



THE

Friendly Visitor

HENNIS CARE CENTRE

JULY | AUG | SEPT 2019

Dover & Bolivar, Ohio

People Who Can Help

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

DOVER

Executive Director.....David Hennis
Administrator.....Brian Hennis

Director/Patient & Resident Services.....Anita Peffer
Culinary ManagerDebbie 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 TherapistLaura Smith
Laundry/HousekeepingTammy Fouts
Receptionist.....Leslie Morris
Karen Bursch

Corporate Chef of Dover & Bolivar and Hospice HouseMatthew Ridgway

BOLIVAR

Executive Director.....David Hennis
Administrator.....Kim Zontini
Director of NursingNicole Jones
Executive Chef.....Casey Hanlon
Laundry/HousekeepingSue White
Social Services.....Samantha Schoenegge
Director of Therapy Services.....Teresa Carlson, O.T.
Accounting Manager.....Harold Baker
Activity Professionals.....Abby Haugh
Jeanne Sauernheimer
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

The Spider That Saved My Life



Let food be thy medicine
and medicine be thy food.
~Hippocrates

June 19th dawned bright and beautiful. It was the day before my birthday, and I was humming to myself as I got ready for work. I knew my employees had something special planned for me, and I couldn't wait to get to work. I was off the next day, for my birthday. My husband was going to take the children and me to a local water park during the day, and we were going

out for a "fancy" dinner that night at one of my favorite restaurants. I could hardly wait!

As I got ready for work, I admired my newly pedicured toenails. I noticed that one of my toes had a large black bruise on it. I must have stubbed my toe on the treadmill, I thought.

Later that day, at lunchtime, my employees brought in a beautiful cake, flowers, and presents. I was jubilant, but I just didn't feel right. I attributed it to a strenuous workout at the gym, and continued to enjoy my pre-birthday festivities.

As the day wore on, I felt worse and worse. I finally headed home and passed out in bed. The next thing I knew, I woke up in the emergency room, feverish and incoherent. I learned later that I had been bitten on my toe by a brown recluse spider and the poison had spread rapidly through my body.

The doctors gave me an IV antibiotic and covered me with blankets. My toe and leg was swollen and black, and I overheard the doctors telling my husband that amputation of my toe was a possibility.

My birthday was officially ruined!

~ continued on page 3



IN MEMORY OF HARRY & PAT HENNIS

Rainbows

By Michael O. Adesanyo

Rainbows would never be a rainbow
If sunshine had never met the rain
No one would ever need comfort
If there was no sadness or pain

But life holds both sunshine and showers
The days are not all bright and fun
So look through the showers for the rainbows
You will always find hope shining there

MARK YOUR CALENDAR JULY/AUG/SEPT 2019

July 10, 7p – 9:30p
Card Party Fundraisers - Hattie's House-Bolivar

July 16, 10:30a – 1:30p
Dover – Ice Cream Sale

July 24, 7p -10p
Card Party Fundraiser, Main facility, Bolivar

July 27, 4p – 7p
Dover - Pig Roast – for residents, families, staff

July 31, 6:30p – 9p
Card Party Fundraiser - Main facility, Dover

July 29, 6:30p
Dover, Campfire Fire Fest

Aug. 7, 10:30a- 1:30p
Dover, Walking Taco Lunch Fundraiser

Aug., 7, 11:00a – Bolivar Atwood Boat Trip

Ladies Summer Lunch:
Bolivar – Aug. 14, 11a
Dover – Aug. 15, 12p

Men's Summer Lunch:
Bolivar – Aug.15, 11a
Dover – Aug. 16, 12p

Aug. 21, 6:30p – Dover, Peach Fest

Aug. 28, 9a – Dover Atwood Boat Trip

Aug. 30, 10:30a – 1:30p
Dover, Root Beer Float Sale Fundraiser

Sept 4, 2p
Dover - Apple Pie Bake-Off, Judging

Grandparents Day Celebration
Sept. 8, Dover 2:00p, Bolivar 11:00a

Sept 13, 10:30a – 1:30p
Dover - Soda Floats sale fundraiser

Sept. 13, Dover, 8p – Outdoor Movie

September Fair Week Outings
Bolivar – 18, Dover 16 – 20 (M, T, Th)

Sept. 2, 9a, Dover Middle School
Alzheimer's Walk for the community

Sept. 25, 6:30p
Dover, Western Hoe Down Fest

Sept. 27, 10:30a – 1:30p
Dover, Pizza Lunch Stand fundraiser

THE SPIDER THAT SAVED MY LIFE

~ *continued from the cover*

Luckily, my toe began to heal but I still felt lousy. After five rounds of antibiotics, I still could not regain my health. Working, taking care of my family, and doing household chores simply wore me out. I became sick and tired of being sick and tired.

