

THE Premaly

Visitor

HENNIS CARE CENTRE

July | Aug | Sept 2017

Dover & Bolivar, Ohio

People Who Can Help

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

DOVER

AdministratorDavid Hennis
Director/Patient &
Resident ServicesAnita Peffer
Executive ChefScott Fetty
Social ServicesMelanie Scheetz
Director of
Therapy Services Holly Meister
Accounting ManagerHarold Baker
Public Relations Paula Hennis-Sickinger
Recreational TherapistLauren Wilson
Activity Professionals Annette Cookson
Kathy Marburger, Patty Dunkle
Music TherapistLaura Smith
Maintenance DirectorKen Otto
Laundry/HousekeepingTammy Fouts
ReceptionistTrish Haynam
Leslie Morris

Corporate Chef of Dover & Bolivar and Hospice House Matthew Ridgway

BOLIVAR

executive DirectorDavid Henris
AdministratorKim Zontini
Director of NursingNicole Jones
Executive Chef
Laundry/HousekeepingSue White
Social ServicesLisa Gintz
Director of
Therapy ServicesTeresa Carlson, O.T.
Therapy ServicesTeresa Carlson, O.T. Accounting ManagerHarold Baker
Accounting ManagerHarold Baker
Accounting Manager
Accounting ManagerHarold Baker Activity ProfessionalsJeanne Sauernheimer

HOSPICE HOUSE

Culinary Supervisor	Carla Braun
Dietary Services	
	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



Patience is a quality of heart that can be greatly enhanced with deliberate practice. An effective way to deepen patience is to set aside periods of time in one's mind to practice the art of patience. Life itself becomes a classroom, and the curriculum is patience.

You can start with as little as five minutes and build up your capacity for patience, over time. Start by saying to yourself, "Okay, for the next five minutes I won't allow myself to be bothered by anything. I'll be patient." What you'll discover is truly amazing. Your intention to be patient, especially if you know it's only for a short while, immediately strengthens your capacity for patience. Patience is one of those special qualities where success feeds on itself. Once you reach little milestones - five minutes of successful patience - you'll begin to see that you do, indeed, have the capacity to be patient, even for longer periods of time. Over time, you may even become a patient person.

Since I have young children at home, I have many possibilities to practice the art of patience. For example, on a day when both girls are firing questions at me as I'm trying to make important phone calls, I'll say to myself, "Now is a great time to be patient. For the next half hour I'm going to be as patient as possible (see, I've worked hard, I'm up to thirty minutes)!" All

kidding aside, it really works - and it has worked in our family. As I keep my cool and don't allow myself to be annoyed and upset, I can calmly, yet firmly, direct my children's behavior far more effectively than when I get crazy. The simple act of gearing my mind toward patience allows me to remain in the present moment far more than I would if I were upset, thinking about all the times this has happened before and feeling like a martyr. What's more, my patient feelings are often contagious they rub off on the kids, who then decide, on their own, that it's no fun to bother Dad.

Being patient allows me to keep my perspective. I can remember, even in the midst of a difficult situation, that what's before memy present challenge - isn't "life or death" but simply a minor obstacle that must be dealt with. Without patience, the same scenario can become a major emergency complete with yelling, frustration, hurt feelings, and high blood pressure. It's really not worth all that. Whether you're needing to deal with children, your boss, or a difficult person or situation - if you don't want to "sweat the small stuff," improving your patience level is a great way to start.

Source: Don't Sweat the Small Stuff... and it's all small stuff Author Richard Carlson

ORAL CANCER: Let's Talk About It

This year, approximately 40,000 Americans will be diagnosed with oral cancer (which includes mouth and throat cancer) and only 50 percent will survive after five years. Today, oral cancer is increasing among nonsmoking, young adults, especially females. In fact, one woman to every two men is diagnosed with oral cancer each year.

Seventy-five percent of oral cancer cases are related to lifestyle choices including the use of tobacco and alcohol. However, while oral cancers caused by smoking and drinking may be declining, there is an increase in oral cancers related to human papilloma virus (HPV). The number of oral cancers in people around age 40 and sometimes even younger has been increasing in recent years. Oral cancer is the sixth most common cancer and potentially the most expensive to treat. You can cut your risk by practicing healthier lifestyle choices, being more aware of risk factors and visiting your dentist regularly.

Through a painless oral cancer exam, your dentist can check the mouth, head, neck, and throat for warning signs and symptoms. If a suspicious spot is found, the dentist may use a tool called a BrushTest® to collect cells for analysis to help determine whether additional diagnostic steps are warranted.

Did you know?

Between 80 and 90 percent of oral cancer patients will survive if the diagnosis is found in its early stages.



Watch for early warning signs

In addition to regular checkups, you can perform selfexams at home to look for early warning signs. Start in one area and follow a pattern of observation while being sure to check your face, neck, lips, cheek, mouth, tongue, and gums. Talk to your dentist if you find any of the following:

• Development of new lumps, particularly that have increased in size

- Sores that don't heal within two weeks
- Changes in the appearance of soft tissue
- Persistent bleeding from the throat or mouth
- Difficulty swallowing
- Constant hoarseness
- Numbness anywhere in the mouth

Talk to your dentist about your risk to help increase your chances of early detection and treatment.

Source: Delta Dental

DINING SERVICES

Nasturtium and Shrimp Salad Appetizer

INGREDIENTS

2 teaspoons fresh lemon juice

1/4 cup olive oil

salt and pepper, to taste

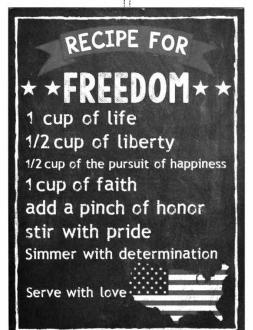
- 1 cup peeled, de-veined, cooked shrimp, coarsely chopped
- 2 tablespoons chopped scallions
- 1 small tomato, coarsely chopped 1/2 avocado, pitted, peeled, and cubed
- 2 tablespoons chopped fresh nasturtium leaves lettuce leaves
- nasturtium blossoms, for garnish

INSTRUCTIONS

Pour the lemon juice into a small bowl. Whisk in the olive oil and season with salt and pepper. Add the shrimp and scallions and toss lightly. Let stand for 15 minutes to let the flavors blend. Add the tomato, avocado, and nasturtium leaves. Mound the mixture on lettuce leaves and garnish with the nasturtium blossoms.

YIELD:

4 servings





3 Exercises to Increase Your Lung Power

Gina Demillo Wagner, Runner's World

Just before you crest a hill or reach the end of a speed interval, your lungs go into overdrive. Your breath becomes shallow and rapid. You think if only you could pull in more air, you could surge up that hill or maintain your pace. But the more your chest heaves, the more you struggle. You may even end up exhausted, bent over, gasping for air.

"Runners think about training their heart and legs, but they rarely think about training their lungs," says Mindy Solkin, owner and head coach of The Running Center in New York City. "A strong respiratory system can improve your running. It's a simple equation: Better breathing equals more oxygen for your muscles, and that equals more endurance."

Just as we strength-train our hamstrings and calves to improve our ability to power over hills, we can tone the muscles used for breathing. "Exercise improves the conditioning of the diaphragm, the muscle that separates the chest from the abdomen, and the intercostal muscles, which lie between the ribs and enable you to inhale and exhale," says Everett Murphy, M.D., a runner and pulmonologist at Olathe Medical Center in Olathe, Kansas. "When you take a breath, 80 percent of the work is done by the diaphragm. If you strengthen your diaphragm, you may improve your endurance and be less likely to become fatigued."

This was backed up by researchers from the Centre for Sports Medicine and Human Performance at Brunel University in England, who recently measured fatigue levels of marathoners' respiratory muscles and leg muscles. They found a direct link — runners whose breathing was the most strained showed the most leg weakness — and concluded in their study that the harder the respiratory muscles had to work, the more the legs would struggle in a race.

The key to preventing lung- and legfatigue is breathing more fully. "When you take deeper breaths, you use more air sacs in your lungs, which allows you to take in more oxygen to feed your muscles," says David Ross, M.D., a pulmonologist at UCLA Medical Center. "When I'm running, I concentrate on taking slow and deep breaths to strengthen my diaphragm."

Most runners, says Solkin, are "chest breathers" not "belly breathers." To help her clients see the difference, she has them run a mile at a pace that gets them huffing a bit. Then she has them stop and place one hand on their abdomen and one hand on their chest and watch. The lower hand should move with each breath, while the upper hand should remain relatively still (usually the opposite occurs). "Every time you breathe in, your belly should fill up like a balloon," says Solkin. "And every time you breathe out, that balloon should deflate. When you chest breathe, your shoulders get tense and move up and down. That's wasted energy — energy you should conserve for running."

Chest breathing can be a hard habit to break-especially while you're preoccupied with keeping pace or calculating splits. One way to make the switch easier is to work on belly breathing when you're not running, and the skill will eventually carry over to your running. To make this happen, some elite runners turn to Pilates, a program originally developed as a rehabilitation program for World War I soldiers. Pilates aims to increase flexibility, strengthen the core, and improve breathing. "I try to do Pilates twice a week," says 2004 Olympic marathoner Colleen de Reuck. "It stretches my intercostal muscles and lengthens my spine, which helps my breathing and my running."

