



THE Friendly Visitor

HENNIS CARE CENTRE

JULY | AUG | SEPT 2018

Dover & Bolivar, Ohio

People Who Can Help

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

DOVER

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

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

BOLIVAR

Executive Director.....David Hennis
Administrator.....Kim Zontini
Director of Nursing.....Nicole Jones
Executive Chef.....Casey Hanlon
Laundry/Housekeeping.....Sue White
Social Services.....Lisa Gintz
Director of
Therapy Services.....Teresa Carlson, O.T.
Accounting Manager.....Harold Baker
Activity Professionals.....Jeanne Sauernheimer
Abby Strubel
Maintenance Supervisor.....David Wood
Receptionist.....Kathy Herstine

HOSPICE HOUSE

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

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

www.henniscarecentre.com

46. Zeal for Teal

The willingness to share does not make one charitable; it makes one free.

~Robert Brault

I had two choices. Wallow in self-pity or put on my big girl sneakers and start walking. One part of me opted for self-pity - it was easier. After all a cancer diagnosis does knock the wind out of a person's sails. It was easy to justify defeatism given the nature of the verdict. Others would understand.

But during my journey through the valley of cancer I had a thorn in my side and she was determined not to let me wallow in self-pity. My daughter Amanda responded to my ovarian cancer diagnosis by stepping into a new role - sergeant major!

While my body battled the bittersweet chemotherapy poison, Amanda got busy finding ways to help and encourage me. She contacted Ovarian Cancer Canada and learned there was a Walk of Hope taking place in Barrie. She signed us up, and before I knew it we were fundraising with fury in preparation for the five-mile trek the following September.

Chemotherapy exhausted me, so it was important that I rest, but I found myself occasionally wanting to withdraw and cut myself off from others. I did not want people feeling sorry for me. Out of sight, out of mind. But the more I tried to keep out of sight, the more Amanda was determined to keep me active and involved.

"Mom, I have an idea," Amanda said one day between treatments. "What if we did a special fundraising event that would help raise both funds for the Walk of Hope and awareness for women in the community?"

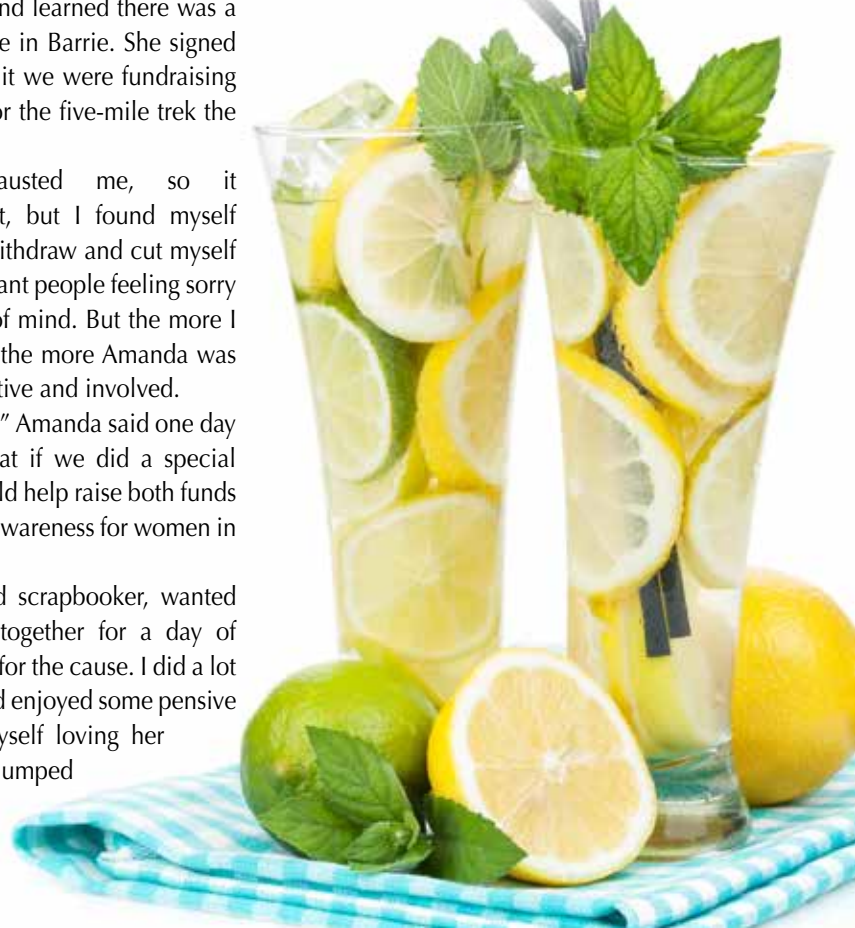
My daughter, an avid scrapbooker, wanted to invite women to get together for a day of scrapbooking and crafting for the cause. I did a lot of thinking and praying and enjoyed some pensive moments. But I found myself loving her idea and before I knew it I jumped on the bandwagon.

Teal was the awareness ribbon color for ovarian cancer and Amanda's zeal was contagious. Zeal for Teal seemed a perfect moniker. I started to love our new name. I also started to realize the importance of focusing on the positive and using any excess energy to be a light to others.

The more I helped plan and prepare for the first Zeal for Teal event, the more I found myself thinking less about my cancer journey and more about how I might just be able to help other sisters not yet diagnosed. The idea of doing my part to find an early detection test motivated me.

The first Zeal for Teal event started out in the fellowship hall of our church. Our theme for

~ ZEAL, continued on page 3



2018 ALZHEIMER'S DISEASE FACTS AND FIGURES


ALZHEIMER'S DISEASE IS THE

6TH
leading cause of death
in the United States

16.1 MILLION AMERICANS
provide unpaid care for people with
Alzheimer's or other dementias

These caregivers provided an estimated
18.4 BILLION HOURS
of care valued at over
\$232 BILLION

Between 2000 and
2015 deaths from heart
disease have decreased

11% 

while deaths from Alzheimer's
disease have increased



123%



1 IN 3

seniors dies
with Alzheimer's
or another
dementia

It kills more than
breast cancer and
prostate cancer
COMBINED



EARLY AND ACCURATE DIAGNOSIS
COULD SAVE UP TO

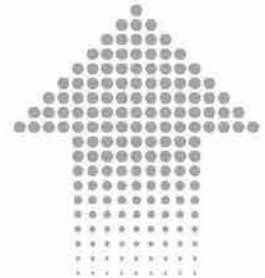
\$7.9 TRILLION
in medical and care costs

IN 2018, Alzheimer's and other
dementias will cost the nation

\$277 BILLION

BY 2050, these costs
could rise as high as

\$1.1 TRILLION



**5.7
MILLION**

Americans are living
with Alzheimer's

BY 2050, this
number is projected
to rise to nearly

**14
MILLION**



**EVERY
65 SECONDS**
someone in the
United States
develops the
disease

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:

800.272.3900 | alz.org

Happy Grandparents Day!

A Song for Grandma and Grandpa

By Johnny Prill

Chorus:

Oh Grandma, Grandpa, you know that I love you
I love all those little things that you say and do
A walk through the park, a trip to the zoo
Oh Grandma, Grandpa I love you

Verse One:

Going to a ball game, fishing on the lake
Eating Grandma's cookies, boy they sure taste great
Going to the circus when it comes to town
Eating cotton candy and laughing at the clowns

Chorus:

Oh Grandma, Grandpa, you know that I love you
I love all those little things that you say and do
A hug and a kiss, a ride home from school
Oh Grandma, Grandpa I love you

Verse Two:

Spending time together, talking on the phone
Happy birthday presents, chocolate ice cream cones
Photographs and memories, picnics and parades
Saying that you love me in so many ways

Chorus:

Oh Grandma, Grandpa, you know that I love you
I love all those little things that you say and do
The stories you tell, things I never knew
Oh Grandma, Grandpa I love you



RFL RAFFLE WINNERS

Massage Package	Lauren Wilson
Win Me! TV	Patty Stone
Summer Pie Basket	Sarah McNutt
Lottery Scratch Offs	Candy Fiddler
OSU Basket	Loa "June" Schrump
Mini Get Away Pkg	Francie Crowe
Cleveland Indians	Adrian Mathish
50/50	Abbey Haugh
Cedar Point tickets	Dee Cottrill
Close Parking	1. Kathy Little
	2. Kathy Little
	3. Joy Lamp
	4. Jessica Karl
	5. Kathy Little
	6. Jessica Karl
Wrapped Gifts	1. Ruth Meese
	2. Jessica Karl
	3. Trudy Griffin

~ Zeal, continued from page 1

the inaugural occasion -Pajama Day-was a big hit. So we decided to create a theme for each year. The second year we had a beach theme. The following year was The 50s; last year was The Wild West and this year we are doing Alice in Wonderland. A group of very cool people have been helping, and because our committee has grown so large, we meet at the local hockey arena.

Soon, we will be celebrating our fifth anniversary. Our themed Zeal for Teal event draws women from near and far, with ladies returning year after year and bringing their friends.

Every so often, in between the busyness of the moments, I sit back and reflect. Never would I choose to be diagnosed with cancer. The rigors of chemotherapy and the toll it took on my mind and body were

far from pleasant. Yet I am glad that, with a little help from my darling daughter, who really is more a beautiful rose than a thorn, I was able to use my experience to help inform other women. And, with all the money we raise from Zeal for Teal, Amanda and I participate each year in the annual Ovarian Cancer Canada Walk of Hope.

Zeal for Teal helped me see the good in the not so good, find hope in the hopeless, and experience a great deal of love from family, friends, and my community. We have created some mighty sweet lemonade from some very bitter lemons.

SOURCE: ~ Glynis M. Belec, *Chicken Soup For The Soul*



5 PORCH-PERFECT APPETIZERS

Quick and simple bites make for easy,
laid-back summer entertaining

ORANGE-BASIL YOGURT DIP

Savory, sweet, and tangy, this bright dip is great for dunking anything from breadsticks to crudités. We especially love it with an assortment of grilled peppers and zucchini.

Grate zest from 1 **orange** to equal 2 tsp. Cut orange in half, and squeeze juice from orange to equal 3 Tbsp. Stir together zest; orange juice; 1 1/2 cups **Greek yogurt**; 1 small **garlic clove**, grated; and 1/3 cup chopped fresh **basil** in a medium bowl. Add salt and pepper to taste. Refrigerate in an airtight container up to 3 days.

Makes 6 servings. Hands-on 20 min., Total 20 min.

PICKLED TINY TOMATOES

Use a mixture of baby tomatoes such as 'Sweet 100,' 'Yellow Pear,' or 'Sun Gold'—all are available at farmers' markets this time of year. This dish uses 3 pints of tomatoes, but feel free to halve the recipe.

- 3 pt. assorted grape tomatoes
- 2 cups seasoned rice vinegar
- 3 Tbsp. sugar
- 3 garlic cloves, thinly sliced

- 1 Tbsp. pickling spice
- 1 Tbsp. kosher salt
- 1 (1/2-inch) piece fresh ginger, peeled and sliced (optional)

Pierce each tomato 3 times using a wooden pick or skewer, and place tomatoes in a large glass bowl. Bring vinegar, next 4 ingredients and, if desired, ginger, and 1 1/2 cups water to a boil in a large saucepan over high heat. Remove from heat, and pour over tomatoes. Cool 1 hour. Cover and chill 24 hours before serving. Refrigerate in an airtight container up to 2 weeks.

Makes 12 to 16 servings. Hands-on 20 min.; Total 1 hour, 25 min., plus 1 day for chilling

BUTTERY GARLIC SHRIMP

Ready in just 15 minutes, this quick appetizer is perfect for last-minute company. When making the sauce in Step 2, whisk in the butter 1 Tbsp. at a time—the key technique in making the sauce velvety.

- 1 1/2 lb. peeled, large raw shrimp
- 1/2 cup butter, divided
- 5 garlic cloves, thinly sliced
- 1/2 cup dry white wine
- 1/2 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 1/4 cup chopped fresh

flat-leaf parsley
French bread baguette

- 1.** Devein shrimp, if desired. Melt 2 Tbsp. butter in a large skillet over medium heat; add shrimp, and sauté 3 minutes or just until shrimp turn pink. Remove shrimp from skillet.
- 2.** Add garlic to skillet, and sauté 30 seconds. Add wine, and cook, stirring constantly, 2 minutes. Stir in salt and pepper. Whisk in remaining 2 Tbsp. butter, 1 Tbsp. at a time, and cook, whisking constantly, 2 to 3 minutes or until thickened. Remove from heat, and add parsley and cooked shrimp, tossing to coat. Serve with grilled French bread slices.

Makes 6 to 8 servings. Hands-on 15 min., Total 15 min.

