christmas time. This year's Christmas dinner of split pea soup, pork tender loin with cranberry chutney served over sweet potatoes, broccolini, followed by amazing gingerbread cheesecake, was exceptional and scrumptious just like it is every year. What a wonderful time to enjoy our own families and get to know the loved

ones of our peers. The staff always go above and beyond at these events and this year was no different. Many visitors from children to grandchildren to neighbors came and visited over the holidays making it a very joyful time on the Homestead unit. The unit was overflowing with loved ones during Santa's visit and you could feel the love on the unit-thank you all for spreading Christmas cheer. We hope that everyone had a wonderful Christmas.

As we begin this New Year we reflect back on the past year, and we will be making some changes on the unit that we feel will be enhancing the care we deliver to your loved ones. We strive to deliver person centered care but we will be making some changes that we feel will make a positive impact on those we have been entrusted to take care of. If you

have any concerns or suggestions please feel free to share those with Beth Wade. We are ready to see what 2019 will bring!

We will be celebrating Valentine's Day during a luncheon on February 14th where our unit king and queen will be crowned. The staff will be having a chili cook off from 10:30-2:30 on February 20th so come in and cast your vote. We will be having our bunny breakfast to celebrate Easter on April 20th from 9 am-10 am which will then be followed by an Easter egg hunt. You can bring small individually wrapped candy that will fit in plastic Easter eggs prior to April 15th. We will hold a bake and breads sale on April 19th from 9 am-3 pm in the main lobby. Mark your calendars on May 11th at 8:30 am-we will be celebrating mother's with a Mother's Day breakfast.

***We hope you all enjoy this New Year!!
Live, Laugh, Love***



This cute little witch turned David into a "Cow"!



Jim enjoyed passing the candy out to the kids from Tusky Valley that visited us.



So tell us Jeanette, how many pieces of candy actually went into your bucket?



Betty, Miriam, and Janice getting candy bowls ready for trick or treat night.



Looks like "the Chicken" might be in trouble hanging out with those two!



Jeanie Feucht and daughters all ready to hand out candy for trick or treat night.



Mona Maple and family are all ready for the kids.



Bud Neuman and brother Gary

BOLIVAR HAPPY HALLOWEEN



Cindy, Linda, and Ron



Megan and Khourey are ready to treat the kids.



The Cat in the Hat Crew



Joni and her grandsons are ready to Trick or Treat.



Chef Casey showing off her "Moo-velous" table of Treats.



Joni and her grandsons are ready to Trick or Treat.



Betty and family.



Nurse Jess and son, Jacoby.



Bonnie and Ky say hi on their way to Trick or Treat.



"Dietary Dawn" was looking pretty scary!



Some cute little "Trick or Treaters".



The staff all arrived at the Emerald City for the evening.



Carol's Daughter-in-law Ashley and grandson, Gatlin.



Twin Pirates



A family visit to the Emerald City.



Clara was directing the kids down the other hallway.

Happy New Year!

Hopefully you enjoyed the holidays and are now ready for another year to fly by! 2018 certainly did fly for us here in the Rehab unit. We were really busy during the last two months with special parties and lots of music. All of our regular entertainers were here throughout the fall and early winter months. We were deeply saddened to hear that one of our favorite piano players, Gene Weygandt, had passed through Heaven's gates...where, we are sure, he is playing the piano for the Angels to sing along with! We all miss him and his wonderful music!

We went on our annual trips to New Towne Mall in November to do some Christmas shopping with the residents. Some of the residents bought gifts for their family members, while others looked around at the other shoppers and the decorations. We eat lunch in the Food Court first, and then go in all directions to see what we can find! We want to thank the staff, family members and volunteers that went along to help us find our gifts.

We had our Christmas dinner during the first week of December with Rick Michel providing the seasonal music. The dinner was very good and the Candy Cane cake was very pretty and tasted pretty good also! Thanks to Chef Casey and her dietary staff.

January was really pretty quiet after all that

had gone on in December, due to not having any big events. The regular afternoon entertainment was here throughout the month with "Jammin' Jay", Tim Weddington, Marty's "Bucket Tunes", Sue Rusk, and Max Grossenbacher; while Fran Zupp, the "Sugarcreek Duo", "Old School", the Valley Voices Ladies Chorus were our evening entertainment. There was a "Hot Soup" Fundraiser with the proceeds going to the American Cancer Society and Alzheimer's Association; staff and the Dietary Department contributed a variety of delicious homemade soups for this fundraiser. Thanks to all that helped to make this a success.

If you have not been here for our Valentine's Day festivities in the past, we always crown two residents as King and Queen for the upcoming year. Family members, staff and visitors vote for their favorite residents prior to Valentine's Day and then the winners will be named on Valentine's Day. We have laughter and maybe a few tears when we announce the new Kings and Queens names and give them their crown and robe to wear throughout the remainder of the day. It is a fun, love filled event for all. Entertainment for the month of February will be provided by Tim Turkal, the "Sugarcreek Duo" and "Old School" in the evening at 7:00 pm, and during the daytime, we will be listening to "Jammin' Jay", and Tim Waddington.

In March, our regular entertainers will be returning throughout the month. Watch for dates and times of these programs on the calendar in the hallway. There will be a St. Patrick's Day party on the 15th at 1:30 with Marty providing the entertainment. All of these events are held in the Garden's dining room; join us anytime.

During March, we will be hosting the annual card party at the main building and a Baked Potato Bar on the 20th from 10:30am until 2:30pm. Both of these events will benefit the American Cancer Society and the Alzheimer's Association.



We had our very own skeleton, scarecrow, baseball and Kim Twins!



"Hokus Pokus" witches??



"Kung Fu Panda"



Bud and Wayne were enjoying the cupcakes.



I think this was one of Betty's favorites!



Anna was having fun with her daughter-in-law and 2 "Bewitching" sons!



Rose and her daughter were listening very intently to one of Bea's stories.

BOLIVAR HAPPY HALLOWEEN



Jeanie, Miriam, Sally and weren't too sure about the green cupcakes.



Jackie, Danielle, and Wendy take a costume photo break.



Miss Piggy and her friend the Unicorn!



Bea Hoffman



Anna, Danielle and Casey were looking pretty ornery!



Frank, Jordan and Wayne being silly, as usual!



Betty and Linda weren't too scary.



Freda and Joan were patiently waiting on their treat.



Midge looked a little mischievous during the party.



Betty and her son, Tim enjoyed the Halloween party.



Donna was looking pretty "spiffy" in her red hat and boa.



Betty had her cat ears on.



Heather was a cute scarecrow.



Queen of Silliness!



The Bolivar shoppers stopped by to visit Santa while at the mall.

The last few months of 2018 were full of holiday cheer at Hattie's House. We enjoyed all the activities associated with the season. The music and lights filled our halls. Family visits and delicious food made our hearts full of joy.

November brought us cold weather and good food. On November 11th, we celebrated and recognized our Veterans. 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 Jim!

December brought an abundance of holiday cheer but no snow. We enjoyed the beautiful decorations and music. We had a visit from Santa Claus and were able open gifts. Several carolers from local churches and schools 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 fun painting wine glasses to look like snowmen and a pallet-painting class that was a huge hit! We had a wonderful Christmas Dinner on the 3rd. A special Thank You to Chef Scott. Prime rib, shrimp and potatoes were only part of the main course. Dessert was a choice of homemade cookies, cakes and pies. Once again, the food was above and beyond.

We are all looking forward to what this New Year will bring. It is so hard to believe it is already 2019. My, oh my, how time just flies by. In January, we will have a quiet month. We will be having a soup sale on the 16th. Soup is very comforting in the cold, winter months. Come pick up some delicious soup to warm your belly during those frigid Ohio temperatures. February will bring the Valentines lunch. On February 20th, we will be having a staff chili cook-off contest from 10:30am-2:30pm. Make sure you come and sample everyone's chili to cast your vote for your favorite!

We are always having great food provided by our Chefs at Hattie's. Here is one of their

popular recipes for their famous spinach and bacon quiche for you to enjoy at home:

INGREDIENTS

- 6 large eggs, beaten
- 1 1/2 cups heavy cream
- Salt and pepper
- 2 cups chopped fresh baby spinach, packed
- 1 pound bacon, cooked and crumbled
- 1 1/2 cups shredded Swiss cheese
- 1 (9-inch) refrigerated pie crust, fitted to a 9-inch glass pie plate

DIRECTIONS

1. Preheat the oven to 375 degrees F.
2. Combine the eggs, cream, salt, and pepper in a food processor or blender. Layer the spinach, bacon, and cheese in the bottom of the pie crust, then pour the egg mixture on top. Bake for 35 to 45 minutes until the egg mixture is set. Cut into 8 wedges.



Dennis gives a thumbs up as he wins the first round of Bingo!



Rosa finished her base paint and she is ready to add her design.

HATTIE'S HOUSE



Dennis and Susan pick out their designs for the pallet to paint.

Trisha came by Hatti's for the Guests to paint pallets. We had a lot of fun and the guests were surprised at how easy and fun it was. A few decided to keep them as gifts for their family and some were going to hang them in their own home. We shared a lot of laughs and maybe some paint! This was a great time and everyone enjoyed their finished work. Each was unique and all the different colors everyone picked out for their designs looked great.



Everyone is doing a great job making their pallets unique.



David painted green as his background and it looks very festive!



Dennis painted red, white and blue as his colors for his design.



Rosa holding her finished work.



Bonnie went with blue as her background color and it turned out beautiful!



Irene went with fall colors and a little added décor. This one turned out great!

Hattie's guests spent some time playing Euchre together. Some were very experienced players and have played the game a few times which made for some fun endings to a few rounds of close games with a steal for the win! They all got to know one another and conversed over shared stories about playing cards and Darlene even mentioned she has been dealt a hand in the past of all the same suit!



Irene looks like she is trying to decide what Clarence has to play and hide her good hand she was dealt.



Darlene must have made a good play!



Bonnie takes that hand! (Irene thought she had the winning card).

BOLIVAR CHRISTMAS DINNER



Anna, her son Gary and her daughter-in-law Sue at the dinner.



Audrey Carroll and family



Bob, his sister Karen and mom Juanita ready to eat dinner.



Ralph's brother, Dan was his guest for the dinner.



Wanda was enjoying the evening with her daughter Bonnie and her husband.



Valerie and Don were Mabel's guests during the Christmas dinner



Linda's grandson, Tyler joined her for the dinner.



Miriam and daughter, Jill



Rose Mary and her guests for the dinner.



