Old age is not a disease; it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments, trials and illnesses.
- Maggie Kuhn, U.S. activist and social worker

When somebody says to me - which they do like every five years - “How does it feel to be over the hill,” my response is, “I’m just heading up the mountain.”
- Joan Baez, U.S. singer

Life would be infinitely happier if we could only be born at the age of eighty and gradually approach eighteen.
- Mark Twain, U.S. writer and humorist

When I was forty, my doctor advised me that a man in his forties shouldn’t play tennis. I heeded his advice carefully and could hardly wait until I reached fifty to start again.
- Hugo Black, U.S. Supreme Court justice

You know you’re getting old when the candles cost more than the cake.
- Bob Hope, U.S. comedian and actor

Outwardly I am eighty-three, but inwardly I am every age, with the emotions and experience of each period.
- Elizabeth Coatsworth, U.S. poet and children’s author
Herbed Bruschetta with Olives and Capers

For the bread:
1 loaf crusty bread, sliced
olive oil, for drizzling
1-2 cloves garlic

For the topping:
2 pints cherry tomatoes, halved or quartered
1/3 cup sliced olives
2 tablespoons capers, rinsed
1 teaspoon worcestershire sauce
3 tablespoons minced parsley
2 tablespoons minced chives
2 tablespoons red wine vinegar
3 tablespoons olive oil

Preheat the oven to 400 degrees. Arrange the slices of bread on a baking sheet, drizzle with olive oil, and bake for 5-10 minutes (turning once) until brown.

Combine all of the topping ingredients in a bowl, season to taste with lots of salt and pepper, and serve over the toasts. This can be made several hours (even a day) ahead.

Adapted from recipe by Lizzie Munro @ answers en croute blog

Freshment served at Hennis’ Red and White Art Class held at the OV Harvest Business - DELICIOUS! (Thanks Kimberly Adams!)

9 Tips for Living with Pain

Teresa Dews, MD, a Cleveland Clinic pain management specialist, says that patients who expect passive miracles do not improve as much as patients who actively participate in their health and focus on healthy lifestyles. She offers these tips for managing chronic pain:

1. Discuss your pain concerns with your doctor.

2. Learn as much as you can about your diagnosis and condition.

3. Build in rest breaks, exercise and relaxation times into your daily schedule.

4. Learn how to relax through deep breathing and other stress management techniques.

5. Set achievable goals and don’t overdo it on good days. Pace yourself.

6. Engage in positive self-talk (e.g., “I feel energetic and strong”).

7. Decrease or eliminate alcohol consumption. Pain often disrupts sleep, and alcohol can further disrupt the sleep cycle. Alcohol should not be taken with most medications prescribed for pain.

8. Join a chronic pain support group that focuses on education and advocacy.

9. Quit smoking. Cigarettes decrease circulation and can impede healing and are a risk factor in the development of many diseases that are associated with chronic pain.

For more information on coping with pain, please visit the American Pain Society and Cleveland Clinic Health Information.

DINING SERVICES

Herbed Bruschetta with Olives and Capers

SOCIAL SERVICES

9 Tips for Living with Pain

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Hennis Care Centre

Special Occasion Cookies

Select from the following holidays:
Valentine’s Day* • St. Patrick’s Day • Easter
4th of July • Halloween • Christmas • Miscellaneous

Cost per dozen $6.50-$7.50

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

See the receptionist for ordering & pre-payment

PROCEEDS BENEFIT: The American Cancer Society,
The Alzheimer’s Association, The Residents’ Activity Programming
Breathe Easier: Tips for Keeping Your Lungs Healthy

We often don’t consider the important role our lungs play in keeping us strong and well. It’s not until we experience problems breathing that we take notice. But the truth is, like the rest of our body, our lungs need daily care and attention.

Breathing feeds oxygen to every cell in the body. Without sufficient oxygen, people are more prone to health problems, including respiratory illnesses, chronic obstructive pulmonary disease and even heart disease. But, say experts at Rush University Medical Center, ordinary, everyday breathing isn’t enough to keep the oxygen flowing through the body at peak levels.

“Lungs at rest and during most daily activities are only at 50 percent of their capacity,” says Jennifer M. Ryan, PT, MS, DPT, CCS, a certified specialist in cardiovascular and pulmonary physical therapy. “Like the rest of your body, lungs thrive on movement and activity.”

Since regular day-to-day activity doesn’t help you use your lungs to full capacity, you need to challenge the lungs with more intense activity. “Your lungs need at the very least 20 minutes of consistent, moderately intense movement daily, like a brisk walk,” says Ryan. “Also, to help counteract the build-up of toxins and tar in the lungs caused by environmental pollutants, allergens, dust and cigarette smoke, you need to help your lungs cleanse themselves.”

**Diaphragmatic Breathing**

Among the many things you can do to keep your lungs functioning properly are some simple breathing techniques, according to Keith Roberts, RRT, CPFT, director of respiratory therapy at Rush. “These techniques can be used for people who are experiencing lung problems related to asthma, emphysema and chronic bronchitis, as well as healthy individuals,” he says.

Diaphragmatic breathing uses the awareness of the diaphragm muscle, which separates the organs in the abdomen from the lungs. “By concentrating on lowering the diaphragm as you breathe in, you’ll get a much deeper inhale,” says Roberts. “This is the technique that professional singers use to increase their lung capacity.”

**Simple Deep Breathing**

Deep breathing can help you get closer to reaching your lungs’ full capacity. As you slowly inhale, consciously expand your belly with awareness of lowering the diaphragm. Next expand your ribs, allowing the floating ribs to open like wings. Finally, allow the upper chest to expand and lift. After this, exhale as completely as possible by letting the chest fall, then contracting the ribs and, finally, bring the stomach muscles in and up to lift the diaphragm and expel the last bit of air.

**Counting on Your Breath**

You can also increase your lung capacity by increasing the length of your inhalations and exhalations. Start by counting how long a natural breath takes. If it takes to the count of five to inhale it should take to the count of five to exhale. You’ll want them to be of equal length.

Once you’ve discovered the count for your average breath, add one more count to each inhale and exhale until you can comfortably extend the length of time it takes to fill and empty your lungs. The point is to avoid straining or being uncomfortable. It should be a gradual and easy process.

**Making Room: Watch Your Posture**

Since the lungs are soft structures, they only take up the room that you make for them. “You want to occasionally sit tall and reach overhead, to make more room for your lungs,” says Ryan. “A simple technique for giving your lungs even more room is leaning back slightly in a stable chair, lifting the chest and opening the front of your body as you breathe deeply,” she says.

**Staying Hydrated**

Getting enough water is as important for the lungs as it is for the rest of the body. “Staying well hydrated by taking in fluids throughout the day helps keep the mucosal linings in the lungs thin,” Ryan says. “This thinner lining helps the lungs function better.”

**A Laughing Matter**

“Laughing is a great exercise to work the abdominal muscles and increase lung capacity,” says Ryan. “It also clears out your lungs by forcing enough stale air out that it allows fresh air to enter into more areas of the lung.”

**Be Active**

“Regular moderately intense activity is great for the lungs and when you increase your daily activity you get three things done at once: healthy lungs, a healthier heart and a better mood,” Ryan says.

**Join a Breathing Club**

“If you can’t be active because of lung problems, you can join a breathing club,” says Roberts. “These are support groups for people with lung and breathing problems. You can work on breathing techniques and get encouragement and information to help keep you healthy and improve your quality of life.”

The American Lung Association offers Better Breathers Clubs throughout Illinois and around the country. Visit the American Lung Association Web site or call (800) LUNG-USA (586-4872) to find one near you.
FOR: You and your family and Open to the community
WHEN: Sunday, October 5, 2014, 2 - 4 p.m.
WHERE: Hennis Care Centre of Dover
        1720 Cross Street, Dover, Ohio 44622
There will be tables, chairs, and tents for your comfort and convenience (in case of bad weather, this event will be held indoors)

OTHER FUN EVENTS FOR THE DAY INCLUDE:
Horse drawn hayrides, scarecrow making contest, apple bobbing, apple butter making contest, inflatables, scrumptious baked goods for sale, a live band, various crafters, and, of course, delicious German food all amidst the festive fall decorations. And, this is all complimentary as a gift back to the community!

APPLE BUTTER CONTEST
Bring your best apple butter with your name and phone number on the container and place it on the designated table.

SCARECROW MAKING CONTEST
To be made during the Oktoberfest Judging at 3:30 p.m. Prizes for the Most Original, Cutest, Scariest. Bring all the makings for a scarecrow and we’ll supply the stake and straw.

Also, come see Pat’s Porch - Our New Transitional Therapy House!
Hennis Care Centre is hosting an Oktoberfest for the community Sunday, October 5, 2014 from 2-4 pm. This year the event will be held at our Dover facility located at 1720 Cross St., Dover, Ohio 44622.

We invite you to participate in the craft area of this event. Just $15 will rent a space for you, and all the proceeds remain with you. Please send in your payment ahead of time to reserve your space. Hennis Care Centre 1720 Cross Street Dover, Ohio 44622 Attn: Paula Sickinger

The check or money order can be made to HCC and in the memo please add Oktoberfest craft table. We will provide a 6/8 ft. table and two chairs for your convenience, and we ask that you provide covering for the table top and sides. If you like, you may add a display background for hanging items, etc. as room allows. This event will be held outdoors, but in case of bad weather, it will be held indoors. Set up time may begin at 9 am ‘til 1:30pm.