PIMIENTO-STUFFED SUMMER SQUASH

Here's a cute idea: Hollow out baby pattypan squash and fill with goat pimiento cheese. Can't find pattypan? Pipe the filling on thinly sliced squash rounds, or stuff it into squash blossoms.

- 1 (4-oz.) goat cheese log, softened
- 3 Tbsp. diced pimiento, drained
- 2 cooked bacon slices, finely chopped
- 1 Tbsp. chopped fresh basil
- 12 to 15 baby squash

1. Stir together goat cheese and next 3 ingredients until smooth; add salt and pepper to taste. If desired, stir in 1 to 2 tsp. water to reach desired consistency. Spoon mixture into a zip-top plastic freezer bag. Snip 1 corner of bag to make a 1/2-inch hole.

2. Cut top from each baby squash, and scoop seeds from bottom, using a small spoon. Pipe cheese mixture into bottom of each squash; place top of squash over filling. Serve immediately.

Makes 6 servings. Hands-on 20 min., Total 20 min.

BAKED BRIE WITH JEZEBEL PEACHES

Indulgent, fresh, and easy as pie, this summer version of baked Brie won't find Brie packed in a wooden box? Simply bake the cheese in a small pie plate or baking dish.

- 1 Tbsp. hot jalapeño pepper jelly
- 1 tsp. spicy brown mustard
- 1/4 tsp. kosher salt
- 1/8 tsp. freshly ground black pepper
- 1 large ripe peach, peeled and diced
- 1 Brie round (about 13.2 oz.), packed in a wooden box
- Assorted crackers

- 1.** Preheat oven to 350°. Stir together first 4 ingredients; gently stir in peaches until coated.
 - 2.** Unwrap Brie; trim and discard rind from top. Return cheese to wooden box bottom, and place box on a baking sheet.
 - 3.** Bake at 350° for 10 minutes. Spoon peach mixture over Brie, mounding slightly. Bake 5 minutes or until cheese is melted. Carefully transfer box to a platter, and serve immediately with crackers.
- Makes 6 to 8 servings. Hands-on 15 min.; Total 30 min.

Brush up on your “Shop Talk” for better repairs

Better communication translates into better service



A trip to a repair facility can sometimes feel like a trip to another country — you don’t speak the language and the locals seem eager to help you spend your money.

How well you describe your car problem to a repair technician can make a big difference in how fast an accurate diagnosis and repair puts you back on the road.

Here is a beginner’s guide to some of the most common terms overheard at repair facilities:

Aftermarket: Part not made by the original manufacturer.

Backfire: A gunshot-like sound from the engine or tailpipe.

Bottoming: Car scrapes to the ground.

Brake Drag: Brakes do not completely release.

Brake Fade: Brakes are slow to respond.

Bucking: Engine stalls, kicks in, and the car lurches.

Crank: If the car “will not crank” you hear only a clicking sound when you turn the key in the ignition.

Cuts Out: When an engine “cuts out” it loses power or misfires.

Dieseling: Engine runs when you turn off the car because fuel continues to burn.

Fast Idle: Engine runs fast while vehicle is stopped.

Flooding: Excess fuel in the cylinders makes starting difficult or impossible.

Grab: Brakes “grab” when the car stops even when applying light pressure on the brake pedal.

Hesitation: Momentary loss of power on acceleration.



LEARN THE LINGO — Accurately describing your problem helps the technician make a fast and accurate diagnosis. Photo: michaeljung – Fotolia.

Intermittent: A problem that comes and goes with no obvious pattern.

Knocking: Rapid, rattling combustion, also called detonation.

Miss, Misfire: Engine runs rough or unsteady at idle or speed.

PCV: Positive Crankcase Ventilation -- If the PCV valve is clogged, your car will run rough or stall.

Play: The degree of “looseness” in the steering wheel, delay between turning the steering wheel and the wheels turning.

Power Loss: Engine requires more throttle to maintain constant speed.

Pull: Vehicle moves to one side when braking.

Rough Idle: When vehicle stops, engine vibrates or shakes.

Shimmy: Side-to-side motion that makes tires and steering wheel shake.

Sluggish: Vehicle does not accelerate smoothly or with authority.

Stall: Engine dies.

Stumble: Engine begins to stall but then kicks in.

Surge: Vehicle speeds up and slows down with no acceleration or braking by the driver.

Torque: Force produced by the engine.

TSB: Technical Services Bulletin, an advisory issued by manufacturers that describes problems for vehicles of a specific make, model and year.

Wander: Vehicle drifts from side to side while driver steers straight.

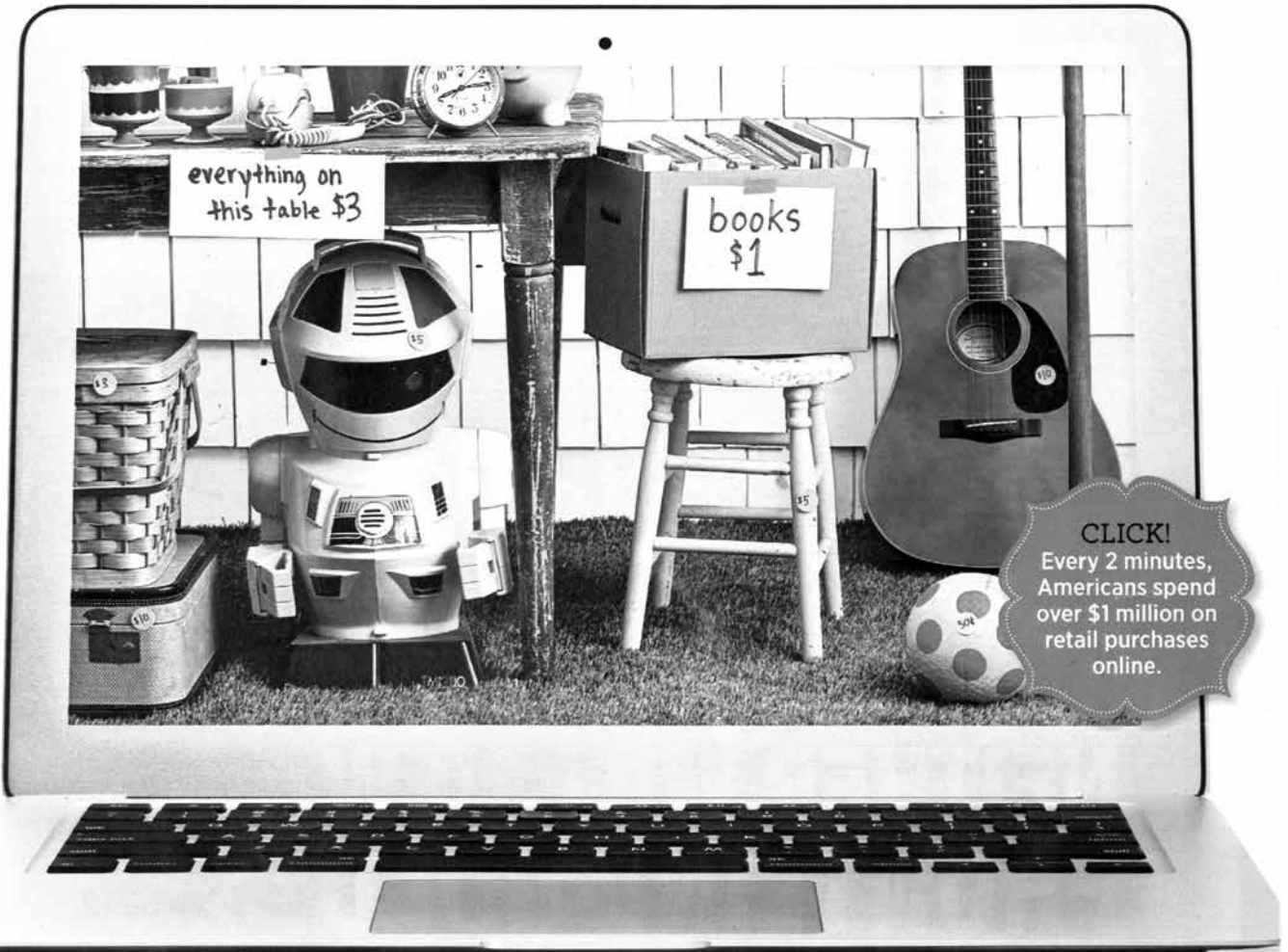
The more specific and thorough you can be about your vehicle’s performance, the more you help the technician zero in on the problem. Sharing information empowers you and the technician. No one expects you to have the technical expertise to define the problem, but your observations are critically important.



Cash In ON YOUR CASTOFFS

Goodbye, driveway! The new best place to host a yard sale is online.

BY KATE ROCKWOOD



Before you donate those too-tight heels, take note: Thanks to a wave of new apps and websites, it's now easier than ever to declutter your house and recoup some moola at the same time. eBay is still the go-to online marketplace—but what if you don't want to create your own listing or talk directly with buyers? Or the very thought of dealing with shipping makes you shudder? You've got options! Read on. Your \$\$\$ awaits.

LAPTOP: MARKO METZINGER/STUDIO D.
YARD SALE INSET: ANDREW MCCAUL

~ **CASH IN**, continued on page 7
Source: womansday.com | July/August 2016

STEP 1

Select a site (or several)

IF YOU HAVE:

CLOTHES & ACCESSORIES



CHECK OUT:

thredUP (thredup.com)

» **HOW IT WORKS** Request the site's Clean Out Kit and thredUP will send you a large plastic mailer bag with a prepaid shipping label. Fill the bag with adult or kids' clothes in tip-top shape and return it. ThredUP photographs items, writes descriptions and sells to buyers directly from the site.

» **SHIPPING** The site handles shipping to buyers once items sell.

» **CASH IN** ThredUP's Payout Estimator makes it easy to gauge how much you'll get for your old clothes (typically 20% to 80% of an item's resale value). For example, an old pair of J.Crew jeans priced at \$26 would earn you about \$7.

NEED TO KNOW ThredUP accepts a wide range of brands—H&M, Lane Bryant, Gap, Talbots, and more—but won't list any item that is stained or torn. Rejects are donated or recycled unless you pay \$13 to have them returned.

IF YOU HAVE:

BOOKS



CHECK OUT:

Powell's (powells.com)

» **HOW IT WORKS** Powell's won't buy books with stains, tears, water damage, broken spines or musty odors. But if you have hardbacks or paperbacks in good condition, the Portland, OR, bookstore chain will take them off your hands. Head to the "Sell Books" tab at the top of the homepage and enter your used books' ISBN (the nine-digit number near the bar code on the back) to pull up an automatic offer. Mail in the books and Powell's will resell them online or at one of its brick-and-mortar stores.

» **SHIPPING** Powell's prepays for a shipping label you download from the site, but you'll have to box up your books and mail them.

» **CASH IN** Users typically make 20% of a book's resale value.

NEED TO KNOW Powell's will send you your cash through PayPal (setting up an account is free and easy). If you opt for store credit, Powell's will bump up your payout to 30%.

IF YOU HAVE:

ELECTRONICS



CHECK OUT:

Gazelle (gazelle.com)

» **HOW IT WORKS** Click "Sell" on the homepage, then choose from the list of electronics—including smartphones, tablets, cell phones, MacBooks and TVs. Find the model you're looking to sell and answer a few questions about its condition and storage capacity. Gazelle sorts through your response and automatically generates an offer. If you like the deal, mail in your gadget for a check or an Amazon gift card.

» **SHIPPING** Gazelle pays for shipping and will also send a box and supplies to help you package your item safely.

» **CASH IN** Customers make an average of \$140 per trade, depending on the device.

NEED TO KNOW Don't worry if you haven't removed all of your personal information, such as photos, files, music and contacts, from the old device before you mail it. Gazelle scrubs all data from gadgets upon receipt.

IF YOU HAVE:

FURNITURE & HOME DECOR



CHECK OUT:

Chairish (chairish.com)

» **HOW IT WORKS** Upload a photo, description and dimensions of your piece on your computer or through the app. If Chairish decides to take the item, it'll edit the pic, silhouetting it on a white

backdrop to make your listing look more enticing. You set a cost, but for a faster sale you can include a slightly lower reserve price. If an offer meets that price, the item sells automatically.

» **SHIPPING** For small pieces such as bookends, baskets and throw pillows, you pack and mail the items using a prepaid shipping label from Chairish. For big pieces like headboards, dressers and armoires, Chairish coordinates white-glove

movers to pick them up at your place and deliver to the buyer.

» **CASH IN** Sellers typically make from 80% to 97% of the item's resale price.

NEED TO KNOW Chairish doesn't allow recliners, sofa beds and mattresses. The lowest listing price is \$10.