About three months after my spider bite, I was surfing the Internet, one of the few activities that didn't wear me out. My church had started some small groups, and I began looking for a group to join. As I browsed through the groups, one caught my eye. It was a health and wellness group, located not too far from my office. I could hardly contain my excitement as I e-mailed the leader, Debra, to see if I could join.

Soon after, Debra e-mailed me with details about the group. I could hardly wait for the first meeting, and prayed that somehow I would learn something to revitalize my flagging health and my depressed spirits.

The next Thursday I pulled up in front of Debra's health food store. I was anxious and hoped the meeting would be beneficial. I walked in the door and was met with the loving and welcoming faces of Debra and Sharae, the co-leaders of the group. An intoxicating smell emanated from the kitchen at the rear of the store, and I could see a delicious lunch spread out before us.

I met the other ladies, and we dug into the sumptuous feast. Our leaders began teaching us about health, nutrition, and the human body. We learned about eating properly, drinking enough water and getting proper activity for our body. These ladies truly believed that our bodies were God's temple, and taught us to treat them with the respect they deserved.

Each week, I looked forward to attending the meetings. I devoured the books we were instructed to read and completely revamped my family's eating habits. Soon, I noticed, I was regaining my energy and the spring in my step. I began feeling better than ever before. Even though I was close to fifty, I felt better than I had in my twenties. My skin began to glow, and family and friends wondered if I had had "something done." I chuckled to myself as I explained to them that I was regaining my beauty and health from the inside out!

As I began to feel better and better, my sister, Victoria, who suffered from a severe kidney disease, noted my greatly improved health. I began teaching her how to eat the way I did, with organic fruits, vegetables and vitamin and herb supplements. Slowly, she also regained her health. She began helping our dad, who had health issues, and began drinking healthy smoothies and juices. My passion for health had spread to my entire family.

Because of what I had learned in my small group, I made the decision to return to school to obtain a degree in nutrition, and become a Certified Health Specialist. My dream became to minister to others the way I had been ministered to, and to help others obtain optimum health and wellness. My sister and I even made plans to open a health food store when we retired from our jobs.

Today, I am ministering to others who are in poor health, and seeing them restored to health and happiness. Nothing gives me greater joy than assisting others and seeing the glow come back to their faces and the sparkle back in their eyes, as they begin to feel and look their best.

I thought my spider bite was one of the worst things that had ever happened to me, but it truly became a blessing in disguise. I realized that my health was my most valuable asset, but I had not treasured or appreciated it until I became ill. Thanks to that spider I took control of my health, my life, and my future, and found a new passion helping others do the same!

~Melanie Adams Hardy

*Source: Chicken Soup for the Soul:
From Lemons to Lemonade*



WHY SHOULD YOU DECLUTTER YOUR MIND?

You don't need a cluttered space to have a cluttered mind—but sometimes that's where it all starts. And, unfortunately, there are physical consequences to the visual messages being sent to your brain when you look at stacks of mail that need to be sorted through, dishes piled up in the sink, shoes that were kicked off and abandoned, and bags that need to be put away. Here's how less-busy environments (and brains) can impact your body.

You'll Have More Energy

"Clutter drains energy," says wellness expert Christine Lusita, CPT, author of *The Right Fit Formula*. "It reminds you of something you're not doing or you need to do, and you feel like a failure. That puts out a level of dis-ease."

You'll Be More Sensitive

Clutter could make it harder to read the emotional expressions of those around you. A Cornell University study found that when participants watched a movie with a cluttered background scene it was harder for them to decipher the emotions on the faces of characters.

You Might Eat Less

One study showed that people eat twice as many snacks when they're in a disorganized and messy kitchen as compared to a clean, decluttered one.

You'll Be More Productive

"When you're so busy being busy, you may miss your off-ramp on the freeway," says Pedram Shojai, OMD, author of *The Art of Stopping Time*. That can take you from on time to super late. "When you're mentally cluttered, you end up doing twice as much work less efficiently."

September 2018

Source: *On Duty*

Happy Summer Everyone!

Hope everyone is enjoying their summer so far. We certainly are here at Hattie's House. Hattie's House has been thriving with the sounds and activities of summer. The red, white and blues are out full force signifying support as well as honoring our brave troops that are currently serving and for those who previously served. Bird feeders, the sound of mowers and the shade from the trees are signs that summer is here and we are enjoying the heat of the sunshine. The birds are eating up all the food from the feeders and some may even come sit at the window ledge.

The warm weather and sunshine seem to be here to stay for a little while and we can get out the sunglasses, sun lotion and lawn furniture. Many Guests have enjoyed sitting outside under the pergola with a tall glass of refreshing lemonade and conversation; you might even see a few card games going on. Therapy outside is still a popular choice with the inviting sunshine making everyone feel like they can be recharged with the sun.