"My athletes tell me 'my form is better, I'm not working so hard," says Pat Guyton, a Pilates instructor who teaches elite runners in Boulder, Colorado. "They mention less effort in the lungs-they're able to run farther before fatigue sets in."

BREATHE RIGHT

Here's how Mindy Solkin, a New York Citybased coach, teaches runners to engage their diaphragms.

OPEN YOUR MOUTH

Your mouth is larger than your nostrils, so it's more effective at taking in oxygen. Also, keeping your mouth open keeps your face more relaxed, which makes it easier to breathe deeply.

BREATHE IN PATTERNS

Coordinating your inhales and exhales with your footfalls develops diaphragmatic strength. Start with a 2-2 pattern-breathe in while stepping left, right; breathe out while stepping left, right. Advance to 3-3 (breathe in, step left, right, left; breathe out, step right, left, right), and then a 4-4 pattern.

BREATH ENHANCERS Cross-training exercises that

Cross-training exercises that reduce huffing and puffing

These three Pilates moves strengthen the diaphragm, stretch tight muscles, and improve posture-all of which help you run longer with less effort. Practice each exercise two or three times a week before you run.

1) THE HUNDRED

Lie on your back, knees bent, feet flat on the floor. Keep your arms at your sides, palms down. Inhale and lift your head, neck, shoulders, and arms off the ground. Lift your knees and extend your feet so your legs are straight and at a 45-degree angle to the floor. Take five short breaths in and five short breaths out. While doing so, pump your arms, moving them in a controlled up and down manner. Do a cycle of 10 full breaths-each breath includes five inhales and five exhales. After you do 10 complete breaths, you will have completed 100 arm pumps.

The Payoff: Teaches controlled breathing, so that your inhales and exhales are balanced. Bonus: Builds strong abdominals.

2) THE SWAN

Lie face down with your palms flat under your shoulders (as if you were going to do a pushup). Look down so your neck is in line with your spine. Inhale and slowly lift your head, neck, shoulders, and chest as you press your hands into the ground. Keep a slight bend in your elbows. As you exhale, slowly lower yourself back down, chest first, then shoulders, neck, chin, and head. To avoid discomfort in your back, concentrate on pulling your shoulders back to open up your chest. Repeat 10 times.

The Payoff: Opens up the chest and deepens your lung capacity to correct shallow breathing.

3) STANDING CHEST EXPANSION

Stand up straight with your feet shoulder-width apart, your knees slightly bent, and your arms at your sides. Inhale and sweep your arms out and up so that your biceps are near your ears and your palms are facing each other. Exhale and lower your arms back down to your sides. Repeat four times, concentrating on breathing deep and opening your chest.

The Payoff: Stretches the intercostal muscles (which lie between the ribs), relaxes the shoulders, engages the diaphragm and pelvic floor, and helps balance breathing between the left and right lungs.

the dirt



[INSPIRATION]

SUN SALUTATIONS YOGA IS A RESTORATIVE AFTER-WORK ACTIVITY THAT YOU CAN PRACTICE IN YOUR NEWLY PRIVATE BACKYARD. JUST ROLL OUT A MAT, AND THE BIRDS WILL PROVIDE THE SOUNDTRACK.

Safe online shopping: 10 tips to avoid getting burned

By Mike Homnick, PCWorld

You need to buy some gifts. You need to buy them quickly. You can (a) brave the madness of holiday retail shopping at your local mall, rife with screaming children and airborne contagions, or (b) kick back at home and buy all your gifts online, accompanied by nothing more obnoxious than a warm cup of cocoa—or a cold glass of wine.

We'll take the online shopping option. We're civilized adults at PCWorld, and we're not interested in rubbing shoulders with rabid mall zombies unless we have to.

But the world of online shopping isn't all hot chocolate and chardonnay. Buying gifts via a Web browser certainly speeds up one's shopping regimen, but it also bears risks. Here are 10 easy ways to lock down your Web security this season, and still get all your shopping done in time.

Keep your browser updated

Start at the beginning. Whether you use Chrome, Firefox, or Internet Explorer, updating your browser will help to ensure that you're getting the most up-to-date security protection.

Using Windows Update will take care of Internet Explorer. Firefox and Chrome should keep themselves current by automatically checking for updates.

To confirm whether you have the latest version of Firefox, click the Firefox tab in the top-left corner, find the help menu, and click About Firefox. In Chrome, click the settings button at the top-right corner of the window and click About Google Chrome; if you see a green checkmark, that means you have the latest version.

Install malware-protection software

Another thing to check before you bingeshop is your security software. The market has no shortage of utilities dedicated to protecting your computer from malicious attacks. G Data Internet Security, Norton Internet Security, and Bitdefender are all applications that have tested well at PCWorld.

You can even find plenty of free applications for protecting your computer from malware and Internet attacks that could result from an unfortunate online shopping session. The bottom line: Antimalware programs can't protect you from all attacks, and they certainly can't catch "social engineering" exploits. But in this day and age,

it's silly not to use some sort of baseline protection.

Buy from reputable online stores and sellers

If you've never heard of the site you're considering a purchase from, you have a number of ways to make sure it is legitimate.

Third-party organizations such as the Better Business Bureau Online and Truste give seals of approval to sites that meet their security and privacy standards.

Also, comparing products on sites like Bizrate can give you confidence that you're getting a fair price.

For example, searching for "iPad" on Bizrate provides a list of online retailers that sell the tablet, offering you an easy way to compare prices and read firsthand customer accounts of their experiences with specific retailers.

Look for the address-bar padlock symbol

A webpage should always be Secure Sockets Layer (SSL)-encrypted if you plan to use your credit card information to shop. SSL encryption ensures privacy by restricting the computers that can access the data being transferred, limiting access to you and the online retailer exclusively.

Most browsers indicate that the encryption is active with a padlock icon near the address bar, and the URL is preceded with https://instead of http://, as shown below.



Give out as little information as possible

Beware of nosy questions seeking personal information. For instance, a reputable online retailer will never need your Social Security number.

Generally it's a good practice to give out the least amount of information the seller requires, so look over the required fields on forms and fill them out accordingly. Use the minimum number of fields that will allow your purchase to proceed.

Never give out your credit card number over email

It's simple: Legitimate retailers will never ask for your credit card information or other sensitive personal details over email.

As mentioned above, the only time you should give out your credit card number and other personal info online is when you are on an SSL-encrypted webpage operated by a

trusted retailer.

Use online payment services such as PayPal

Services like PayPal, Bill Me Later, and PaySimple keep your credit-card information stored on a secure server, and then let you make purchases online without revealing your credit details to retailers.

PayPal also says that it monitors accounts for suspicious activity and covers most unauthorized transactions.

If shopping on a mobile device, stick to apps you know

Why power up the computer when you can shop easily from your smartphone?

Mobile shopping presents its own set of security issues, but a good rule of thumb is to use apps that came directly from retailers, and to make purchases inside those apps, if possible.

It's also wise to download apps only from sources you trust, such as the Apple App Store or Google Play.

Lastly, never make purchases over public, unsecured Wi-Fi. For example, connecting your phone to Starbucks' Wi-Fi and then shopping on Amazon could leave your personal information at risk.

Know your rights

In the United States, online purchases you make with a credit card are protected by the Fair Credit Billing Act, which limits your responsibility for fraudulent or erroneous charges to \$50.

Consumers are required to write a physical letter within 60 days detailing any complaint to the retailer, with a return receipt acting as proof that the creditor received the letter.

The Federal Trade Commission provides an example letter, so all you need to do is fill in the blanks with your information.

Use common sense

If a deal online seems too good to be true, it probably is.

If anything seems suspicious—for instance, if a retailer refuses to provide details on a product or avoids answering billing questions—the best practice is to avoid it and shop with a tried-and-true online retailer instead.

Additionally, you should never feel pressured to give out information. If a retailer is requesting something from you that makes you uncomfortable, it's probably time to take your business elsewhere.

Be a Force

Giving a friend, neighbor or even a stranger a reminder that the universe can be a happy place may make you happy, too. "When you try to be a blessing to someone else, it shifts the focus from yourself to the important social bonds in your life, building a feeling of gratitude for those relationships and fostering a sense that life is good," says Kristin Layous, PhD, assistant professor of psychology at California State University, East Bay. Even one kind gesture may boost your mood. Below, simple do-good acts that will make those around you feel blessed.

Let go of a lottery ticket

Buy a scratch-off, put it where a stranger can find it, then watch the fun begin. This works with dollar bills, too. "Every day I plant a single somewhere, like a mailbox," says Rachel Kessler of New York City. "The other day I released one into the wind. An elderly woman caught it and was so happy."

Leave a coupon

"I'll tuck really good coupons beside the product on the store shelf for a dose of random awesomeness," says Cheryl Laughlin of Lodi, CA. Or, if you've used a gift card and have just a few dollars left on it, hand it to the person behind you in line to pay.

Remind a mom she's doing a stellar job

Applaud a mom (or dad) for wrangling multiple children with skill. Even if the kids are going bonkers, "tell her that she's doing a great job, and the day will get better," suggests Kristen Engle of Elmhurst, IL.