~ **CASH IN**, continued on page 8

Source: womansday.com | July/August 2016

~ CASH IN, continued from page 7

Source: womansday.com | July/August 2016

IF YOU HAVE:

ANYTHING & EVERYTHING



CHECK OUT:

Facebook online yard sales

» **HOW IT WORKS** The social network features hundreds of thousands of subgroups devoted to reselling everything from Tupperware to toys. Mother of three Gianna Franzia, 39, started selling crib frames, strollers, baby accessories and toys on a Chicago subgroup about a year ago. To date, she has made nearly \$3,000. "If I can help other moms get items in great condition at a discount while recouping some of my original cost, it's a win-win," she says.

To find a group near you, type "online yard sale + [your city]" into Facebook's search bar.

» **SHIPPING** No need! Connect with local buyers through Facebook, then hand over your stuff in person. Keep meet-ups safe by arranging to exchange in a public place, like a café or park.

» **CASH IN** Facebook subgroups are free to use. Pick an offer you like, meet with your buyer—and pocket the proceeds.

NEED TO KNOW Sale guidelines may vary; in general, though, when you put up an ad, the first person to comment with interest has dibs. At that point you'll be able to see the buyer's name and photo, along with any friends you may have in common.



FROM LEFT: LUIS PRADO/NOON PROJECT; NEIL GODWIN/T3 MAGAZINE/GETTY IMAGES.

STEP 2

Create product listings that will sell, sell, sell!

1 Include accessories

If you kept the item's original packaging and extra parts, congratulate yourself. "That will help get you a better price," says Jim Griffith, eBay's dean of education (his actual job title!). Include items such as extra memory cards for cameras or rain covers for old strollers in the photo you send. If you're missing the owners' manual for electronics, print PDF versions from the manufacturers' websites.

2 Bundle up

Instead of posting an ad for one measly DVD, list a bunch together. "People are more inclined to purchase 10 DVDs or 10 onesies than a single item," explains Ian Fliflet, vice president of marketing at the e-resale marketplace OfferUp (offerupnow.com). Group clothes, toys and DVDs by themes. If you're selling your son's infant sleepers and your daughter's 3T outfits, create one listing for boys' items and another for girls'.

3 Take great photos

Don't sweat it if you're a point-and-shoot novice—most smartphones take quality pics. For the best lighting, shoot near a window, or set up outdoors in the morning or late afternoon. For an easy backdrop, tape up a piece of solid-colored posterboard or craft paper. Be sure to snap areas buyers may want to assess, such as a handbag's lining. "Not having those photos can be a deal killer," Griffith says.

4 Refine your description

Generic adjectives (rare, beautiful, unique) won't help your item sell because most people shop online using specific search terms like a brand name, size and color. When selling electronics, search online for manufacturer write-ups to make sure you're including accurate info. The more details you include, the higher the chances that your item will top a shoppers' search results.

5 Price it right

To find the sweet spot between charging too much and too little, consult eBay's Advanced Search before you list to find out how much people have recently paid for a similar item (type key words into the "Sold Listings" field). Pro tip: Include the original price of your item in the listing. Seeing a \$100 blazer for just \$40 or a \$500 bicycle for \$250 can help buyers feel like they're getting a bargain.



Beat Bloat for Good

Learn how to eat for a trimmer tummy with advice from nutrition expert Joy Bauer, RDN.

If you're feeling pressure in the abdomen caused by water retention or gas, it could be:

GENERAL BLOATING

What you need to know: You can fix this problem with food. High-protein picks act as a natural diuretic to get rid of extra water in the body. Plus, foods that are rich in potassium (such as spinach, cantaloupe and avocados) help flush out excess sodium that can lead to the too-full feeling. Sneaky bloat culprits include salty foods (soy sauce, ketchup and bottled salad dressing), carbonated beverages, processed meats (like bacon, sausage and hot dogs) and sugar alcohols (maltitol and sorbitol, found in sugar-free foods and sugarless gum).

DO YOU ALSO HAVE

constipation, diarrhea, gas or all of the above?

It could be:

IRRITABLE BOWEL SYNDROME (IBS)

What you need to know: As many as 15% of Americans suffer from the condition, which affects the large intestine. Although experts often focus on treating symptoms, there's a food approach that seems to be very effective. FODMAPs (an acronym for fermentable oligosaccharides, disaccharides, monosaccharides and polyols) are carbs that are poorly digested in the small intestine and, when fermented by bacteria that live in the gut, can cause a host of digestive woes. People with IBS seem to be very sensitive to them, so experts recommend a low-FODMAP diet to prevent flare-ups. (Using this method can relieve general bloating, too.)

DO YOU ALSO HAVE

abdominal tenderness, fever, chills, nausea and loss of appetite?

It could be:

DIVERTICULOSIS

(abnormal pouches on the colon or large intestine) or

DIVERTICULITIS

(the pouches become inflamed or infected)

What you need to know: It's thought that eating too much processed food and not enough fiber may cause this condition, according to the National Institutes of Health. Up to 1 in 10 Americans over age 40 (and about half of all people over 60) has diverticulosis, and as many as a quarter of people with diverticulosis get diverticulitis. See your doctor for treatment if you experience symptoms.

For an attack, she'll likely recommend a diet of mostly clear liquids like water and broth until you can slowly reintroduce whole foods.

TEA BREAK

Fennel tea can dispel bloating and gas. Sip it hot or cold when you need a fix.

JOY BAUER, MS, RDN, is the founder of Nourish Snacks (nourishsnacks.com) and the health/nutrition expert for NBC's *TODAY* show.

Flat-stomach FOODS

Tips for eating the FODMAP way:

SAFE PICKS

- Gluten-free bread
- Almond milk
- Bananas
- Tofu
- Eggs
- Bell peppers
- Blueberries
- Pumpkin seeds

STEER CLEAR

- Wheat crackers
- Cow's milk
- Cashews
- Beans
- Cauliflower
- Asparagus
- Cottage cheese
- Honey

>> Go to womansday.com/fodmapfoods for a comprehensive list of what to consume or avoid, and talk to a nutritionist or doctor about this approach.

TOP LEFT: COURTESY OF JOY BAUER; BALLOON: RYAN MCVAY/GETTY IMAGES; RIGHT: FROM TOP: GETTY IMAGES; BURAZIN/GETTY IMAGES; LEW ROBERTSON/GETTY IMAGES; GETTY IMAGES (3); BURKE/TRIOLO PRODUCTIONS/GETTY IMAGES; GETTY IMAGES; LEW ROBERTSON/GETTY IMAGES.

Walk This Way

See how a few extra steps can boost your health.

BY GABRIELLA VUKELIC

3

ways to exude confidence when you walk, according to body language expert Yana German:

Look straight ahead rather than at your feet.

Lengthen your stride—short steps signal vulnerability.

Uncross your arms and you'll appear less guarded.

1

more reason not to walk and text: 52% of walking-related injuries that are caused by cell phone distractions occur at home—with most happening to people 40 and younger.

50 MG

The energy boost—in terms of caffeine—you'll get from walking up and down the stairs for just 10 minutes. It's similar to drinking a can of soda or half a cup of coffee.

20%

The extra calories you could burn by varying your walking pace. Alternate between a few minutes of power walking and a few minutes of recovery. Add sprinting bursts to push yourself even more.

60 MINUTES

HOW MUCH TIME SPENT WALKING IN NATURE WILL IMPROVE YOUR SHORT-TERM MEMORY BY 20% AFTERWARD.

1.8

The number of years added to your life expectancy if you walk briskly every week for 75 minutes.

50%

The surge in Fitbit users who run on Thanksgiving compared to an average day—probably because of turkey trots. Sign yourself up to take a jog before you gobble.



~ **WALK**, continued on page 11

Source: FAMILYCIRCLE.COM | November 2017

~ **WALK**, continued from page 10

even if you aren't overweight and don't have other risk factors. "Your body needs vitamin D so your pancreas can produce insulin," explains Hatipoglu. "If you're low, you increase the risk of becoming insulin resistant, which is a precursor to type 2 diabetes." Ask your MD to check your level at your next physical, and if it's less than 12 ng/ml, see whether you should start taking a supplement. (Most experts recommend 600 to 800 IU daily.)

5. Say goodnight

Getting a decent night's rest is more important than you may realize. "You can deprive someone with normal blood sugar of sleep and cause them to become pre-diabetic," says Dunaif. Chronically skimping on rest may trigger insulin resistance. Lack of sleep also affects levels of hunger hormones, causing you to eat more and gain weight. Aim for around seven to eight hours, which appears to be the magic number for prevention. If you're getting enough sleep and still feel tired, ask your doctor about obstructive sleep apnea, which has been linked to increased risk of diabetes.

6. Go semi-vegetarian

We know it can be tough. Luckily, a little goes a long way and the more plant protein you eat (think foods like edamame, tofu, lentils and chickpeas), the lower your risk of developing T2D, according to new research. "With my patients, the ones who lower their blood sugar the most are the ones who adopt plant-based diets,



which tend to be lower in both carbohydrates and fat," says Tibuni-Sanders. But you don't have to go cold turkey: Opting for a smaller piece of animal protein like chicken or fish and an additional spoonful of plant protein like quinoa or beans daily could reduce risk by about 18%. Or add in a serving of lentils weekly to cut your chances of developing T2D by about a third.

7. Do sweat it

"Working out is the strongest drug we have to prevent type 2 diabetes," says Hatipoglu. "Each bout of exercise improves your blood sugar for the next 18 to 24 hours." Getting your sweat on for 30 to 60 minutes daily slashes the risk of developing T2D by 26% to 40%. Even going for a stroll has its benefits. People with T2D who took a 10-minute walk

right after they finished each meal had lower blood sugar levels than those who walked for 30 minutes whenever they wanted, according to a study published last year.

8. Don't shy away from meds

If you're pre-diabetic, your first move should be lifestyle changes, such as losing weight, watching what you eat and exercising. "There's often only a short window of time before people progress to diabetes, so if we don't see results within six months, then it's probably time to try medication," says Tibuni-Sanders. Sometimes, despite your best efforts, that's what's needed to get your blood sugar back on track.

What Not to Do

You might think the following strategies will help reduce your risk of type 2 diabetes, but they can backfire.

→ Mistake #1: Going on a gluten-free diet

Low-gluten diets may be associated with a higher risk of developing T2D, according to a study presented this past March at an American Heart Association annual meeting. "It's most likely because when manufacturers take out gluten, they add fat and sugar, which can increase type 2 diabetes risk," says Jacqueline Lonier, MD, an endocrinologist at the Naomi Berrie Diabetes Center in NYC.

→ Mistake #2: Shunning fruit

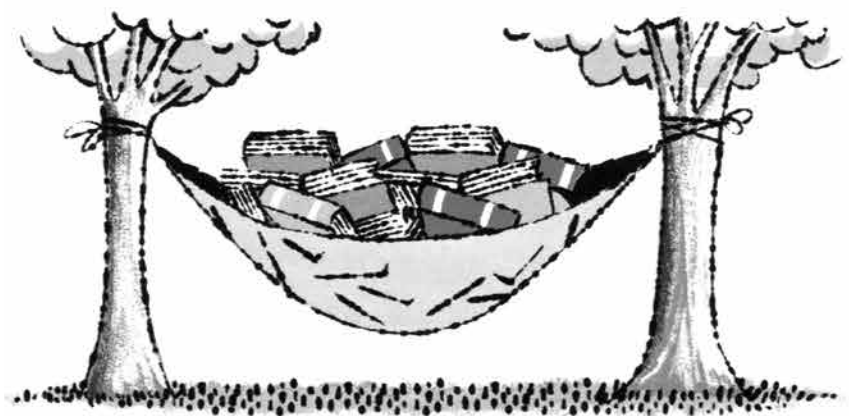
It's easy to shy away from fruit due to the low-carb craze, but fruit is rich in fiber, which helps you lose weight and may also be protective against T2D. In one study, people who consumed the most fruit had the lowest risk of developing diabetes. Best to avoid fruit juice, which has a high sugar content, says Lonier.

→ Mistake #3: Drinking only skim milk

Sure, milk does a body good, but research has found that the full-fat variety is actually even more protective against T2D. In fact, people who eat mostly full-fat dairy are 46% less likely to develop diabetes than those who skip it, according to a Tufts University study. One theory is that people compensate for the missing fat by eating more carbohydrates.

Screening 101

Everyone should get screened for type 2 diabetes starting at age 45, and the test should be repeated every three years if normal, according to the American Diabetes Association. If you have risk factors such as a family history of diabetes, being overweight or obese, past gestational diabetes or high blood pressure, talk to your doctor about starting screenings sooner. You can get tested with either the fasting plasma glucose (FPG) test, which checks your blood sugar after not eating and drinking for at least eight hours, or the hemoglobin A1C test, which checks your average blood sugar level over the past two to three months.