Chef James and Chef Scott have been firing up the grill. The smell of food grilling is enough to make anyone ready to enjoy some hot off the grill food! There always seems to be something about the taste of grilled food that just satisfies the taste.

On July 4th, we celebrated Independence Day with a cookout on the patio. We had hamburgers, hot dogs, baked beans and all of the usual food normally seen at a cookout. On July 10th, we will hold our quarterly card party at Hattie's with amazing food, dessert and beverages prepared by our talented chef staff. Who doesn't like to play cards and eat wonderful food? All to support the American Cancer Society and Alzheimer's Association. As the good times increase here at Hattie's so does the temperatures outside! Getting to know each other as staff and guests exchange interaction, relationships continue to blossom. Sharing favorite summer memories and giving input on the best vacation get a way spots are a must to talk about!

September 8th, we will hold a special Grandparent's Day lunch with a special meal to all the amazing grandparents. Here at Hattie's we have some very talented chefs that are always preparing delicious meals. They sometimes like to share their secret recipes and have picked a special summer favorite:



LAVENDER LEMONADE!

Did you know some benefits of Lavender could include: Reducing stress, insomnia, anxiety, indigestion, depression and could act as a type of anti-inflammatory...

Ingredients

- 2 tablespoons dried lavender/ could use lavender essential oil as well
- 3 cups water, divided
- 1/2 cup sugar
- 1/2 cup fresh lemon juice (about 4-5 lemons)

Instructions

1. Heat 2 cups of water in the microwave for about 1 minute, or until it is steaming hot.
2. Carefully stir in the dried lavender and allow it to infuse the water for at least 10 minutes, or until the water cools.
3. Strain the lavender water into a large pitcher.
4. Add the rest of the ingredients (1 cup water, sugar, lemon juice) to the pitcher and stir well to dissolve the sugar.
5. Chill in the fridge, and serve cold over ice.

Notes: Home Chef Tip: The amount of sugar needed will vary depending on how tart the lemons are. Start with 1/2 cup sugar and add more if needed

BOLIVAR ACTIVITIES



Gloria carefully moves her canvas around.



It is neat to see the unique designs that form on the canvas.



A finished pour paint on canvas, looking like a fish or octopus.



Betty and Carole smiling from their finished master pieces.



All the ladies excited to look at each other's designs and colors that they picked out.



Beautiful floral décor made by one of our guests.



Chef James stirs up some soup as an appetizer.



The felting took a lot of attention to detail and there were so many wonderful colors!



A plate of the Valentines Dinner meal served - delicious as always!



Betty and James learning to felt.



Everyone needs to concentrate on the technique used in felting.



Another finished painting and this one looked like a face!



Gloria discovering she was a master at felting. The dryer balls turned out so unique.



One of our guests took a black and white puzzle home that she arranged, colored and brought back to us!

Hello! Has the heat of the recent weeks gotten to you yet? Even though the weather has been quite warm, there are some of us that really like it and enjoy sitting out on the front porch or in the courtyard! Some have been sitting in the courtyard reading or just looking at the beautiful flowers and the birds that are out there. We had some of our summer

entertainment out on the front porch area and that is usually a lot of fun! There is a lot more space to dance in.

During National Skilled Nursing Home Week in May, we were able to spend a few days out side; but, due to the not so nice weather, we weren't able to do as much as we had planned to do. We could watch the staff being silly and

sometimes some of us even joined them! We were able to eat some of our meals outside though. Thanks to Chef Casey for supplying the food...it was all very delicious! And, during one of the days, we were able to order from a Food Truck that was brought in and set up for us in the front yard. Chef Casey assisted with the grilling and serving of the food and also supplied all the fixin's we wanted! Then...dessert! And, WOW.... was it ever good! We had hot fudge brownie sundaes! We might not have gotten to do what was planned for the week...but, we still had some fun!

We held the Mother's Day breakfast with a room full of pink and white decorations and were all quite content following the Quiche, bacon and fresh fruit bowl. It was an enjoyable time spent sitting and visiting with everyone for a while.

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

All of our regular entertainers will be returning again throughout the summer months; to start July off, "Sugarcreek Duo" will be here on the 1st at 7:00pm; "Jammin' Jay" is here on the 2nd at 1:30pm; on the 9th Tim Weddington at 1:30pm, and "Somewhere in Time" at 7:00pm will be here; Sue Rusk will be singing her favorite Patsy Kline songs on the 16th at 1:30pm, Fran Zupp on the 22nd at 7:00pm; Max Grossenbacher will return on the 23rd at 2:30pm; and Marty will be singing his "Bucket Tunes" on the 26th at 1:30 pm.

We are hoping to be able to go on the "Atwood Queen" pontoon ride again in August; as long as the weather doesn't get too hot for us all by then. We will also be hosting the annual Summer Luncheons for our residents in August. The ladies will have their luncheon on the 14th and the men's will be held on the 15th.