Bea snow angel

Clear your neighbor's driveway, sidewalk or snowcovered car, especially if he or she is old or sick. You will be making that person's life so much easier and safer.

Ship soldiers a care package

Collect useful items, such as sunblock, toothpaste or bug spray, as well as candy, and add a few drawings from your kids to make someone's day. Operation Courage is Beautiful (operationcourage .org) also sends items to military women overseas.

Recognize hard work

Police officers, healthcare professionals, social workersthese folks have tough jobs, and often must contend with people when they're not at their best. Your words of appreciation mean a lot.

Give blood

Donating blood is easy and free, and you could help save someone's life.



Positive perspective

of women reported being more likely to feel grateful than they were 10 years ago.*



WHY I FEEL BLESSED

My eight years as a nurse on a cancer ward was the most rewarding work I've ever done. It's where I learned my compassion and found out that miracles were possible.

Stephanie Smith, 58, Omaha, NE

LAUNDRY AND HOUSEKEEPING

CLEVER USES FOR

Pool Noodles

Just floating some ideas for you to try.

Store boots

Don't let tall footwear lose shape over the summer. Cut a pool noodle to the height of the boot, then zip it inside so the shaft stays upright.

Protect walls

Cut a ¼-inch cross section of a pool noodle, then slice it into thin strips. Hot-glue them to the back corners of a picture frame to keep walls

Source

Cover a saw

Slice a pool noodle the length of the saw blade, then make a slight incision vertically down the middle. Gently press the blade into the noodle to create a protective sleeve.

4 Make a pincushion

Velcro a piece of noodle to the side of your sewing machine and push safety pins and needles into it so you'll have access to them while you work.

Shield car doors

Halve a noodle lengthwise and use double-stick tape to attach it to the garage wall where the door hits when you open it. No more nicks! Did you know?

One of the original names for the pool noodle was water woggle.

SHARING & UNDERSTANDING

TUSCARAWAS COUNTY WALK TO END ALZHEIMER'S® BARBECUE COOKOFF-KICKOFF

Join us to kickoff the Walk to End Alzheimer's fundraising season on Monday, July 10 from 6:00 p.m. - 8:00 p.m.

Tickets are \$5.00 to try some of the best barbecue recipes in the county, which can be applied to your Walk Team's fundraising when you register at the Kickoff.

Everyone has a reason to end Alzheimer's. Start your team on July 10, then plan to join us at the Walk to End Alzheimer's on Saturday, Sept. 16 at Dover Middle School.

Tickets are available by calling: Paula (330.243.6866) or Darlene (330.556.9382.)



Monday, July 10 | 6:00 p.m. - 8:00 p.m. Dover Middle School (Lawn Area) 2131 N. Wooster Ave. Dover, Ohio 44622

Alzheimer's disease is the nation's sixth leading cause of death, destroying our families, our finances and our future. Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's* is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

For more information, visit alz.org/walk or call 800.272.3900

NATIONAL PRESENTING SPONSOR

Edward Jones

alz.org/walk



MARK YOUR Calendar

CARD PARTIES

Bolivar: July 5, Hattie's House, 7p – 9:30p July 26, Main facility, 7p – 10:00p Dover: July 19, Main facility, 6:30p – 9:30p

ICE-CREAM SALE/FUNDRAISER

Dover: July 14, 10am & 1:30p – sundaes & floats Bolivar: July 19, 11a – 3p – sundaes

PIG ROAST – Dover: July 29, 4–7p Looney Tunes Cartoon Theme

WALKING TACO FUNDRAISERS

Dover, Aug. 2, 10:30a-1:30p, Bolivar Sept 19

LADIES SUMMER LUNCHEONS: August 17 Dover: 12p, Bolivar, 11:15a

MEN'S SUMMER LUNCHES: August 18 Dover: 12p. Bolivar, 11:15a

PEACH FEST - Dover: Aug. 23, 6:30p

BOLIVAR CARD PARTIES

Sept. 6, Hattie's House, 7p – 9:30p Sept. 27, Main Facility, 7p – 10p

ALZHEIMER'S COMMUNITY WALK Sept. 16, 9a, Dover Middle School – Come join our team or form a new team!

SEPTEMBER FAIR TRIPS

Dover: Sept. 18-Rehab, 19-Homestead, 21-Gardens

Bolivar: Sept. 20

APPLE PIE BAKE-OFF

Dover: Sept. 5/6 Preparation, Sept. 6 Judging 2p

GRANDPARENTS DAY CELEBRATIONS

Bolivar: Sept. 9, Watch for postings with new idea Dover: Sept. 10, Dessert & chocolate bar

HOE DOWN - Dover, Sept. 27, 6:30p

COMMUNITY OKTOBERFEST

Bolivar: Oct. 1, 2-4p

DOVER CARD PARTY Oct. 11, 6:30p - 9:30p

WINNERS

Bi-Weekly Wednesday Winners-2017

Bonnie Beorn - 3/15/17 Gift Card – Brick Yard Dining

Kylee Varnes - 3/26/17 Gift Card - Papa Johns

Harold Baker – 4/12/17 - Gift Card–Krocker's Bar & Grill/Pangrazio's Pizza

Nicole Jones – 4/26/17 Gift Card – Elder-Beerman

Karen Page – 5/10/17 - Broad Run Cheesehouse Gift Basket Full Of Goodies

Nicole Jones – 5/24/17 Gift Card – Coblentz Chocolate Company

Jessica Karl – 6/7/17 Gift Card - Chipotle

Fundraiser Winners:

Wrapped Gifts:

Joy Lamp, Sue Stein, Jerry Kishbaugh
Cedar Point – Kim Goudy
Massage Package – Ruth Meese
Summer Picnic Basket – Candy Fiddler
Longaberger Basket – Trish Haynam
Vineyard Basket – Beth Kohler
OSU Basket – Vickie Vrsan
Scratch Off Lottery – Donna Rogers
Mini Get-Away – Patty Dunkle
Cleveland Indians Basket – Mel Korns
50/50 – Ruth Meese's Friend, Renee
Close Parking: Jessica Karl, Sue Stein, Erin
Guber, Mary Levengood

Spring 2017 Winners:

Dual Spring Basket – Falesha Robinson Texas Roadhouse Basket (They donated for the evening of the Dine & Donate) – Hanna Hubbard

Monthly Lunch & Learn Winners – Win A \$20-\$25 Gift Card

Thank To Everyone Who Participated And Worked So Hard At Selling Tickets And Promoting The Sales For The Fundraisers As Well As Those Who Purchased Items And Tickets! Each Year, We Strive To Reach Our Goals, Not For Ourselves, But To Give To The American Cancer Society And The Alzheimer's Association. Thank You For Your Support.

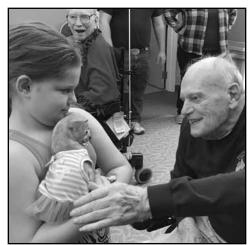
BOLIVAR 4-H VISIT





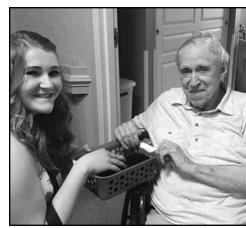




















BOLIVAR HOMESTEAD

What a whirlwind the spring months were. We kept busy here on the Homestead with many activities and special programs. We started May off with our annual Mother's Day breakfast on May 13th where we dined on Nutella stuffed french toast covered in strawberries. All the mothers seemed very pleased with the menu and enjoyed their time visiting with their children. We then followed up this event with National Nursing Home week from Monday until Friday the week of May 15th -19th. We could not have asked for better weather, it was sunny, breezy, and beautiful. All staff, residents and family members enjoyed the planned festivities for the week including good food, good music, crafts, local police and fire truck visit, baseball fun, and many other fun activities. The front porch was bustling from early morning to late evening. Thank you again to all of our wonderful dedicated employees who give of themselves every day to make Hennis Care Centre the facility it is. We continued May by celebrating veterans during a Memorial Day Pinning on the 26th.

On June 17th we honored our Fathers during a Father's Day Breakfast and were able to visit and dine with those we hold dear in our hearts. These days are special and sometimes emotional but all those that attend seem to enjoy each other and the amazing culinary creations by our dietary department. On June 17th many attended the Relay For Life held at the Garaway Football Stadium where we walked for those battling cancer and those that lost their battle hoping to raise funds and awareness to fund research for a cure.

We are planning to celebrate July 4th with picnic foods and spending the day outdoors playing games and visiting with family and friends. Rumor has it there may be a water gun fight on the Homestead that day with the residents aiming at the staff.

On August 17th we will be hosting a Ladies Luncheon at 11:15 so make sure you call in and let us know if you will be able to attend and also for the Men's Luncheon on August 18th at the same time. Looking forward we will also be hosting the Grandparents Day Cookout at 6pm in the fromt parking lot. The dietary department will supply hotdogs with all the fixins and baked beans. If you plan on attending please bring a covered dish to share and lawn chairs. We will have fire pits to roast our hotdogs and keep warm as the sun sets. We will finish off the month of September with a Bake Sale on September 12th in the front lobby from 10a-3p and a Walking Taco Sale on September 19th from 10:30p-1:30PM.