Kate and daughter prior to the dinner.



Bob's son and daughter-in-law spent the evening with him.



Bill had dinner with his daughter Lisa and a guest.



Gary and Anna are ready for a Pretzel break from Auntie Ann's.



Midge's brother and his wife enjoyed the evening with her.



Sue's guests for the dinner were Louise and Roger.



Jeanette, her son and her daughter-in-law really know how to smile!

BOLIVAR CHRISTMAS DINNER



Donna Mihalovich and her daughter show off the wreath she brought for the door.



Jim and his guests waiting for the dinner to start



Khourey's Mom & Dad were her guests for the evening.



Jeanie had 2 of her daughters to enjoy the dinner with.



Agnes Grigsby and family ready for the Christmas dinner.



Bud Neuman's brother Gary and his wife joined Bud for dinner.



Lois Dazey



Wilma Pennington and guest



Mary & daughter, Rhonda busy making a wreath for her door.



Bea Hoffman and her son smiled for the camera.



Gayle and her daughter show off their "Look alike" smiles.



Nancy is all Christmassy looking.



Susan Lanning spent the evening with her daughter and son-in-law.



Rose enjoyed the dinner with her daughters



Sylvia's daughter and granddaughter were her dinner guests.

BOLIVAR CHRISTMAS SHOPPING



Betty Smith and Betty Wright look cute in their matching glasses and green shirts.



Jeanette and Nancy having fun shopping at Marshall's.



Jeanne and Miriam stop to smile with Mr. Moose at Kohl's.



Abby and Miriam take a break from shopping for a silly photo.



Sue Kerr takes a break to visit with Santa.



Gail and Tessa resting after a fun day of shopping.



Lisa and Shirley enjoy a pretzel break at Auntie Anne's.



Watch out David, that ornery Vickie is awfully close to the water in the fountain!



Betty Wright and Jordan Kerr



David was deciding who he would buy some Christmas earrings for.



Yep! That's Paul and Jordan under those silly hats!



Jordan and Paul were busy playing a game.



These 2 Betty's were showing off their Christmas hairpieces and their smiles.



The ever popular horse-drawn hayride.



Toni and helper love looking at the vendors' goods.



Doug admires the horses and discussing them with the owners.



The Scarecrow Contest Winner! Family of Eleanor S.



Bev and Lauren browse the jewelry, clothes, crafts and more.



Evelyn, Philista and Chrystal enjoy the whole event.



Made in the shade to take in the concert and goings-on.

Banish Back Pain

Easy ways to ease aches and keep them at bay—for good.

HOW COMMON IS BACK PAIN?
Up to 84% of people will report at least one episode of lower back pain in their lifetime, according to a study in *The Lancet*.

THE PSYCHIATRIST SAYS...

Think positive

When life is stressful, you may internalize your anxiety and tighten your muscles. That can trigger episodes of low back pain or make existing aches worse. The more pain you feel, the more likely you are to cut back on activity, which creates a cycle that's hard to break. So it's important to figure out what will help distract and relax you, like some mellow music. In the future, when your thoughts turn negative, employ the de-stressing trick that works best for you.

ROBERT N. JAMISON, PhD, professor of psychiatry, Harvard Medical School

THE SPINE SURGEON SAYS...

Stretch it out

Hunching over your smartphone or tablet can wreak havoc on your back—over time, it may stress the muscles and ligaments along your neck, potentially impacting the discs in your spine. Offset the pain from poor posture with these moves:

- » **Nod on purpose** Bend your head slowly back, forward and to each side three times a day.
- » **Try an upward dog** Lie on your stomach with your hands on the ground by your chest. Press into your palms to lift your chest as far as is comfortable. Hold for a few deep breaths, then come down to start.
- » **Check your position throughout the day** Make sure your ears are above your shoulders, and open your chest by pulling your shoulder blades down and slightly toward each other.

KENNETH K. HANSRAJ, MD, chief of spine surgery, New York Spine Surgery & Rehabilitation Medicine, New York City

THE EXERCISE SCIENTIST SAYS...

Make moving a priority

One of the most effective ways to prevent back pain from returning is to keep up a regular exercise routine. People who previously had backaches and took two to three exercise classes a week, and worked out at home, reduced their risk of pain the next year by 45%, a study found. Exercise strengthens the muscles that support the back and reduces depression, sleep problems and fatigue, all of which can contribute to back pain issues.

CHRIS MAHER, PhD, director, musculoskeletal division, Sydney Medical School, Australia

Source: Alyssa Shaffer, womansday.com

ALZHEIMERS WALK 2018



Happy winners of the raffles.



Carol Withem of Dr. Gigax's office (and part of Paula's family), and volunteer have a little fun at the fruit table during the Alzheimer's Walk.



Daniel and Elizabeth Scickinger manning the HCC info table.



Freckles the clown entertains all ages.



The Bolivar brigade joins forces to Walk to End Alzheimer's!



The gang's all here - Dover residents and staff gather on the bleacher for the ceremony.



Lauren accepts the HCC Top Corp. Team award during the ceremony at the Walk.



Judy, Mary, and Bartt support the cause with Freckles the Clown joining in.



The Cargnel Family is recognized at the Alzheimer's Walk during the ceremony.



They're on the go to walk to the route- Volunteer Paul & Annette of Activities.

TUSCARAWAS COUNTY FAIR



This fellow loves petting a horse at the fair.



Jim C. and Roe P. enjoying the atmosphere at the county fair.



KSU Nursing students participate in the Alzheimer's Walk.



It's a family affair for the Cotton Family of Bolivar!

DOVER TRICK OR TREAT



Rich enjoys these kidos.



Jen the hostess brings her family.



Anna and Patty hand out candy to this cutie.



Norma is happy to see the little ones.



Bob shares a treat with this trick or treater.



Cindy and friend are all prepared.



The ladies love the little girls.



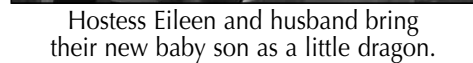
The dinosaur and Art are sizing each other up.



The costumed kids surround Carolyn & Marty.



Eleanore and Larry enjoy the tradition.



Hostess Eileen and husband bring their new baby son as a little dragon.

FALL CARD PARTY



Regina, Marie, Kathy and guest support the Fall Card Party.



Volunteers Bonnie and Sheila enjoy a hand at the card party.



Doug, Rich and Dee are happy to attend the Fall Card Party.

SANTA BREAKFAST



They're all happy to visit Santa!



The live reindeer are always a hit.



Nurse Kaylee with her children, dressed in green.



Hostess Kelly's Mom, Dad, sister, nieces and nephews. Dad used to be our mailman!



They peered through the window of the door waiting their turn to see Santa.



Stephanie's family of Bolivar prepare to chow.



Lane, Grandma and Mom enjoy the breakfast buffet.



She accepts a gift from Santa's elf.



Ron of Maintenance is surprised how big Santa's chair was.



Rachel of Therapy with her husband and young toddler son



Nurse Beth K. and grandbaby have lots of good reasons to celebrate.



The reindeer are so big!



Jeannie of Bolivar & her faithful granddaughter does a beautiful job on the coloring pages.



Grandma Angel of Therapy with newborn grandson, Cash.



Lane shares a picture with Annette.



Santa tenderly holds the wee one.



I've been good Santa!

STAFF CHRISTMAS PARTY



They twinkled and sparkled.



They danced.



The Therapy Team loved the lawn size Connect Four!



The big Kerplunk game was popular.



I'll have some of this and a little of that.



The Christmas Sweater Contestants.



Her Christmas sweater and hat are very cute!



They liked the large Yahtzee.



Mom and daughter have cute matching sweaters.



Loved the photo booth.



They enjoy each other's company outside of work.



Enjoyed signing the Christmas cards for the military.



Liking the buffet selections.



Date Night



Nice evening out.

STAFF CHRISTMAS PARTY



They light up the night with Christmas lights on their sweaters.



They enjoy a night out together.



Dinner is almost ready for this group.



Over-sized checkers were fun.



Enjoying the celebration together.

ACCOUNTING

Boosting Your Insurance Coverage Can Protect Your Belongings

Pros and Cons of Scheduled Coverage and Increased Sublimits

Upon arriving home from vacation, you discover that burglars stole Grandma's diamond ring, a piece that was appraised at about \$5,000. When you call your insurer to report the loss, you get an unwelcome surprise: Your policy caps payments for the theft of jewelry. Rather than the ring's \$5,000 worth, you'll get just the maximum amount allowed—often around \$1,000.

Many people find out too late that their insurance has "sublimits" for certain items within the overall limit. That means that even if you have \$200,000 or more of personal property coverage, you might only get a fraction of it, depending on the type of loss. For example, sublimits are common for the theft of items such as jewelry, firearms, or silverware. But be careful: Sublimits often apply for items such as money, collectibles, and personal computers, regardless of the type of loss.

What's more, a basic homeowners policy won't always cover every type of loss. For example, many policies won't cover the loss of a precious stone if it falls out of a ring and is lost.

However, almost every insurer will allow

you to purchase more coverage for valuable items. Most insurers have two options: scheduled coverage and increased policy sublimits.

SCHEDULED COVERAGE

Insurers often recommend scheduled coverage for particularly valuable items. You list each asset, along with a description and value, on a "schedule," which also notes the coverage for each item in the event of a loss. Scheduled coverage is good for something you wear every day, such as a wedding ring, because the potential for loss is greater.

Pros: Some companies offer scheduled coverage with no deductible. Also, in general, more types of loss are covered, including the "mysterious disappearance" of an item.

Cons: The process usually requires you to get your valuables independently appraised. Also, premiums are generally higher for scheduled items than those for an increased sublimit.

INCREASED POLICY SUBLIMITS

With increased policy sublimits, you

simply pay extra on your homeowners insurance premium or purchase an endorsement to raise the limit for a particular category of valuables. Increased limits are good for people who own many nice items, but none that have a particularly high value. For instance, if you have a cabinet full of fine china you'd like to protect more thoroughly, but it doesn't seem worthwhile to insure each piece, you can increase the sublimit total from, say, \$1,500 to \$5,000.

Pros: The process is easier than the one for scheduled items, and premiums for raising the limits tend to be less.

Cons: There is still a limit on how much can be paid out for each item, and pieces are usually covered in fewer situations than with scheduled coverage.

Consider making a new year's resolution to take inventory of your valuable items and assess whether to purchase more coverage. While a higher payout won't bring back a family heirloom, it might help cushion the feeling of loss.