There will be professional advertising for this event.

If you are interested in participating, or if you have any questions, please contact the receptionist at 330-364-8849 M-F (and Sat. & Sun.)

Please feel free to share this information with your friends and family and businesses!
Winners

Thank you for your participation in these fun events & fundraisers!

Epilepsy Purple Blanket
Anita Peffer

Epilepsy Purple Basket
Trish Haynam

Lucky Irish 50/50 Drawing
William Homan

Thanks to all who participated in these fundraisers!

We appreciate your support with selling and buying for these worthwhile causes!

SCHOLARSHIP

Congratulations

We are pleased to announce the Ohio Health Care Educational Foundation Scholarship recipients for 2014! Three Hennis Care Centre employees have been awarded scholarships. Bethany Burton received the Harry & Patricia Hennis Scholarship as she pursues her BSN from Malone College. Monica Alleshouse obtained the Hazelbaker Foundation Premier Scholarship as she continues her education from LPN to RN/Associate Nursing at Stark State College. Fred Hinerman was awarded the Harriet B. Scholarship as he studies for his BSN at Tuscarawas Kent State University.

They were recognized and received their scholarships in May at the OHCA Convention Celebration event in Columbus.

Purple Cupcake Fundraiser a Hit at Hennis

Just as pink is synonymous in the fight against breast cancer, and red is the color that unites those battling heart disease, purple is now the shade bonding together epilepsy awareness.

And Hennis Care Center at Dover is championing that cause.

Hennis recently wrapped its week-long fundraiser, The Great Purple Cupcake Project, in support of the Anita Kauffman Foundation, an organization geared towards providing education and advocacy for epilepsy.

Hennis generated $1,000 during its week-long fundraiser.

“I am so involved with fundraising at Hennis Care Centre for both Relay For Life and the Alzheimer’s Association on a daily basis,” said Mike Scholles, activity director ADC at Hennis Care Center at Dover. “But it wasn’t until my son, Jonathan, sent me a link on Facebook about the Anita Kauffman Foundation and epilepsy awareness week that had me intrigued to learn more about this cause.”

“And I am proud to say the passion sparked my interest to do something about it. So, with the help of Paula Hennis Sickinger, we decided to give all of our attention to this cause,” added Scholles.

The event culminated Friday, March 28 with a Purple Cupcake Bake-Off where dozens of local professional and amateur bakers vied for the top prize. Celebrity judges state Rep. Al Landis (R-Dover), International chef and owner Marlowe Compounding Jerry Marlowe, WJER announcer Michael Roberts, and stand-in Barry Scholles were on hand.

Megan Ripley of Megan Ripley’s Cupcakes won best cupcake in the professional category, while Jen Miskimen won in the adult/non-professional division and Riley Pefer claimed top spot amongst the youth category.

Buehler’s at Dover donated 200 cupcakes for the event.

Employees at Hennis and Buehler’s wore purple Wednesday, March 26, recognized as global Purple Day. Both sites had raffles and employee dress days, raising funds to support the cause.

“In two short weeks we raised $1,000 for the Anita Kauffman Foundation,” said Scholles, who added Hennis is definitely planning on building upon this success for next year’s Great Purple Cupcake Project.

“I’m so proud of our efforts for this much needed cause.”

Epilepsy affects over 50 million people worldwide, including three million in the US; more than multiple sclerosis, muscular dystrophy, cerebral palsy and Parkinson’s disease combined. About 200,000 new cases in the US are diagnosed each year - 45,000 of those are children.

The Purple Day theme was founded in 2008 in Nova Scotia, Canada.

Seeking Persons Interested in Helping with Crafts, Games and Pet Visits.

(once a week or more - day/evening)

at HCC of Dover Gardens & Pat’s Porch

Volunteers at Hennis Care Centre do much more than just game playing, crafts, and baking. They make our residents and your loved ones feel special and involved.

There are over 20 different ways you can volunteer your time to those at Hennis.

If you’d like to be a part of our rewarding volunteer program, visit henniscarecentre.com or ask for the Activities Department or Public Relations.
For some, the American Dream has a picket fence around it. For others, it’s wrought iron. Most homes have some kind of fencing. Fences can serve as decoration, property line markers, security features or all three. How much you’ll pay for your fencing will depend on the height and length you need as well as the materials you choose. Most fencing installation professionals will charge a cost per linear foot that will include both their labor and the materials cost.

Wood Fencing
Wood is one of the most commonly used fencing materials and, if treated correctly, can last a long time. Wooden fences are often made from woods, such as redwood or cedar, that are resilient when wet. Pine is the most common wood for fencing. It’s cheap and sturdy but must be pre-treated for outdoor use. Wooden fence posts need to be embedded in cement below the surface of the ground to be strong enough to withstand water and high winds. Wood fencing retain a natural look with stain or can be painted any color. But be prepared to restain or repaint every few years.

Metal Fencing
If you’re looking for strong, metal, and particularly steel, might be the way to go. Commonly used for commercial properties, steel is among the most durable fencing you can buy and will hold up well to abuse, though it might be susceptible to rust, especially if you live in a coastal region. Chain link fencing is some of the most affordable fencing you can install. A chain link fence works well for delineating perimeters of your property or keeping animals from getting out. It’s fairly durable, and will hold up to the elements with little or no maintenance. But it won’t win any beauty contests. This is material made for function, not form.

Vinyl Fencing
Vinyl fencing is affordable, lightweight, durable and simple to install. Although this may make vinyl fencing sound like the perfect fencing material, it does have a few drawbacks. It is not a good material for security fencing, as it can be more easily cut than metal or many woods. Also, although some vinyl and other synthetic fencing attempts to mimic the look of wood, most still end up looking plastic.

Aluminum Fencing
Aluminum won’t rust, and the pre-coated fences require little repair or maintenance and can last a long time. But they’re not the best for security, as aluminum is easily bent.

Wrought Iron
Wrought Iron is some of the most artful and elegant fencing you can buy. Most wrought iron fences are custom made for the individual and therefore are designed specifically to match your style and home. If installed correctly, wrought iron will literally last, and look perfect, for a lifetime. That makes them a perfect choice for historic homes. But be prepared to pay quite a bit more.

Mark your Calendar

DATES TO REMEMBER

AUGUST
Ladie’s Summer Luncheon with a guest
Dover - Aug. 21, 12:00p
Bolivar - Aug. 21, 11:30a

Men’s Summer Luncheon with a guest
Dover - Aug. 22, 12:00p
Bolivar - Aug. 22, 11:30a

Dover Cake Walk Fundraiser
Aug. 29, 1:30p

SEPTEMBER
Grandparents Day Celebrations
Dover - Sept. 7, 2:00p
Chocolate & Dessert Bar and live entertainment.
Weiner Roast - Bolivar - Sept. 6, 6:00p
(Bring covered dish and/or dessert & lawn chairs)

Fair Outings
Third Week of Sept Dover & Bolivar

Therapy Houses
1 Year Anniversary Parties
TBA

Alzheimer’s Walk
Join the HCC Team! Sept. 20 at Jim’s Place
8:30a sign in - 9:30 ceremony & walk

Community Card Parties: $6
Pat’s Porch - Sept. 10th, 6:30p - 8:30p
(limited seating) RSVP
Hattie’s House - Sept. 24, 7:00p - 9:30p
(limited seating) RSVP

OCTOBER
Oktoberfest
For community, residents, families, & friends
HCC of Dover, Oct. 5, 2:00 - 4:00p

Community Card Parties: $6
(please bring bags of individually wrapped soft candy for residents’ trick or treat night - you will receive a ticket for an extra prize!)
Dover Main Facility - Oct. 8
6:00p - 9:00p - RSVP
Bolivar - Main Facility - Oct. 15
7:00p - 10:00p - RSVP

* Watch the calendars/signs for many planned and unannounced activities, visitors, and entertainers.
IRONING TIPS:
Electric Irons

Ironing clothes can be a counterproductive task if it isn’t done properly. Follow these handy tips and guidelines for ironing.

The obvious problem with a clogged steam iron is that it doesn’t deliver enough steam. An even worse problem is the tendency of clogged irons to become suddenly unclogged and spew white mineral globs all over your best black suit. A clean iron speeds your pressing and protects your clothes.

• Follow the manufacturer’s instructions to keep the steam vents from becoming clogged. Some irons use tap water; others require distilled water.

• When you clean the soleplate of your iron, remove residue from the vents with a cotton swab or pipe cleaner. A sharp knife or other tool may scratch the soleplate.

• Use a cloth dipped in baking soda to clean the soleplate of a slightly warm iron. Scrub starch buildup or other soil. Rinse well, taking care to clear the vents.

• If your iron is sticky from pressing starched clothes, clean it by running it across a piece of aluminum foil, fine sandpaper, or paper sprinkled with salt. If your iron is plastic-coated, though, avoid salt or other abrasives.

How to Clean Water Reservoirs

Remove mineral deposits from the water reservoir when the steam action begins to decrease. Pour a solution of 1/3 cup white vinegar and 1/3 cup water into the water reservoir. Heat the iron, and let it steam for about three minutes. Unplug the iron, and position it, soleplate down, on a small glass dish that has been placed in a larger shallow pan. Allow the water to drain from the vents for about an hour. Drain away any remaining solution, and flush the reservoir with clear water before using the iron.