Micro R&R

Just 3–5 minutes of downtime in your daily routine will give you that relaxed feeling. Really! Make it happen:

■ Grab a quick hit of funny

There's a reason those cat videos go viral—you get a dose of feel-good endorphins every time you watch. Research shows that even the anticipation of watching something funny lowers levels of stress hormones.

■ Breathe

Use those moments that would otherwise be empty space—waiting in line, stopped at a light, or even washing dishes—to take a few slow, deep breaths, says wellness coach Anne Parker. Right away, your body will take in more oxygen, making your stress levels go down and your energy go up.

■ Give yourself a time-out

Find a special spot at home—the breakfast nook, a favorite chair on the patio—and take 5–10 minutes to just sit quietly. This gives your brain a break from

BOOK A LITTLE FAMILY TIME

You might have to push through a few eye rolls for this, but why not take a virtual family vacation by reading a book together out loud?

Pile everyone on the hammock and dig into something by young adult authors like Carl Hiaasen, Scott O'Dell, or Maile Meloy. Escape into Rick Riordan's mythology-inspired adventures, or start a chat about empathy with *Wonder*—there's a reason these are still huge best-sellers. PS: July 22 is National Hammock Day!

day-to-day stimulations, and can help improve not only your mood but also your focus and concentration.

Truly Unplug

Taking a Friday off? Four words: Put the phone down. Almost half of us check our phones at least 25 times a day, and that's no way to unwind. We know it feels impossible; that's why baby steps are the way to go.

■ The beginner

Check once every hour and set a time limit of 10 minutes per check. If you get distracted by pings, silence the alerts.

■ Intermediate unplugging

Double the amount of time you're off the grid, and check every two hours. Need more help breaking the chains at this stage? Put on your gardening gloves and dig in the dirt for a few hours. You can't scroll through a feed when you're wearing gloves!

■ Advanced detachment

Set your phone to airplane mode for 4 hours a day when you're taking time off.

#TBT MOVIE NIGHT

Throwback Thursday, meet family movie night. Watching on a weekday gives you that relaxed weekend feeling, and you'll have a blast introducing your kids to old favorites. (E.T. still rocks!) Check out the movie list at liketotally80s.com for a little inspiration. ■



Community Card Party fundraisers:

RSVP to the Receptionists
Dover – July 25, Main facility, 6:30p - 9:00p,
Bolivar – July 25, Hattie's House, 7:00p – 9:30p
July 11, Main facility, 7:00p – 10:00p

Ice-cream Sale fundraiser:

Dover – July 13, 10:30a- 1:30p
Bolivar – July 17, 11:00a – 3:00p

Pig Roast:

Hosted at Bolivar, July 28, 4:00p – 7:00p

Summer Campfire Fest: Dover, July 31, 6:30p

Lunch Sale fundraiser:

Walking Tacos - Aug. 1, Dover, 10:30a – 1:30p

Ladies Summer Luncheons:

Dover, Aug. 16, 12p
Bolivar, Aug. 16, 11:15a

Men's Summer Lunch:

Dover, Aug. 17, 12p
Bolivar, Aug. 17, 11:15a

Peach Fest: Dover, Aug. 22, 6:30p

Outdoor Movie: Dover, Aug. 10, 8:00p

Lunch sale fundraiser Pizza Stand

Dover Sept. 14, 10:30a – 1:30p

Walk to End Alzheimer's Community Walk:

Sept. 15, 9:00a, Dover Middle School (over by 11:30a)

Fair Week: Sept. 17 - 21:

Dover – Rehab 17, Homestead 18, Gardens 20
Bolivar – Sept. 19

Grandparents Day:

Dover, Sept. 9, time 2:00p
Bolivar TBA

Apple Pie Bake-Off:

Dover, Sept. 5 preparation (day before and/or day off),
Judging at 2:00p

Hoe Down: Dover, Sept. 27, 6:30p

Community Oktoberfest:

Hosted at Dover, Oct. 7, 2:00p – 4:00p

Community Card Party Fundraisers:

Dover, Oct. 11, 6:30p – 9:00p
Bolivar, Oct. 3, Hattie's House, 7p – 9:30p
Main facility, Oct. 17, 7p – 10:00p

Declutter that cabinet!

Toppling bottles and runaway cotton balls make the medicine chest a small space with big organizing needs. Jen Jones shares her solutions.



YOU PROBABLY DON'T GIVE much thought to the jumble inside your medicine chest until you open the door and an avalanche of products falls out. Before another one bites the dust, take my advice. You can keep order (and your sanity) with just a few inexpensive organizers.

1 | Attract essential tools

Adhere two magnetic strips to the inside of the door. Use one to keep tabs on metal tweezers, clippers, and bobby pins and the other to hold tin spice jars full of hair ties.

MAGNETIC STRIP BULLETIN BOARD, starting at \$8, threebythree.com.

GRUND TAL CONTAINER, \$8 for three, ikea.com.

2 | Keep supplies visible

Take cotton swabs and balls as well as makeup sponges out of their packaging and store them in a divided clear box so you can see when you're running low.

3-SECTION ACRYLIC EDGE STACKING BIN, \$7, containerstore.com.

3 | Double shelf space

Add a slim riser to make better use of the area above tiny tubes and jars, and you'll never have to play Jenga with your anti-agers again.

ACRYLIC RISER, from \$4, containerstore.com.

4 | Clear the counter

These rubber holders are ideal for tucking toothbrushes and razors behind closed doors, where they'll stay cleaner and last longer too.

CABLE DROPS, \$10 for six, bluelounge.com.

5 | Upcycle containers

Your favorite candle is an organizer in waiting. When it has burned down to the wick, put it in the freezer overnight and any leftover wax will pop right out. Then stand makeup brushes or pencils inside the holder. Pretty and free!

Jen Jones is the blogger of the popular site *IHeart Organizing* and a mom of three in Wisconsin.

PROP STYLIST: VANESSA BARRANTES, TRIBAL CHEVRON WALLPAPER, \$40 PER PANEL, AND AUTUMN FLORALS WALLPAPER, \$40 PER PANEL, CHASINGPAPER.COM.

Photographed by **BEN GOLDSTEIN**

BOLIVAR GARDENS - MOTHER'S DAY BREAKFAST

I think we have finally found summer! We have had some pretty sunny days, but some days, the brisk breeze kept us indoors. We spent most of the time outdoors during National Skilled Nursing Care week in May doing crafts, listening to the entertainment, eating delicious food for lunch and playing games. We were pretty lucky with the weather throughout the week.

We showed our volunteers how much they are appreciated by hosting a Hollywood party in their honor. The hallway was decorated with red, black and gold ceiling "danglers" and one wall was filled with black stars with each one of our volunteer's names on them. Some of the staff dressed up as their favorite movie stars and everyone was dressed in either red, black or gold clothing. It was a special evening with laughs, door prizes and a very good dinner prepared by Chef Casey!

We held our annual Mother's day breakfast on the day prior to Mother's Day. The delicious breakfast consisted of French toast that was stuffed with a raspberry-cream cheese combination! It was "M-M-GOOD"! We were also served bacon and a fresh fruit bowl along with whatever beverage we wanted.

In June, we were hosts to a breakfast for the fellows of our building for Father's Day. We had Pot Roast Hash, eggs, a fruit bowl & beverage that tasted very good and was quite satisfying!

All of the regular entertainers were here throughout the months, along with a new one. We welcome Sue Rusk! She sings a lot of the oldies type music that we know and might even sing along with her at times.

Hennis's annual Pig Roast will be held here at Bolivar on the 28th of July. It starts at 4:00pm and goes until 7:00pm. This event is always a fun time with music, dancing (if you want), and some really good food. This is held outdoors under tents; just in case of rain or some really hot sunshine!

Ok, get ready for August and the end of the summer for the kids! The summer always seems to fly by. We are hoping to go over to Atwood Lake and go on the Atwood Queen pontoon for a cruise around the lake again this year. It is a very relaxing time and very informative also. While the Captain is giving us the history of Atwood Lake, we are busy eating the sack lunches that the Dietary department makes for us to enjoy while on the cruise! If you would be interested in joining your loved one on this cruise, please contact Abby or Jeanne in the Activity department for more information.

Watch the calendar for dates and times for our entertainers to be here. We have some that perform during the afternoon hours and some in the evening also.

In September, we will be heading to Dover to take in the sights and smells of the Tuscarawas county fair. We usually go on Wednesday (19th) during the day so the grounds aren't as crowded with so many people. We eat after we get there at the picnic tables behind the Grand stand and then take our time just looking around and enjoying the day. We all usually end up at the ice cream building before getting back on the bus to return to Bolivar. If you are interested in going along on this outing, talk to Abby or Jeanne.

We hope you have a great summer, too!

The Gardeners



Sylvia Curran & Daughter



Wilma Pennington & Joni James



Joan Vandevort & Gayle Lewis



Helen Peden & Sister Cookie



Sally Lunsford & Daughter Kathy



Lois Dazey & Daughter



Lurah Davis & Daughter



Thelma Beatty



Mary Fiddler & Granddaughter



June Hawthorne & Guest

BOLIVAR GARDENS - MOTHER'S DAY BREAKFAST



Betty Smith & Daughter Stevie



Donna Mihalovich & Daughter



Rose Pellegrine & Daughter



Brian & Barb Goldsmith



Rose Mary Ruffier with
Daughter & Granddaughter



Doris Stevens & Andrea Chamberlin



Jeanette Domer & Son



Jeanne Sauernheimer & Mary Willard



Shirley Majors & Guest



Hello Linda Dessecker



Rachel Anderson, Abby Haugh, Irene Palof



Betty Cook & Jeanne Sauernheimer



Virginia Duff & Daughter

BOLIVAR NURSING HOME WEEK



Frank Wardell & Bob Goodwin
backup singing with Jay



Jeanie, Donna, & Donna
making DIY Microphones



Chef Casey serving up great
food on Hollywood Day



Lisa having fun filling
up more squirt guns



Anna Rambaud tips her hat to a
fun Hollywood Day outside



The ladies show off their DIY Micro-
phones they made for Jammin with Jay



Jeanette Domer you look like you're up
to no good with that grin!



Jan you better slow down, you flipped
your hat backwards running around!



Katie shows off one of her
storage boxes she decorated



Frank Wardell is ready all ready
to sing with Jay Secrest



Terri, Arloene, and Jean getting
groovy with the music



Doris Stevens having fun
outdoors with Jay Secrest



Sing it Jeanie and Betty!



Betty Smith and Donna Diehl
enjoying the festivities



Anna Rambaud

BOLIVAR NURSING HOME WEEK



Ron Everett & Linda Dessecker enjoying the weather on Hawaiian Day



Paul Young & Lisa having fun with morning crafts outside



Mary & Katie painting rocks for Random Acts of Kindness Day



Sue Kerr



Chef Casey grilling burgers for Nursing Home Week



Mary Fiddler is all smiles when doing crafts



Betty Malone & Jeanie Feucht are very focused on their craft



Looks like Carrie is having a great time during Nursing Home Week.



Katie and Mary enjoying the weather.



Now this is a crew that knows how to have fun.



Chef Casey gets in the spirit of Hawaiian Day



Dawn and Chef Casey get in the spirit of Hawaiian Day



Jan and Donna



Bea Hoffman

This summer, so far, has been pretty nice. We have spent a lot of time outdoors during our groups. Of course, if the temperature is too uncomfortable, we stay indoors. We listen to our entertainers, play games, work our minds with Trivia, talk & listen to Oldies on the radio or CDs while we are outside.

During April, we celebrated our volunteers with a terrific dinner of salad, steak, potatoes and dessert. The decorations were Hollywood themed, along with some of the staff dressed up as their favorite actresses. Everyone was dressed in red, gold and/or black, and all attending looked very glitzy!

Our annual Mother's Day breakfast was delicious, as usual! Chef Casey made French toast that was stuffed with Raspberry cream cheese! YUMMMMMMY!! We also enjoyed bacon and fresh fruit. The week following was fun-filled! We celebrated "National Skilled Nursing Care Week"...with lots of fun, good food and entertainment. On Monday morning we made DIY microphones in order to sing with "Jammin' Jay" during the afternoon entertainment. Some of the residents made their microphone silver and some made gold ones. They all looked terrific! On Tuesday, we painted and decorated rocks to place around the building. The rocks all had different sayings on them along with flowers. Then, Gene Weygandt came in to play his keyboard in the

afternoon and "Somewhere in Time" entertained us during the evening. For Thursday, we celebrated "Hawaii" with "Walking Taco's" for lunch and played Card bingo in the afternoon. For Friday's entertainment, we listened to "Marty" and his "Bucket Tunes" and dressed in our Cleveland Indian's attire for the day.