Source: Robin Jones
October 2017 AAA News

What a wonderful season! We wrapped up a beautiful Christmas season complete with carolers of all ages from schools, churches, organizations, and individuals, dear friends and family visiting, volunteers sharing fun, and the staff in the spirit of the season seen wearing holiday shirts, Christmas jewelry, Santa hats, reindeer antlers, and the like. It certainly brightens anyone's day!

We had a lovely special Christmas dinner with family and friends as guests prepared by Chef Brian of beef tenderloin, oven roasted green beans, cheese potatoes, a Mediterranean salad and fresh fruit, topped off with salted caramel cheesecake while entertained by the live piano performance of Rick Michaels! Festive twinkling red votive cups surrounded by the "crystal" white and red centerpieces set the mood for the evening. The pretty white fabric napkins folded into Christmas trees adorned the tables and piqued our interest, and some wanted to learn how to fold them. So, hostesses Kelly and Connie held a class the following week to teach us! Jo (a Pat's Porch "veteran") expressed how much she appreciated the dinner overall and all the specialness and to be able to share it with her guest. Dave S. enjoyed having his grandson and his girlfriend present as his guests.

Another lady loved the large deer decorations outside (near her window) sparkling with glittery gold and silver under the clean white snow highlighted with a spotlight at night and the sun during the day. Occasionally, someone will say at a glance they thought the deer were real.

Heading out to see the Christmas lights around the towns was delightful! Such nice and different displays. Do you like the traditional lights, new LED lights, or the old school big colored bulbs? Did you see the big display on route 416 towards Tusky?! Thanks staff drivers and extras to provide this outing.

Fond memories were shared with Kathy and Paula by Dot R., a good friend of the late Dutch Stevenson, who was at HCC several years ago, and they both experienced many of our traditions, and now Dot is at Pat's Porch and she told Paula she just loves it here!

The last quarter offered a host of festivities and happenings...

The community Oktoberfest, a thank you to the community, brings lots of people along with family and friends to enjoy a good meal, festive music and dancing, watching the development of scarecrows in the making for a contest, a beautiful horse-drawn hayride, and browsing the crafters tables and wares. Several people were picking up things for Christmas

gifts or to enjoy themselves.

The community card parties are always of interest to folks and help raise funds for the Am. Cancer Society and Alzheimer's Association. Hope you can join us for the next ones scheduled for Jan. 22nd and March 21st. They're always a lot of fun with a great spread of food and prizes as well!

Spirit day, trick or treat, and Halloween offered spirited fun! Three very excited young cheerleaders (ages 7, 8, & 9) were well-prepared and happy to show us many of the 40 cheers they know for Peewee football! They looked very cute in their uniforms and accessories! One is the daughter of an STNA Alisha – thanks for sharing such happiness with us!

Traditional, fun, spooky, and creative costumes were plentiful during trick or treat – a fun, safe opportunity for the staff's children and grandchildren, and fun for all of us.

The Fall Harvest Pumpkin bake sale took place right before Thanksgiving. Pumpkin bread was donated by Kathy Marburger, which she is known for, and it disappears rapidly! Home-made pizzelles are the same way, various pies assisted the customers with their Thanksgiving, and other goodies such as puppy chow, pumpkin bark, and cookies were treats to snack on as some worked and/or for their holidays.

Always supporting the causes, and thankful that we can, we appreciate the support of many! Efforts such as the bake sales, card parties, lunch stands, raffles, quilts, gift baskets, destination adventures, and more contribute to the success of our fundraising, and we have all of you to thank! This fall, the HCC team won the Top Corporate Team award at the community Walk to End Alzheimer's. Your generosity helps support the mission of the Alzheimer's Association! In addition to supporting research, the Alzheimer's Association offers a wide range of free services and programs to families affected by Alzheimer's disease and other dementias. In Tuscarawas County, it is estimated that 2,500 individuals are living with Alzheimer's and dementia. The Alzheimer's Association could not do what they do without the generous support of a caring community! Thank you!

That is the reason you see staff wearing purple on Thursdays (Alzheimer's & cancer), various sports teams attire on Fridays, and Wednesdays have a different color each month for cancer awareness education – October was amber for Appendix and Childhood Cancer, November was orange for Leukemia and Kidney Cancer, and December was green for Gall Bladder/Liver Cancer. Then, additionally,

all of December they could wear Christmas colors and prints to contribute to the fundraising.

The midterm elections offered the chance to show our civic duty with absentee voting provided and transportation to the local destination to cast our vote. We appreciate the activity staff and Board of Elections volunteers for all their assistance.

Veterans were recognized with a nice program organized by the Activity team. Bruce Seevers provided pleasant patriotic music on his guitar. "We don't know them all, but we owe them all." – Unknown.

The Cleveland Clinic Union Hospital Auxiliary put on their 25th Christmas Tree Festival at the Warther's Museum in November, and HCC donated a tree which the auxiliary elves decorated. A few excursions were scheduled to view this popular display, and it always boosts one's Christmas spirit!

Did you know November 18-24 was National Game and Puzzle Week? We've got that covered here! Donna A. with her daughter work the puzzle table at times, and others join in to help, or complete on themselves. Several board games are always available in the cupboard. And, bingo is taken care of from the Methodist Church with the volunteers with Betsy Humphries, as well as the staff. Kingdominoes is a must have. The family strategy game involves building a kingdom and multiplying its worth by connecting dominoes with matching terrain. Play it and see for yourself why it has won multiple awards, including 2017 Game of the Year! We're always on the lookout for a new volunteer – if you'd like to help with any kind of game, cards, or anything else – give us a call at 330-364-8849 ext. 2017.

The December Crafter/Vendor sale in the main facility was a nice shopping opportunity with a variety of things made by some of the staff and outside individuals to choose from for one's self or others. Glassware, baked goods, wooden items, seasonal décor, aromatic things, and miscellaneous crafts – all to catch your eye and interest! A lunch stand also captured the interest of many!

Special congratulations to staff on the births of new babies! Wendy of Therapy had a darling little boy this fall, and STNA Jen had sweet twin girls in December! Best wishes to all of them! New lives for a new year!

Supporting and giving back to the community... From the Oktoberfest, the Culinary folks, Carla and Dennis and Chefs Casey and Matt went directly to the Harvest for Hunger to cook and support that Hospice community endeavor. We took a meal to the

PAT'S PORCH OF DOVER

fire station as we appreciate their support and services throughout the year. We donated some refreshments to the Relay For Life Kick Off event. And, the public Moccasin Roast in Bolivar was prepared by our Culinary staff. Dennis and Carla also prepared the Christmas dinner at Hospice for their staff. The HCC Bolivar team participated in the Senior Center's Wellness Day attended by many. November 28th, KSU hosted the KSU Tuscarawas Scholarship and Recognition Luncheon for the recipients and donors. We are pleased the first KSU Harry & Patricia Hennis Nursing scholarship was presented to Kayla Murphy, a local nursing student. We donated to and purchased tickets for the Argento baby benefit, the Dover Exchange Club's Spaghetti Dinner, and the Kiwanis Club Pancake Day – to share with the staff. Also, we purchased roses from the Bolivar Rotary Club for the dining rooms. Residents and staff wrote messages and signed Christmas cards for the military. We provided ten shoebox gifts for Operation Christmas Child, and assisted a family with Christmas gifts and food, and more. Overall, a time for thanks, appreciation, and thanksgiving in many ways!

As we sponsored the Lunch and Learn at the local Senior Center, we provided very good speaking and learning engagements. October offered a discussion about the Operation Christmas Child project by Christy Bloom – she is very passionate about this endeavor and told

about the distributions in Ukraine (and all over including the U.S.), and how the combination of gift boxes, Gospel literature, the local church, and children's programming came together in a powerful way! 11 million boxes are distributed - 8 million from the U.S., and 35,000 are from this three city area! They consist of school supplies, hygiene things, and toys, and a note. 400 flights take place over the year. While there (Ukraine), she experienced a child receiving a box from a young person from Akron, Ohio! Of course, she had to look up this person from Akron, and that was a nice story! Christy's power point, photos, and talk was very good! This is an excellent program and she is open to speaking to any group. November's presenter was Darlene Finzer of Rae & Associates, a CPA, QKA, and CSA, (she also serves on our local Alzheimer's committee with Paula and Kathy), addressed Legacy Family Planning. Sometimes this subject can be uncomfortable for people, but she easily explained the value of doing it. Darlene shared examples and stories that helped one to understand and see the pertinence of planning. An exercise sheet was also provided to assist one to think and work through: How do I want to be remembered?, How do I want to experience life?, and How do I want to leave behind? Did you know these people did not have a will? Martin Luther King, Howard Hughes, Prince, Abraham Lincoln, Rita

Hayward to name a few. Darlene is available to see anyone interested in this service. December is usually something lighter and festive, either from the HCC Chefs or something else. This December a special craft was conducted by Lauren Wilson, Recreational Therapist of Dover, Jess Karl, and Paula, that was fun and a nice decoration to take home, and puzzle pages were available for the fellows if they chose. Goodies were also a treat, and music played in the background.

The late winter and early spring quarter leads in to more additional fun and festivities with the annual popular soup sale, card parties, chili cook-off fun competition, Valentine's fun, St. Patrick's Day celebrations, and soon into Easter, and better weather! The calendar and signs will alert all to the goings-on - join us!

The New Year generally elicits new efforts and thoughts...and we share these quotes as further inspiration:

"I close my eyes to old ends. And open my heart to new beginnings." – Nick Fredrickson

"The future belongs to those who believe in the beauty of their dreams." – Eleanor Roosevelt

"It always seems impossible until it's done." – Nelson Mandela

Treasure Today!

Tomorrow is a new day, make it count!

WARTHER'S CHRISTMAS TREE FESTIVAL EXCURSION



Patty and JoAnn appreciated the varied talent.



Annette and Judy admire this tree.



Sarah and her daughter enjoyed viewing the various themes.



Evelyn and guests loved them all!



Deloris and Annette loved all the train carvings, too.

PAT'S PORCH



Kathy M. and David S. look quite festive. He in his red and white stripe shirt, Santa hat, white beard and cheery ways - could it really be.... him?!?!?



Jo and daughter, Angie enjoy the dinner together.



Pauline S. with her sons as her guests for the evening.



Ruth F. prepares to tackle the big puzzle in process.



Neil and family heading to the dining room.



Wendy A. was very willing to hold the assorted cookie platter from the Amish Door Bakery for the Special Thanksgiving Day Event.



Donna and Diane work the jigsaw puzzle.