These are some of the big events planned for the next couple of months but if you visit come in and enjoy our daily fun activities that we attend. Our group loves to be outside and we take advantage of the sunshine whenever we can even if it's just sitting on the porch swing in the evening listening to music.

Live, Laugh, Love! The Homestead



Shirley Bower celebrating Mother's Day with her daughter Joy.



Dawn Cotton and her daughter Natalie.



Clara Hostetler and her daughter.



Ruth Sloan and her daughter Carol at the Tea.



Sally Stevens and her husband Robert enjoying breakfast.



Betty Malone, Deb, and Jessica enjoying time at the Mother's Day Tea.



Gloria Gilmore is always smiling when family visits.



Mary Gartrell and her close friend Evie.

BOLIVAR HOMESTEAD



Cami McKinney LPN enjoying lunch and the sun during Nursing Home Week.



Gloria Gilmore playing cornhole during National Nursing Home Week.



Gloria Gilmore enjoying the sunshine.



Doyle Merrick playing cornhole.



Doyle Merrick enjoying a popsicle.



Gloria Gilmore



Mary Gartrell enjoying the warm weather.



Christine Hansen and Dawn Cotton doing crafts.



Clara Mutigli and Corrina White STNA eating ice cream.



Maria Grimm LPN, Emily Shoaf STNA, and Greta Lieser making ice cream sundaes.



Shirley Bower, Diane Guiffre STNA, and Carrie Ferrell STNA dancing to one of our entertainers.



James Joyce teaching tennis skills.

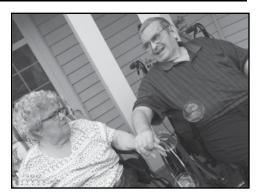
BOLIVAR HOMESTEAD



James Joyce getting ready to serve the ball.



Ruth Sloan enjoying the weather and blowing bubbles.



Herb and Dawn Cotton enjoying a beautiful evening out on the patio.



Maty Gartrell enjoying the weather and bubbles.



Christine Hanson blowing bubbles.



Gene Merrick enjoying time on the patio.

GRandparents Day Sept. 10

from Grandmas and Grandpas (loe Scruggs)

You know that grandmas are a wonderful thing! 'Cause they always rock and they always sing. And they love to cuddle and their laps are great. When it's time to see grandma, I can't wait.

And you know grandpas are really something grand! They never yell, they always understand. And they can fix just about any old thing From a broken heart to a broken swing.

Yes, Grandparents, They sure named them right. 'Cause grandparents are a grand delight. And they always love you, If you're good or bad. Like you're the best grandkid they ever had.

They are the parents or your fathers and mothers, But sometimes there might be others. Like the nice old lady who lives down the street Who remembers your birthday and calls you sweet.

Or the nice old man who's a friend of your Dad's, And he tells you stories from when he was a lad. And he gives you pennies and he tells you jokes. They're not related to you or your folks.

But you call them Grandma and Grandpa too And that's OK for you to do. 'Cause kids need all the grandparents they can get. No one's had too many yet

BOLIVAR ST. PATRICK'S DAY CELEBRATION

















BOLIVAR JAN'S BIRTHDAY







BOLIVAR NATIONAL NURSING HOME WEEK CELEBRATIONS































BOLIVAR NATIONAL NURSING HOME WEEK CELEBRATIONS































BOLIVAR REHAB

WOW....this weather recently has been almost unbearable! But there are a few residents that really enjoy sitting outside on the hot days. We have been playing oldie type music on the front porch for everyone to listen to while they are out; and some days, we work on our memory by doing some Trivia. While indoors...we have been doing a sight & body coordination exercise by using fly-swatters to Bop the Balloon whenever it comes by. Sometimes...the balloon will wiz by your head so fast that you don't have time to "bop" it but the person next to you will keep it going. We have a lot of fun and laughs along with the exercise.

We had a delicious breakfast on the day before Mother's Day for our moms here at the facility. Chef Casey made French toast that was stuffed with Nutella, sausage links and a fresh fruit bowl that everyone enjoyed. Then during the following week, we were really busy having fun outdoors due to National Nursing Home Week; with a theme of "The Spirit of America"! We had entertainment (& some dancing), games, crafts, music, good weather and food. Chef Casey grilled something different each day for us to eat for lunch; it was really nice to eat outdoors for a change! We even had different types of soda pop, ice

cream bars or popsicles to choose from while we were sitting out enjoying the days. As our salute to our local Heroes, we invited the Bolivar police chief, Randy, and some of the Bolivar firemen to visit us for lunch and they gave us a tour of the police cruiser and a firetruck. Later that afternoon, Marty, & his Bucket Tunes, came and entertained us with music, singing & dancing. Gene Weygandt came on Tuesday with his keyboard and played some of our favorite songs and on Wednesday evening, we played Bingo. Friday was a very fun day to end our week. We started off the morning by sending up red, white & blue balloons with some of our names & address on a card that we are hoping will be found and someone will write us a note telling where they found the balloon! But, so far, we haven't received any notes back. Then, we had lunch and relaxed a little before Jammin' Jay got here. He filled the afternoon with music and singing; and quite a few of us danced in the aisles. It was a great week that was enjoyed by resident, visitors & staff. Thank you to all that helped make this fun-filled week a big success!

In June, we had our usual entertainment in along with Somewhere in Time and The Doodle-Le-Doos. We celebrated our Fathers with a very nice breakfast the day before Father's Day. Chef Casey prepared Country fried steak & eggs, hash brown potatoes, and a fruit bowl. It was very good and everyone enjoyed the morning.

In July, we will be celebrating Independence Day with everyone wearing as much red, white & blue as they can. On the 19th, we will be doing a fundraiser to benefit the American Cancer Society & the Alzheimer's Association. This fundraiser will be held from 11:00am until 3:00pm and we will be selling Ice Cream sundaes! So...if it is a nice hot day outside, come inside and get a cold, refreshing sundae to enjoy.

Our entertainers for the month will be starting off on the first day at 10:00am with Andi Michelson and her piano students giving us a Patriotic recital, Somewhere in Time will be here on the 10th at 7:00pm, Tim Weddington on the 11th at 1:30pm, Jammin' Jay will be here on the 12th at 1:30pm, Jon King on the 14th & the 28th at 7:00pm, Fran Zupp on the 17th at 7:00pm, Gene Weygandt will be here on the 18th at 1:30pm, Marty & his "Bucket Tunes" on the 21st at 1:30pm and Max will be playing the piano on the 25th at 2:30.

In August, we are planning to take a cruise on Atwood Lake on the Atwood Queen pontoon. We have done this other years and always enjoy it; we have a picnic type lunch

~ continued at the bottom of page 17

BOLIVAR POPCORN CART FUN IN MARCH











BOLIVAR "WE APPRECIATE OUR VOLUNTEERS" DINNER



















~ continued from page 16

while on the cruise. This day takes extra help...so, if you would like to go along with your loved one, please talk to Abby or Jeanne in the Activity department for more details.

We also have our annual Ladies and men's Summer Luncheons during August. This year the ladies' luncheon will be held on the 17th and the men's will be on the 18th, both at the regular lunch time.

The Family Bingo night has been going really well with Steve, from Crossroads Hospice, and his volunteers providing the

assistance and the prizes. This happens once a month; on the third Wednesday at 7:00pm. This is for the residents and their families, so if you haven't joined yet, you may want to. It is a fun evening. And, our regular entertainers will be returning also throughout the month. Check out the main calendar for dates and times.

September brings us thoughts of cooler evenings and getting ready for the busy months of the year. The first weekend of the month we will all be wearing red, white & blue once

again for Labor Day. All of our regular entertainers will be in during the month and we will be visiting the Tuscarawas County Fair on the 20th. This is a yearly event that we do that the residents really enjoy. For more information on this event or any of the other events throughout the year, talk with Abby or Jeanne.

Till next time, Take Care! The Rehab Team.

BOLIVAR EASTER BUNNY BREAKFAST

























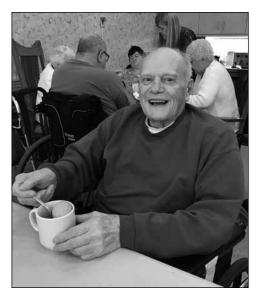








BOLIVAR EASTER EGG COLORING

















BOLIVAR FASTER BAKE SALE







BOLIVAR GARDENS

Hello! Has the heat of the recent weeks was a great week. gotten to you yet? Or have you been lucky enough to be able to stay inside out of the heat? Even though the weather has been quite warm, there are some of us who really like it and enjoy sitting out on the front porch area! We get to see lots of visitors that we don't always see when we are in the units. We have also been sitting out in the courtyard reading or just looking at the beautiful flowers that are out there. We have had some of our entertainment out in the front area and that tends to be a lot of fun! There is lots more space to dance around. During National Nursing Home Week, we had a lot of things going on out there. We could watch the staff being silly, and sometimes some of us even joined them! Our entertainment consisted of Marty's Bucket Tunes, Gene Weygandt and Jammin' Jay; and what fun times we had while they were here! We were able to eat some of our meals outside also that week. Thanks to Chef Casey for the grilling and supplying of the food...it was all very delicious! And the entire week was full of sunshine and beautiful skies; a couple of days were pretty windy...but still

We held the annual Mother's Day breakfast with a room full of beautiful flowers and were all guite content following the Nutella filled French toast, sausage links, & fresh fruit bowl. It was a wonderful time spent sitting and talking with everyone for a while following the meal.