During September, we will be seeing and hearing all of our regular entertainers once again throughout the month. Our annual trip to the Tuscarawas County fair will be the 18th as long as the weather

★ A SALUTE TO THE AMERICAN LEGION ★

In 1919, a few U.S. soldiers formed a group that's been helping veterans ever since.

by Veda Boyd Jones

When I was a kid, practically everyone in my Arkansas town of 466 enjoyed the annual American Legion Fourth of July picnic. Whenever I smell chicken cooking on a grill, I'm transported to the park where we gathered, and I can visualize the men, including my dad, who wore Legion garrison caps while they barbecued.

The American Legion was formed in Paris by a handful of American Expeditionary Force soldiers still in France after World War I. Back in the States, conventions were held with delegates to establish the organization with a name, mission and constitution for the veterans who served in that war's era. The Legion was created as a patriotic group, not affiliated with any political party, and focused on support for veterans and service members, as well as their families.

Congress issued a charter for the group 100 years ago, on September 16, 1919. American Legion Posts sprang up in large cities and small towns, each one being named after a fallen soldier in the Great War. Eligible men and women joined with equal voting rights; privates and majors were treated the same. Although not political, the group had a legislative arm that was instrumental in lobbying Congress for the creation of the U.S. Veterans Bureau,

now the Department of Veterans Affairs. As the group's members aged, a word in the preamble to its constitution was changed from "war" to "wars," allowing World War II-era service members to join and, later, those from periods of military action in Korea, Vietnam, Lebanon/Granada, Panama, the Persian Gulf and the current war on terrorism.



The group promotes patriotism, family values and community service. American Legion Baseball for teens was started to encourage athleticism in youth. Boys/Girls State, which teaches the structure and operation of the federal government, is another Legion youth program.

The American Legion views its greatest accomplishment as lobbying for and assisting in drafting the 1944 GI Bill to help veterans readjust to civilian life by offering college benefits and low-interest home loans. Coupled with home ownership, advanced education led to better jobs and aided in creating a middle-class economy. Congress passed an updated version of the bill in 2017; that same year, the Legion conference elected the group's first woman as national commander.

In its hundred years, the American Legion has helped veterans and communities in countless ways. It vows to continue its legacy of service.

BOLIVAR MOTHER'S DAY ACTIVITIES

~ continued from page 6

cooperates with us. We always have such fun visiting the fair! We eat our food at the picnic area under the grandstand and then take off in all different directions to try to see everything in the few hours that we spend there. It is a tiresome day...but well worth it; the residents all enjoy it so much!

If you would like to go along on any of our outings, or meet us wherever we are, we always could use and appreciate the help. See Jeanne or Abby (Activity department) for more information. Plan to join us for any... or all of these special events; we look forward to seeing you and we always have a great time!

Until next issue, take care;
The Gardeners



Jerry attended the Mother's Day Breakfast with his Mom, Delma.



Bernice and her son, Eugene, had breakfast and visited.



Betty Cook and son, Cliff, enjoyed the breakfast together.



Wilma's brother joined her for the morning.



Mona and her Mom, Audrey, enjoyed each other's company during the breakfast.



Sylvia and her granddaughter visited while they waited to eat.



Rose Mary's daughter, Linda, enjoyed the breakfast with her.



Sharon's guest for the breakfast was her daughter, Lisa.



Jane Hill and her daughter were smiling pretty for the camera.



Midge and Bonnie were waiting on the delicious breakfast that was coming soon.



Shirley and her son, JP, had a good time during the Mother's Day Breakfast.



Juanita's daughter, Karen, came to be with her during the breakfast.

Keeping Crooks Out: The Basics Matter Most



Small security measures are a huge deterrent. Most home break-ins aren't the work of criminal masterminds; burglars just want to steal stuff with minimal time, effort and risk. Unfortunately, there are lots of easy targets in any neighborhood. But that's good news for you. If you make your home just a little harder to get into, you greatly increase the odds that crooks will bypass your house and look for an easier job.

Focus on windows and doors

All the usual security advice (install exterior lighting, ask the neighbors to watch your house, etc.) is worth following. But above all, know this: Most break-ins occur through ground-level windows and doors. So strengthening them is priority one. For help with that, search for "home security" at familyhandyman.com.

Daytime is crime time

Most of us think of burglary as a nocturnal activity. That used to be true. But these days, most burglaries occur between 10 a.m. and 5 p.m. In many cases, the crooks get in through unlocked doors or windows.

What about window bars?

Window bars are almost impossible to get past, making them the toughest type of window security. But before you install the bars, ask the local police if they're necessary. In many areas, crooks avoid breaking glass. It makes a racket and is dangerous to the thief. As one cop put it, "When we find broken glass, we usually find drops of burglar blood."