Mrs. Landis is surrounded by youthful cheerleaders full of spirit.



Getting in the spirit with the Dover Majorettes to support our community schools.



Proud of his piece at Painting Night.



A creative canvas completed by Ruth F. at Paint Night with Patty and Annette.



Heather Smith plays the flute at Pat's Porch during the dinner hour.

Welcome 2019! Woohoo! We wrapped up the end of the last quarter with some great autumn and early winter fun. We are proud of Dee and Patty who brought home 1st and 3rd place ribbons from their entries in the county fair! What accomplishments! They celebrated with lunch out. Lunch stands continue according to the season and are always welcomed, and bake sales are a sure treat! The Hoe Down with the Hastily Assembled Blue Grass band performed with several joining in to sing, clap, and dance, and Rich said he could play the spoons!

After the Alzheimer's Walk, HCC was presented the Top Corporate Team Award, and we extend our thanks to many of you for all your ticket purchases, donations, lunch sales, and all the various fundraisers you supported and helped volunteer in some capacity! Have you seen the new break through at West Virginia University using ultrasound to help reverse Alzheimer's within a couple of days in the early stages! Check it out: Historic Breakthrough: WVU Rockefeller Neuroscience Team, first to USC Ultrasound to treat Alzheimer's by John Dahlia Business Editor NCWV Media - October 29, 2018. Because of fundraising efforts and such research it all leads to great strides and new discoveries! Wow!

The Oktoberfest provided a beautiful day for this outdoor event. Rich was seated at the front door greeting everyone. Everything was fun from eating, to the live music, to shopping the vendors, to watching the scarecrow in the making, to the ever popular horse drawn hay ride! The scarecrow contest was won by Eleanor's great grandkids! A new wagon and horse owner provided this service this year, and they did a professional job! A 96 yr. young lady even got aboard the ride! Doug got to visit the horses up close at the end of the rides, and he talked horses with the gentleman and Doug knew what kind they were – Black Percherons! The owner had them beautifully decorated with silver studded harnesses with a custom-made adornment on the center of the foreheads. The driver was also professionally dressed in sharp attire and did a very nice job.

The Dover Majorettes came for an early start to our Spirit week, and they performed some routines dressed in their own special colors with pomp poms to the 50's lively tunes of "Jail House Rock" and "Great Balls of Fire"! They're so good to us! Three 8 & 9 yr. old girls came to cheer for us one evening in their yellow and blue outfits, and they were full of vim and vigor! They even made a cheer for HCC – "Hennis, Hennis you are the best – with a few more words! You can't help but smile and feel

cheered up when they are present! We look forward to their return! Carmella is the daughter of Alisha, STNA. Also of interest, Carmella's grandmother used to be a volunteer here, and she was present and watching the show very proudly! Various balloons like the orange and black striped tiger print represented the Strasburg Tigers, a huge crimson and grey Dover flag hung in the entrance, and staff sported their choice of various team shirts. Dover High School football players visited three nights before the big Dover/Phila game! They were so nice and polite as they told us about themselves, positions, fond memories, plans for the future, and eagerness to play the game. Tracey Roden, mother of Kyler Folkert, discussed with Alice what she played in the band, and Tracey shared that she played the clarinet in the band but was bad – Alice said "don't say that" (just like a loving grandma). Advice some shared with the players: go to bed and get your rest, savor every moment, and don't go across the track or bridge. "Go get 'em!" was expressed by Bob, Doug, and Alice as a send-off as the team headed out. Before leaving, the four captains went to Homestead to personally visit Bill H. who was part of the special football team honored at a game earlier in the year, and while wearing his special Dover FB shirt from that occasion, Bill held out his hand to shake their hands as he was alert and excited for them! The young men were very honored and courteous to him. It was special to all them. Number 66 was the grandson to Bev D., and he stopped in to visit her while she was resting and watching T.V. in her room – it was precious. Thank you for making the time to visit with us and spread some joy and excitement! Continuing with the football fun we had a tailgate lunch with OSU and DHS marching band music playing, and Dover/Phila corn hole was played with a lot of hooting and laughter taking place! Dover/Phila Bingo continued to liven things up! Football theme puzzles and games were enjoyed at their leisure. Dover T-shirts were given as prizes as well as game tickets! Rich attended the game with his brother, and others listened to it on the radio or computer.

Corn hole has become a favorite, so we brought it indoors for the winter to continue the fun – you should join us sometime – it's a riot! Even the staff gets in the act! We will be receiving some new extra-large "lawn" games to enjoy soon such as Kerplunk, Connect Four, Checkers, and a huge deck of cards and a few more – more on that fun later, but doesn't it sound tempting – you'll have to come check it out! Community card parties are always well liked and we participated as well; Euchre, Hand

& Foot, 500, Mexican Train Dominoes, and Farkle were played among other types as well as board games. Join us Jan. 22nd for something to do during the winter doldrums, and March 21st to celebrate spring's arrival with a round or more of cards.

Mark your calendar to re-join us for Family/Friend Bingo Night resuming in January as we took a break in due to Nov. and Dec. being action packed! Hope you'll be there! And, bring a friend if you like!

Halloween fun was had with our own custom made masks created with Patty with paint, glitter, beads, feathers, and the like to wear for trick or treat night – all unique! Staff had fun dressing up, too: Hostesses Loreen as a hippie, Mary as a witch, Connie and STNA Francie, as a pumpkin, Paula and her dog, Alex, are always together, so they dressed as Dr. Seuss Thing 1 & Thing 2! Kathy M. dressed as a Dover/OSU cheerleader for fun. June was a cute bumble bee and Rich came in as a monk, and Mel wore some western attire that day. Additionally, Patty did some face painting at their party, and everyone enjoyed the cupcakes she made with a candy center. Staff, residents, and families always enjoy the tradition of trick or treating, and they are always so adorable and creative, such as Eilene and her husband with their new baby boy dressed as a little dragon! When the evening drew to a close, two of the "bigger" kids came through – though they looked like the STNAs Kim and Summer, we weren't sure because they were hiding behind masks. They laughed and the residents told them they had to share with their siblings, moms and dads, and Judy said – and husbands!

As the fall mum sale was so well-liked and needed a second order due to demand, the poinsettia sale is always popular, and they didn't disappoint this year either; pre-sale orders were good, but the extra sale table was even better! Thank you for your support for these fundraisers!

It was the season of giving and sharing, and this was demonstrated in many ways.

Dee has been busy with her hands and sewing machine as she made two quilts, one in purple shades representing support for the Alzheimer's Assoc. and Am. Cancer Society, and a beautiful Christmas one – both for raffles for these causes! Thank you for your generosity, Dee! So giving! She has also been painting wine bottles and glasses with Christmas designs fulfilling holiday orders and preparing for the craft show. Dee also made some ornaments as a purchase order from Paula for the staff company Christmas party as favors! And, if that wasn't enough, she was making baby blankets for the

DOVER GARDENS



New Phila Middle School Choir visits with Dee and others. Accounting's Jessica Baker's son (right)



Sounding great!
The New Phila Middle School performs a Christmas Concert for us.



Buckeye students help call Bingo as Anna, Carol and others play.



Delores H. enjoying decorating the red, white and silver Christmas tree.



Alice and her family are ready for the special Christmas dinner.



Mary Jo and June S. are all dressed for the dinner affair.



Chrissy applies lip stick for Barb A. as she gets a massage from Barbie before the special dinner.



Mr Mallernee and guests head to the dining room for a lovely night.



Sarah and daughters on each side visit beside the tree before dinner.



Liz H. and her nephew enjoy her church's carolers prior to the dinner.



Steve and his guests pose by the little tree before dinner.



St. John's UCC members, Ruth L. and Liz H. with Pastor Tom, Laura and Jillian Brown, part of the carolers.



St. John's UCC Christmas Caroling.



Nurse Veronica and grandmother, Lori, pause to pose for the camera before going to the Christmas dinner.

~Gardens, continued from page 24

local hospital's new mothers and babies, and I Spy blankets for Harbor House. An example of the Christian spirit!

Did you hear that music coming from the corner? Hostess Mary Lukens plays the Ukulele, and on her lunch breaks, she helps teach Deloris H. how to play it, too, in the dining room! Sweet music while she is sharing her gift with others...

With Christmas music playing, we assembled ten shoe boxes as gifts for Operation Christmas Child with two tables full of residents and Buckeye students helping sort and pack the items for boys and girls, and they were excited to do it. They loved the items they carefully placed in the boxes: socks, soap, combs, finger nail files, tooth brushes and holders, toys, school supplies, etc. They appreciated participating in this community-wide, nation-wide, world-wide endeavor – giving back...

November 9th, we paused to remember the many patriots who served our country to preserve peace with our Veterans Day program. Vane Scott was the guest speaker who presented "The Many Faces of Old Glory"; a very interesting and moving piece. Special certificates were presented to each Veteran along with a warm hand shake and/or a hug with a heartfelt thanks. THANKYOU to all Veterans everywhere!

November also offers the beginning of the Christmas season with the annual Warther's Tree Festival, and this year was special because of its 25th anniversary! 80 – 90 trees were beautifully displayed including one HCC donated that was decorated by the Union Hospital auxiliary members. Lots of admiring and statements of "this one's my favorite", "that's different", "how beautiful", "remember when we had that" – it certainly delivers the Christmas spirit! We thank the Warther family for this lovely gift to the community!

The kindness of others extended... One afternoon, Linda Ladrach, daughter-in-law of Alice, was in to visit when she saw Mrs. Nemitz in the hall as she was nearly leaving. Linda spoke to her and they chatted, Linda invited her to her quilting group, and then Mrs. Nemitz accepted and planned to join them the next day! And, on that note, Mrs. Nemitz extended herself by coming in to the Gardens to share her stamp greeting card art with about 15 residents! This was right up Gwenna's alley and she thoroughly appreciated it! Mrs. Nemitz prepared and brought all the materials and they worked together to make darling snowmen cards to keep or to give to others! Thank you for your kindness. It works in a domino effect...

Another act of kindness occurred when

Jen, our Bible Study leader from the Dover Apostolic Church, invited Sam, Dee, and Annette to a church dinner for Thanksgiving mid-November which they enjoyed, as well as Thanksgiving Bingo, and a costume contest was fun. Everyone enjoyed the HCC special Thanksgiving held the week before the holiday for staff and residents with KFC, fixings, and chocolate mint pie and a large cookie tray from the Amish Door bakery. And, of course, family and friends enjoyed the traditional dinner on Thanksgiving Day, and some even having special family gatherings.