RAISING MONEY FOR ALZHEIMER’S

Raise $100 & $500, Fast!

How to Raise $100 Fast
1. Donate $20 yourself. That first donation is the hardest, so get yourself started on the right foot! $80 to go!
2. Ask 1 relative for $10.
4. Get 1 co-worker to give you $10. That’s eating out for lunch 1 less day this week. Half-way there only $50 left.
5. Email 2 people you know and ask for a small donation of only $5.
6. Get Social and post a message and link on Facebook or Twitter and ask for only $5. Just two $5 donations will keep you on track.
7. The neighbor who always asks to borrow something from you - ask them for a $10 donation.
8. You pay them for their services, now ask them for help. Ask 1 person (auto-mechanic, insurance agent, dentist, doctor, etc.) for a $10 donation. Only $10 left to raise!...
9. Ask 1 member of your group to donate the last $10 you need. If you are a member of a book club, social club, young professional group, church etc., this is a great place to get that last donation you need!
10. Congratulations! You have reached your $100 goal. Now that you’re there, re-visit these steps and double your donations!

How to Raise $500 (or more) in 10 Days
Day 1 Sponsor yourself for $25
Day 2 Ask 2 family members to donate $25 each
Day 3 Ask 5 friends to contribute $20
Day 4 Ask 5 co-workers to contribute $10
Day 5 Ask 5 neighbors to contribute $10
Day 6 Ask 5 people from your place of worship to contribute $10
Day 7 Ask your boss for a company contribution of $50 (better yet, find out if your company will match all of what you raise!)
Day 8 Ask 2 businesses or companies that you deal with through work to sponsor you for $25
Day 9 Ask businesses you frequent to personally contribute $15 (hair salon, dry cleaner, favorite restaurant, etc.)
Day 10 Hold a team fundraiser (bake sale, car wash, raffle, etc.)

Remember, the community family and friends
Walk To End Alzheimer’s
is September 20 at Jim’s Place in New Phila
8:30a sign in/9:30 Ceremony & Walk- Join us!
Want to shape up your eating habits over the summer? With an abundance of fruits and vegetables, there is no time like the present.

You’ve decided to cut back on hot dogs, peel the fatty skin off your barbecued chicken and limit mayo-laden macaroni and potato salads. Will this be enough to shape up your summertime eating habits?

Cutting back on high-fat meats and mayo-drenched salads is a good place to start. But along with limiting certain foods, it’s just as important to think about what to add to your meal plan.

To make healthy eating habits stick, it’s better to think more about enjoying your food and less about what to avoid. Here are some ideas to whet your appetite that won’t expand your waistline.

Make simple substitutions

Breaking an unhealthy food habit doesn’t mean you have to make radical changes or follow complicated recipes.

- Exchange artery-clogging creamy sauces and dressings with marinades or dressings made with olive oil or canola oil (heart-healthy fats) and herbs.

- Instead of serving a classic potato salad with creamy mayo, try steaming new potatoes and drizzling them with olive oil, garlic powder and chopped chives.

- Look for chicken or turkey sausages to grill instead of pork. They taste delicious and often offer great savings on fat and calories.

- Use wholesome barley or quinoa for a grain-based salad instead of pasta or potatoes. Add lots of raw, cut-up veggies, such as red peppers, carrots, red onion and celery.

- Go for sorbets and fruits instead of heavy cakes if you crave dessert.

- Drink plenty of water in lieu of sports drinks and sodas.

- Downsize what you put on your plate. Fill two thirds of it with fruits, vegetables and grains, and one third with poultry, fish or meat.

Take advantage of the season

Summer is prime time for the best fruits and vegetables.

- Try grilling vegetables, such as pearl onions, mushrooms, zucchini and bell peppers. Most vegetables can be grilled by cutting them into bite-size pieces and threading onto skewers. Grilled fruit kabobs are also a great summertime dessert!

- Buy fresh herbs (or grow them). They can bring out the flavor in food. If you have extra, chop them up, put them in an ice-cube tray and fill it with water. Once the herbs freeze, pop them out and put them in a plastic bag. Defrost by running them under hot water.

- At your next barbecue, skip the chips and serve crunchy carrot sticks, bell pepper strips and broccoli with a low-fat dip.

- Head to the beach with a veggie-filled picnic lunch. In addition to turkey or lean ham on whole-wheat bread, pack fruits and vegetables such as baby carrots, cherry tomatoes, grapes, plums and cherries.

- If you are going camping or hiking, unsweetened dried fruits, such as cranberries, raisins, apricots and figs, are easy to tote in your backpack.

- Avoid food dyes and excess sugar and make your own frozen fruit pops at home. Freeze 100 percent fruit juice in small paper cups (add diced-up fruit to the juice before freezing for extra fiber and nutrients). Insert wooden sticks when the juice is slushy enough to hold the stick upright. When the juice is frozen solid, peel the paper off and serve.

- Keep containers of fruits and vegetables washed and cut into bite-sized pieces in the refrigerator. Have them as snacks instead of chips and cookies.

Provided by: UnitedHealthcare
How is vocal fold paralysis treated?

The most common treatments for vocal fold paralysis are voice therapy and surgery. Some people’s voices will naturally recover sometime during the first year after diagnosis, which is why doctors often delay surgery for at least a year. During this time, your doctor will likely refer you to a speech-language pathologist for voice therapy, which may involve exercises to strengthen the vocal folds or improve breath control while speaking. You might also learn how to use your voice differently, for example, by speaking more slowly or opening your mouth wider when you speak. Several surgical procedures are available, depending on whether one or both of your vocal folds are paralyzed. The most common procedures change the position of the vocal fold. These may involve inserting a structural implant or stitches to reposition the laryngeal cartilage and bring the vocal folds closer together. These procedures usually result in a stronger voice. Surgery is followed by additional voice therapy to help fine-tune the voice.

When both vocal folds are paralyzed, a tracheotomy may be required to help breathing. In a tracheotomy, an incision is made in the front of the neck and a breathing tube is inserted through an opening, called a stoma, into the trachea. Rather than occurring through the nose and mouth, breathing now happens through the tube. Following surgery, therapy with a speech-language pathologist helps you learn how to use the voice and how to properly care for the breathing tube.

What research is being done on vocal fold paralysis?

The National Institute on Deafness and Other Communication Disorders (NIDCD) supports research studies that explore the causes of vocal fold paralysis as well as better ways to treat the disorder. One surgical procedure, called medialization laryngoplasty, inserts a structural implant into the larynx to return voice quality. However, close to a quarter of the people who receive this treatment must return for repositioning surgery to fine-tune the placement of the implant. An NIDCD-supported researcher currently is developing a pre-operative planning system that uses 3-D computer modeling to determine the best location for, and configuration of, the implant. The surgery also uses an image-guided system that allows the surgeon to visualize the precise location of the vocal fold to ensure exact placement of the implant. Researchers hope this new system will reduce the need for repeated surgeries and lower the cost and risk of surgical complications from the procedure.

The NIDCD also has been supporting a decades-long project to develop an electrical stimulation technology to help people avoid having a tracheotomy when both vocal folds are paralyzed. The device, which currently is being tested in animals and people, uses an implanted pacemaker to stimulate laryngeal nerves. This returns mobility to the vocal folds so that they can open to allow breathing and close to allow speaking and swallowing.

Where can I get help?

If you notice any unexplained voice changes or discomfort, you should consult an otolaryngologist or a speech-language pathologist for evaluation and possible treatment.

Source: http://www.nidcd.nih.gov/
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**August**

**Garden Activities of Dover**

{denotes Activities w/Staff}

**VBS with Staff’s Children & Residents - August 4th - 8th**

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**Activities subject to change**

**Guys Outings**

Thursday - 7:00 am

**Daily Computer Use Available**

**Check out the fundraisers for Cancer & Alzheimer’s**

**Rehab Crafts Wednesdays - 1:00 pm**

**Monday thru Friday**

**Movies on Ch. 2 - 7:00 pm**

**For the next month’s calendar check our web site (www.henniscarecentre.com) or pick up a free copy in the facility.**
The good ol’ summer time… remember having lemonade stands, festivals, berry picking, picnics, baseball games, concerts at the town gazebo, sitting in the cool shade on the porch, and the like? We’ve been experiencing all of this, too!

The week of Memorial Day we hosted a hot dog stand and a patio sale as a fundraiser; it was a sunny day just right for this as we browsed and shopped and found some fun bargains like Bev’s new sun hat. In June, we had a sub sandwich lunch stand as a fundraiser, and a bake sale, and we enjoyed helping to man these sales, as well as liking the goodies! The public, staff, and visitors are always good supporters! Thank you! June also offered a strawberry festival for us with family and friends where we enjoyed live entertainment by Terry Kimble and Steve Lot in the fresh air at our own veranda with the waterfall adding to the ambiance. We enjoy picnics at the fun Tuscora Park prepared by our dietary staff, and like seeing all the summer activity taking place throughout the park, as well as an outing to Mel’s farm for the day. We enjoyed an outdoor chicken picnic at Gerber’s Chicken in Kidron when we traveled to MCC Connection for bargain shopping. We thank Mike, Kathy, Lauren, & STNA Shirley, and others who are our “tour guides” for all our outings! We can also be found at the outdoor concerts at the Dover Deis Hill Park on Thursday evenings and New Phila Tuscora Park on Sundays taking in the fun tunes these performers offer. It’s nice to see our community friends at all these local venues. Our veranda/gazebo and covered porch is adorned by patriotic flags are popular places for our own summer concerts during the day every week as we are entertained by Bruce Seevers, Max Grossenbacher, Wayne Roth, Jerome James, etc. Even the near-by neighbors stroll over to take in the show!