Source: familyhandyman.com

We finally have sun and warm weather! We have been waiting for this kind of weather for what seems like forever. The residents and staff could not wait and bundled up a couple of days with jackets and mittens and went out on the patio sooner than when the sun was shining. We love sitting out in the courtyard doing a variety of activities. We especially love watching Dave and Brian mulch and get our area ready for summer fun.

Thank you to all who participated in the Relay For Life Walk at the Dover fairgrounds this year. This event is a life-changing event that helps communities across the globe fight back against cancer. People come together across the area and donate funds, donate time, and raise awareness through community to fight against cancer making a huge difference in the lives that are affected by this disease. We all know someone that is currently battling this disease or a family member that has been affected by a diagnosis, together we can fight for a cure.

We have celebrated the 4th of July with the typical cookout foods and many families came in to spend the day with their loved ones reminiscing about years past. The residents on the Homestead love when guests bring their children in and liven up the day, nothing brings a smile to their faces faster.

Mark your calendars for the following events that will be held over the summer:

- July 27th at Hennis Care Centre of Dover-Annual Pig Roast from 4p-7p
- July 31st at Hennis Care Centre of Bolivar-Sub Sale Fundraiser from -10:30a-2:30p
- August 7th the Atwood Queen Boat Outing from 10a-2p-Boat ride will start at 11 AM
- August 14th Ladies Luncheon at 11 am in all dining rooms-Bolivar
- August 15th Mens Luncheon at 11 am in all dining rooms-Bolivar
- August 20th Walking Taco Sale 10:30 am-2 PM at Hennis Care Centre of Bolivar

- September 8th a Special Grandparents Day Lunch-Bolivar
- September 18th Tuscarawas County Fair outing from 10 AM - 4 PM

We have tried several recipes that have been a hit on the unit and we would like to share this simple finger food-kids would love it.

Watermelon Fries

First, you need a good watermelon that isn't sad or soggy inside. The key to choosing a good watermelon for making watermelon fries is to look for:

1. A watermelon that feels heavy for it's size (regardless if it's big or small).
2. A yellow splotch on one side.
3. A deep hallow sound when tapped.

Once you have a good one, you simply cut the flesh into fry like strips and sprinkle them liberally with tajin seasoning. This is a Mexican seasoning that is a mixture of salt, chili, and lime, but in a pinch you can easily just swap in salt, chili powder, and lime zest.

For the dip to go on your watermelon fries, mix some non dairy coconut yogurt, zest, and juice of one lime and a little coconut sugar to taste. It's so good and oh so easy.

Ingredients:

- 1 watermelon
- 2 tsp Tajin Classic seasoning

Dip:

- 1 cup coconut yogurt
- Zest and juice of 1 lime
- 1 Tbsp coconut sugar

Instructions:

- In as bowl combine the yogurt, lime juice, and coconut sugar. Set aside
- On a plate, scatter the watermelon fries and sprinkle with the Tajin classic seasoning.

Serve with dip and enjoy!

Live, Love, Laugh
The Homestead

BOLIVAR HOMESTEAD



Sally Stevens and her son in law with her grandkids.



Hazel Smith and her daughter, Brenda.



Wanda Haas and two of her daughters, Linda and Gerrie.



Dawn Cotton and her daughter, Jody.



Herb wasn't quite sure about all the animals.



Clara wants a dog...now!



Tom Grigsby wanted to keep a kitten.



Clara Hostetler and Corrina STNA



Shirley Bower and her daughter, Joy.



Betty Malone and Deb



Miriam Harshey enjoying the company of her daughter.



Shirley Phillips - "Why is that duck in here?!?!"



Dawn and the staff enjoying the walking petting zoo.



Shirley loves dogs.



Miriam Harshey could not believe how soft the rabbits were.

How We Help

Alzheimer's Association

The Alzheimer's Association provides **free** care and support services for those living with Alzheimer's and other forms of dementia and their caregivers.

- **24/7 Helpline (800.272.3900)** — Day or night, whenever you need us. Reliable information and support when you need it most. Available in more than 200 languages and dialects.
- **Care Consultation** — Ongoing personalized coaching, resources, and strategies to assist with decision making and care options.
- **Caregiver support groups** — Being a caregiver is not easy, but you are not alone. More than 30 groups meet monthly to provide a consistent, caring place for discussing the challenges of caregiving.
- **Memory Café** — A fun, safe, educational social engagement program for individuals with early-stage memory loss.
- **Community education programs** — Training and education for families, caregivers, professionals, and general audiences.
- **MedicAlert® + Safe Return®** — 24-hour emergency response service for individuals who wander or have a medical emergency.
- **TrialMatch®** — Don't just hope for a cure, help us find one. Free clinical studies matching service.
- **24-hour online tools and resources**
 - Alzheimer's Navigator®
 - ALZConnected Message Boards
 - Caregiver Stress Check
 - Care Team Calendar
 - Community Resource Finder
 - E-Learning Workshops
 - essentiALZ® Certification
 - Virtual Library



Our vision is a world without Alzheimer's®.