On the 23rd, (Jeanne's birthday) 25 of us, residents, staff & volunteers headed over to the picnic area at Ft. Laurens and enjoyed hamburgers or cheeseburgers (grilled by Chef Casey) with all the fixings, baked beans, chips, watermelon, cold beverages and birthday cake for dessert. It was a beautiful, not too hot, day that everyone enjoyed.

In June, we celebrated our fathers with a very tasty breakfast of pot roast hash, eggs, toast, beverage & fresh fruit. We used summer sports for our theme and did the decorations in different sports related items; such as golf and baseball.

All of our regular entertainers continue to come in; Jay Secrest, Jon King, Tim Weddington, Marty Zehnder, Gene Weygandt, & Max Grossenbacher entertain us monthly, with Tim Turkal & Fran Zupp coming in every other month. We also have two newcomers; Linda Thompson and Sue Rusk have recently joined our entertainment list.

On July 3rd we enjoyed listening to

"Jammin' Jay" during the afternoon and had a Patriotic recital by Andi Michelson and her piano students following dinner.

We will be holding our summer Card parties that benefit the American Cancer Society and the Alzheimer's Association at the Main Building on the 11th and at Hattie's House on the 25th. We will be ending July with Hennis's Annual Pig Roast on the 28th from 4:00pm-7:00pm. Plan to attend this event as we always have a great time & lots of good food!

In August, we are planning a trip to Atwood Lake for a cruise on the "Atwood Queen" pontoon. If you are interested in going along with your loved one that is here at Hennis, please talk with Abby or Jeanne in the Activity Department for more information. We always take a picnic lunch to enjoy while cruising on the lake.

All of the regular entertainers will be in throughout the summer months so watch the calendar for times and dates.

During September, our main outing with the residents will be our annual trip to the County Fair. This year we will be going on the 19th. Once again, if interested, talk with Abby or Jeanne for more info.

Hope to see you soon!
The Rehab Team

Arbor Day Tree Planting Ceremony



Mayor Hubble reading the Arbor Day Proclamation



Linda Dessecker



Ron Everett helping plant this years tree



Mona Maple



Betty Malone

Fort Laurens Outing



Michelle and Donna get photo bombed by Chef Casey.



Hello from the whole gang!



We've got a lot of great helpers!



Thanks for grilling out for us again, Chef Casey!



Looks like everyone is enjoying the sunshine.



Time for lunch!



Wayne, Clara, Helen and Diane enjoying the sunshine.



Jeanette and Miriam are always full of laughs.

BOLIVAR HOMESTEAD

Greeting's all! What wonderful weather we were able to enjoy this spring after the long cold winter we endured. We have been able to get outside and enjoy all the fun warm weather activities. Some of the residents don't actively participate in the activity but just like to sit and enjoy the beautiful sunshine. Ice cream is always a hit with everyone whether it is novelty items, milkshakes, or cones-no one ever says no to treats.

We started May off with the Mother's Day Breakfast and dined on delicious foods made by our culinary team and reminisced with our loved ones. The mothers were recognized and honored for who they are to those that love them. We then celebrated National Nursing Home Week from May 14th-18th with a whirlwind of activities outside for staff, residents, and family member. Each day lunch was provided per the dietary department with different themes. One day we feasted on chicken kabobs and fresh grilled

cinnamon pineapple and another day we were offered burgers with sautéed mushrooms, onions, and all the fixings to go with the meal. Jammin with Jay was a crowd pleaser along with painting rocks and all the ice cream people could eat.

On May 23rd we visited Fort Laurens, the place where Ohio's only Revolutionary War fort once stood. It was built in 1778 as a wilderness outpost and is the location for the Tomb of the Unknown Patriot of the American Revolution, which pays homage to the unknown defenders of the fort. In total, 21 soldiers lost their lives at Fort Laurens before it was abandoned in 1779. The residents had a picnic there and Chef Casey grilled hot dogs and hamburgers while we explored this historic site.

On June 16th we celebrated Father's Day with a breakfast and visited with our loved ones celebrating those men in our lives that mean so much to us. The food was

amazing as always and everybody left with a full belly and memories that will be cherished for years to come.

Mark your calendars for July 28th, Hennis Care Centre of Bolivar will be hosting a pig roast from 4pm-7pm. We will also be enjoying an outing on the Atwood Queen at Atwood Lake on August 1st. Chef Casey and her department will be providing sack lunches to all those that go and enjoy the lake. We will also be having a Ladies Luncheon on August 16th at 11:15am and a Mens luncheon on August the 17th at 11:15am. One of the favorite days of the year will be September 19th when we visit the Tuscarawas County Fair.

Plan to join us for any or all of these special events, we look forward to spending time with your loved one at these activities and hope you can join us.

Live, Laugh, Love
The Homestead



Shirley Bower
making bird feeders



Dawn Cotton crafting



Betty Malone and Ruth Sloan
concentrating while crafting



Beth Kutscher's crafting idea



Hazel Smith and Kendra Calhoun
STNA with family at graduation



Hazel Smith's great
grandson's graduation



Enjoying the weather in the courtyard



Beautiful Surroundings!

This group of lovely young ladies from Minerva were headed to their prom when they took time to come visit at Bolivar Hattie's House. Jerry Lewis is the grandfather of the young lady at the lower left. The young lady behind her is the granddaughter of Trish, the Dover receptionist.



BOLIVAR HOMESTEAD PET VISITS



James Joyce



Betty Malone



Hazel Smith



Wanda Haas

BOLIVAR BOWLING



Let's Roll!



Sue tries for a strike.



Jeanie had a good first roll.



Duckie, Jeanie, and Rachel are having fun bowling.

Ability

is what you're capable of doing.

♥ A warm smile is the universal language of kindness –
~William Arther Ward

Motivation

determines what you do.

Attitude

determines how well you do it.”

- Lou Holtz

♥ Even the smallest act of caring for another person is like a drop of water – it will make ripples throughout the entire pond...
~Jessy and Bryan Matteo

HATTIE'S HOUSE

Hello All!

Hope everyone is enjoying their summer so far. We definitely are here at Hattie's House. Hattie's House has been alive with the sounds and colors of summer. The red, white and blues are out full force signifying our support as well as honoring our brave troops that are currently serving and for those who previously served. The local shade trees are in full bloom and hanging baskets on almost every porch. These symbols showcasing that summer is here to stay. Many Guests have enjoyed sitting outside under the pergola with a tall glass of iced tea for some crafts and good conversation. They have also enjoyed being able to participate in therapy outside. Nothing like fresh air and sunshine to make a person feel better.

Chef James and Chef Scott have been firing up the grill. The smell of food grilling is enough to make anyone salivate. On July 4th, we celebrated Independence Day with this very thing. A cookout on the patio for those who wanted to participate. We had hamburgers, hot dogs, baked beans and all of the usual food normally seen at a cookout. On July 11th we held our quarterly card party at Hattie's. There was an amazing turnout as usual. All to support the American Cancer

Society and Alzheimer's Association. As the temperatures rose as did our fun here at Hattie's. Bolivar Hennis was the location of this year's annual Pig Roast. This is a fun filled event for the entire community. The theme was "Picnic" and everyone who attended had a great time.

On August 1st we had an outing aboard the pontoon boat, "The Atwood Queen". The weather was perfect and it was nice to be able to enjoy the lake. We also had a fabulous lunch provided by Chef Casey.

In September, Hennis will have the annual Tuscarawas County Fair outing. This is always a lot of fun for the residents and staff alike.

Here at Hattie's we have tasted some delicious recipes from fresh seasonal produce. We have included one of Chef James' recipes that the likes to make us for lunch to go along with our quesadillas for you to make at home.

Homemade Salsa

This homemade salsa is restaurant quality and so easy to make at home! With classic ingredients like tomatoes, onion, jalapeño and cilantro. So much flavor!

Ingredients:

1/2 a medium white onion, coarsely chopped
1/2 a medium red onion, coarsely chopped
1 to 2 jalapeños, chopped (seeds and ribs removed for less heat)
1 large clove of garlic, smashed and roughly chopped
3 fresh tomatoes
1/2 teaspoon kosher salt, plus more to taste
1/4 teaspoon sugar
a generous handful of fresh cilantro
the juice of half a lime
1 (14.5) can of diced tomatoes with green chilies

Directions:

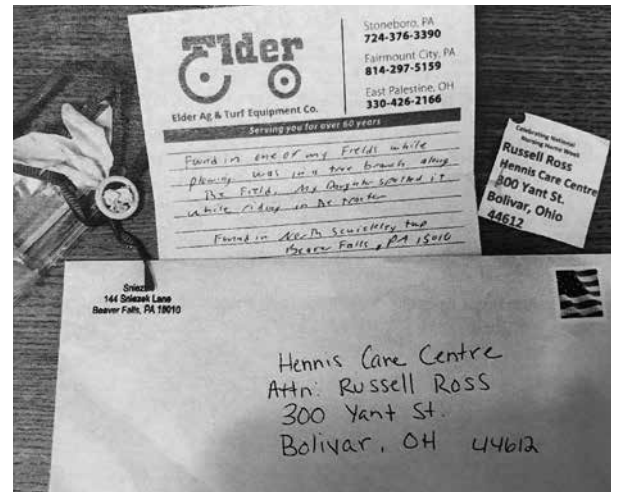
Add the chopped onion, jalapeno and garlic to a food processor. Next add whole peeled tomatoes including their juices, cilantro, sugar and salt and the juice of half a lime. Pulse until quite a bit chunky. Add diced tomatoes with green chilies. Give a few more pulses until desired consistency. Check the salsa and add more salt if desired. Serve immediately or transfer to a container with a tight fitting lid and refrigerate until ready to serve. Enjoy!

Wishes of Health and Happiness,
Your Hattie's House Team

During National Nursing Home Week in May of 2017, the residents and staff of Hennis Care Centre of Bolivar sent helium filled red, white and blue balloons up into the sky. We had everyone's name and address on a note card sealed in a zip lock bag in hopes of someone finding one of our balloons and writing back to us.

We received one note back from a person that lives in Beaver Falls, Pennsylvania stating that he had found one of the balloons! Actually, he was plowing a field, with his daughter on the tractor with him, and she spotted the balloon stuck on a tree branch along the field. He pulled it off the branch and saw the name and address and decided that he would return a note to the resident whose name was on it.

Sadly, the note arrived after Russell Ross had passed. His family gave the information to us after receiving it from Mr. Sniezek. The envelope also contained the white balloon, the blue ribbon and the name card all inside.



DOVER APOSTOLIC CHURCH LANDSCAPE HELPERS



Apostolic Church Helpers -
Weeding and Planting



Summer Planting Helpers!
Becky and Haley Wassem
prepare the beds and plant.



The minister's wife, Angela, and
neighbor children from the
Dover Apostolic Church.

DOVER VOLUNTEER APPRECIATION BREAKFAST



Patty presents a prize to a volunteer.



Annette expressing our gratitude.



Paul and Linda Krieger - Volunteer Duo



Shirley, Jean B., Bev. B. and her hubby
awaiting their turn to go to the buffet.



Anna D. and company
enjoyed visiting together.



Dave and Rose L., Debbie C.
and Gloria M. make their tasty
selections from the hearty buffet.



HCC was fortunate to host a Little Theatre performance by a sub division troupe, The Showcase of Adequate Acting, which presented a show called Date Night, that was reflective of a first date, full of fun puns, comedy, and a bar scene during the date with open mic night with guitarist Groovin' Gus performing familiar oldies such as "Mustang Sally", "Ain't No Sunshine When She's Gone", and a few more. It was a fun evening, and we thank Director Sean Clay for directing it and bringing the show to us in the large main Rehab lounge.

Did you hear about HCC receiving the HealthCap Helping Hands Award? It is endorsed by the liability insurance carrier of the American Health Care Association. Pretty cool that it goes nicely with the HCC helping hands logo! The award is a gift of \$3,000 to be used in a variety of ways to enrich the lives of our residents. It came at the right time when we were re-engaging our Person Centered Care Team. A special celebration was held in April with hors d'oeuvres and desserts, and unveiled part of the use as the new furniture and curtains of the Homestead Lounge were put into place.