Baseball is another fun activity we encounter in a variety of ways. The wii station provides good exercise and fun indoors with the mature and youthful audience. Batter up! It’s our Cleveland Indians theme for National Nursing Home Week throughout out the facility. The “concession stand” included corn dogs & hotdogs, pizza, Cracker Jacks, peanuts, soft pretzels, root beer floats and other ice-cream novelties, and assorted candy. The special baseball lunch menu offered bratwurst, chicken wings, hamburgers, French fries with cheese or vinegar, and apple pie! Lauren provided an unknown surprise duffle bag of old baseball bats collected by her grandfather when he was involved with the Cincinnati Reds! Some of the bats came from the likes of Larry Doby, etc. It was such fun discovering these greats, handling their bats, talking about the players and teams, and more! Various Cleveland Indians player posters were on display with their information that triggered a lot of conversation day to day. Chief Wahoo was cheering on, too, as his picture was adorning the doors and walls everywhere. Staff and residents wore Indians attire during the week which was a lot of fun to see and wear for support. We even took in live game at Progressive Field at a 12:00p game sitting near 1st base with Lauren escorting us! Lucky winner of Indians t-shirts, hats, lanyards, and Indians game tickets were: James Humphries, Alex Sterner, Bert Lowery, & Georgine Roman (tickets) and many residents won miscellaneous items! During the day at lunch time that week we had several guests providing “stadium” music for us: Kathy Marburger and Chrissy Sickinger played the piano, Wayne Roth and band gave us big band music in the evening, Jennie Arborgast (of St. John’s UCC) tickled the ivory, Forever Young singers (of the community) sang and danced, Sheila Haggy (of St. John’s UCC) sang on her lunch hour, Emily Morris (dgt. of Leslie, receptionist) played her flute, Sawyer Thomson (of St. John’s UCC) played cello, and Mike Maurer (of the community) also played the piano. Wow, we’re so fortunate for these gifts of talent from our staff and friends!

Lynn C. was happy on the outing to the New Phila Library book sale and returned with several bags full of books and was excited to read them! She can be found curled up all comfy in her recliner reading or on the front porch in the shade with her nose in a good read sipping some lemonade or iced tea. We also thank Michele Carlisle’s mother for donating many books she knows Lynn and others like to read. We thank Mike S. for accompanying us to see the show “Beauty and the Beast” at Dover High School – what a talented group of students! It was so nice to see people we know and say ‘hi’. We also like to start our day with our weekly breakfast outing with Mike S. at Buehlers, Dee’s, and Dover Station and enjoy a good meal and camaraderie with the “regulars” we see and the waitresses. We thank Keith of maintenance for driving the bus and nursing for helping, too. Speaking of excursions, how about Kate Patterson traveling to Myrtle Beach, S.C.! She jumped in the car with her daughter and off they went to see her other daughter and grandchildren for 4-5 days! She enjoyed visiting, eating, sight seeing, and taking in her granddaughter’s softball tournament games, baking & cooking together, and more! Whew! Everyone was excited for her!

A new fundraiser we tried this season off site was the “Red & White” Art Class held at the OV Harvest in downtown, N.P. It was open to the public and well attended including several of our staff.
Nancy McDonald, a well-known artist from Dover & McDonald Nikklaus Framing and Stone Mountain Art Gallery, was our instructor. This was a fun social group setting with an artist to guide us to replicate the night’s featured painting of sunflowers. It was so much fun and well-received! Many talents were discovered and they were proud of their production! Refreshments were by Kimberly Adams, owner of OV Harvest, using her oils and vinegars to make brushetta and gave the recipe to make orange brownies by Paula. Upon tasting these treats, many people wanted to buy the oils and vinegars to make their own to cook and bake with for other dishes! Many thanks to Kimberly for her hospitality and to Nancy, and her daughter, Jodi Nikklaus, for their instruction and kindness for this fundraiser! Sound fun and interesting? Watch for future plans later in the year and let us know if you are interested.

We thank many of you who support our multiple fundraisers over the year that benefit the Am. Cancer Society and Alzheimer’s Association. This year at the Am. Cancer Society Relay For Life walk the Hennis team reached the Jade Level ($10,000+) for donations, and we also received an award for the team with the highest present. Our next team event is the upcoming Alzheimer’s Walk in September to be held in downtown N.P. – please be sure to join us. Another new area of fundraising we are expanding to will be the Wounded Warrior Project in the late fall and - watch for info! New to us this past early spring was the Great Purple Cupcake Project for Epilepsy awareness – thanks to Mike Scholles! Two intense, heavy purple conscience weeks and good intentions led to purple décor everywhere, purple attire for staff and residents, purple raffle items, and the Great Purple Cupcake Project with a lounge and dining room full of all kinds of cupcakes, of course, including purple ones! Many of us enjoyed purveying and then selecting the ones we wanted to purchase. Again, we enjoyed the community by having the judges do the hard work of naming the winners, and we thank the busy Rep. Al Landis, the famous pharmacist Jerry Marlowe, the fun WJER DJ Michael Roberts, and musically talented Barry Scholles for taking time from their schedules to perform this task! See the full article on another page for more details. Thank you to many people from the community, staff, volunteers, and residents for your participation in the event, and watch for it next year again! Like to bake, get your recipes in order and plan to join in the fun!

The world is a much better place due to the many Girl Scouts and Boy Scouts! We certainly appreciate the scouts involved with HCC! The G.S. troop #60032 with leader Jennifer Beaver (which Alison, daughter of Kelly, the Unit Manager, and Daisy, daughter of STNA, Heather V. ) was so helpful to come and prepare and plant our backyard garden this season. They planted peppers, squash, tomatoes, and they come every week with their parents to tend to it! Good job, girls! Patrick Tolloti, a student at Dover High School and marching band member has been with HCC for a few years helping with miscellaneous tasks, including filling bird feeders, organizing the activity storage area, and the like. This year he is now doing the full watering job of all the flowers around the entire facility and at Pat’s Porch rehab grounds every day! Patrick is a very hard worker, very diligent, and safety conscience. We also congratulate him on attaining his Eagle Scout award recently! (Nathaniel) Joseph House, also a DHS student, continues to be involved with flower watering assistance and weekly plant fertilization, keeping our CDs organized in all the units, and anything else asked of him working around his football schedule. We are grateful for all these young, mature, responsible people helping to make HCC a better place!

The spring and early summer presented the time of year to honor our Mothers, Fathers, volunteers, graduates, and brides. The Mother’s Day Tea was hosted by Activity leader, Patty Dunkle, who brought in her personal collection of tea cups to share with everyone who could select the one they wanted to use – how special! The trays on the tables offered petit fours, cheesecakes, mini muffins, fresh fruit, mints and nuts, accompanied with hot and cold flavored teas, amidst the fresh flowers for each person to take home, among the live cello music performed by Sawyer Thomson, and celebrating and visiting with family and friends. Father’s Day brings out the hungry men early in the morning with their guests to enjoy a great breakfast in which they can select waffles, pancakes, eggs, sausage and bacon, pastries, fruit, etc. among the patriotic décor for Flag Day. A few lucky men won gift cards and Clev. Indian game tickets for correctly answering trivia questions asked by Lauren. We celebrated our volunteers with a brunch on a Saturday morning – this works well acknowledging that their lives are very busy. Cheerful Gerber Daisy plants adorned the tables (as their gift to enjoy at home), amid the talented piano music provided by Max Grossenbacher, while enjoying the meal and chit chatting with each other. Additional gift card prizes were won by appropriately responding to Max’s piano song-related questions! We congratulate many of our staff who have graduated from high school, college, and nursing schools and wish them the best with all their endeavors. We especially congratulate Bethany Burton and Monica Alleshouse on receiving scholarships from Ohio Health Care Association for their continued education in nursing! We also send our best wishes to Hostess Danielle Drotochiv on her marriage in May!

We hope you are enjoying your summer in a fun active way, or in a comfortable oasis of your own! Remember, you can come enjoy our excursions and activities anytime!

Learn from Yesterday
Live for Today
Hope for Tomorrow
We have officially kicked off the summer!! We felt like this day would never get here, but we are well on our way to enjoying and making the most of our sweet summertime. We can not wait to see what other fun things the summer will bring us.

We have taken up learning about different countries and cultures here on the Homestead, and boy, are we having a great time with it. This summer we are going to exploring more of our own American history in July, heading to Africa in August and then we will be heading to England in September to have a good ol’ fashioned tea party with the Queen. Okay, maybe not the Queen, but we are still looking forward to learning all about the different countries and their cultures, and we hope you will join us for all the fun.

We have been enjoying spending time outside in our garden when the weather has cooperated and we look forward to spending more time out there. We are looking forward to one of our favorite American pastimes in July—a Barbeque!! We can’t wait to join in together for a feast and enjoy the beautiful weather.