In June, we celebrated our "fathers" with a delicious breakfast of Country Fried Steak & eggs, hash browns and fresh fruit! Thanks to all the visitors that were here to have breakfast with their loved one and for all of the conversation & laughs after everyone had full "bellies"!!

All of our regular entertainers will be returning again throughout the summer months; in July, "Somewhere in Time" will be here on the 10th at 7:00pm, Tim Weddington is here on the 11th at 1:30pm, "Jammin' Jay" will be here on the 12th at 1:30pm, Jon King will be here on the 14th and will return on the 28th-both times at 7:00pm, Fran Zupp will be singing for us on the 17th at 7:00pm, Gene Weygandt will be playing the favorite songs we all love on his keyboard on the 18th at

2:00pm, Marty & his "Bucket Tunes" is scheduled for the 21st at 1:30 and Max Grossenbacher will return on the 25th at 2:30pm.

We are hoping to be able to go on the Atwood Queen pontoon ride again in August; as long as the weather doesn't get too hot for us all by then. The Doodle-Le-Doos will be returning to entertain us again in August. This is a duo that has been entertaining together for a long time. Marcia sings while her friend plays the banjo; and he is really good at it! She gives a lot of detail about their songs; as to what era the song was from and sometimes even how the song came about. We will also be hosting the annual Summer Luncheons for the residents in August. The ladies will have their luncheon on the 17th and the men's will be held on the 18th.

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

> Until next issue, take care; The Gardeners

BOLIVAR MOTHERS DAY BREAKFAST













BOLIVAR ARBOR DAY TREE PLANTING CEREMONY

















HATTIE'S HOUSE



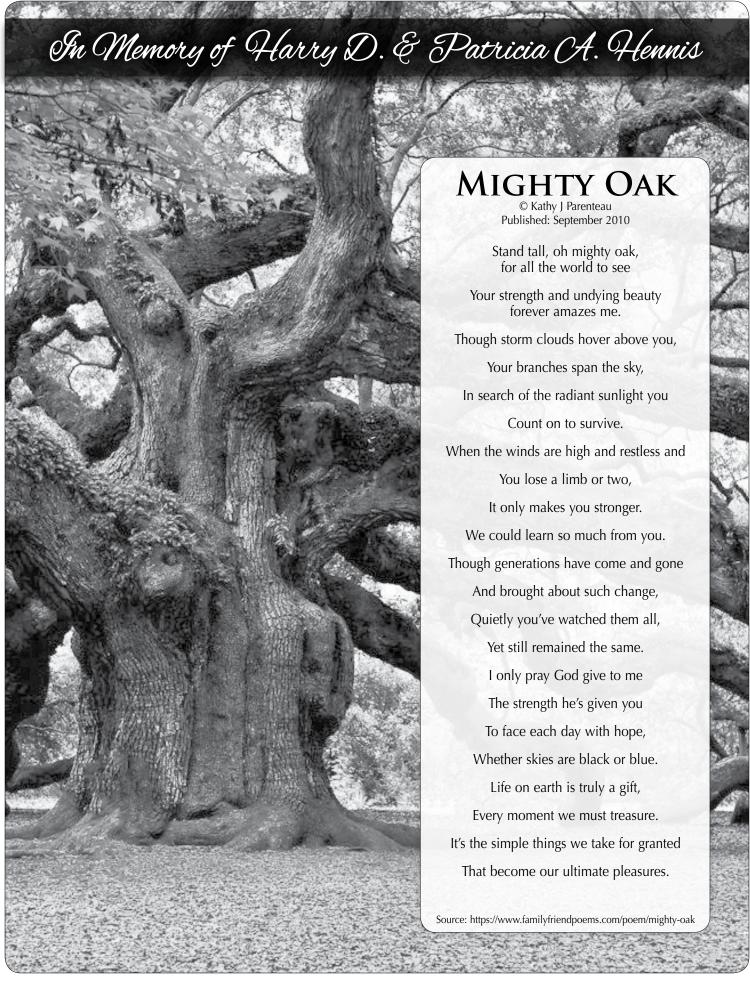












DOVER PAT'S PORCH

The spring and summer get us in the gardening spirit, and we planted brilliant-colored geraniums, petunias, and cooking herbs in the stand-up planter with occupational therapy, which is also very therapeutic in many ways!

For Mother's Day and Father's Day we were treated to some extra special dinners from the Chefs, and enjoyed our family visiting. The caricaturist artist was a fun surprise and a cute piece to keep and talk about with friends and family. We also enjoyed the fresh fuchsia, corals, and scarlet geraniums plants we received as favors to take home and nurture for summer! Chef Jacque had a baseball theme day with his personal memorabilia, theme meal, Cracker Jacks (wonder what the prize was?), and played a baseball game on the television. We thank him for these special touches! Did you know Jacque also sends home a little recipe booklet with some favorites when someone goes home? Extending the kindness through food.

We have enjoyed some new art with Patty and Annette helping. Art styles referred to as sequential and non-traditional, offering new inspiration, variety, and excitement! Regular Coffee and Canvas nights are held with various subjects such as holidays, themes, and currently sunsets and beaches, and we enjoy it thoroughly. It was the first time for Sandra E., and her piece was lovely! It's a pleasure to share this activity together with family and friends, and it's extra nice to have the artwork as a keepsake.

The season offers nice weather to enjoy the patios in the front and back to enjoy our company, take in the birds' and squirrels' activities, relax in the peace and serenity, take an evening walk, and to converse with visitors. The flowers in the beds and pots are delightful and colorful and lends to the tranquility.

One afternoon, we enjoyed a traveling style show room to room with our Therapists modeling the attire from Encore of Canton. Boy, they looked sharp and so cute in clothing other than their uniforms. Several staff from other departments also played variety of characters from the classic Hollywood movies and classic television show and visited us and posed for pictures. They also looked might fine sporting their "costumes" like Marilyn Monroe, Elvis, Carmon Miranda to name a few. We appreciate the variety of roles that the staff engage in for the enjoyment on our behalf!

JoAnn H. expressed she's so happy with everything, from the care, therapy, food, and camaraderie, and the kindness of everyone – and we feel that way about her, too! We

appreciate return services and are glad when someone feels that way to want to return when the need arises. Thank you to many of you for this and your word of mouth!

Rod R. loved the food by the chefs – it's a big part of healing, as well as sharing meal times together socially, and developing brotherhood. Kitty M. appreciates being able to have her husband visit from next door, that's comforting, and lessens her worry. Have a pet you are missing? – Have them visit while you rehab – mutually beneficial and therapeutic. Lots of benefits and advantages in addition to the daily amenities here at Pat's Porch!

"Wild Bill" loves dogs, so he and others get the opportunity to visit with the staff's dogs, such as Bella, a King Charles Cavalier, Alex, the Weimaraner, and others, as well as families wo bring in their pets to visit. We love 'em all so much! This is an invitation to the 4-H groups – we'd love to see your animals – just give us a call.

It sure is enjoyable when the entertainment comes such a "Library Linda" from the Dover Public Library who gives presentation, the most recent one being "Famous Ohioans". She also provides new books and returns others on a weekly schedule, and she stays and visits a while. The music entertainers are delightful with piano music, vocalists, guitarist, and the like. This is especially enjoyable as dinner music at times, and other times following the supper meal.

HCC tries to support and give back to the community with various endeavors. In June, the HCC team participated in the Am. Cancer Society Relay For Life community walk at Garaway and donated their fundraising check. We appreciate everyone who supported all our fundraising efforts through sales, raffles, shows, and personal donations - Thank You! We also value the support of our fellow co-workers (a few over the past year) who have encountered battles with cancer and all the love and support that was given to them - first hand is where it is most important! Here at HCC we are all one big family! Thank you for caring! The ext event is a BBQ Cook-Off as the kick off for the Alzheimer's Association you don't want to miss this! Ten vendors consisting of businesses and community individuals are participating to provide samples of the BBQ pulled pork! Chef Casey of Bolivar HCC and Chef Matthew of Dover HCC, a duo of Erin Guber of Accounting and son, Erik Gilbert of Dietary, Sammy Sue's BBQ, Texas Roadhouse, Dover Buehlers, Dave Potts, Bob Davis, and Three Little Piggies and Ross Mountain BBQ Food Trucks will also



Relay For Life Hennis Survivor's Lap: (Deloris-Mom), Denise Garvin (Survivor) and Dave Meese



HCC Relay for life Team photo at Garaway

offer additional food and beverage for purchase to make a meal! To add to the fun the Kodachrome Babies will be performing. And you know Jerry Marlowe makes everything fun as he judges along with a WJER personality to pick two winners. Your job is to select the People's Choice award! Remember, the Alzheimer's community walk is Sept. 16, also at the Dover Middle School, 8:30a – 11:30a. Everyone is welcome. Newcomers are always welcome!

Continued support comes from the Chefs' involvement with several community endeavors: a cooking demo at the United Methodist Church for a youth group, Union Hospital auxiliary luncheon, Hospice's Bourbon & Bling dinner, participated in the Culinary Capers dinner at Union Country Club, the Second Saturdays events in downtown New Phila during the summer, the Strawberry Festival in Bolivar, HCC camp site at RFL, and the Farmer's Market food demo.