The HCC bus trip fundraiser shows at Playhouse Square included the *Jay Leno* show which was non-stop laughter as Jay stood and spoke the entire 90 minute show! We all checked our mascara afterwards! A kind Therapist and her husband, Deb & Mark Shaw, donated a pair of tickets to raffle to help the fundraising, and a resident was the lucky winner! She was overjoyed with winning! A very special thank you to the donors for the cause as well as to the happiness of the recipient! Soon after that show we ventured back to Cleveland to see *Aladdin* – another great show with talent, beautiful costuming, and good backgrounds. Once again, the kindness of good Samaritans provided tickets in support of a co-worker and spouse as a special benefit. HCC helping hands continue to show support in many ways. An upcoming trip is the Nautica Queen, Cleveland's Dining Ship and Cruise, is June 30. Watch for more trips planned in the future. They support the Alzheimer's Assoc. and Am. Cancer Society.

Our dinner musical entertainment is always enjoyed by all with varied styles. Mike Wikoff offers country, Max Grossenbacher tickles the ivory with easy listening, Jim McConnell provides nice singing, Bruce SeEVERS is on smooth guitar with a soothing voice, and a new one – Sue Rusk is a good vocalist, and several others join us week to week.

Coffee & Canvas paint nights with Patty,

Annette, Angel, and Lauren brought out Bob and Brenda H. and others to get creative and relax. They had so much fun laughing, joking, etc. – just a blast said Annette! How could you not have fun with this gang?! Pat F. never painted before and now she's a new artist and she was tickled pink with her sunset outcome! Paint night is usually held the second Tuesday each month with a variety of subjects (occasionally it's re-arranged to accommodate another need). Family and friends are welcome to join us in this complimentary activity in the evening.

Run for Home, a run/walk event held at Tuscora Park to benefit Habitat for Humanity, is sponsored by Cleveland Clinic Union Hospital, and HCC lends support by donating 5 cases of fresh bananas as part of the treats for the participants. The Culinary Services from HCC catered the Depot's Gala dinner at the Z Barn, the Culinary Capers spring dinner at the Columbia Woodlands venue, and Chef Matt performed a cooking demo at the Farmer's Market. Carla and Matthew supported the HCC team by grilling burgers and hotdogs at the team campsite during the American Cancer Society Relay For Life community walk in June at the fairgrounds – thank you! Our other community support was a scholarship to Tuscarawas KSU for the first time to the Nursing School in Memory of Harry & Pat Hennis, and we are pleased to aide someone in education for a brighter future.

The year-round fundraising efforts contributed by so many people – staff, families, residents, volunteers, vendors, the community – provided a generous check to the cause, and we thank you immensely! Continuing all these efforts as the year moves forward is now towards the Alzheimer's Walk – hope you can join the Hennis team!

We continue our new Bingo night with new volunteers Tilly Breitenstein, Shirley Pittman, and experienced Jean Burns initiating the first session, and we thank them for a fun night had by all! We also welcomed another set of newcomers conducting the evening game June 28, a circle group from our neighboring Methodist Church, with Betsy Humphries heading up the group! Thanks to them as well! Prizes of salon gift certificates, fancy office supplies, Bath & Body products, misc. gift cards and more are received. Family and friends are welcome to join in the fun!

The HCC sponsored Lunch & Learn at the Senior Center provided speakers this spring of Amy Smith of WJER who share a good history of the station, community involvement, the new FM service, components of it with new

generations with one feature being a favorite from Facebook – the lost animal support, which many of the audience related to, and reminisced of station personalities/names over the course of time. Jim Gill of the Dover Public Library shared interesting facts about the fundraising campaign, and how old many facets are within the library yet it's time for an update, and they are making many attempts to keep the interest of younger people and maintaining their involvement, and discussed their outreach programs. Mark Waltz of the Dover Rotary Club, spoke about their Exchange Student program and enlightened us with the how it works, the cultural ways, the rules of the program, the delightful experiences, and more. They are always looking for host families, so if you know anyone interested let the club know – they offer short and long term stays.

The Therapy dept. helped plant the stand-up gardens with us using colorful summer plants, and it helped set the tone for summer! The large ceramic pots on the patios are filled with petunias, geraniums, and sweet potato vines. They are enjoyed by many throughout the day and evening as folks relax and visit. Bob and his wife, Brenda, can be found there soaking up the sun rays or resting in the shade reading a book. Some like to stroll around the grounds for exercise. Others enjoy the birds chirping and squirrel activity while sipping lemonade or coffee.

A Memorial Day program was held at the Gardens covered patio with Bruce SeEVERS performing patriotic music on his guitar, all of the property surrounded by flag, readings by the Activity staff, and a special visit by our STNA Ryan Meese who was dressed in his Army National Guard uniform as he personally visited through the facility sharing hugs, handshakes, and honor.

June was a busy month with Father's Day and a great meal made by the chef, special visitors, and a nice day overall. The Strawberry Fest was held with a variety of strawberry treats and beverages with lively entertainment by Terri & Steve. The first Park St. Pizza sale took place as a fundraiser and it was a success. Lunch sales for hotdogs and all the fixings, sub sandwiches, walking tacos, and an ice-cream sale all benefit the Alzheimer's Assoc. and Am. Cancer Society. There is a planned trip to Atwood Lake upon the Atwood Queen for lunch and a tour of the lake. The start of summer is also represented by the summer park concerts in Dover and New Phila which we try to attend, weather permitting. If you are interested in these excursions be sure to let the Activity team know.

PAT'S PORCH

The Ponyland Zoo visited here in June and fun and sweet were the animals! The pens were set up along the walkway, and after supper we could easily visit and feed the animals –the Dexter cow named Clarabell, Cinderella and Sleeping Beauty were the donkeys at age 18, Rocky the pony is generally everyone's favorite according to the owner, and two darling alpacas (Paula's favorite!), along with the four hilarious goats! What joy they brought to all ages to pet, feed, and adore! Faye (age 91!) and her daughter-in-law and granddaughter thoroughly enjoyed this interaction among others!

More summer fun is in the air! A movie night under the stars Aug. 10 on the front lawn – be sure to invite your family and friends, fun lunch sales, a benefit card party July 25 – bring your card club or friends and family, Summer Campfire Fest July 31 with live entertainment, a Peach Fest Aug. 22, and a corn hole tournament planned for August or early September, and more.

"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has." – Margaret Meed.

Did you know over 5 million Americans are living with Alzheimer's disease and as many as 16 million will have the disease in 2050? The cost of caring for those with Alzheimer's and other dementias is estimated to total \$277 billion in 2018. There is a lot more info and facts regarding Alzheimer's statistics. **We hope you can join us for the short community Walk to End Alzheimer's September 15 at Dover Middle School to be a part of this important endeavor!** Also, thank you for all your support in various ways that aide all our fundraising for this vital cause!

Enjoy your summer festivities, family, and friends, and new memories this time of year offers!

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



Faye - Isn't this alpaca sweet?



Bob and Brenda H. are pleased with their paintings from the evening of sip and paint.



Pat F. gave it a try for the first time during coffee and canvas.



Long-time volunteer, Jean Burns, gets Bingo Night off to a good start at Pat's Porch.



Becky V. is honored with a visit by STNA Army National Guard during our Memorial Day Program.



A good art student.



Pat's Porch Paint Night Product by Bill B.



Pat's Porch Bingo Night led by new volunteer Trudy Breitenstein - Thank You!



Peggy L. loves weeding! It's part of her therapy and she likes to help with her family present ,too!

DOVER FATHER'S DAY BREAKFAST



Lauren visits with Bill H. after a big breakfast for Father's Day.



David P. and his niece share Father's Day breakfast together.



Marty and sons celebrate Father's Day together.



Sam looks mischievous as he enjoyed the companionship at the breakfast.



Bert enjoyed the Father's Day breakfast.



Owen and family share the special occasion together.

RELAY FOR LIFE



Dedicated! Ruth and Dave Meese were there from beginning to end - wet and dry!



Rain or shine - American Cancer Society Relay For Life went on! Kathy, Ruth and Dave Meese, Patty and Tom Dunkle. (Paula behind the camera)



Cindy Swartzwelder and little ones (Erin's Mom) and Bev Smith with granddaughter, Reilyn (Karen Page's sister) support the event.



Carla and Matt of Culinary Services grilled burgers and hotdogs for the Hennis Team.



Dave Meese starts the food line at the Hennis' team campsite.



Bev and Reilyn with glow sticks during the Luminaria Ceremony at dusk.

DOVER MOTHER'S DAY



Bev's family enjoyed a pizza gathering for Mother's Day on the back patio.



Tea for Two - Lou and daughter Paula



Jean and her niece enjoy the tea party.



Corrine is happy for the occasion.



Bonnie and Lavera share the day.



Dee and her sister celebrate together.



Ruby and her sons; her pride and joy!



A special day for Susan with her daughter and grandsons.



All of these balloons represent 28 of Gwenna's grandchildren!
(Sent for Mother's Day)



The hostess is sweet to deliver these dessert plates.



Mary, with Bert in tow, as they celebrate the day together.

Late Spring wrapped up with National Skilled Nursing Care Week full of special festivities that included the following: The Little Theatre's "Showcase of Adequate Acting" group, directed by Sean Clay, presented some comedy skits about modern dating! During the performance "Groovin' Gus" entertained us with songs like "Ain't No Sunshine When She's Gone" and "Mustang Sally" on his guitar. The humor added to the fun which Doug especially appreciated! The celebration week was a carnival theme that proved to be very fun. Each day there were themed activities and events such as endangered species like a snake, a parrot, and a few more from the Akron Zoo with education, and a flashy circus type juggler's performance, and the Ponyland Petting Zoo visit. The Melody in Motion dance studio of Newcomerstown also performed in what has become an annual tradition. They had talented dancers from darling tiny tots to experienced teens, all in beautiful costumes. Special musical performances by some of our favorites took place by Randy Valez and Terri & Steve. The week culminated with a big carnival event on Friday, complete with games with the help of Lauren and Doug, Patty the Fortune Teller predicted the future, a photo booth by Annette with cute costumes such as a clown, a food vendor (see the photo of Don), etc. and a great carnival backdrop and decorations, circus refreshments, and fun prizes! What a wonderful way to close the week! A big thank you to the Activity team and Culinary Services for all the planning and conducting for our enjoyment as well as all the support staff who assisted in various capacities throughout the week! Also, we appreciate the use of some decorations and props from family members and staff!

Soda pop science fun with Patty was had outside with an experiment involving making fizzy soda pop and adding Mentos candy. This was a popular activity with a large group of residents gathered around and guessing "how high will it go?" It was the beginning of good weather that we've all been longing for and we enjoyed being outdoors!

Library Linda continues to research, develop, and present some interesting presentations such as Unusual Sayings, and a personal one for Jim of Rehab, the Blue Ridge Parkway, where his daughter lives. Linda included pictures of Jim's daughter's bed & breakfast business in Virginia in this presentation! While Linda and her husband were traveling there they took the time to stop there and introduce themselves – how special! It was much appreciated by Jim and his daughter! And,

everyone enjoyed the presentation!

Creative crafting with Patty included some of the residents decorating a large initial of their name which they hung on their doors, artistic designs with old CDs, making jewelry, painting scenes, and more. Gladys and her sister, Mel, Kathy, Patty, and Dee all worked together measuring, cutting, selecting and matching colors and prints for a quilting project. The sewing machine hummed along as Dee kept sewing day after day. She and Mel attended some quilting classes at Zoar Stitchery, and Dee was thrilled to create those special stitching designs! The finished quilts were beautiful! Watch for one being raffled soon!

Dee was the lucky winner of tickets to see Jay Leno perform his comedy act live at the Cleveland Playhouse Square Theatre! She, her guest, and several other community folks enjoyed a fun evening of excellent stand-up comedy. Dee was excited to dress up for the occasion as well as taking pictures, and enjoying refreshments and the company of the group!

Special thanks to the Toma family for treating the Homestead staff to dinner from Bob Evans. Their donation went a long way providing delicious fried chicken, pot roast, turkey and dressing, green beans, mashed potatoes and gravy, corn, cole slaw, and then dessert. We appreciate their kindness and thoughtfulness!

We hosted a car cruise-in in honor of the Ford Mustang turning 54! We chose our favorites with the red Coupe owned by Michael Whipkey coming in 1st place, a 1966 red Mustang from Chuck Secrest placed 2nd, and Jim Scheetz's maroon Stingray came in at an impressive 3rd place! It was a fun afternoon looking over the cars from various time periods, reminiscing about the one we had like - - -, eating some grilled hotdog and other treats, visiting with others while spending time perusing the show, and being outside.

Some staff and Dee enjoyed the Sip & Paint fundraiser event at the School House Winery, benefitting the Alzheimer's Assoc. and Am. Cancer Society. They enjoyed delicious hors d'oeuvres made by Debbie of Culinary, and Dee brought back the cheese ball to share with others at lunch and dinner.