August brings us the HCC Vacation Bible School, and we are excited to spend time with the children and help teach them all about God. August also brings us the chance to learn all about the African culture and we are pretty excited to see what that has in store for us.

Just as quickly as July and August happen we know that September will be here before we know it. We are excited for the start of fall and all the wonderful things that fall has in store for us. September brings us fair time and we look forward to spending the day at the fair every year, and this year is no exception. It is always so much fun to see all the animals and enjoy some of the delicious fair food. Yummy!

We hope you will join us for all of the different places we plan to visit and all of the fun things we plan to try out!

We’ll Be Seeing You!!
Lauren and Kathy

FATHER’S DAY BRUNCH

Celebrating Father’s Day -
Mr. Harr, Wanda Harr & Jen Harr

Mr. and Mr. Smith enjoy Father’s Day together.

Bill M, Sammy Sickinger & Sam M enjoy breakfast together
### Homestead Activities of Dover

#### VBS with Staff’s Children & Residents - August 4th - 8th

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After having a cold we spring, we are so happy to finally have summer.

Volunteers are the life force of Hennis Care Centre. We depend on them for numerous functions, and activities. Recently, we honored them for their continued services to us and to the community, by having our Volunteers Brunch. Carla Braun and Tabby Birch prepared the most wonderful breakfast in Tuscarawas County, of course we had eggs to order, bacon, sausage, hash browns, pancakes, French toast, donuts and cream sticks, fresh fruit salad, but – my favorite-waffles, served with fresh strawberries and fresh whipped cream. Entertaining us that morning was Max Grossenbacker, all I can say is – what a great way to start your morning!

It was so nice to see such a dedicated and fun loving group at the Volunteer Breakfast. Some recent Graduates of Pat’s Porch-Karen, Romaine, and Noreen (Sally) are now volunteers. Our young Patrick Tolloti, who has volunteered for three years now, has been awarded the honors of becoming an Eagle Scout. We are so proud of you Patrick!

In March we had our very first Epilepsy Awareness Week March 24 till March 29. In two short weeks we were able to collect one thousand dollars for the Anita Kauffman Epilepsy Foundation.

What an honor to be able to host such a deserving event. We, along with Buehler’s of Dover, charged our staff one dollar to wear the color purple (the color for Epilepsy Awareness) to donate to this foundation. This was just one of the events being offered that week. Everything was purple that week- the dining room had purple hanging everywhere. Lynn Capretta from the Gardens donated several crocheted scarves to sell for this event. Butch Walker made a tied fleece blanket with beautiful shades of purple, white and pastel green that we sold raffle tickets to win. Then, we finished our week by having a bake sale that was part of The Great Purple Cupcake Project. This event was made into a purple cupcake baking competition which was judged on appearance, taste and creativity. It was so much fun! The community came together and made this a very popular occasion. For this bake sale Buehler’s donated 200 purple cupcakes, plus they entered the contest as well. Several bakeries entered the professional category, and we also had non-professional and youth categories. Nice turnout! All I can say is – everybody had purple mouths from eating all those wonderful Purple Cupcakes! Alright, enough about purple! Except next year this event will be bigger, and better, so start now planning your designs for next year’s contest. And, please pick me as a JUDGE! We especially thank our 2014 judges – Jerry Marlow, WFER DJ Michael Roberts, Berry Scholles, and Rep. Al Landis – we were honored to have all of you!

Every year we have visits from the “Ladies in Stitches.” This is a fun group of ladies that will have you in stitches—oh well, maybe not. However, they make lap quilts and deliver them to us every year. Every stitch is created with love and prayers, so actually these are prayer quilts. We share them throughout the facility, and everybody gets to choose which one they want. They are from Christian Temple in Uhrichsville, and Mimi Garbradent is the contact person for this group. Another group to visit and provide us with soft warm lap blankets is from Dover First Moravian Church, and they are the Caring Hearts Group. Susan Canfield is our contact person with this group. We love their visits as well, and especially enjoy the soft tied blankets that they provide. However, I’m not finished with blankets and quilts, because yet another group “The Penobscot Homemakers,” also offer blankets to us. Thank you all for your kindness and generosity!

Kathy Marburger was gracious enough to provide our Good Friday Services this year, and she did a superb job. Sandy Swinehart from Rehab let us borrow her copy of the movie “The Bible” It is a four disc, full feature movie. So we started watching disc one of these movies the Monday before Easter, and for the remaining three days we watched the other three is succession. That prepared us for Good Friday, and led us up until The Resurrection on Easter. So this was a very moving week.

Relay For Life once again was a successful event. Our fundraising goes on all year long for this and for the Alzheimer’s Association. We split all proceeds right down the middle. One half Relay For Life, the other Alzheimer’s. Association. Our team reached the jade level and we won an award for the team with highest present at the walk!

I was selling The Cleveland Indian Basket, which included 4 Cleveland Indians game tickets, plus Indians T-shirt, Indians Baseball Cap, Indians Socks, Indians Plates, Napkins, Serving Plates, Indians Freezer Mug, Soda Pop, Bag of peanuts in the Shells and Cleveland Indians Lanyard, and a signed picture by Bob Feller! All of these were offered for raffle. Also this year, I was selling raffle tickets to Cedar Point. This included 4 tickets to Cedar Point. Both Cleveland Indian Basket and the Cedar Point tickets were easy sells, considering each ticket was worth $65 a piece. Look me up next spring for opportunities to buy your chances for these!

We tried something new this fundraising season. A Red and White Art Class. It was held at OV Harvest Store in Downtown New Philadelphia. Nancy McDonald from Niklaus McDonald Framing was our Artist. We had so much fun—Nancy says anyone can paint-maybe some better than others, however I must say, all the sunflowers that were painted turned out GREAT! And Kimberly Adams, the owner of OV, prepared a wonderful appetizer using some of her famous olive oils and flavored vinegars. Paula Sickinger also made a chocolate dessert using Orange Olive Oil. Everything was amazing!

Sherrie Schie from Shy Cellars, made a nice donation for our door prizes for Relay and Alzheimer’s fundraisers. This was greatly appreciated and, by the way, Sherri will be seen on Cable TV 2 Cooking with Personal Chef Guy Fiero, Thursday evenings. Sherrie was contacted by Food Network to do this program which is broadcast on our local channel 2. Good for you Sherri, and good luck with the show.

Hennis Care Centre was asked to participate this year in Buehlers-Kick off Summer Program. We had a great time. Dover steel Drum Band performed, The Akron Rubber Ducks were present, Face painting by Dover High Art Club, The Dover Fire Department, WJER, and the Armory were just a few of the vendors represented. Our Hennis Booth was a health check station. Manned by Jenny of therapy and myself, and our special guest, Freckles the Clown! Everybody had a great time, and we were happy to participate! Thanks Buehlers for the invitation!

For the rest of the summer, we will be enjoying many of the local summer concerts, picnics at the park, outings to various places, the Ladies’s and Men’s Summer luncheons, and the great outdoors! Come join us!

Next time I will tell you all about Octoberfest—and all the happenings and activities that went with this!

Till Next Time,

Mike
### Rehabilitation Activities of Dover

**August**

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**VBS with Staff’s Children & Residents - August 4th - 8th**

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<td>2:00 Alpine Bible Church Service/G</td>
<td>7:30 Breakfast Club Crafts/G</td>
<td>7:30 Breakfast Club Outside Stroll Morning Chat Cards w/Dot Resident Choir/G</td>
<td>7:30 Breakfast Club Exercise Time</td>
<td>7:30 Breakfast Club Getting Fit</td>
<td>7:30 Breakfast Club Getting Fit</td>
<td>1:30 Bingo/G</td>
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<td>6:00 Tuscora Park Concert</td>
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<td>11:00 Mike’s Visit</td>
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**For the next month’s calendar check our web site (www.hennisicarecentre.com) or pick up a copy in the facility.**
A beautiful spring day was before us for Mother’s Day with a nice dinner prepared by Chef Brian for our guests and visitors. The guest entertainer was Sawyer Thomson providing live cello music as we ate and visited. Colorful potted summer flowers decorated the tables that were for our choosing afterwards to enjoy throughout the summer.

The Great Purple Cupcake Project…A fun spring event that was a new fundraiser HCC participated in and was coordinated by the Activity Director, Mike Scholles. The purpose was to increase epilepsy awareness and alleviate fear. Raffle baskets stuffed full of purple items such as garden clogs, flower seeds, a coffee mug, games (yes, there is a purple game!), snacks, duct tape, candles, and so much more, a purple fleece blanket, and a decorative wreath were all part of the purple fundraising for fourteen days, quickly raising $1000! The biggest one day event, although, was the dining room and lounge at the main facility filled with cupcakes of all kinds, and of course, mostly purple hues and flavors! These were made and donated by staff, community people, and companies such as our good business friends – Buehlers! Our own chefs Jacque and Brian contributed their delicious cupcakes, and Jen in therapy, whipped up a beautiful, tasty grape cupcake that “took the cake” as in first place for the amateur adult level! Ask her about her recipe and errands that her supportive husband ran that evening! This was open to the public to come and purchase cupcakes in any quantity! It worked nicely for people having company, needing dessert, or simply to enjoy themselves! It was nice to former guests return to support this cause like Bob and Carol France, Josephine and Bob Fox who have a personal connection to this cause and it was even more meaningful for them to support it. This will become an annual spring fundraiser, so be prepared! You are welcome to bring in some great cupcakes or new recipes!