We love seeing the familiar faces in the community, so thank you for being there, too!

Safely enjoy the fun summer's activities, gatherings, events, travel, and weather!

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

PAT'S PORCH ACTIVITIES



We're taking a break from therapy to gather with all the Therapy Models!



It's a commercial break to visit with the models of Therapy.



Shirley & others receiving art instruction from Patty one evening.



Rod even gets therapy while the Therapists are doing a modeling gig!



It was fun creating together! Patty, Steve & Annette.



Paula and David taking a lap at Relay For Life.



The Therapy Models welcome you to Pat's Porch!



This wine glass looks great after working with Annette and Patty one evening.



JoAnn H.. gets a visit on the patio from all the models from the Therapy Department.



Sandra E. at Pat's Porch for "Bob Ross" painting during our TV show theme week. She never painted before and wanted a blue moon, Beautiful!



Marie is happy with her wine glass painting with Patty and Annette.



Steve crafting a decorative vase with orange colors.



Kitty is a good student! Canvas painting night with Patty & Annette.

DOVER GARDENS

Keeping busy, active, and fun... that's what we do! Celebrating National Nursing Home Week this May was a blast! We had a lot of fun with the classic T.V./game shows/movies theme all week! To sum it up, as Bob Barker said -"Come on down, you're the next contestant! And, we were glad we did! The dance troupe, Melody in Motion, impressed us with their talent and beauty: Jazzy chartreuse costumes and routines, beautiful royal blue outfits and steps, darling Minnie Mouse attire and efforts, gorgeous teal ballet dresses and moves, elegant pinks and powder blues for princesses and gracefulness, and gold with contemporary dance. They bring joy from tiny tots to experienced teenagers performing, to the visits and hugs afterwards. Dover cheerleaders continued spreading happiness with upbeat energy, affection and smiles as they visited throughout the facility. Hennis Oscar awards were presented by the Hollywood stars (aka staff dressed as the characters) to the residents with personalized certificates which were very meaningful to each of them. Sonny & Cher, Jacqueline Kennedy, Lucy & Desi, Uncle Fester and Morticia - just to name a few who presented. Sparkling beverage and petit fours were served afterwards. Kick and Click Clog Dancers picked up the pace as they performed - whooping, clapping, energetic and fun for the crowd! Raja Belly Dancers delivered a fun evening related to "I Dream of Jeannie" day, and they had the audience swaying with arm movements, and several costumes changes offered variety and coordinated with the music. Beautiful overall. The dancers have a variety of careers such as teaching. Afterwards, they moved into game night, some playing with STNA Heather and daughter, Daisy, Doug spinning the big game wheel for the circle of participants eager to play and win! Board games with Lauren, and visiting table to table was Annette serving refreshments and other hospitality. Everyone enjoyed the assortment of snacks such as vegetable cups, snack mix, nachos & salsa, popcorn, cookies, punch, etc. We were very fortunate to have Thursday evening a performance by Little Theatre's original production "The Showcase of Adequate Acting", a tongue in cheek comedy that was great! Friday afternoon kept on going with the Encore Boutique shopping, Therapy staff transforming into beautiful models for the Encore style show with Paula, the owner, as MC with personal likes of each model. Delightful to see them in a different role! The Friday night concert by the Tuba Fours was a great brass performance. Afterwards, the musicians visited with residents, and JoAnn B. got to hold the

baritone and she was thrilled! (She is a proud former member of the DHS bands). Throughout the week we had theme related crafts, games, and refreshments such as Super Heroes, and Bob Ross (aka Patty) art classes with his style of outdoor scenery. By the way, did you see all the residents' past art work on display for the Paris theme's art museum "The Louvre" (prior to Mother's Day) - very impressive! Remember this: according to the T.V. artist Bob Ross "There are no mistakes, only happy little accidents."

Patty had a quilt circle discussion one morning and showed everyone what she had made. Bill G. told that he still has a quilt that his mother made - 8 ft. in length and it took a long time to make it! They reminisced about all the things they have made, who they gave it to, etc. The circle of friendship...

Dee has worked extremely diligently on some fine detailed needlepoint florals to develop a quilt with the help of Gloria and Annette, and the work is beautiful. She continues painting glassware, and some of it is sold locally as well as from staff and families. Currently, 'tis the season for weddings, so she had made very pretty white florals, brides, and grooms, etc. Dee and her sister participated as a vendor to sell the glassware at the quarter auction for the Dover ice skating rink. A busy crochet needle -Lynn works for her enjoyment and the benefit of others - currently she had made a big patriotic flag afghan. Everyone admires it! She donated it for a raffle to benefit the Wounded Warriors. Be sure to stop in and get a ticket - the drawing is August 1st.

Have you heard of the RockNOhio movement? They are painted rocks with decoration and inspiration, placed around towns, hidden to be found and shared with others to continue the fun, feel good reaction, lift spirits, etc. Trish found some in Minerva and around here, and re-hid them to the delight of someone else. Patty offered some in crafts that turned out very cute, and the residents continue the tradition - so be sure to look around when you're out for a stroll, or on an errand - you never know what you might find! If you find one of these rocks you can take a picture, post it, and then re-hide it. Simple pleasures.

Speaking of hiding and seeking - Patty keeps things fun at each holiday by hiding theme related little pictures of leprechauns, bunnies, and the like, randomly placed to see how many we can spot in a given time period. There have been some interesting places. Prizes are always well-received.

Do you ever notice our outdoor sign at the corner of Wooster Avenue? We can thank Lynn



Cathy M. is pleased with her crafted vase.

and Doug for pulling new sign letters for it to advertise our fundraisers and special events - this is very time consuming - we appreciate their contribution!

Crafts are stimulating, enjoyable, and nice to keep or share with others. We made some beautiful decoupage vases, lots of necklaces and bracelets, painting, crocheting, baking, and more. We have tried various types of art (Patty putting her art degree to work) - sequential drawings where you pass the paper to a neighbor and each one adds a shape or design, then you color or paint it - very interesting and no two the same! Non-traditional style - uses various materials (leaves, ends of paper towel rolls, sticks, etc.) to apply the paint to canvas, make different backgrounds, then add a focal, finish with a little glitter - unique results! We are maintaining our regular canvas painting, too - a Paris theme for Mother's Day decoration, and others including flowers, beach scenes sunsets, etc.

For our Mother's Day celebration we held an afternoon tea "in Paris" with delightful individual refreshment plates with dainty sandwiches, mini eclairs, fresh fruit, chocolates, and petit fours amidst the lovely decor put forth by Annette: a large pink flower centerpiece on crisp white tablecloths with black accents, Eiffel towers with a surprise inside of pink chocolates and Eiffel tower necklaces. A musician duo, the Kodachrome Babies complete with their burets and French attire, performed pleasant songs. A caricaturist went table to table drawing caricatures for us to keep.

Speaking of mothers - we congratulate our new mamas! Wendy Fillman of Therapy, STNAs McKenzie Sowers and Jen Sunheimer, Hostess Laurene Sims, Denise Waldman - part time in Therapy, is welcoming a new youg boy from China into her family. Best wishes to all of you!

It's fun to switch things up every once in awhile and share talents, so on Wednesday

DOVER GARDENS

afternoons Patty and Annette switch and go to opposite units to exchange their talents with the folks, which also allows them to get to know the residents even more. Patty brings more arts and crafts to Rehab, and Annette fosters more nail polish service, exercise, physical games, and visitation. All has evoked more interest and participation.

Summer weather offers additional seasonal fun. One afternoon, Patty hosted root beer floats and cookies on the veranda, which were well received. Then, after a brief rest and letting the treat settle, we had fun and some exercise, and laughter tossing a big red ball Paula just bought at the store. That kind of stuff just brings out the kid in all of us! The summer heat can dry you up quickly, so hydration is key - we love extra lemonade, iced tea, popsicles, grapes, watermelon, and cold water is always in the big cooler on the front patios, so help yourself anytime - keep hydrated (it also boosts your metabolism!). You know it's summer when garage sales start, and one pleasant morning we headed out for the Dover City-wide garage sales- Darlene, Dee, Kathy, and Patty enjoyed perusing and going place to place and finding some items. June brought forth strawberries which in turn, brings out our Strawberry Fest. We enjoyed the fresh berries, shortcake, whipped cream, and smoothies while jammin' with Terry and Steve as they sang and we danced to their fun music!

Corn hole under the shade is a lot of enjoyment with the fun of everyone playing and cheering for each other. It's even more fun when Chef Matthew was challenged by Mel Sheetz, Social Worker, to join in, and everyone was whooping it up! Poor Gladys was trying to keep track of everything, but it was out of control!