Have you seen the beautiful large red apple Sarah painted, or the pretty meadow with a blue sky and flowers Doug helped make, or a pleasant lavender one Bev painted? These are gourds transformed into these lovely bird houses or feeders painted in Patty's craft session. You know you are welcome to try your hand at any or our art sessions day or evening. If you plan to attend just let Patty know so she can plan for the materials.

The end of November brought a special visit from the Grinch who visited throughout the facility. This was from a show being put on by a local group, and they decided to share the fun character! We appreciate their thoughtfulness!

Everyone loves some humor, and this excursion did the trick. We boarded the bus one Saturday evening with Wayne Thomas at the wheel (experienced Dover band bus driver also with experience pulling a large camper), headed to Mount Pleasant United Methodist Church for the appearance of Brad Stine, a Christian comedian. What an enjoyable night! One piece he shared was: tractors should be in a field, not driving on roads, and their speed is 3 mph, so even the Amish get annoyed with how slow they go! Thank you to all the staff and volunteers who helped.

The vendor craft show was a hit in the middle of December for convenient shopping for candy treats, decorations of various styles, useful things to give as Christmas presents and the like, and it showcased much talent! Highlighting the day was the lunch stand with the aroma that invited everyone to get re-fueled! Not only did this serve as a holiday event, but it also helped the Alzheimer's Assoc. and Am. Cancer Society. Gifts just keep on giving...

New gifts being shared is that of time and devotion from volunteers from the United Methodist Church next to us with Betsy Humphries' circle group providing Bingo at Pat's Porch and soon to start at the Gardens, too! Pastor Dave of the church will also be providing a Bible Study two Tuesdays a month! We greatly appreciate them sharing their goodwill with us!

Another one to be thankful for is a new volunteer, Abby, who is a home-schooled 16 yr. old student, who will be helping with Bingo on Tuesdays – "B" there, "I" am, "N" nearly "G" going. "O" out with glee!

"Christmas isn't a season, it's a feeling."

– Edna Furber

The greens went up with white lights and red bows, the tree up righted and dazzled with red, silver, and crystal sparkling ornaments, the antiqued nativity set in place, wreaths hung to add even more festiveness for the season. The beginning of December starts the month with the Hennis family hosting their Christmas party at Breitenbach Toolshed for the staff and guests complete with a dinner, DJ and dancing, and this year trying an ugly sweater contest, several oversized lawn games such as Connect Four, Jenga, Kerplunk, checkers, and Yahtzee, and some added fun with a photo booth! We love hearing about it and seeing pictures. Those who work that evening receive gift cards to go out for dinner at their convenience. The next week, each unit celebrates with the Special Christmas Dinner with guests to enjoy a lovely 3 course dinner with live entertainment amidst the beautiful Christmas décor; it's such a treat! Following that Saturday is the Santa breakfast for the staff's children and grandchildren including live reindeer to visit, feed, and learn about them! This is one of Paula and Chrissy's favorites (like a kid at heart)! Caroling has filled the halls day and evening, visitors come with gifts and goodies, musicians share their talents as holiday gifts, and staff dress in Christmas attire that is so delightful! Soon after, Santa made his presence known as he clamored through the halls with bells ringing and a jolly laugh, and a mighty Ho Ho Ho delighting all in the midst! Not one soul goes without a gift from this St. Nick, personally delivered and helped by the elves. Such happiness and many smiles and hugs! "May you never be too grown up to search the skies on Christmas Eve" – Unknown.

One afternoon, Chrissy Sickinger was working in the Admissions office and looked out the window and saw Santa on a motorcycle pulling a sleigh who was visiting... Paula was driving to the facility and nearly there when she thought she saw a small float coming the opposite way – turned out, it was the same Santa on his cycle pulling that sleigh! They both laughed when they shared the story! Unexpected fun! (Just so you know, when they told Tammy Fouts about it she said that is her relative!... Whew! Thank goodness!). More on the fun note, did you see that giant size snowman decoration outside of room 106?! Love it!...

~Gardens, continued on page 28

DOVER GARDENS



Tom helping by wiping the outdoor sign letters to be clean and dry.



Diane N. and Gwenna are friends and enjoy card art together.



Diane Nemitz helps Delores with stamp art cards.



Dietary guys have a fun with the big Santa Chair!



Sue assists Mr. Mallernee with assorted cookies from the Amish Door Bakery during the special Thanksgiving Day.



We prepared 10 shoebox gifts for Operation Christmas Child = FUN!



Happy Birthday Amy Smith of WJER Radio! Hennis and the Balloonatik surprise her with balloons and a catered lunch!



Carol and her daughter enjoy the time together for the Special Christmas Dinner.



Staff join in the Dover/Phila Day festivities. Michelle & McKenzie play corn hole.



Alice with a visiting 10 month old Mastiff/Great Dane mix. He looks and acts like a teddy bear!



Patty with June as a bee.



Anna takes a break from Bingo to pet the 6 wk. old kitten that Hostess Mary brought in.



Painting gourds to be used as bird houses. Dalene, Brenda, Bev, Rich and Doug

DOVER GARDENS

~Gardens, continued from page 26

Frosty the Snowman was a jolly, happy soul...

A beautiful Christmas candle light service was provided by Pastor Dotty and Kathy Dec. 21st, the real reason for the season; meaningful and joyful with message and music and the glow of candle glow held by each person.

Soon after, Christmas Day was upon us, and we enjoyed a delicious dinner at lunch time with family and friends visiting with Christmas music playing, and comfort, peace, and joy among us.

A week later, the year concluded with a festive party to bid farewell to 2018 and welcome a fresh new year with balloons, noise makers, traditional party snacks, and sparkly pink beverage, and a special performance by Randy Valez to make it all happen! Happy New Year to all!

2019 will offer a hearty soup sale in January with several varieties for lunch or to carry home. February serves up the chili cook-off and extra for purchase and Valentine fun. March hosts fun community card party fundraisers, St. Patty's Day fun, and so much more for spring – keep an eye out for signs and the calendars, and Facebook page posts.

"You are never too old to set another goal or to dream a new dream!" -Les Brown

Learn from Yesterday

Live for Today | Hope for Tomorrow



Give me a "J", give me and "O", give me a "Y" - 8, 9 and 10 year old cheerleaders with Thelma, Brenda and Ruth.



Hostess Mary as a witch serving up devilish Doug during Halloween.



Ruthie in orange with Kathy M. as a cheerleader for Dover and OSU.



Hippie Lauren and Older Man-Sharla



Witches Brew Mystic Black Tea Bag Angel of Therapy

FALL WESTERN FEST



Diane and Eugene N. enjoying the Western Fest.



Delene and Kathy enjoy the band music.



Arlene and others sing with the Hastily Assembled Blue Grass Band.

GRINCH VISIT



He finds Gwenna in her room!



Arlene giggles with the Grinch!



Wake up Alice!



Thelma takes time from her word search to say hi to the Grinch.

DOVER GARDENS



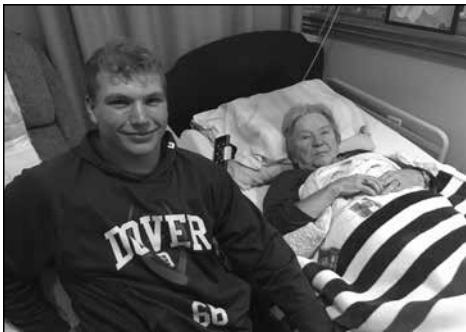
Dalene gives O'Shea Jackson, Dover Football player, a good luck hug.



Sam is excited for the season.



The Dover Football Team captains visiting Bill H.



Dover Football player #66, Dylan, visits grandma Bev as she watches T.V. in bed.



Dover Football players, Mason Stutzman and Kyler Folkert with Carol T.



The Dover team huddles around Jim C.



Ruth L. roots for the Dover Boys!



McKenzie brings her new baby and toddler to visit with Doug and Sarah helping.



Brenda enjoying some cotton candy -- as if she could get any sweeter.



Carol T. tosses the ball for Bocci with Rich and June cheering them on.



June, Thelma and Rick playing Dover/Phila Corn Hole.



Dee displays her Christmas quilt prior to the fair entry.



Joann B., a good elf, helps prepare a mailing for the holidays.



Lauren and Carol T. enjoying the fresh air before the fest.



LUNCH & LEARN

Sept/Oct/Nov Door Prizes

15 tickets for the quilt raffles given as extra prizes in addition to a door prize of a \$25 gift card.

DECEMBER'S DOOR PRIZE

A Pair of tickets to the New Year's Celebration Event Fundraiser held at Union Country Club.

LOTTERY TICKETS

40 Powerball and Mega Millions lottery tickets to staff - Thanks and Lucky to Have You!

MANY STAFF WON TICKETS to these Community Endeavors

The Argento Benefit
Dover Exchange Club Pasta Dinner
Kiwanis Pancake Day
New Year's Celebration Event Fundraiser

QUILT FUNDRAISER RAFFLES

Purple Quilt – Karla Dayton
Christmas Quilt – Lloyd Bleininger

Thank you for all your support!

Baby Congratulations!

Lisa Baker	A son in September
Wendy Fillman	A son in October
Chloe Cole	A son in December
Michelle Hostettler	A daughter in December
Jen Sudheimer	Twin daughters in December

Best wishes to all of you and your new little ones!

Special Thanks to...

Thank you Mike Lantry, volunteer, for your generous donations of two Alexa music devices and speakers for the residents' use!

NURSING

Be Smart About Antibiotics



PREVENT

HAIs

Healthcare-Associated Infections

Taking antibiotics when you don't need them is like leaving the lights on all the time.

- The lights may burn out, leaving you in the dark when you most need them.
- **If you use antibiotics when you don't need them, they may not work when you get sick.**

Antibiotics can help the body fight infections caused by germs called bacteria, but they are not miracle drugs for everything.

When antibiotics are NOT needed:

- You have an infection caused by a virus (such as a cold, bronchitis, the flu, or most types of diarrhea). **Antibiotics don't work on viruses.**
- You don't have an infection but instead have some other medical problem (such as anemia).
- You are not actually sick (except in rare cases where antibiotics have been shown to prevent infection).
- You have decided against them (such as near the end of life).

Why doctors may give antibiotics when they are NOT needed:

- Doctors are not always sure what is causing an illness and may feel they have to provide treatment right away.
- Some patients and families think they are not getting good care unless they get an antibiotic and insist that they want one.