May and June are months to celebrate graduations, weddings, Father’s Day, and Volunteers! We had many staff members graduate from high school, college, and nursing school. Congratulations to STNA Jesse Blake who graduated from Garaway High School and will be attending KSU for nursing! One of the hostesses who you see at different times, Danielle Drotovick, was married in May, and we wish her the best! Our Father’s Day brunch was held on Sunday, and Bill Uebel was awarded a set of Cleveland Indians tickets – he was thrilled! We held a Saturday morning brunch to honor our special volunteers complete with a full breakfast spread, live piano music performed by Max Grossenbacher (who will be performing here in Aug.), gift cards were given for trivia prizes, and potted Gerber Daisies were spread across the table to take home. We are thankful to have Ann Tellee and her daughters as volunteers! They provide nail polish services and visits from St. Joe’s Church. Do you enjoy doing something like gardening, playing cards or games, woodworking/crafts, technology or anything similar? Why not consider joining the volunteer ranks? It’s fun and rewarding for everyone involved! Just dial 330-364-8849, ext. 2017. Special honors go to Patrick Tolloti who recently earned his Eagle Scout award! He is sophomore at Dover High School and a member of the marching band. We thank Patrick for doing such a wonderful job of watering all of the flowers every day around the whole campus grounds. Joseph House (son of nurse Melinda House) is another DHS student football player who also helps with weekly flower fertilization, organizes all of the facility’s CDs regularly, and miscellaneous things asked of him. We also enjoyed the company of 8 year old Braelyn, the daughter of Sharla Fish, dietician, who accompanied her to work one day, and she made beautiful beaded bracelets for the ladies that afternoon – it’s delightful to engage with the youth. We appreciate all of these special people in the lives of HCC!

A green thumb has been shared by STNA/nurse tech Kealy who tended to our six large patio pots preparing them for the season and watering the new plants early in the spring. That green thumb was extended to Chef Jacque who had some fresh herbs growing on the window sill to add to his cooking (was that the trick to getting through this harsh winter?), and now he transplanted it with other herbs to a stand up planter on the back patio for...
others to enjoy tending to it as well. He is using some of these in his summer dishes and beverages such as herbal lemonade, berry pies, Gazpacho, summer salads, and more! Occupational therapy worked with guests to plant begonias, geraniums, impatiens, and petunias in the second stand up planter to enjoy and continue therapy with watering, dead-heading, and the like. One fellow enjoyed sitting on the back side patio taking in the morning sun, watching the landscaper work and chat with him, enjoy the landscape while sipping on a hot mug of gourmet coffee or freshly made mint iced tea. It’s nice when our guests feel comfortable enough to host their family and friends for a gathering or meal. Greta Baker hosted her stock club/lunch group for lunch one afternoon, and they enjoyed conversing and conducting their business. Dave McGrath had his barbershop quartet in for practice and they enjoyed dinner and friendship. They were kind enough to sing for our benefit, too – a real treat! Karen Stokey enjoyed the comfort of having her family and grandchildren in to visit and share a meal together. As a guest, please feel free to invite your card club, church circle, civic organization or friends in for a meal to continue to enjoy your social life!

We had a fun morning one day when we had a scheduled photo session planned to include current and former guests for the pictures like Mr. Harris Norton, the sisters – Karen & Romaine, and Mr. & Mrs. France, and lots of conversation, hugs, and laughter was enjoyed. And, yes, the photo results were good, too!

Our community involvement continues in many ways. The cookie sisters baked and decorated several dozen cookies as dogs, cats, and paws for the annual Cause for Paws fundraiser to help the shelter and animal care. Chefs Brian and Matthew presented at the Lunch & Learn program hosted by HCC at the Senior Center – always well-received! The Dining Services with the chefs bakes some scrumptious loaves of banana bread and cookies as our therapy services give-away at the Senior Expo which Ty and Chrystal presented about our two Transitional Therapy Houses to a very busy crowd. One Sunday afternoon Jen M. & Mike S. participated in Buehler’s Summer Kick Off taking blood pressures and sharing information about Pat’s Porch. They were also joined by our special friend, Freckles the Clown, who was very popular with our booth! We were honored to provide the outdoor dinner for 100+ guests of the Survivors Dinner at the Am. Cancer Society Relay For Life – thanks to chefs Nate and Jacque along with Carla and several Dover hostesses. This is always most appreciated by the community. Pat’s Porch was also a host for the Relay For Life Wrap Up Dinner one evening in which Pat’s Porch guests were also welcomed. A delicious chicken and strawberry salad, dinner rolls, fresh fruit, and baklava was enjoyed by everyone. Prior to the dinner meeting, a visiting tour commented on how nice it was to see the support for such things. We are also glad to be a sponsor of the Dover Lion’s Club summer concerts in the Dover park, which we enjoy attending, too.

Were you able to make it to our very first Pat’s Porch benefit card party open to the guests’ visitors and the community? Here’s your chance on July 10 from 6:30p – 8:30p for a $5 donation for a fun evening of cards (or board games) complete with refreshments, prizes, laughter, and more fun! Due to limited space, we can only accept 50 people, so be sure to call ASAP to reserve your table. There is another card party on the 9th at the main facility form 7:00p – 10p with all the same fun! Make a note for our fall card parties, too.

Mark your calendars for some special live entertainers coming to Pat’ Porch each month such as Jerome James (singer), Bob Ventre (jazz guitarist), Rick Michaels & Max Grossenbacher (pianists), and more! Also coming up is a one year anniversary celebration of Pat’s Porch! It will be open to current and past guests of Pat’s Porch and the public, so be sure to tell all your family, friends, and professionals, and we hope to see everyone! Details will soon follow.

Safely enjoy your summer festivities!

**Treasure today!**

**Tomorrow is a new day – make it count!**
Pat's Porch Cupcake Sale and Card Party

Irma W. with some decorated floral cupcakes the guests made

The Mason's & friends - faithful supporters

The Hutras gang & Sally Lahmers attend all our fundraisers!

Chef Brian's party goodies get a thumbs up!

Mike & Buehler's deliveryman - 200 cupcakes! Thank You!

Dan H. and staff came to shop at the cupcake sale

Janice brings Deloris Wright to make her selections from all the delicious cupcakes!

Youth Winner - Rileigh Peffer all smiles with David

1st Place Winner Megan Ripley with the fabulous #1 Judges - Michael, Jerry, Barry & Al

All these cupcakes give Lillian S. the giggles!

"Billy" & friend with Rep. Al Landis

Little Miss Cupcake, Parker Wilson with mommy, Lauren

Thank You!
Chef Brian looking good in his new, white chef attire

Everybody likes the purple animal print blanket made by Butch!

Linus Project - Dorothy D. & friends work on a blanket together

Happy Birthday Chef Jack, from the Balloonatik

Lucky Raffle Winner! Speech Pathologist Ken Avers

Happy Mother’s Day with Sunday dinner

Team Work! Nurse Sarah is ironing to be helpful

Soup Sale - The gang’s all here!

The Balloonatik visited with the guests too!
Yummm - good to the last drop!

Taking it all in

Mr. and Mrs. Roberts

Jane N. & Shirley S. - This is great!

Jeanette & daughter enjoy the evening

Viola loves the event!

Peas in a Pod - Donna M. & Louise

Porch Pals - JoAnn B. and Cathryn M.

Mr. & Mrs. Harmon - always together!

Don and daughter love the music

June R. and son love the outdoors

All ages love strawberries!

Vesta’s family enjoys the fun too!
Ty & Chrystal at the Senior Expo

Jean & Sandy - A dynamic duo!

Bingo! Anna Dale and her guests

Bill M. went for bright yellow to dye his Easter eggs

Bev D. artistically decorates her Easter eggs

Our faithful Dover Librarian & Mike

Now Retired and Volunteering! Betty Sherich & her husband

Happy Mother’s Day with Sunday dinner

“Red & White” Art Class

Displaying their paintings from art class

Kate Patterson loves the flowers in Myrtle Beach, SC!
BLANKET LADIES / CUPCAKES / PLANTING FLOWERS / SHOPPING TRIP

Mike with Susan Canfield and friend from the Moravian Church donating blankets

Bert of Laundry and STNA’s love this animal print blanket Butch made to raffle.

Dover Girl Scout Troop planted a garden and caring for it

STNA Tom Lomax came in to play the Wii games with Mary T.

Dorothy & Delbert Bair
Happy Father’s Day!

Row likes the jewelry at MCC Shopping

Patrick Tolloti & friends planting, weeding & watering flowers

Dorothy Bair selects this colorful top while shopping at MCC Connection in Kidron

Kate, Patty Dunkle, Dorothy & Kathy Marburger have fun at Gerber’s Chicken Picnic

Bev, Lynn & Patty enjoy the picnic at Gerber Chicken in Kidron

Jen Harr brings in the family pet dog to visit Wanda Harr

Happy Birthday Case Manager, Kari!
Keith Kaser of Maintenance putting out the flag display for the holidays

Gretta Baker’s lunch guests

Ruth M, Jonathan & Mike Scholles and Vesta H selling Cleveland Indians raffle tickets

Part of the HCC Team at the American Cancer Society Relay For Life

STNA Shirley Corpman walking in the survivors lap!