Who doesn't like prizes? Join us in the cool comfort for Family Bingo every month at 6:30 for fun, refreshments, and prizes! Please call the Receptionist if you plan to attend, but walk-ins are welcome! Why not bring a friend, too?

The residents appreciate the opportunity to vote at the facility, and we noted how pleasant and caring the poll workers have been. Special thanks to them for providing this service as well

as to the Activity team for all their prior organization.

Did you miss it? The recent pizza lunch stand buffet was well-received. There was a variety of pizzas to choose from such as pepperoni, deluxe, and vegetable, just to name a few, and included antipasti salad, beverage, and dessert. If you couldn't make it, be on the lookout for another one coming soon!

STNA Phyllis, continued to help the Resident choir/entertainment until Kathy's return. Hat's off to Phyllis for her assistance. Kathy has returned and is ready to back in the saddle for this activity on Tuesday evenings. All voices are welcome, even if it just for one time, now and then, or on a regular basis!

After the delivery of red geraniums in full bloom, Ruth L. and her daughter, Mary Beth, recalled Ruth's days of selling large volumes of red geraniums for the American Business Women's Assoc., and they continued to reminisce about that good memory while on a stroll. We had over 300 geraniums come in over a few weeks' time that were used for Mother's Day, Nurses & STNA Day, and Volunteer Appreciation, then more arrived for planting in the flower beds! We appreciate the many helpers who assisted with all the planting, and the residents so enjoy viewing them from inside and while outside.

One day early in the season brought us an 80 degree day sunny day – just what we all longed for! We spent time on the front patio, played ball toss, enjoyed iced tea, and laughed at humorous readings by Patty.

Paula and daughter Chrissy spent a pleasant afternoon planting purple petunias as Coach Bob looked on, and Doug and Tom S. came out later and appreciated the effort. Joanne B. liked the pretty purple hue. A local Boy Scout troop, son of Nurse Bonnie N., helped to clean off the raised garden and planted tomato plants in it and watermelon plants in the big landscape beds. We greatly appreciated their work! Special thanks to Emily Burrell, who we know through her grandparents and Dover school, and she just graduated college, shared most of June to help us with weeding and planting and some other misc. tasks, and that was a big help accomplishing the job, too. She was leaving at the end of June to move to Louisiana to start a new big job, and we wish her the best! Again, the extra helpers from Becky Wassem's church, her daughter, as well as herself got nearly all the flats planted one day which achieved the goal! The large mass of pink petunias in the center of the facility is most everyone's favorite year after year! Kudos to the Therapy dept. who also worked hard to clean

DOVER GARDENS



Paula announces the news to Dee that she won the raffle ticket drawing to the Jay Leno Show!



Bonnie and Tom participate in the softball toss game.



Dee worked diligently on the quilting project. The sewing machine hummed along.



Kathy adores Bella.



Bob and Larry admire the various cars at the car show.



Doug and Amelia color together (daughter of Nurse Tech, Sarah)



Doris and Harold enjoy Family Bingo Nite.



Photo Booth at the HCC Carnival Bev dressed up.



Hotdogs, popcorn... Don dressed as a vendor at the HCC Carnival Photo Booth.



Sam enjoy Bella's visit.



Corinne N. enjoys the singer.



Lavera loves the pet goat STNA Ryan brought in.



Louis finds this dog soft and fluffy.

~Gardens, continued from page 28

and prepare planting areas in the back and planted summer flowers and assisted the residents with planting, too!

A shout out to volunteer, Paul Krieger, who filled in to call Bingo in Patty's absence, as well as assisting with outings. Also, Amelia, age 8, daughter of Nurse Sarah, has been a good helper by calling Bingo, reading with the residents, coloring together, and the like, and the folks love the intergenerational interaction. Additionally, we have appreciated the new teen volunteers, Bailey and Nina, helping with the Karaoke, games, and visiting. Another volunteer duo is Shontelle and Summer of Cedar Ridge who help with calling Bingo, crafts, and some one on one visiting attention and projects. We value all of these individuals and groups who share their time and attention!

On that note, we held our annual Volunteer Appreciation breakfast at Pat's Porch to thank our many valuable volunteers, and they enjoyed a nice assorted buffet of hot breakfast items, fresh fruit cups, assorted muffins, etc., relaxed while live piano was playing by Max Grossenbacher, visited among one another, and had with the fun trivia about prominent volunteers in life such as: While this man is well known for his inventions such as bifocals, he also created the first volunteer fire department – (Benjamin Franklin); This famous writer became a nurse in the Voluntary Aid Detachment of the Red Cross during WW1 – (Agatha Christie); and, a trained nurse and the late mother of one of our presidents went to serve in the Peace Corps at a spry 68. She worked in India for 21 months helping people afflicted with Leprosy. Emory University and the Peace Corps have named an award in honor of volunteers over 50 have made the biggest contribution – (Lillian Carter). And the winners received nice decorative candle lanterns with a note about "This little light of mine, I'm going to let it shine..." complete with a gift card out to eat. They also took home with them healthy, colorful, geraniums for their summer enjoyment.

Hip hip hooray for the hot summer day!... We ushered in summer with a hotdog stand under the pergola, Dietary manned the grill cooking to everyone's likes, amongst the flags surrounding the facility for Memorial Day. Everyone gathered on the porch, taking in the fun and enjoying the warm weather. Entertainment was provided by Bruce SeEVERS playing guitar and singing patriotic songs with his mellow style. STNA Ryan Meese paid us a special visit donned his Army National Guard uniform. He visited, shook many hands, gave

and received numerous hugs and thanks. Soon after, he went to Indiana for his annual two weeks of training, then returned to HCC.

Another pleasant day found Tom S., Doug, and Ken of Maint. on the front porch discussing car makes and models, and it was fun to hear the details and opinions, and they know their stuff! Meanwhile, the ladies have been spotted soaking up the sun's rays with rolled up pant legs, arms spread, and heads tilted towards the sun working on their tans, others are comfortable in the shade. A funny quote by Water Winchell is "It's a sure sign of summer when the chair gets up when you do" thanks to the lawn chair sticking in the heat!"

"Summertime is always the best of what might be" (Charles Bowden)...

We celebrated Father's Day with a Camping and Fishing themed breakfast featuring the guitars and songs of the duo of Tim Weddington and Charles Berwinkle. That was new to us and well enjoyed by all. Annette did a handsome job decorating with fishing items, small wood piles, miniature sleeping bags, and more, and who but Annette would have a polka dotted fish?! Another thing about summer is a wedding, and STNA Summer was wed at the end of May at Miller Mansion in Sugarcreek to her groom, Grant Handrich – congratulations! We also look forward to the Strawberry Fest in June that featured the energetic music stylings of Terri & Steve, and we enjoyed strawberry balloon décor from Annette. We savored strawberry ice-cream sundaes, strawberry filled sugar cookies, berries and shortcake with cream, strawberry smoothies, and strawberry lemonade! The staff especially enjoyed indulging in these sweet treats, too!

Speaking of refreshments, don't forget about our Sub sandwich sale June 29, and enjoy a fresh, made-to-order sub, chips, cookie, and beverage. Proceeds benefit the Alzheimer's Association and Am. Cancer Society. The Park St. Pizza fundraiser was popular and many were hungry for it! They got a large pepperoni and cheese or deluxe, and recipients were well prepared to have pizza for supper, lunch, or a snack at their convenience! Thank you for all your great support for these important causes! We presented our generous fundraising check at the Relay For Life in June and participated in the walk and luminary ceremony. Please plan to attend the Alzheimer's Walk September 15 at the Dover Middle School with the Hennis team.

Floating away on a mid summer day... Our annual pontoon boat ride and grilled picnic lunch at Atwood Lake is approaching in June (sometimes moved to July due to rain), and many look forward to this special excursion. It's a big undertaking, and we greatly appreciate all

the help of those who contribute!

Good friendships overall are established over time. One afternoon this was overheard – the fellows in the dining room were all seated and visiting, and then when Sam entered the dining room, with a loud, unified, chorus they said "Saaamm" to greet him, which reminded us when we heard it of the TV show, Cheers, and how the actors greeted their friend, Norm, the same way!

We fully enjoyed that visit from Ponyland Petting Zoo when they came here! There was a Dexter cow, four silly, energetic goats happy to see us, sheep willing to be petted, two beautiful alpacas that were a hit, and two sweet donkeys, and of course, a light brown/blonde pony ready to accept attention. Doug knows his horses as he had ponies growing up, and the zoo staff enjoyed conversing with him. They were also very good at discussing facts about each of the animals with us. Bev sure enjoyed the bleating from the sheep and goats, Kathy loved all of them, Brenda adored feeding them, and everyone there from babies to adults took it all in every way possible. Fun facts – Cinderella and Sleeping Beauty, the donkeys are both 18, but did you know donkeys can live to be 40?! And, the folks of Ponyland say Rocky the pony is everyone's favorite everywhere they go, and he is part of their pony carousel ride at times, too!

Summer is delightful when we board the bus for jaunts to the local concerts in the Dover and Phila parks as good entertainment – to list a few we plan to attend: Michelle Robinson, Jericho, Backhand Hooch, and Trumpet in the Land singers – check your schedule and see where it works for you! If you want to enjoy this good entertainment please feel free to call us to assist us and either ride along or meet us there.

Future fun to consider joining us is... a round of cards or a fun board game July 25 at the benefit card party, fun with a Summer Campfire Fest with a new program by Terri & Steve and lots of goodies, and outdoor movie on Aug. 10 with refreshments, a Peach Fest Aug. 22 with related nibbles and live entertainment, lunch stands for either lunch or take home for an easy supper, more adventures, summer picnics and cookouts, Grandparents Day plans, the county fair, and more – don't want to miss any of it, so mark your calendar, put notes in your phone, write a sticky note, or whatever it takes and be a part of our fun lives!

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

DOVER GARDENS



Let me tell you your future! Patty Dunkle as the Carnival Fortune Teller.



Clowning around at the Carnival! Marilyn, Doug, and Patty.



Summer Cool Off with water squirt fun with 8 year old Amelia leading the fun with June, Deleane and others.



Emma Jean S. appreciates the kitty visit by this regular visitor.



Patty, Dee, and Kathy working well on their pieces at the sip and paint fundraiser at School House Winery.



Patty and Dee excited to be at the Playhouse Theatre for the Jay Leno Show.



Summer Plant Sale - The hostesses Sue and Mary and visitor, Margaret were eager to unwrap the bagged plants upon their arrival.



Kathy T. guards the hanging flower baskets as we were setting up the plant sale.



April's Lunch and Learn Speaker hosted by HCC at the Sr. Center, Amy Smith, owner of WJER Radio, shared some good info.



This gentleman enjoyed the Hennis strawberry cheese cake treats at the Sr Center Lunch and Learn.



Bev loves this Chiweenie puppy of Nurse Brianna.



Doug is happy to sport his special hat during National Nursing Home Week fun.

DOVER GARDENS



STNA Day Celebration
Becky R. is happy with
her fuschia color geranium.



Science fun with Patty, soda pop
and Mementos Candy as the group
anticipates the results.



Tom is happy to host his Bible Study Group.



Doug and Tom are proud of their STNA who
is in the Army National Guard, who visited
our Memorial Day Program.



Bev is looking patriotic with her stars
and striped shirt with our STNA Ryan
dressed in his Army Uniform.



STNA Brandi shows Doug the hanging basket
containing a birds's nest.



Anna is surrounded by the love of the
dancers from Melody In Motion during
National Nursing Home Week.



Nose to nose - Deleane just finds this
Chiweenie puppy adorable.



Amelia calling Bingo with Anna,
Doris and others playing.



This young Chiweenie puppy
loves cuddling with Larry.



Patty and Lois take
in the miniature pony.

DOVER GARDENS



Hostess Samantha assists Larry through the Ponyland Zoo visit outside the Gardens.



Laurie absolutely loves feeding the Alpaca and goat!



Carol gets a kick out of feeding the goats.



Bonnie gives the cow some treats.



The alpaca is checking out Alice and Tom.



The goat wants Bev to hurry up with that treat!



Brenda and Patty feed the eager goats.



Margaret and Kathy T. stroll along all the pens to visit each animal brought by Ponyland Zoo.



Mel and Doug laugh as all the goats come their way for treats.



Happy Birthday to June on June 1!



Margaret and Kathy love all the animals!



Joan W. takes time to pet the cow at the Ponyland Outdoor Zoo.