240

CARE CONSULTATIONS
PER YEAR

2,789

LOCAL HELPLINE CALLS
ANSWERED ANNUALLY

150 EDUCATION

PROGRAMS DELIVERED TO
2,500 PARTICIPANTS

324 SUPPORT GROUP

MEETINGS WITH
2,246 PARTICIPANTS

Our Mission:

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

There are financial aid resources for family caregivers

Dear Savvy Senior,

Do you know of any resources that help family caregivers monetarily? I have to miss a lot of work to take care of my elderly mother, and it's financially stressing me.

Stretched Thin

...

Dear Stretched,

Caring for an elder parent can be challenging in many ways, but it can be especially difficult financially if you have to miss work or quit your job to provide care. Fortunately there are a number of government programs, tax breaks and other tips that may be able to help you monetarily while you care for your mother. Here are some options to explore.

State assistance: Most states have programs that help low-income seniors pay for in-home care services including paying family members for care. These programs, which go by various names like "cash and counseling" or "consumer-directed," vary greatly depending on where you live and in some states whether your mom is on Medicaid. To find out what's available in your state, contact your local Medicaid office.

Veterans benefits: Veterans who need assistance with daily living activities can enroll in the Veteran-Directed Care program. This program, available through VA Medical Centers in 40 states as well as Washington, D.C. and Puerto Rico, provides as much as \$2,000 a month, which can be used to pay family members for home care. Visit the Home and Community Based Services section at www.VA.gov/geriatrics for information.

Also available to wartime veterans and their surviving spouses is a benefit called Aid and Attendance, which helps pay for in-home care as well as assisted living and nursing home care. This benefit also can be used to pay family caregivers. To be eligible, your mother must need assistance with daily living activities like bathing, dressing or going to the bathroom, and her annual income must be under \$14,133 as a surviving spouse or \$21,962 for a single veteran after medical expenses. Her assets also must be less than

\$80,000, excluding her home and car. To learn more, go to www.Vets.gov/pension.

Tax breaks: If you pay at least half of your mom's yearly expenses and her gross income is below \$4,050 (in 2017), not counting her Social Security or disability, you can claim her as a dependent on your taxes and get a \$500 tax credit. For more information go to www.IRS.gov/help/ita and click on Whom May I Claim as a Dependent?

If you can't claim her as a dependent, you may still be able to get a tax break if you're paying more than half her living expenses including medical and long-term care costs and they exceed 7.5 percent of your adjusted gross income. You can include your own medical expenses in calculating the total. See IRS publication 502, Medical and Dental Expenses (www.IRS.gov/pub/irs-pdf/p502.pdf), for details.

Long-term care insurance: If your mother has long-term care insurance, check whether it covers in-home care. Some policies permit family members to be paid, although they may exclude people who live in the same household.

Paid caregiver leave: A small but growing number of companies offer paid care-giving leave as a way to recruit and retain their workforce. Additionally some states provide

caregiver benefits or paid leave to take care of ailing family members. Check with your employer to see what, if any, benefits are available to you.

Family funds: If your mother has some savings or other assets, discuss the possibility of her paying you for the care you provide. If she agrees, consult with an elder law attorney about drafting a short-written contract that details the terms of the work and payment arrangements so everyone involved knows what to expect.

You also should check www.BenefitsCheckup.org, a free, confidential web tool that can help you search for financial-assistance programs that your mom or you may be eligible for.

Send your senior questions to Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit www.SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

Source: JIM MILLER: SAVVY SENIOR

Jim Miller is a contributor to the NBC Today show and author of The Savvy Senior book. Each week Savvy Senior provides information on a wide variety of topics, such as: health and wellness, retirement planning, senior products and technology, programs and services for the elderly, senior legal issues, Social Security and Medicare, are giving, travel, employment, volunteerism, end-of-life planning and more.



Hasn't the weather recently either been too wet or too hot to enjoy it? There are a few residents here that really enjoy sitting outside on the hot days. We have been playing music on the front porch for everyone to listen to while they are out. Some days, we do some Trivia questions, and see who can answer first with the correct answer. While indoors...we have been using fly-swatters to "Bop the Balloon" whenever it comes close. Sometimes...the balloon will wizz by your head so fast that you don't have time to "bop" it but the person next to you will try to keep it going. We have a lot of fun and laughs, but it is also good exercise.