Martha Roup shares her strawberry pie recipe and helps make it

Dave M. making his famous bread - great therapy!

Donna & Rose clean fresh strawberries
Hello summer! After all of the spring rains and cold weather, we sure are happy for the WARM days we have been having. We enjoyed National Nursing Home week with a “Hawaiian” theme; watching Elvis Presley starring in “Blue Hawaii”, and ended the week with smoothies made by Chef Matthew and listening to Jon King.

We had a great time at the Mother’s Day brunch. We thought we would change things up a bit with a morning get-to-gather rather than the usual luncheon, and the food was delicious!

In June we celebrated our fathers with a brunch in their honor for Father’s Day and the food was great! Thanks to Chef Matthew and his Dietary staff for everything they did for these events!

Everyone has looked forward to the better weather so they can sit outside, either in the courtyard or on the front porch. We were able to be on the front porch area when kids from Fairless 5th & 6th grade Show Choir came to entertain us during National Nursing Home week; what a great bunch of kids!

During the evening, the staff does “sing-a-ongs” and will go “back in time” with “oldies” that the residents remember. Volunteers from the freewill Baptist Church visit twice a month, singing hymns and talking about the meanings and discussing numerous different topics. They also tell some jokes and celebrate the birthdays for each month. Hangman and Farkle is a couple of favorite games the residents have been enjoying, along, of course, with Bingo! Christine enjoys beating everyone in Checkers, although, you have to be pretty quick…she sometimes likes to make her “own” rules! Then, IF she doesn’t win, she pouts! But, it is all fun!! We want to thank Janis Moore for all of her help with the residents and their crafts.

Our summer card parties will be held on July 2nd at HCC of Bolivar from 7:00 pm – 10:00 pm and on the 16th at Hattie’s House from 6:30 pm – 8:00 pm. Both will have a $5.00 donation per person and you will receive food, beverages, and door prizes. Please plan to attend on both of these fun-filled evenings! RSVP is very helpful with our planning!

On the first Saturday of July, in honor of Independence Day, Andi Michelson will be having her piano students perform a recital at 10:00 am. Plan to attend this program, they do a great job!

July also brings thoughts of the annual Hennis Pig Roast! It will be held at Bolivar this year on July 26th from 4:00 pm till 7:00 pm. Entertainment will be provided by one of the resident’s favorite entertainers, Jon King. He is very entertaining and is always a big hit with all. There will be plenty of food, beverages, fun and music to listen to or to dance to if you are in the mood! Try to visit for this event…we always have a great time.

In August, we will be hosting our annual lady’s and men’s luncheons. The ladies special luncheon will be held on the 14th at 11:00 am and the fellow will be served theirs on the 15th at 11:30 am. These special luncheons are for the residents and one guest, due to the limited space in the dining rooms.

August…Sorry kids…back to school you go!! We will be hosting our annual Grandparent’s wiener roast on the 6th of September at 6:00 pm. Please bring a covered dish or dessert and your favorite lawn chair to this event. There is always a variety of picnic type foods and desserts, so please plan to attend.

The third card party of the year will be held at Hattie’s House on the 24th of September from 7:00 pm-9:30 pm; we will be sending invitations out sometime in August on this event, so watch your mail!

Be on the “look-out” for invitations/flyers on most of the special events coming up!

Till next time, take care and God bless!

The Gardens
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These ladies are Easter Bunny helpers

Khoury’s daughters and Uniquewa come for a visit

Which one is the most ornery, Rob or Sally?

Hostesses serving with a smile!

Bud & Bill (volunteer) are the “Bingo Boys!”

“Will the 10 of spades do?” Christine asks

Christine and her daughter enjoying the moment

Thelma Starkey and other guests with delicious desserts

Jean Little puts an ‘Arm Lock’ on her guests

Midge Horton and daughters smile for the camera

Christine and Dorothy being “Aloha” crafty

Ray Hogue and Lauren, STNA, with visions of Hawaii

Chuck applauds the Fairless Show Choir

Willie & Rosi plant this Hyacinth in hopes of sunshine
Welcome to Pat’s Porch and Hattie’s House. . .

A TRANSITIONAL THERAPY HOUSE BLENDS A BEAUTIFUL, CONTEMPORARY, RESIDENTIAL ENVIRONMENT WITH EXCEPTIONAL THERAPY SERVICE, ON SITE CHEF-PREPARED MEALS, AND EXCELLENT CLINICAL SERVICES FOR ONE’S RECOVERY.

At Pat’s Porch and Hattie’s House you will find:

❖ A PERSONAL CARE NURSE MANAGER who will assist you from check-in to “Graduate-to-Home”. A dedicated professional who coordinates your health information, conducts care, explains, and educates as your home transition plans are established.

❖ A THERAPY EXPERIENCE with dedicated therapists who will incorporate a specialized program to meet your orthopedic, neurological, or cardiac recovery.

❖ A FINE DINING EXPERIENCE where our executive chefs use the freshest and finest ingredients to tickle your taste buds as you savor gourmet and comfort foods, as well as hand-crafted bistro selections.

❖ REHABILITATE, RECOVER, AND RELAX in the privacy and comfort of an inviting, yet contemporary interior design. Enjoy your private suite, the spa, or just some quiet time in the sunroom, garden, or patio.

Inspiring … Healing … Tranquility

We welcome you to:

“The Avenue of Independence”

Pat’s Porch | 309 E. 17th Street | Dover Ohio 44622 | 330-364-8849
Hattie’s House | 266 Bolivar Street | Bolivar, Ohio 44612 | 330-874-9999

On any given day you can enter our building or call on the phone and be greeted with a smile and courteous “how can I help you?” Most days this smile would come from Kathy Herstine, an employee and STNA at Hennis Care Centre of Bolivar for 9 years. But this past winter Kathy was not only an employee but also a patient. January 28th of this year she underwent bilateral total knee replacement surgery by Dr. Morretto. A serious undertaking, and she choose to receive her rehabilitation and post-surgical care at our very own Hattie’s House.

During her stay she received 24 hour skilled nursing care and intensive 7-days a week therapy services that focused on regaining her strength, range of motion in both her knees, and improving her mobility to return home and to work. Kathy states that “therapy was awesome, I’m glad I got my knees done, I shouldn’t have waited so long!” Kathy had access to state of the art equipment designed to improve the range of motion and strength in her knees with low impact to her joints. She reports the arthritic pain she once had is gone, and her quality of life is greatly improved. She attributes that knowledgeable and caring therapists and nurses for her success.

Outside of her daily therapy treatments she was able to attend our yearly Valentine’s Day party with her family and our first Hattie’s House community card party. Her days were filled with visitors, cards of well wishes, and exceptional meals prepared by our very own chefs.

Kathy rehabilitated at Hattie’s House for a total of four weeks. When asked about her experience she said, “All the staff there are doing their very best everyday to make it a great experience “She also stated; “I received good care there, it gave me a different perspective being the patient instead of the caregiver.”

Kathy continues to make great gains toward her long term goals. She is back to working full time and continues to receive therapy at Hattie’s House as an outpatient three times a week. The therapy department is flexible with her schedule so she can continue to improve her strength and range of motion while she is maintaining her active lifestyle.
The change in the weather was perfect to promote our Hawaii theme; National Nursing Home Week “Living in the ALOHA spirit” was supported throughout the month of May. Our residents and volunteers worked together to put a Hawaiian spin on our environment. Each of our door hangings were individualized with “Aloha”. The surf was up as evident by the surfboard, palm tree and the school of fish surrounding the nurses’ station. Hawaiian Leis literally hung from the ceiling. Elvis Presley in “Blue Hawaii”, fruit smoothies, fireworks and Jon King made for a grand Luau. The Fairless 5th and 6th grade show choir shared their Beatles Tunes and dancing as we gathered outside on the front porch area.

Entertainment by the yet to have a name Blue Grass, Country, Gospel Singers had many of our residents join in by singing, naming the group and playing a variety of instruments. Wayne was a big hit on the Bongos. We also enjoyed entertainment by Gene W, Jon King, Fan Zupp, Max and the Dulcimer Group. We so look forward to these talented and giving persons each month. We have been blessed by the churches of the area providing our residents with fellowship, music and prayer.

Our lunch bunch went to Chicken Manor on Thursday, June 12. There was great food and a special celebration at our Father’s Day brunch on Saturday, June 14th. Our Build-A-Sub fundraiser took place on Friday, June 20th. Jon King continues to perform for our residents on Friday, June 6th and Friday, June 20th.

July has many events in store. We will have our card party on July 2nd at the HCC main facility from 7:00p – 10:00p. We will have our card party at Bolivar Hattie’s House on July 16 from 6:30p-9:00p. There is a $5.00 donation per person. It’s helpful to us to RSVP! There will be food, beverages, door prizes and fun. We encourage your family and friends to participate. All proceeds benefit the Alzheimer’s Association.

We will be taking part in the July 4th celebration with ‘Patriotic Fun Dress Days.’ Andi’s piano students will share their talents with us on Saturday, July 5th at 10:00am.

Hennis invites the family and residents to our pig roast on Saturday, July 26th at 4-7 pm. The one and only Jon King will provide entertainment. This is one of the many ways Hennis gives back.

August is the month of our Ladies’ luncheon on Thursday, August 14 at 11:30 and our Men’s luncheon on Friday, August 15 at 11:00 am. These special luncheons are for the residents and one guest to celebrate summer.