~ **ANTIBIOTICS**, continued on the next page



Agency for Healthcare Research and Quality

Advancing Excellence in Health Care • www.ahrq.gov

~ **ANTIBIOTICS,**
continued from previous page

What you can do:

- Talk with the doctor about the benefits and harms of antibiotics.
- Take medicine exactly the way the doctor says. Don't skip doses.
- Take care of yourself: get rest, eat and drink enough, and take over-the-counter medicines as needed.
- If you are on hospice or thinking about hospice, talk with your doctor about whether you need antibiotics anymore.

What not to do:

- Don't ask for an antibiotic when the doctor says it isn't needed.
- Don't take an antibiotic for a virus (cold, cough, or flu).

How antibiotics can hurt you:

- Antibiotics normally work by killing bacteria. Sometimes not all of the germs are killed, and the strongest ones can grow and spread. A person can get sick again, and this time the germs are harder to kill because the antibiotics no longer work. This is called resistance and makes some infections very hard to control. Resistance can make you sick longer, requiring more doctor visits and drugs that are even stronger. The more often you use an antibiotic, the greater the chance that the germs will become resistant.
- Antibiotics can save lives, but they can cause problems, too. Older people have more side effects, which can cause problems all over the body. In addition to resistance, antibiotics can cause nausea, dizziness, diarrhea, rash, kidney damage, and allergic reactions.

Don't Take Antibiotics for Granted:

Antibiotics are helpful, but now you know why sometimes you or a family member may not need them. You can help yourself and others by taking antibiotics only when they are needed.

Antibiotics Are Powerful Drugs

When Used For The Right Reasons

Antibiotics are strong drugs that fight infections caused by bacteria. Overuse of these drugs can cause problems and they should be used only when needed.

How Antibiotics Can Cause More Harm Than Good

Older people have more side effects from medicines, which can cause problems all over the body. Sometimes antibiotics can:

- Lead to a drug interaction, where one of

your medications could become less effective or cause you to develop new symptoms.

- Cause nausea, vomiting or diarrhea.
- Cause rashes or allergic reactions.
- Harm your kidneys or other organs, or cause nerve damage.
- Cause a painful, highly contagious and potentially deadly form of diarrhea resulting from the bacteria *Clostridium difficile* ("C.diff").

Each time you take an antibiotic, you increase your risk of **developing a resistant infection in the future.**

The Antibiotic Resistance Crisis

The overuse of antibiotics has contributed to increasing antibiotic resistance – **which is the ability of bacteria to resist the effects of an antibiotic.** When resistance occurs, it can be harder to find the right drug to treat an infection. Fighting resistance requires stronger drugs and more healthcare, and recovery may take more time.

"Antibiotic resistance is rising for many different pathogens that are threats to health. If we don't act now, our medicine cabinet will be empty and we won't have the antibiotics we need to save lives."

– Dr. Tom Frieden,
Director of the Centers for
Disease Control and Prevention (CDC)

Spotlight on Urinary Tract Infections in Seniors

One of the most frequent reasons seniors are prescribed antibiotics is urinary tract infection (UTI). We know, however, that many of these UTIs are misdiagnosed. A urinary tract infection is caused by bacteria that involves any part of the urinary system including the urethra, bladder, ureters and kidneys.

So if a test shows bacteria, does this mean I have a UTI?

Not necessarily. Diagnosis of a UTI requires **both** finding bacteria on a urine test **and** the presence of specific symptoms. Having both is important, because bacteria can and do live naturally in the bladder without causing any pain or symptoms. This is called **asymptomatic bacteriuria**, which is present in as many as half of seniors living in long-term care settings.

What are the specific symptoms of a UTI?

- a burning feeling, discomfort or pain with urination.
- pain in the lower abdomen or back.
- increase in frequency (needing to "go" more often than usual).
- repeated strong urges to urinate.

- blood in the urine.

These symptoms may or may not be accompanied by fever.

What about other symptoms, such as confusion or a sudden change in behavior?

UTI is less likely without the specific symptoms listed above. Non-specific symptoms such as confusion, a sudden change in behavior, fatigue or a fall may be caused by other factors, including:

- poor sleep
- constipation
- dehydration
- depression
- inadequate nutrition
- medication side effects

It is important to consider a range of possible causes, to prevent missing the real diagnosis.

I was prescribed antibiotics before.

Why not now?

In the past, when a urine specimen tested positive — even when no symptoms of infection were present — doctors were taught that treatment with antibiotics was the right approach. **We know now that is not correct.**

The American Geriatric Society now recommends to physicians "Don't use antimicrobials (antibiotics) to treat bacteriuria in older adults unless specific urinary tract symptoms are present."

Save antibiotics for when you really need them

The call to reduce unnecessary use of antibiotics is coming from many fronts, including the CDC, medical specialty societies and Consumer Reports Health. Antibiotics should be used only when your doctor is sure that there is a bacterial infection.

What you can do

Whenever you are prescribed antibiotics, make sure you understand why you need them. Here are some questions for you and your loved ones to ask your doctor:

- Why do I need antibiotics?
- How should I take the medication? (for example, with or without food?)
- What are common side effects?
- What if I do not feel better in a few days?
- Or what if I feel worse?
- When should I stop the medication?

Understanding the risks of using antibiotics when not needed leads to good, safe care. The safest care happens when you partner closely with your medical team, to understand and follow the most current advice.

2019 is absolutely here! We have had a lot of fun and opportunities! We have completed our fall season with much happiness, joy, and satisfaction! We celebrated the holidays with lots of good cheer. Our Halloween party was great fun, we made masks, had trick or treat evening, and the staff dressed up in wonderful, crazy costumes. Thanksgiving rolled around, and we enjoyed passing turkey and pumpkin pie with our fellow co-workers and family as we had our annual feast along with a traditional dinner the next week. How grateful we are for our many blessings: friendships, life lessons, loyalty, integrity just to name a few that staff and families display. An amazing Veterans Day program with Vane Scott presenting "Old Glory" was very touching to all. Thank you veterans for your sacrifice and service!

Then our beautiful Advent season came, and oh my, what beauty throughout the facility! Wondrous trees, sparkling lights, exquisite ornaments, and the big trees were just magnificent! Our wonderful Christmas dinners were joyful with awesome music, and the residents and guests enjoyed a superb meal while spending time with those closest to us. How fortunate we are able to have such dedicated staff in all departments to make this successful and so special for all! We were



Barb T. shares her goody bag with Spencer Wilson.

excited to have live reindeer again for the Santa Breakfast and Santa, too! The children were captivated - many pictures and many fond memories. We enjoyed spreading good tidings of cheer! We made Christmas gift tags along with other holiday crafts. We loved singing Christmas carols and wishing everyone a merry Christmas. We enjoyed Christmas music almost every day - singing our hearts out because everybody knows the words, either with Kathy at the piano or with music playing! And, we were excited as Santa also visited every resident with gifts for all - making us feel like big kids again! And, no coal, either! What a sight it was to see all those big, beautiful smiles! Many outside



Ruth, Norma and Nurse Emily are pleased to pass out the goodies to the children.

carolers came to entertain us - such joy! We also celebrated with a candlelight service with readings from the Book of Luke and other inspiring verses. We appreciate Mary Ruth Warther assisting with this service. It was meaningful, refreshing, and heartfelt. We raised our battery candles to Silent Night to conclude. Our "Giving Tree" overflowed with so many donations of gloves, hats, mittens, and scarves - generosity abounds, and shared with the Salvation Army. An evening ride had us wondering at all the Christmas lights and decorations, and we enjoyed this outing together.

The fun is beginning for 2019! We look forward to all the fun awaiting us. Our guys (and some gals) love a good Super bowl game, and we are anxious to see who will be playing. Our fundraisers continue with soup sales, card parties, bake sales, pay-to-wear t-shirt days all going to the American Cancer Society Relay For Life and the Alzheimer's Association.

January brings the card party, snowflakes and snowmen, and many lovely arts and crafts associated with winter, and two trips to Cleveland and Akron shows.

Along comes February and our annual Chili Cook-Off. This is a friendly competition between units and staff, the payoff is everyone gets to taste the chili! Making you hungry? A panel of judges decides the winners. All in good fun! We absolutely love when cupid comes by to visit us - whether you and your other have been sweethearts for the last 50 years or are new sweethearts, or if your sweethearts are your grandbabies, or as for many of us - our fur-babies/pets - we have full, joyful hearts to share for Valentine's day. This year HCC will host Valentine lunches for

the residents to celebrate this enchanting holiday, and Randy Valez will return in the afternoon. Again, the joy we will have making cards, lots of hearts, signing our names, and secret admirers! The residents like to make cards for the staff to show appreciation. And, of course, candy and a party! Will you be my valentine? Candy Grams sales as a fundraiser are available at this time, too.

Of course, what is the month of March without St. Patrick's Day - more fun, traditions, and parties? This month also brings the time change - we've heard people say why not just leave it one way or the other, but time marches on!

The New Year always brings new opportunities, and we are excited and look forward to trying new things. Remember, whatever your new resolutions are - whether it's to exercise more, eat healthier, or lose that extra holiday weight - all of us of the Homestead love you and can't wait to share in the fun with you. So, stop in to see us because our New Year's resolutions are to have fun and spend more time with all of you!

The Alzheimer's local committee (which Paula, Kathy, and sometimes Lauren serve on) is looking for more individuals to join us - generally to plan and further develop the community awareness and walk. The walk is held in September. More teams are always welcome! If you are interested, please see the receptionist or Paula. Meetings are usually monthly at 5:15pm and held at various locations. There is also an informal breakfast in the works for January 22 for more folks to be invited as guests, so more info on that as it is determined.

Additionally, the American Cancer Society Relay For Life local committee invites all individuals, families, and businesses to have a team and join in the fundraising and come to the community walk in June (this year's fun theme is Dr. Seuss!). See Paula for any questions. The first team captains meeting is Jan. 9 at 6:30 pm (and usually the second Wed. each month), held at the social hall of Dover Faith United Methodist Church at 420 N. Wooster Ave, Dover. These are casual, informal meetings that provide information and help plan. Help us meet the February Challenge to bring a new team!

**Remember:
Choosing to be positive
and having a grateful attitude
will determine how you're
going to live your life!**

DOVER HOMESTEAD



Special Christmas Dinner
Roe looks pretty for the evening.



Special Christmas Dinner
Louise loves Carla.



Special Christmas Dinner
Tony and her family share a special time.



Elizabeth M. with family
Special Christmas Dinner



Lucy loves these young
ladies visiting to cheer!



Ruth and Brenda share
a nice evening together.