Spring has been such a fun packed season for us here! We have enjoyed so many events. We had such a wonderful time honoring all of our Mothers at our Mother's Day garden tea with the musical stylings of Chrissy Sickinger. It was such a lovely day recalling memories of our mothers and spending time with our children as they spoiled us. Right after Mother's Day we went right into National Nursing Home Week which is always such a fantastic and fun filled time for us here. Our theme this week was carnival-we got to see all kinds of wonderful performances-Melody and Motion was here to dance for us, and those kids always do such a wonderful job; it is such a blessing to have them come in and dance for us. We also had an awesome juggler come in and juggle for us-boy was that something-definitely don't think that is something I could ever see myself doing. We even got to hold our own Hennis Carnival filled with old time carnival games, prizes, carnival food and our very own Hennis Fortune Teller-it was such a fun time.

We are looking forward to summer time and all the wonderful times that await us and not to mention spending time on the back patio, enjoying the sunshine-the birds and all of the beautiful flowers. We have been hard at work in our garden this year to make it beautiful. We are hopeful our vegetable garden will be bountiful this year-it is always so much fun when the neighborhood children visit and help us pick the vegetables out of the garden. We absolutely love getting to share these experiences with the younger generation.

We are also looking forward to the strawberry festival and the peach festivals this summer-what could be better then good music and good food?!! Nothing if you ask us! We always have a great time when the parties include fun, music and of course dessert!

We hope you will join us for all of the festivities that are coming our way and share in the fun. We also love it when you just stop in and see us anytime we are always happy to show off our gardens and all of the fun things we are making in our crafty corner activity sessions. Stay cool this summer and come see us-we would love to share the fun with you!

We'll Be Seeing You,
Lauren and Kathy



Tammy Fouts, head of Housekeeping and Laundry, and her hubby Fritz, cleaned and prepared the outdoor furniture for summer.



Chrissy Sickinger played the keyboard for the Mother's Day Tea. A guest sang a song, too.



Staff painting class with Lauren.



Lucy B. enjoys working on fabric strips for quilting.



Donna works on adding marshmallows to a recipe during cooking corner.



Sharla Fish helps Ruth and Lucy B. make treats during National Nursing Home Week.



Donna and her daughter Joni share a moment at the Mother's Day Tea.



Part of STNA Days, Sherry looks over the flower assortment for the right one.

DOVER HOMESTEAD



Roe and Lauren say hello to see pony and cows from the Ponyland Zoo.



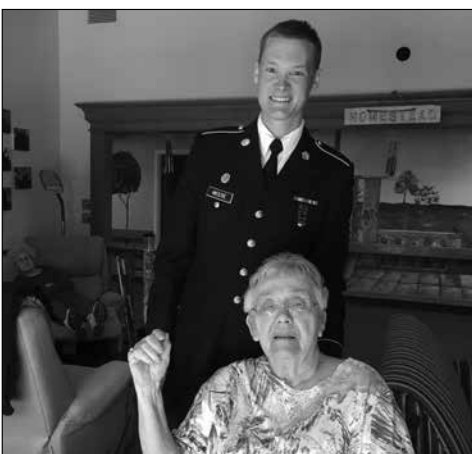
Lauren Wilson and her family love the zoo visit.



Lauren laughs at Louise's response as she feeds Clarabell the cow.



Freda and friend spend Mother's Day together.



Ruth L. thanks Ryan of the Army National Guard, our STNA.



Ruth and her son visit the donkeys from the Ponyland Zoo visit.

AKRON ZOO VISIT



Some liked the snake.



Another favorite, the chinchilla.



The parrot, a favorite.



The HCC Carnival opened with the Akron Zoo visit - small reptiles, birds, etc.



Doug spins the gamewheel during the HCC Carnival as part of National Nursing Home Week.



Nancy, Jean, and Warren enjoy refreshments and entertainment.

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

- Nursing Home Week Celebrations were full of fun: the Akron Zoo came with endangered species, Melody in Motion Dance Troupe, a juggler, Randy Valez performance, Terri & Steve singing, Ponyland Petting Zoo visit, we made creative treats, themed refreshments, related crafts, helped make some of the decorations, and it ended with a big carnival extravaganza day! (Wow!)
- The Carnival extravaganza brought tasty fare of caramel apples, cotton candy, lemonade while having their palms read by Patty the Fortune Teller and the future noted from her Chrystal ball. Lauren's clown bean bag toss was in full swing while Doug assisted the Spinning Wheel game of prizes! Annette set up the sparkly photo booth with a carnival-themed backdrop complete with costumes and props. Everyone looked great in their circus attire! (Super fun!)
- A special occasion and milestone: Gwenna's 28th grandchild, little baby Ford, came all the way from Utah to make it possible for grandma Gwenna to attend his Christening. The room at HCC was set up with an alter and decorated with lots of blue roses. Gwenna's family and Pastor came in for a private service, and then opened the celebration to residents and staff with cake and coffee. The entire family enjoyed the annex and back patio late in to the beautiful summer evening. (Precious!)
- Library Linda's presentation on the Blue Ridge Parkway was personalized by including pictures of Jim's daughter's Bed & Breakfast in Virginia! Linda and her husband stopped along this way while visiting and introduced themselves! Small-town joy! (Special touches!)
- Ty Carpenter, STNA, sang with his New Phila Choir the National Anthem at the Cleveland Indians game April 7! (Cool!)
- Cleveland Indians Opening Day – Residents and staff dressed in Indians attire, played a ball target game, watched the game, enjoyed baseball trivia and puzzles and game refreshments. (Go Tribe!)
- Ruby asked Chrissy STNA to come in and play the piano for her and she sat close to hear well along with several others. (Happy!)
- The Hennis Car Cruise-In for the Mustang's birthday with DJ Spikeman brought a variety of cool cars, good oldies music, fun browsing, and eating grilled hot dogs and snacks, and enjoyed visiting with the car guys, and we chose the winners: a red Coupe, a '66 Mustang, and a sharp Stingray! (Fabulous!)
- - Helped make quilts with cutting and matching fabrics, Dee mastered the sewing and worked at it steadily for several weeks! (Talented!)
- We're proud of HCC receiving the "HealthCap" Helping Hands Award that is endorsed by the liability insurance carrier of the American Health Care Association! (Swell!)
- The Spring voting was well-organized and we appreciate the opportunity, and the Poll ladies are caring and kind. (Privilege)
- Afternoon staff came to the dining room for fun and did the Cha Cha Slide dance for us – what fun to see them perform together! (Delightful!)
- Ladies enjoying the front porch started singing hymns together one afternoon and sounded nice. (Joyful!)
- Fun crafts and painting with Patty, assembling things with men, quilting with Mel and Dee, made necklaces with Annette – very tasteful, worked diligently with sorting and arranging patterns at which Arlene was very good, and Lavera sported her's fashionably. (Pretty!)
- Dee has lucky genes – she won the raffles to the Jay Leno Cleveland Playhouse Square show tickets and the Cedar Point tickets! (Thanks for the support!)
- HCC Pizza lunch stand – assorted buffet for selections, loved choices, well-received! (Thanks for fundraiser support!)
- We love our Thursday entertainers and we welcome newcomers, a lovely vocalist Sue Rusk, and country style by Mike Wikoff! (Moving!)
- Welcome new young volunteers Bailey and Nina who help with karaoke, games, crafts, and visits. (Thanks for joining us!)
- Hundreds of flags surrounding the facility for Flag Day, Memorial Day, and Independence Day that we appreciate. (Beautiful!)
- Memorial Day honored – program with readings, Bruce Seevers' patriotic music on guitar, and a very special visit by our own STNA Ryan Meese fully dressed in his Army National Guard who visited around the facility. (Honored!)
- Memorial Day hotdog lunch stand on the front patio and enjoyed spending time outdoors. (Traditions!)
- Lots and lots of flower flats delivered and planted, and we enjoyed watching the work in progress. (Thanks for all the extra

helpers!)

- Therapy and resident worked on the back therapy patio to plant summer flower just like at home! (Fun and pretty!)
- Concert outings to the Dover Park on Thursday evenings and Tuscora Park on Sunday afternoons, and we love going! (Join us!)
- The Ponyland Petting Zoo was amazing! We fed, stroked, and talked to the animals, and lots of photos were taken of the darling goats, friendly donkeys, a laid back pony, amusing alpacas, and a miniature cow led to delightful interaction, and as Arlene said – "Wow Wee!" (Precious!)
- June Strawberry Fest with Terri & Steve singing as consumed strawberry smoothies, cream-filled cookie sandwiches, ice-cream sundaes, berries and short cake, and beverages. (Scrumptious!)
- A special Father's Day hearty breakfast along with our guests serenade by the duets by Tim Weddington and Charles Berwinkle. (Cool!)
- A St. Bernard 55 lb. puppy visited, belongs to Dietician Sharla, shared by her daughter, Braelyn! (Sweet puppy love!)
- Our annual trip to Atwood Lake for a boat ride and lunch and we love it! (Fabulous!)

Be sure to mark your calendar for September 15 to make a difference in Alzheimer's disease by joining the community Walk to End Alzheimer's at Dover Middle School, the Hennis team will be there!

Soon to come are some exciting events to the likings of: the summer community card party on July 25, a Summer Campfire Fest, a movie on the front lawn at dusk, the August 22 Peach Fest, more lunch stands and cookouts, concerts, excursions, Grandparents Day celebration, and more! Jump in to the fun!

Live Big and Have Fun!



Little Theatre performs a show, Date Night, during our National Nursing Week Festivities.

DOVER REHAB



Jim H. enjoys a game of Bingo.



Tom won a prize during Family Bingo Nite.



"0-15" - Owen takes up Bingo.



Anita, Holly, Kari and Lauren attended the women's conference with artist Jen Contini Cunningham.



Becky Wassem put on a great bake sale for a fundraiser.



Parker Wilson shares a puzzle with Arlene.



Can you guess who this is? It's Steve dressed up at he Carnival!



Entertained and working their brains with cards and challenging puzzles. Arlene D., Sally R., Lavern S. and Annette.



Gwenna and family work on her famous special-made greeting cards.



The animal lover! Arlene and Annette holds the stuffed tiger during the Carnival Photo Booth.

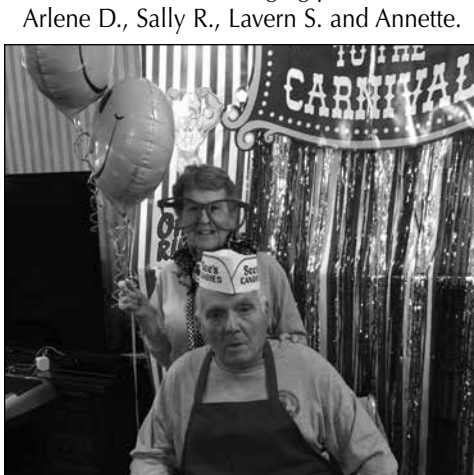


Photo Booth at the HCC Carnival Carol and Marty as food vendors.



Don and Annette dance to the custom-selected music from the Alexa. Donated by Volunteer Mike Lantry - Thank You!

DOVER REHAB



Theda enjoys a dog visit by her friend.



Nurse Veronica and her children and grandmother, Laurie, enjoy the Ponyland Zoo visit.



Jim Gill, of the dover library, was a guest speaker for the May Lunch and Learn at the Sr. Center.



Gathered under the pergola, Gwena's family held a special Christening Occasion for a baby in the family.



Our STNA, Ryan, shakes hands with John after the Memorial Day Program.



Cindy expresses her appreciation for Ryan's service with the Army National Guard as well as his STNA work.



National Guard Serviceman, Ryan, visits Jack P. in his room as part of our Memorial Day Program.



Chrissy, Carolyn, Marty and Ryan support Ryan and Memorial Day with their patriotic prints and colors.



Ruth is very proud to have her gorgeous STNA, Ryan visiting in his National Guard Attire.



The alpaca wants to meet these kids.



Gwenna is pleased that Ryan stopped in Therapy to visit her after the Memorial Day Program. She liked his uniform.



"Mig" helping plant the summer flowers at the back Therapy patio.



Wow Wee! I can't believe it's a donkey!
Arlene loves all the animals from Ponyland Zoo.



Hospitality Aide Lexi came in on her day off to share her dog's love in the Therapy Room with Barbara P.



Mr. and Mrs. Brown lovingly feed the alpaca.



Bonnie and Clarabell the cow get along great.



Ryan's Rehab work crew are proud of him in the Army National Guard.

Nancy, Ryan, Bonnie, Michelle, Jake



Ruth S. is set to go to plant geraniums with the therapists.



THE END OF ALZHEIMER'S
STARTS WITH *you.*

Sat. Sept 15 | Dover Middle School



Join the
HENNIS TEAM
or START a
NEW ONE!

8:30 am Check In | 9:30 am Opening Ceremonies

Open to the Community!



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

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

Transitional Therapy Houses

Hennis Care Centre



www.henniscarecentre.com

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

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

of Dover & Bolivar

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