Our activities continue in September including a “GRAND” Grandparents Day on Saturday, September 6th at 6pm. This special family time at Hennis for a wiener roast and much more! Please bring a covered dish or dessert and a comfortable lawn chair. You do not want to miss this end of the summer event.

Hattie’s House is hosting a card party on Wednesday, September 24 from 7:00 pm--9:30 pm. Doodle De Do will be with us on Thursday, September 25 at 6:30pm. We will have a visit from the Jesus Jammers on Sunday, September 28. We will also be attending the Tuscarawas Fair in September.

We will continue to enjoy the ‘get Fit to Music’ as we warm up our muscles and move to the groove. We have a blast tossing the Beach Ball. It is energizing to see Wava and Franny ‘spike’ the beach ball. Clem continues to toss the beach ball with such purpose. We do also exercise our minds with responses to Trivia questions.

‘Remer the Music’ has been like the ‘Golden Oldies’. Favorite requests have been Perry Como, Frank Sinatra, Dean Martin, The Carpenters and Sonny and Cher. Kenny Rogers, The Beatles and The Beach Boys put smiles on our faces. We see the words on the wall, listen to the music, sing and ‘remember when’.

We offer a variety of events and activities encouraging all to participate.

Looking Forward,
The Rehab Team
### August

#### Rehabilitation Activities of Bolivar

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<td>3</td>
<td>4</td>
<td>5</td>
<td>10/15</td>
<td>11</td>
<td>12</td>
<td>13</td>
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<tr>
<td>10:15</td>
<td>Catholic Communion</td>
<td>10:00</td>
<td>10:00</td>
<td>ZUMBA</td>
<td>10:00</td>
<td>10:15</td>
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<tr>
<td>2:00</td>
<td>Faith Baptist Church Service</td>
<td>1:30</td>
<td>10:00</td>
<td>Tuesdays at 7:00pm</td>
<td>10:00</td>
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<td>16</td>
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<tr>
<td>10:00</td>
<td>Get Fit &amp; Trivia</td>
<td>10:00</td>
<td>6:00</td>
<td>“Get Crafty”</td>
<td>7:00</td>
<td>1:30</td>
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<tr>
<td>1:30</td>
<td>Bingo With Friends &amp; Family/G</td>
<td>6:00</td>
<td>12:30</td>
<td>Bible Study With Harry/G</td>
<td>10:00</td>
<td>Bingo With Friends &amp; Family/G</td>
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<tr>
<td>7:00</td>
<td>Tim Jurka’s Music</td>
<td>7:00</td>
<td>2:00</td>
<td>King’s Corners</td>
<td>1:00</td>
<td>7:00</td>
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<tr>
<td>10:00</td>
<td>Remember The Music/R &amp; Current Events</td>
<td>6:00</td>
<td>3:00</td>
<td>Farkel/R</td>
<td>7:00</td>
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<tr>
<td>11:30</td>
<td>Men’s Luncheon</td>
<td>7:00</td>
<td>6:30</td>
<td>Cards</td>
<td>7:00</td>
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<tr>
<td>11:30</td>
<td>Picnic Lunch</td>
<td>8</td>
<td>9</td>
<td>Jon King Entertains/G</td>
<td>10:00</td>
<td>Jon King Entertains/G</td>
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<tr>
<td>1:30</td>
<td>Bingo With Friends &amp; Family/G</td>
<td>11:30</td>
<td>1:30</td>
<td>Catholic Services Card Bingo/G</td>
<td>7:00</td>
<td>Elvis Presley Movie</td>
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<td></td>
<td>Mail Call Monday-Saturday</td>
<td>12</td>
<td>11:30</td>
<td>Kings Corners</td>
<td>7:00</td>
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<tr>
<td></td>
<td>Individualized Visits 1:1</td>
<td>3:00</td>
<td>3:00</td>
<td>Farkel/R</td>
<td>7:00</td>
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<td></td>
<td>Salon Services Tues. Wed. Thurs. Fri.</td>
<td>6:30</td>
<td>6:30</td>
<td>Cards</td>
<td>7:00</td>
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<tr>
<td></td>
<td>Activities &amp; Location Subject to Change</td>
<td>10:00</td>
<td>10:00</td>
<td>Get Fit &amp; Trivia Card Bingo/G</td>
<td>7:00</td>
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<tr>
<td>10:00</td>
<td>“Getting To Know You”</td>
<td>11:30</td>
<td>1:30</td>
<td>“Get Crafty”</td>
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<td>Remember The Music/R &amp; Current Events</td>
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<td>9:15</td>
<td>Bible Study With Harry/G</td>
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<td>Bingo With Friends &amp; Family/G</td>
<td>12:30</td>
<td>12:30</td>
<td>King’s Corners</td>
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<td>7:00</td>
<td>Jim Williams’ Gospels</td>
<td>2:00</td>
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<td>Farkel/R</td>
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<td>3:00</td>
<td>3:00</td>
<td>Farkel/R</td>
<td>11:30</td>
<td>Men’s Luncheon</td>
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<td>Cards</td>
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<td>7:00</td>
<td>ZUMBA</td>
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<td>11:30</td>
<td>Jon King Entertains/G</td>
<td>11:30</td>
<td>11:30</td>
<td>Ladies Luncheon Card Bingo/G</td>
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<td>Bingo With Friends &amp; Family/G</td>
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<td>Bingo With Friends &amp; Family/G</td>
<td>11:30</td>
<td>11:30</td>
<td>Card Bingo/G</td>
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<td>Mail Call Monday-Saturday</td>
<td>11:30</td>
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<td>Picnic Lunch</td>
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<td>Individualized Visits 1:1</td>
<td>11:30</td>
<td>11:30</td>
<td>Resident Council Meeting/G</td>
<td>11:30</td>
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<td>Salon Services Tues. Wed. Thurs. Fri.</td>
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For the next month’s calendar check our web site (www.hennisicarecentre.com) or pick up a free copy in the facility.
Hello Family and Friends! We are hoping you have enjoyed this wonderful spring! We sure have here on the Homestead Unit!

We celebrated Easter by decorating the unit and making paper crafted eggs for each resident to hang by their door. We also tried the shaving cream and food coloring technique for coloring eggs. We learned that you should let the eggs sit in vinegar for a time before you roll them in the shaving cream. It was messy and all our hands were dyed spring colors for a couple of days, but we had fun. Many staff came and brought their children to the Easter Bunny Breakfast and hunted the eggs that we had stuffed with candy. It is always a pleasure to see the delight in a child’s eye when they find their treasure!

The 4-H children came in and brought small farm animals in to meet the residents. The favorite always seems to be the goats with diapers on them. As soon as the residents see the diaper it starts the giggles. Most everyone held or got to pet an animal as they walked through the building, and after they exited the unit we sat and talked about the animals we had when we were growing up. Most everyone had a dog or cat through the years and some horses No one can remember having a ferret for a pet!

The Mother’s Day Brunch was delicious as always. The dietary department made a scrumptious meal and the presentation was beautiful as well. Greta Lieser entertained the group with a song she dedicated to mothers. She had been talking about the performance for weeks and has volunteered to entertain us in the future.

We have been baking every Friday with Regina and her friends. Our group is growing every Friday and we had to buy more scoops and rolling pins so everybody can participate. We bake, drink coffee, and discuss what we are going to bake in the weeks to come.

Summer is here and while not everyone enjoys the hot weather, most enjoy being able to use the courtyard and swing. We are trying out new yard games we can play and croquet and hillbilly golf. We are pretty adventurous and will try most anything. Staff and residents have been having a hoot playing Just Dance on the Wii. We may not be very good but, we have a little bit of rhythm and we burn calories with all the laughing we do watching each other!

Live, Laugh, and Love,

HOMESTEAD FAMILY
# August

## Homestead Activities of Bolivar

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<td></td>
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<td><strong>Individualized Visits 1:1</strong>&lt;br&gt;<strong>Salon Services Tues. Wed. Thurs. Fri.</strong>&lt;br&gt;<strong>Mail Call Monday-Saturday</strong>&lt;br&gt;<strong>All Activities &amp; Location Subject to Change</strong></td>
<td><strong>ZUMBA</strong>&lt;br&gt;Tuesdays at 7:00pm&lt;br&gt;Garden’s Dining Room At HCC of Bolivar For info call 330-874-9999 ask for Jeanne</td>
<td><strong>Regina</strong>&lt;br&gt;10:00 Baking With Regina&lt;br&gt;10:30 Reading&lt;br&gt;11:30 Ladies Luncheon&lt;br&gt;12:00 Men’s Luncheon</td>
<td><strong>Social Circle</strong>&lt;br&gt;10:00 Baking With Regina&lt;br&gt;10:30 Reading&lt;br&gt;11:30 Men’s Luncheon&lt;br&gt;12:00 Social Drinks</td>
<td><strong>8:00</strong>&lt;br&gt;Social Circle&lt;br&gt;10:00 Baking With Regina&lt;br&gt;10:30 Reading&lt;br&gt;11:30 Men’s Luncheon&lt;br&gt;12:00 Movie Night</td>
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For info call 330-874-9999 ask for Jeanne.
JOIN THE HENNIS TEAM!!!

Alzheimer's Walk
Sept 20 at Jim's Place, New Phila
8:30 Sign In | 9:30 Ceremony & Walk