Mary Ruth and Ruth
Here's to a nice Christmas!



Roy with his family
for the special dinner.



Park is all set for a nice dinner.



Donna shows her
snowman canvas painting.



Elizabeth M. & Bill H.
await the trick or treaters.



Jean & Brenda are happy to see all the
youngsters come for trick or treat.



Good companionship



Donna A. and daughter are stocked up
good with candy for everyone.

DOVER FUN CONTINUES...



Barb T. enjoys the company of these PeeWee football cheerleaders.



Sandy and Sara surmise the size of the pumpkins at the fair.



A young volunteer, Parker Wilson, holds a Lemonade Stand Fundraiser.



Alice loves this ball of cotton candy.



Jean has fun with the large Yahtzee game.



3 young cheerleaders sharing cheerleading spirit with Ruth L.



Always a mother... Ruth L. assists an aide with tying the gown in the back.

MARK YOUR CALENDAR

Mark Your Calendar

2019 Jan, Feb, Mar

JANUARY

Soup Sale Fundraiser

Jan. 16, Dover: 10a – 1:30p

Jan. 16, Bolivar: 10:30a – 2:30p

Card Party Fundraiser

Jan. 22, Dover, 6:30p – 9p, \$9

Benefits the Alzheimer's Assoc. & Am. Cancer Society

FEBRUARY

Special Valentine Lunch for the residents

Feb. 14, Dover & Bolivar, lunchtimes

Valentine Entertainment

Feb. 14, at 2p in the Gardens, Dover

Randy Valez

Valentine Festivities

During the day Feb. 14, Dover & Bolivar

Chili Cook-Off

Dover Feb. 27 – Judging at 2p

Bolivar Feb. 20

EXTRA AVAILABLE FOR SALE

MARCH

Ash Wednesday Service

with Pastor Dotty

March 6, 10a, Gardens Lounge, Dover

Burger Bar Lunch Stand Benefit

March 13, 10a – 1:30p

Dover Rehab Foyer

Grilled Cheese Sandwich & Tomato Bisque Lunch Stand Fundraiser

March 20, 10a – 1:30p

Dover, Rehab Entrance Foyer

Potato Bar Lunch Stand Fundraiser

Bolivar March 20, 10:30a – 2:30p

Dover March 29, 10a – 1:30p

Card Parties

Bolivar March 13, 7p – 10p,

Main facility, Dover March 21, 6:30p – 9p

WEIGHTS and MEASURES



KITCHEN MEASURES	
pinch	= 1/8 teaspoon
dash	= 1/16 teaspoon
sprinkle	= 1/32 teaspoon
1 tablespoon	= 3 teaspoons = 1/2 fl. oz.
4 tablespoons	= 1/4 cup = 2 fl. oz.
5 1/3 tablespoons	= 1/3 cup
1 cup	= 16 tablespoons = 8 fl. oz.
1 pint	= 2 cups = 16 fl. oz. = 4 gills
1 quart	= 4 cups = 32 fl. oz.
1 quart	= 2 pints (liquid)
1 gallon	= 4 quarts (liquid)
1 peck	= 8 quarts (dry)
1 bushel	= 4 pecks (dry)
1 pound	= 16 ounces
CAN SIZES	
Buffet/Picnic = 1 cup	No. 2 1/2 = 3 cups
No. 1 = 1 3/4 cups	No. 3 = 4 cups
No. 1, tall = 2 cups	No. 5 = 7 cups
No. 2 = 2 1/2 cups	No. 10 = 13 cups
SPIRITS MEASURE	
Pony = 0.5 jigger	Fifth = 25.6 shots
1 shot = 1 oz.	Quart = 32 shots
Jigger = 1.5 shot	Magnum = 2 quarts
Pint = 16 shots	
APOTHECARIES WEIGHT	
(Measures drugs and medicines)	
1 grain (gr.)	= 0.0648 gram (g.)
1 scruple	= 20 gr. = 1.296 g.
1 dram	= 3 scruples = 3.888 g.
1 ounce	= 8 drams = 31.1035 g.
1 pound	= 12 ounces = 373.24 g.
AVOIRDUPOIS WEIGHT	
(Measures ordinary materials)	
1 grain (gr.)	= 0.0648 gram (g.)
1 dram	= 27.343 gr. = 1.7718 g.
1 ounce	= 16 drams = 28.3495 g.
1 pound	= 16 ounces = 453.5924 g.
1 hundredweight	= 100 pounds
1 short ton	= 2,000 pounds
1 long ton (British)	= 2,240 pounds
TROY WEIGHT	
(Measures precious metals and gems)	
1 carat	= 3.086 grain (gr.)
1 pennyweight (dwt.)	= 24 gr.
1 ounce (Troy)	= 20 dwt.
1 pound	= 12 ounces (Troy)

SQUARE MEASURE	
(Measures the area of surfaces)	
1 square foot	= 144 square inches
1 square yard	= 9 square feet
1 acre	= 160 square rods = 10 square chains = 43,560 square feet
1 square mile	= 640 acres
LINEAR MEASURE	
(Measures lengths and distances)	
1 hand	= 4 inches
1 foot	= 12 inches
1 yard	= 3 feet
1 rod	= 5 1/2 yards = 16 1/2 feet
1 furlong	= 40 rods = 660 feet = 220 yards
1 statute mile	= 1760 yards = 5280 feet = 320 rods
1 nautical mile	= 6080 feet
1 nautical mph	= 1 knot
1 fathom	= 6 feet
1 link	= 7.92 inches
1 chain	= 100 links
1 statute mile	= 80 chains
1 league	= 3 miles
METRIC SYSTEM	
U.S. to Metric Measures	
1 inch	= 2.54 centimeters (cm)
1 foot	= 30.48 centimeters = .3048 meter (m)
1 yard	= 0.9144 meter
1 rod	= 5.029 meters
1 furlong	= 202.168 meters
1 mile	= 1609.344 meters
1 mile	= 1.609 kilometers (km)
1 fluid ounce	= 29.573 milliliters (ml)
1 gill	= 0.118 liter (l)
1 pint	= 0.473 liter
1 quart	= 0.946 liter
1 gallon	= 3.785 liters
1 peck	= 8.81 liters
1 ounce	= 28.35 grams (g)
1 pound	= 0.4536 kilogram (kg)

Metric to U.S. Measures	
1 millimeter	= .03937 inch
1 centimeter	= 0.3937 inch
1 meter	= 39.37 inches = 3.2808 feet = 1.0936 yards
1 kilometer	= 3280.83 feet = 1093.61 yards = 0.62137 mile
To convert kilometers to miles, multiply by 0.62.	
To convert miles to kilometers, divide by 0.62.	
1 kilogram	= 2.2046 pounds
SQUARE MEASURE	
1 sq. centimeter	= 0.1550 sq. inch
1 sq. inch	= 6.452 sq. centimeters
1 sq. foot	= 0.0929 sq. meter
1 sq. meter	= 1.196 sq. yards
1 sq. yard	= 0.8361 sq. meter
1 hectare	= 2.47 acres
1 acre	= 0.4047 hectare
1 sq. kilometer	= 0.386 sq. mile
1 sq. mile	= 2.59 sq. kilometers
WEIGHTS	
1 gram	= 0.03527 ounce
1 ounce	= 28.35 grams
1 kilogram	= 2.2046 pounds
1 pound	= 0.4536 kilogram
1 metric ton	= 0.98421 English ton
1 English ton	= 1.016 metric tons
CUBIC MEASURE	
(Measure of Volume)	
1 cubic centimeter	= 0.061 cubic inch
1 cubic inch	= 16.39 cubic centimeters
1 cubic foot	= 0.0283 cubic meter = 1.728 cubic inches
1 cubic meter	= 1.308 cubic yards
1 cubic yard	= 0.7646 cubic meter
1 liter	= 1.0567 quarts liquid
1 quart dry	= 1.101 liters
1 liter	= 1.0567 quarts
1 hectoliter	= 2.8375 bushels
1 cubic foot	= 1728 cubic inches
1 cubic yard	= 27 cubic feet
1 cord (wood) 4'x4'x8'	= 128 cubic feet
1 ton (shipping)	= 40 cubic feet
1 standard bushel	= 2150.45 cubic inches
1 standard gallon (liquid)	= 231 cubic inches

TEMPERATURE CONVERSIONS

A Fahrenheit degree is smaller than a Celsius (Centigrade) degree, one Fahrenheit degree being 5/9 of a Celsius degree.

To convert Fahrenheit degrees into Celsius, subtract 32, multiply by 5, and divide by 9.

To convert Celsius into Fahrenheit, multiply by 9, divide by 5, and add 32.

The freezing point of water is 32° F., 0°C.

The boiling point is 212°F., 100°C.

MISCELLANEOUS MEASURE

1 bale cotton = 500 pounds in U.S.

1 bolt cloth = 100 yards length x 42 inches wide cotton, 60 inches wide wool.

1 board foot = a foot square board 1 inch thick

Karat - a measure of the amount of alloy per 24 parts in gold. Thus, 24 karat gold is pure; 18 karat gold is 1/4 alloy.

Caliber - the diameter of a gun bore.

Gauge - a measure of shotgun bore diameter.

Horsepower - the power needed to lift 550 pounds one foot in one second or to lift 33,000 pounds one foot in one minute.

Weight of water: 1 U.S. gallon = 8.33 pounds.

1 Kwh = 3,412 Btu

Btu - British thermal unit

The amount of heat required to raise one pound of water one degree Fahrenheit.

ROMAN NUMERALS

I - 1	XI - 11	CD - 400
II - 2	XIX - 19	D - 500
III - 3	XX - 20	CM - 900
IV - 4	XXX - 30	M - 1000
V - 5	XL - 40	V - 5000
VI - 6	L - 50	X - 10,000
VII - 7	LX - 60	L - 50,000
VIII - 8	XC - 90	C - 100,000
IX - 9	C - 100	D - 500,000
X - 10	CC - 200	M - 1,000,000

LARGE NUMBERS

Units	Number of Zeros	Units	Number of Zeros
million	6	sextillion	21
billion	9	septillion	24
trillion	12	octillion	27
quadrillion	15	nonillion	30
quintillion	18	decillion	33

Source: Blum's Farmer's and Planter's Almanac 2017

LAUNDRY AND HOUSEKEEPING

Clever Uses for Spare Change

Ideas that are right on the money!



1. Check Tire Treads

Insert a penny into a groove with Lincoln's head upside down. If you can see his whole head, your treads are worn and it's time to replace your tires.