We had a delicious breakfast of Quiche, bacon, peach muffins and fresh fruit to enjoy on the day before Mother's Day for our moms here at the facility. Each Mom had a guest with them to celebrate and a good morning was enjoyed by all. Then during the following week, we had some fun outdoors due to National Skilled Nursing Home Week. We weren't able to be outside as much as had been planned, due to the not so nice weather, but it was still a good time. Chef Casey and a friend had Bar-B-Q ribs, hot boneless wings, hamburgers or cheeseburgers, and French fries for us to eat for lunch one day; and it was so good! We had a table set with all the condiments, chopped onions, dill pickles, lettuce and tomatoes, and a veggie tray with

dip to enjoy! It was really nice to eat outdoors for a change! Chef Casey also had different types of soda pop, ice cream bars and popsicles to choose from while we were sitting out enjoying the days.

We started June out by listening to Andi's piano students on the first; and then had Tim Turkal, "Jammin' Jay", "Sugarcreek Duo", Tim Weddington, "Somewhere in Time" "Old School", Sue Rusk, Marty and Max entertain throughout the month. We all enjoyed an Ice Cream Social fundraiser to finish out the month. We also celebrated our Fathers here at Bolivar Hennis with a delicious breakfast of Country Fried steak, eggs, hash browns and fresh fruit. It was very good and everyone enjoyed the morning.

In July, we will be celebrating Independence Day with everyone wearing as much red, white & blue as they can. On the 10th, we will be doing the first Card Party fundraiser for the month at Hattie's House from 7:00 pm until 9:30 pm to benefit the American Cancer Society & the Alzheimer's Association. Our second Card Party in July will be held on the 24th from 7:00 pm until 10:00 pm at the main building. We will be having a "Build Your Own Sub" fundraiser from 10:30 am until 2:30 pm in the hallway next to the Gardens Dining room.

All of our regular entertainers will be returning throughout the month; check the

calendar on the unit for specific dates and times.

In August, once again, we are planning to take a cruise on Atwood Lake on the "Atwood Queen" pontoon. We have done this other years and everyone always enjoys it; we have a "Brown Bag" lunch while on the cruise. This day takes extra help...so, if you would like to go along with your loved one, please talk to Abby or Jeanne in the Activity department for more details.

We also have our annual Ladies and men's Summer Luncheons during August. This year the ladies' luncheon will be held on the 14th and the men's will be on the 15th, both during the regular lunch time.

September brings us thoughts of, hopefully, cooler evenings and getting ready for the busiest months of the year. The first weekend of the month we will all be wearing red, white & blue once again for Labor Day. All of our regular entertainers will be in during the month and we will be visiting the Tuscarawas County Fair on the 18th as long as the weather cooperates! This is a yearly event that we do that the residents really enjoy. For more information on this event or any of the other events throughout the year, talk with Abby or Jeanne.

Till next time, Take Care!
The Rehab Team.

X X X X X X X X

3 Exercises to Make Breathing Easier

If you lack lung power, these drills (used for chronic obstructive pulmonary disease patients) can help

USE YOUR DIAPHRAGM Your diaphragm is the muscle that controls breathing, and because it is located right above your abdomen, you can strengthen them together. Lie on your back with your knees bent, keeping one hand on your stomach and the other on your chest. Inhale deeply, slowly pulling the air into your abdomen. (The hand on your belly should rise higher than the hand on your chest as you inhale.) Exhale through your mouth. Try to wait seven seconds before inhaling again.

IMAGINE YOU ARE ROWING A BOAT

This exercise strengthens the upper back muscles and opens your chest cavity, allowing for full lung volume. Sit on the floor with your legs in front of you, knees slightly bent. Loop a resistance band (available at most sporting-goods stores) around the bottoms of your feet and crisscross it in front of you in an X. Holding an end in each hand, extend your

arms, then pull backward until your hands meet your chest. Repeat at least six times three days a week.

WALK FOR 20 MINUTES

Walking doesn't just get your heart pumping and work your leg muscles—it also builds up the area around your lungs to help them function better. To get the most out of your stroll, stand straight, with your head up and your shoulders back, and maintain a heel-to-toe stride. These tiny tweaks prevent your rib cage from compressing, allowing your lungs to fully expand. Incorporate deep breathing to increase your air intake. Work up to walking three or four days a week.

Source: Reader's Digest • 1 Sept 2018
ASHLEY LEWIS



BOLIVAR REHAB



Some of the Phil Harmonics students came in to sing us a Valentine!



Stephine came to join us for the pour painting class.



Marilyn is loving the painting class.



Everyone is hard at work on painting a window sun catcher.



Delma is happy with her finished work.



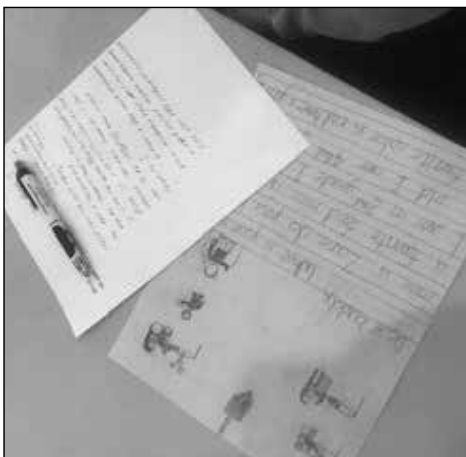
Bernice concentrates on where she wants the paint to go on her canvas.