The season also brings sub sales, hot dogs, ice-cream fundraisers, and walking taco lunch sales. We appreciate everyone's support for all these endeavors while they also provide a lot of enjoyment. Fresh corn on the cob includes the job of husking it and we enjoy doing it! Dee found some more to her delight at the Farmer's Market. We will be including some picnics at the Dover and Phila parks, and a trip aboard the Atwood Queen pontoon boat. We can be found Wednesday afternoons at the Farmer's Market checking out the goods and return with goodies of their choosing. Patty took Lynn and Dee recently (and ironically they were dressed identically!) and they were happy with their shopping and treats. The chefs go every week to purchase produce (from certified suppliers/ growers) to make extra alternates for dinner supporting the Farm to Table program. Additionally, we have started attending the free

concerts at the Dover City Park by the Lion's Club, and the Summer Showcase concerts at Tuscora Park to our delight! They are held weekday evenings and some weekends. We will also take in a ballgame at Munson Stadium in July to watch the adult son of Mary Rose play. All of these excursions take a lot of extra hands and assistance, so if you are up to it and would like to join us - give us a call!

Father's Day was celebrated with a sports theme with a delicious brunch among family and friends with large glass mug filled with shelled peanuts and red and blue helium stars on the red table clothes, and entertainment was by a male group from the Forever Young singers. The fellows appreciated their favors of a can of root beer and popcorn in a red and white striped bag. Patty decorated the big hutch with all sorts of sports memorabilia and decorations in honor of this event. Afterwards, Patty and hubby Tom, joined Paula and her hubby Dave at the Am. Cancer Society Relay For Life in Sugarcreek, along with hubbies (cancer survivors!) of Hostesses Ruth and Judy (who were working). Chef Dennis and his son prepared and grilled a nice lunch for our team (thank you!), and we enjoyed visiting among our team and family and friends. We walked off those calories as we took several laps around the track most of the day and evening. It was good to see many survivors we know and cheered for them, too! The endeavor is so worthy of all our efforts - we greatly appreciate all of everyone's support through fundraising sales and donations. The residents had fun pulling tickets for the winners of all the raffles with happy recipients. HCC was pleased to donate a check of approximately \$6,000 with more still coming in! Equally significant was the tremendous support given the last several months to our staff members going through cancer - special thanks to many of you for your genuine caring and kindness!

We continue our endeavors to support the Alzheimer's Assoc. New this year is a kick-off as a BBQ cook-off with local chefs, businesses, and individuals participating July 6:00p-8:00p, at the Dover Middle School lawn area. \$5 gets you a lot of samples of pulled pork, and you can complete the meal with extras purchased at the food trucks! Come support these great folks donating their BBQ pulled pork, and help pick the People's Choice award. Jerry Marlowe and a WJER personality will pick two other winners! Participating are: Sammy Sue's BBQ, Texas Roadhouse, Beuhlers, Three Little Piggies food truck, Ross Mountain food truck, Linda-Log Cabin catering, Chef Casey Hanlon and Chef Matthew, duo Erin

Guber of Acct. and her son Erik Gilbert of dietary, Dave Potts and Bob Davis of the community. The Kodachrome Babies will entertain us! You can even bring your lawn chairs and hang out for a while. Hope to see you there! Remember too, the Alzheimer's community walk is Sept. 16, also at DMS. New teams and individuals are always welcome any questions feel free to contact Paula or the Receptionist. Of course, some raffle baskets, theatre shows, Dine & Donate, etc. will be available throughout the season to pique interest and support the special cause.

More food... We look forward to our Pig Roast held this year in Dover, Juy 29, 4:00p-7:00p, with a fun theme of Looney Tunes, decorations, and attire, and impressions of Porky the Pig! Hope you will join us!

Naturally, summer brings opportunities, and we are especially proud of some of our staff for the way they are spending their time! STNA Kelsey Hershberger is on a mission trip to Russia with the opportunity to share the gospel. Sammy Sickinger goes to Kentucky in a holler for a week through St. John's UCC for mission work by helping with building, cleaning, painting, electrical work, etc. with schools and homes and forming camaraderie and meaningful friendships. STNA Shirley Corpman is going to Africa to help bring family home and spend some leisure time. Denise Waldman of Therapy will be involved with welcoming a little boy from China into her family - congrats! A former nurse, Angela, is going to Africa to help with health services. Please keep these folks in your thoughts and prayers.

We are anticipating more fun in August as there will be an evening cook out with s'mores and pie irons with family and friends - watch for the date. The outdoor picnic lunch at Tuscora Park with the chefs grilling is always popular! A summer outdoor movie under the stars is a pleasant family affair and even the neighbors are welcome. The Ladies and Men's summer luncheons will be held the 17th & 18th. The peach fest will take place on the 23rd with entertainment.

We look forward to the upcoming fall festivities such as the apple pie bake-off, Grandparents Day, the Alzheimer's walk (hope you can help grow it!), fair week, card party, trick-or-treat, and halloween fun! Make room on your calendar to join the fun!

Learn From Yesterday Live for Today Hope for Tomorrow

DOVER ACTIVITIES



Alec Dunfee & Sammy Sickinger help with tear down at Relay For Life.



Exercise is fun with pool noodles! (G



June is happy witrh her painted T-shirt. (G)



Bill H having fun making his "Price is Right," T-shirt. (G)



Belly dancer for "I Dream of Jeannie," T.V. show theme day.



So cute - Mom & daughter (Julie on right). (G)



Lynn & Dee happy with their Farmer Market goodies (G)



Andrew, our new summer volunteer! (G))



Darling Mickey Mouse dancers with "Melody in Motion." (G)



Billie says - "I could eat the whole tray of cinnamon rolls, but I love the icing!" (G)



Alice shares some fresh cinnamon rolls with Gladys. (G)



Dalene is proud of the vase she made in crafts. (G)

DOVER ACTIVITIES



Maryon & Kathy T. enjoyed the tradition of coloring Easter eggs. (G)



Gladys cheers on JoAnn & Bev during corn hole. (G)



Playin' in the dirt making a fairy garden. (G)



Naomi & Dee share time together coloring eggs (G)



T-shirt painting on the patio. Alice, Sue, Doug, & Charlotte (G)



Art brings out happiness for Bev & Jeanette during the "Bob Ross" art class during TV theme week. (G)



Ken of maintenance drops in to check with Gladys & Jeannette to see what they're up to. (G)



Bill G & Julie enjoy spinning the wheel for game day! (G)



Warren enjoys a cup of coffee with cinnamon rolls freshly baked. (G)



JoAnn is thrilled to be holding a baritone with the brass player after the concert! (G)



You know it's summer, Husking Corn! Sarah, Doug, Dee, & Julie.

DOVER HOMESTEAD

Friends of the Dover Homestead,

SUMMER IS HERE! We have been waiting all year for summer to grace us with its presence. We sure have missed her beautiful and bright days and are looking forward to every moment that we get to bask in them. Winter and Spring were great, but we are so very excited about the time we will get to spend outside. We just wrapped a wonderful National Nursing Home Week- we had a wonderful time with TV and game show/old Hollywood theme. We got to play so many fun games, we had Price is Right, Jeopardy and Pictionary. Pictionary was a lot of fun. We even got to see some of our favorite stars walk the red carpet in a special event honoring ... us! We Katherine and Audrey Hepburn, Sonny and Cher, Jackie Kenney, Elvis, part of the Addams Family gang with us, Carmen Miranda, Marilyn Monroe, Rosie the Riveter, Cleopatra and Judy Garland. Oh my, what a star studded room it was, but the biggest stars were the residents! Each resident was honored with their very own certificate of appreciation, and looked like everyone absolutely loved it!

We have also been enjoying many other programs. We had a wonderful Memorial Day Program, the talented Bruce Seevers played patriotic songs with us and it was such a wonderful time. Let's not forget about the Strawberry Fest that we had. YUMMY!!! Strawberry shortcake and great music from the Sugarcreek Acoustic Duo make for one fantastic night.

But, enough about what we have already done, let's talk about what we're getting into this summer! We are looking forward to our daily walks outside, and those warm days



Bella makes Ruth happy during her regular visits.



John is happy to thank the brass performers.

when we sit around and dip our feet in the pool, laughing and telling stories and playing games- because that is what summer is all about after all- right? Laughter and good times! Well it's definitely no exception here on the Homestead. We are excited about our upcoming picnics and hot dog roasts here on the unit and not to mention at the end of July we have our Hog Roast! Oh, my how much fun is that going to be? Yummy barbeque, good music, good weather and good company? - sounds like a perfect time to us!

August and September are going to bring us a lot of fun as well! Between Peach Fest, Fair Days, ice cream outings and the upcoming



Ruth E. is very attentive to Bella, a King Charles Cavalier.

Men's and Women's Luncheons we have so much to look forward to and enjoy. Make sure to join us as we celebrate the anniversaries of the movies Wizard of Oz and Alice in Wonderland- a view through the looking glass looks like a lot of fun to us!

Make sure to stay cool this summer and if you're looking for some fun things to do-make sure you stop in a join us- we will share the good times with you!

Don't forget your sunglasses!

Lauren and Kathy



Chloe is happy with her painting.

DOVER HOMESTEAD



Meaningful... John plays Taps on the front pergola Memorial Day morning.



"Look at what I made," says Louise.



Mother's Day Delight!



Donna, Louise, & Ruth very into their painting project.



Toni & daughter share a special smile during the Mother's Day Tea.



Melinda House of HR at a job fair recruiting for HCC.



"Melody in Motion" graceful ballet dancers.