2. Take a Rough Measurement

A quarter is nearly an inch in diameter and one foot is 16 pennies laid in a row.

3. Steady a Wobbly Table

Glue a coin (or two) to the bottom of the short leg of a shaky table or chair.

4. Straighten Drapes

Sew coins into the bottom hems to keep drafts from blowing them around.

5. Tighten a Screw

A penny, nickel, or dime can be used as a substitute for a flathead screwdriver.

DID YOU KNOW?

Donate directly to charities such as the Humane Society at any Coinstar machine. Find one near you at coinstar.com/findakiosk.

Source: WomansDay - April 2018

A Recap of the Fun and Festivities of the Past Quarter

- Autumn Pizza with a Purpose Lunch Stand – Thank you! (and Good!)
- Linda, Dee, & Patty picked up their fair items along with 1st and 3rd ribbons! – Congratulations! (Super!)
- A 10", high apple pie came from the "Red Apron Pie Co." that was born this fall in Rehab. Gwenna, Theda, Steve, & Annette donned their aprons and went to work. The pie came in 3rd at the HCC pie contest which they considered a success and was fun! (Tasty!)
- Received Alzheimer's Walk highest corporation award! Appreciate all your support! (Supportive!)
- Dover Majorettes came to visit! Routines to "Great Balls of Fire" & "Jail House Rock"! (Exciting!)
- Fall Card Party – some of us attended, too, enjoyed an assortment of games and goodies! Thanks for your support! (Fun!)
- Fall Family Bingo – fun and laughter – Join us in Jan & beyond! *Note: this was on hold for Nov./Dec. due to a packed holiday schedule. Resumes in January.
- Oktoberfest – nice weather, good music with front row seats, good food, good vendors, fun times. Toni smiled and said she had a good time, Marty gave us a wink and a smile! Some even got on the hayride! Gwenna and Arlene served as the scarecrow contest judges with artistic eyes. (Lustique Zeiten! – German for good times)
- Library Linda presented "Songs of our Lives" (Interesting!)
- Baby blankets made by Dee to give to Union Hospital Maternity unit, and I Spy quilts made and donated to Harbor House (Giving!)
- A very special October birthday - 104 – for Ruby! Complete with a sparkley crown, balloons, floral arrangement with 104 flowers, party, and family celebration! (Thank God for birthdays!)
- STNAs Ty Carpenter and Nick Henning visited one weekend from college – Gwenna said Ty just scooped me right up! Before they left in the fall she told them to be good, and Nick said he remembered that when he thought about doing something... (Seed planted!)
- Weiner roast – grilled hot dogs by Chef Matt, roasted marshmallows by Paula for S'mores and Kathy helped assemble (Mmmmm!)

- Crafts with Patty and Annette – made Halloween masks, gourd painting, canvas fall painting, and more for the holiday season. (Talented!)
- Interesting tidbit: Rena was a lab scientist at Union Hospital for 50 years, and Regina also worked with her for quite a while! (Small world!)
- Halloween fun: Boo grams, costumes – Theda as a baker, Art & Doris as a clown couple, Don a lab scientist, Arlene as Mickey Mouse – all complete with Annette's props! Hostesses Judy as a pirate and Kelly a cute pumpkin theme, Therapists Wendy dressed in black (pregnant and due Oct. 31!) and Angel as a Mystical Tea Bag! Festive party and goodies, and residents judged the staff costumes – winners received massage gift certificates! Trick or Treat with staff's children and grandchildren is always fun. (Creative!)



These Moms love their mums from the fall sale.

- Football fun with balloons, games and puzzles, Dover football players visited, Pee Wee football cheerleaders in to cheer and dance, tailgate lunch! (Spirited!)
- Congratulations to Wendy of Therapy on the birth of her son! (Precious!)
- Doing the Macarena with Carmella, age 9, daughter of STNA Alisha! (What Fun!)
- Entertainment, Sun, Nov. 5, in the lounge by Dorthea tickling the ivory! Good to see and hear her again! Be sure to come back! (Talented!)
- Voting privilege exercised (Thank you, volunteers!)
- Veterans Day honored, program presented by Vane Scott, Veterans recognized with special certificates (Valued!)
- Attended Warther's Tree Festival 25th anniversary – many beautiful trees! (Christmas spirit!)
- A few of us attended a Thanksgiving dinner at the Dover Apostolic Church with Jen who leads our Bible Study – very nice. (Thanks for the invitation!)
- Had our Special Thanksgiving with residents and staff, enjoyed KFC & fixings, chocolate mint pie and a cookie tray from

- the Amish Door Bakery (Finger-lickin' good & fun!)
 - Celebrated Thanksgiving on the 22nd with a traditional meal with family (Grateful!)
 - Walmart shopping outing for anything needed! (Convenient!)
 - Said farewell to Kari Hunt of Admissions/Discharge Planning who is expanding her career with Union Hospital (we still see and hear from her and wish her the best), welcomed two new Maintenance men Ron Meese & Bill Taylor (Ken Otto continues to assist us as he works with his wife's real estate work), and welcome Brianna Zion as the new Case Manager for admissions & discharge planning. Feel free to welcome all them!
 - We welcomed a new volunteer – Abby, age 16, a home-schooled student, helping with Bingo! (Thank you!)
 - The Grinch visited us! (Fun!)
 - Santa Breakfast for staff's children & grandchildren even with reindeer to visit and feed! Fun to watch! (Delightful!)
 - Browsed and shopped the Hennis Craft Vendor Sale Dec. 14 right here with a variety of items (Easy shopping!)
 - Hennis Staff Co. Christmas Party at Breitenbach Toolshed, like hearing that the staff enjoyed it and had fun! (Appreciated!)
 - Special Christmas Dinner Party for Rehab residents and guests with live entertainment by the Kodachrome Babies (meaningful & special!)
 - Santa visited each one of us and shared gifts! (Merry Christmas!)
 - Christmas Day dinner at lunch time (Delicious!)
 - A lot more entertainment, visitors, carolers, performers, and more filled the halls throughout the season! (Joyful!)
 - Wrapped up 2018 with a New Year's party with sparkling juice, cheese & crackers, and Randy Valez entertaining! (Party noise makers!)
- Though the weather is different this time of year, we stay warm and involved with anticipation and participation in the upcoming events and daily plans! January is the Soup Sale to warm you, a Winter Card Party for fun, February's Chocolate Love Affair to satisfy your sweet tooth, Valentine's festivities, creative crafting, mind and body exercising to keep us up and fit, and more - the door is always open to join us!

Live Big & Have Fun!

DOVER REHAB



It's the guys' card game - join us!



Bill B. looks good with the stuffed reindeer in their matching colors.



Terry Shonk with her family work to make knit scarves using a loom.



Pat Haydon - Nothing like a little dog therapy while on the parallel bars in therapy!



Alex the Weimaraner poses in front of the finished tree.



Mr. & Mrs. Brunk look over the large cookie tray from the Amish Door Bakery during the special Thanksgiving Day meal.



Hostess Joy serves Don and guest during the Special Thanksgiving Day Festivities.



Sam loves his favorite KFC for the Special Thanksgiving Day Meal.



Veteran's Day program by Vane Scott. Arlene, Norma & husband, Volunteer Miike L. & John.



Kevin Korn helps Paula with stringing over 900 lights on the 10 ft. tree and decorating it, too! (Committee member with Kathy and Paula for the American Cancer society Relay for Life)



Gwenna shares her quilting talents with us



Salon Stylist, Kelly, services "Jerry" Crawshaw.

DOVER REHAB



You have to wear a crown when you look this good at 104.



Hostesses Pumpkin Kelly and Pirate Judy.



John in costume and character!



Art and Doris as a cute clown couple.



John M. reminisces with classmate Jim Baker from Newsomertown Elementary - 1st grade



Don the Halloween Scientist



Theda the Halloween Baker



Looking Stylish!
Annette and Emily.



Therapist Wendy (9 mo. pregnant!) as a cat and Chrissy of Administration.



The young cheerleaders cheer for Ruby's birthday!



We've got the football spirit!
Sierra and Jake show their team pride.



Pastor Tom assists David P. at the fair exhibits.



Kathy M. and Ron of maintenance enjoy the tailgate lunch.



These ladies love petting "Mr. Ed" at the horse barns at the fair.

CAREGIVER SUPPORT GROUP MEETINGS

Contact the Alzheimer's Association Greater East Ohio Area Chapter for more information at 800.272.3900.

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.

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

STEUBENVILLE

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

Muskingum Cty. Center for Seniors
160 N. Fourth St.
2nd Tuesday, 6:00 p.m.

PORTAGE COUNTY

RAVENNA

UH Portage Medical Center
684 7 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

First Christian Church
1020 Wales Rd. NE
2nd Tuesday, 6:00 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.

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.

MENS GROUP

{UNIONTOWN}

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

ORRVILLE

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

FTD CAREGIVERS GROUP

{SUMMIT COUNTY}
701 White Pond Dr., Suite 300
Akron, OH

2nd Wednesday, 6:00 p.m.

WOOSTER

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

Meeting on a monthly basis, over 30 caregiver support groups in our chapter area provide a consistent, caring place for discussion of the challenges of caregiving. Caregivers come to share experiences, tips, information, and offer support in a setting facilitated by staff or trained volunteers. Our caregiver support groups offer the opportunity to:

- Connect with other families and caregivers dealing with the disease, and reduce feelings of isolation
- Develop a better understanding of Alzheimer's disease and the disease process
- Share and learn practical suggestions in caring for a person with Alzheimer's disease, and coping as a caregiver or family member
- Express feelings, such as venting frustrations, anger, and disappointments, and share successes in a supportive setting
- Get encouragement and moral support
- Learn about community resources and other Alzheimer's Association programs.

Meeting dates are subject to change due to inclement weather. To keep our schedule current, revisions are made frequently. If you have any questions call 800.272.3900.

BOLIVAR JAN 16
DOVER JAN 16

10:00a - 1:30p

\$1 - Cup • \$1.50 Bowl

\$3 - Pint • \$5 Quart

**Available for Lunch,
Carry Out Available for supper!**

**Pre-orders are very helpful.
Walk-ins Welcome!**

Dover facility providing

DELIVERY

to local businesses.

(pre-order necessary)

Bolivar (330) 874-9999

Dover (330) 364-8849

Soup Sale



Benefits the Alzheimer's Association and American Cancer Society



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

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

Transitional Therapy Houses

Hennis Care Centre



www.henniscarecentre.com

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

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

of Dover & Bolivar

**HENNIS
CARE
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