A Recap of Rehab's Fun Activities & Festivities the Past Quarter:

- A fun week celebrating National Nursing Home Week! – Dancers, singers, cheerleaders, Hollywood characters, special awards, cloggers, belly dancers, TV games, food, beverages, special crafts, theme lunches & commercials, models, shopping, excursions, musicians, actors, concerts... WHEW! What an energetic week! Thanks everyone! (Glamorous, exciting, special!)
- Surprise egg hunt for the midnight staff [fun to discover inconspicuous & obvious places while working without disturbing others] (wonder what fun is next!)
- Welcomed a new young volunteer, Andrew, son of a specialty nurse, who helps with crafts & Bingo (very nice, handsome, helpful, polite young man – thank you!)
- Attending painting classes at the library (stimulating!)
- Library Linda presents Famous Ohioans (informative)
- Daily exercise with Annette (keeping fit!)
- Dee painting lovely floral wine glasses for wedding & shower gifts, and now orders from a local business. Also taking orders (so talented!)
- Mother's Day celebration a day in Paris pastries, finger sandwiches, dainty décor, Eifel Tower décor & favors, singers dressed the part (special!)
- Display of residents' artwork
- Congratulations for new babies: Therapist Wendy Fillman, STNAs McKenzie & Jen Sunheimer, Hostess Laurene Sims, and Denise Waldman of Therapy
- Creating jewelry with many beads (beautiful!)
- Enjoying outings with families like Georgia spending a Sunday afternoon at a family picnic (loving it!)
- Scouting garage sales with Annette, Kathy, and Patty (treasures!)
- Meditation with Patty (relaxing!)
- Gardening Arlene & her daughter tending to the back garden, others with floral care, and some with the tomato plants (Thanks Dr. Sickinger!)
- Naming the summer critters Arlene calls the squirrel or chipmunk Puddintane (delightful!)
- Like watching various people water plants



TV and Hollywood Staff (Rehab) with Dr. Mclain.

in the evenings [neighbor Miller family, Sickinger family, & Holly Wassem!] – (Thanks!)

- Canvas painting with Patty (creative!)
- Spending time on the porch with staff, family, & friends visiting (traditional!)
- Angel of Therapy spent a whole evening with Jim, Sylvia, and others outside chatting, having sandwiches, working a crossword puzzle 'til 10:00p (kindness!)
- Headed to the summer concert series at the Dover & Phila amphitheaters (a gem!)
- Fun exercise with pool noodles with Patty (multi-purpose!)
- Father's Day honored a manly brunch with a sports theme, popcorn bags and root beer favors, entertained by a male group of the Forever Young Singers (special!)
- Games with volunteers and staff (friendly!)
- Raffle winners announced & prizes distributed (happy!)
- Am. Cancer Society Relay For Life HCC team participated all day (thanks for all your support!)
- Strawberry Fest tasty berries, cake, & smoothies (yummy & healthy!)
- Entertainment on site singers, pianists, guitarists, dancers, bands... (jammin'!)
- Corn Husking enjoy the fruits of labor! (summer time!)
- Lunch sales tacos, subs, hot dogs, icecream (good & variety!)
- Trips to the Farmer's Market produce,

pizza, baked goods, food trucks (fun!)

- Picnics at the local parks (summer traditions!)
- Chefs grilling lunch for us (tasty!)
- Baseball game at Munson Stadium (support our adult family player!)
- Akron Rubber Ducks ball game worked it for charity & took in some of the game (thanks staff!)
- Culinary fun with volunteer, Gloria cupcakes, popsicles, pies, pizza, & more (scrumptious!)
- Atwood Lake Pontoon Boat ride & lunch (relaxing & fun!)
- BBQ cook-off for a kick-off for the Alzheimer's Assoc. join us July 10, 6-8p, Dover Middle School, nine participants (delicious!)
- Pig roast be there July 29, 4-7p "That's all folks"... fun Looney Tunes theme (savory!)

Join us for the near future events:

Ladies & Men's summer luncheons, wiener roast in the evening, movie under the stars with family/friends/neighbors, peach fest, & more.

Fall will take us to more seasonal excursions, the apple pie bake-off, Grandparents Day, the community Alzheimer's Walk, Tucs. County fair, card party, Halloween excitement, and sports – and we want to be a part of all of it! You're always invited!

Live Big & Have Fun!

DOVER REHAB



The Therapy Models



Annette, Sylvia, Lester & Loretta playing Uno.



Annette & Sylvia threading beads to make bracelets.



Famous Endings with excursion with John Toland discussing lots of T.V. & movie stars for our theme week.



Great accomplishments! Patty, Annette & Dee at their art class at the Dover Library.



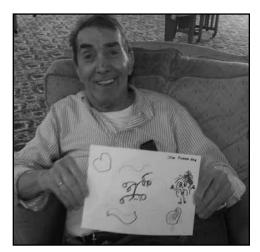
Arlene, Morty, & Cindy exercise with fun red ball!



Brenda selecting just the right beads to make jewelry with Annette & Patty.



Dee painting a T-shirt while on the patio this spring.



Jim is pretty happy with this picture from Progressive art with Patty.



Ruth L. & Arlene work together with pool noodles & exercise!



Proud grandfather of his dancer from "Melody in Motion."



Melody in Motion" dancers with the residents.

VOLUNTEER INTEREST SHEET

There are numerous ways one can be a volunteer. Here are some ideas that would be helpful to us. And, we are open to new ideas!

- Ceramics (help to finish final touches)
- Nail Mania (polish ladies' fingernails)
- Baking (assist with baking activities)
- Musical Entertainment–(perform musical programs - solo/groups)
- Game Player (play along with cards, board games, etc.)
- Popcorn Cart— (assist making popcorn and/or help distribute to residents)
- Spelling Bee (assist with announcing words, offering hints, praising)
- Hang Calendars (posting monthly activity calendar on room doors)
- Pet Visits (bring a pet(s) in to visit residents)
- Shopper–(assist residents on shopping

outings or be the purchaser for someone)

- Reading (read to a resident)
- Bowling–(assist with bowling, help throw the ball, retrieve the ball, reset the pins, etc.)
- Trivia (ask trivia questions, offer hints, praise)
- Arts & Crafts (help the residents make items, help finish items)
- Library Cart (push the book cart around and offer books to residents)
- Friendly Visitor (visit individual residents to converse with them)
- Attending with our staff on resident outings (concerts, movies, malls, lunches, etc.)

Remember...

one can volunteer any amount of time they choose-from 1/2 hour a year to 365 days a year! It's up to you!

BIG HEARTS NEEDED! Volunteers do not necessarily have the time; they just have the law the law law.

For more information or questions, please call Dover at (330)364-8849 or Bolivar at (330)874-9999.



Name	Do you have a particula	r area that you are interested in
Address	assisting? Please explain:_	
Phone		
Name of Reference		
Reference Phone Number		
What is your availability? Part-Time \Box Full-Time \Box	Places shock if you are into	procted in the following:
Days of the week?	Please check if you are inte	· ·
Time of day or evening preferred?	CRAFTS	MUSIC
How often are you interested in volunteering? (Number of hours	☐ Sewing	☐ Dancing
per week, month, etc.)	Crocheting	Instrument
Do you belong to any community organizations? Please list:	Knitting	lacksquare Singing
	Cross-Stitching	
	Painting	Other:
	Ceramics	MISCELLANEOUS
	☐ Bead-work	Cooking/Baking
	Woodworking	Friendly Visitor
	Scrapbooking	☐ Games/Trivia
		Hang Calendars
	Other:	Library Cart
Have you ever volunteered in a nursing home before?		🗖 Nail Mania
No ☐ Yes ☐ If yes, where?	SPORTS	Pet Visits
, ,	☐ Baseball	Reading
Do you have any special talents? (Examples: playing a musical	☐ Basketball	Religious Activities
instrument, singing, dancing, painting, etc.). If so, please list:	☐ Bowling	☐ Shopper
institution, singing, dancing, painting, etc.). It so, please list.	☐ Volleyball	☐ Spelling Bee
	<u> </u>	☐ Trips/Outings Driving
	Other:	☐ Other:



VOLUNTEER APPLICATION FORM

Name:	First	Middle	Last			
Address:						
City:	Zip:	(W).				
Schedule Pres	ferences:					
Times:	Morning	Afternoon	Evening			
Days:	M T W TH_	_ F S SU_				
Special skills: (Hobbies, Second Languages, etc.)						
Volunteer Ac	tivities of possible Interest:					
	Arts and Crafts Reading for book club Exercise Classes Active Games Birthday Parties Holiday/Festive Parties Reading Current Events Religious Programs Parlor Games Gardening Club Grooming Club Field Trips Resident Volunteer Club Bingo		e-On-One Visits Conventional Visits Letter Writing Crafts Current Events Reminiscing Trivia Table Games / Cards Reading Aloud Sensory Stimulation Outdoor Rides			
	y Lead: Cards (bridge, poker) Film shows Religious Programs Mens Club Ladies Club Outdoor Walks Musical Performances Bingo	_	tly Offer: Book Mobile Talking Books Assist. Rsdt. to Programs Articles to Newspaper Typing			
Emergency C	Contact:					
Name:						
		Phone:				
Signature		Date:				





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

Transitional Therapy Houses



www.henniscarecentre.com

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



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

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