Everyone's color choices are always exciting to see.



Talks of warm weather and watching the birds were the hot topic of the table.



The Tusky Valley 2nd graders wanted to pen pal some residents.



It was fun to write back to the kids and find out a little bit about what they wanted to know about our residents.



This canvas is almost covered with a unique galaxy look.

NATIONAL SKILLED NURSING CARE WEEK AT BOLIVAR



Wayne and Freda show off their creative leaf art.



Hi... Chef Casey!



Jordan came to assist with the craft painting.



Leaf art in progress.



Intently working on their projects.



Creations made during "Art Day."



Freda, Susan, Danielle, Abby and "Ducky" having fun on "ART DAY."



Wayne shows off his salt painting of a tree.



Robyn, finishing up her beautiful salt painting of 3 crosses on a hill.



Susan and Danielle working on their leaf art.



Everyone enjoyed taking a "cookie and coffee break."



These ladies were talking and enjoying the beautiful weather.



Wayne and Marilyn making holes to hang their "bird feeders."



It was a beautiful day to be outdoors.



The "FOOD TRUCK" is here!



Barb was helping Abby slide the forms onto the tray in order for the mixture to dry.

NATIONAL SKILLED NURSING CARE WEEK AT BOLIVAR



Does everyone have enough bird feed mixture?



Diane kept the cookie cutter forms filled with bird feed mixture for Wayne and Marilyn was working intently on her feeder.



This big crowd was waiting on their lunch orders from the "Food Truck"



Wayne didn't have quite enough mix for his cookie cutter form



Just making sure there was enough mixture to pack good and tight.



Having fun on "Art Day" during National Skilled Nursing Care Week.



Freda doing a salt painting picture of her house.



Barb was busy packing the mix into her cookie cutter form.



"Ducky," Robin and Freda working on their salt painting pictures.



You think there is enough in here?



Abby and Jeanne made sure everyone had enough mixture to make a solid form.



Everyone had fun making their "bird feeders."



Are we ready for some more Trivia?



Who knows the answer to this trivia question?



Jane, Barb and Sharon relaxing on the front porch.

The past few months have been busy ones for HCC! We wrapped up all of the fundraisers and announced the winners June 18 to excited people who won that included staff, residents, and the community, and we were glad to see it spread around that way! We certainly appreciate all the support for the American Cancer Society and the Alzheimer's Association!

The Relay For Life community walk for the Am. Cancer Society took place at the Fairgrounds on an ideal day and evening with nice weather conditions after a week of rain (and past years of rain, etc.). Sammy Sickinger and Paula helped set up tables and chairs for the Survivors Dinner and HCC provided fresh fruit for the meal planned for 100. A wine basket was also donated to support the silent auction which is always popular. Carla and Dennis, of Culinary Services, grilled burgers and dogs for our team refreshments along with mac salad, assorted chips, and cupcakes. It's such nice camaraderie overall with our team and the all the participants in the event. Others like to visit our campsite to visit and talk, like Bill Harding and Kathy, and some church members, and others of the community. HCC was pleased to receive the Platinum level sign from the donation over \$7,000, and we thank many of you for your contributions and support!

Some new fundraisers that are in place currently are: A Relaxation Basket, a Wine Basket from the Traveling Vineyard with some other components, another OSU basket, ice-cream sales, pizza lunch stand, walking taco fundraiser, and a few more. It only takes one ticket to win, and every dollar helps fill the bucket. We try to keep the awareness of the Alzheimer's Walk in the fore front and keep some fundraisers going for the community walk September 21, 9:00a – 11:30a, at the



Pat's Porch Staff Nikki and Akiko assisted Eloise and Mary to Rehab's main facility Mother's Day Tea.

Dover Middle School – sure hope you can be a part of this endeavor!

We've been out and about the community at the Tuscora Park for a kickball game as a fundraiser for Alzheimer's – fun, the Senior Center with our monthly Lunch & Learn program, the Dover and Phila summer concerts in the parks, Dine & Donate fundraisers at Texas Roadhouse and Bob Evans, and Hoodletown Brewery for the Alzheimer's kick-off, the Dover Library for a tour, Buckeye Career Day, a quarter auction, Walmart, a quilt show, a Sip & Paint at Schoolhouse winery, and more – if you are interested in any of our excursions please see the Activity staff.

The 26th annual Dandelion May Fest was where Chef Matthew gave a cooking demo, and he presented some education and cooking information at the Ohio Health Care

convention. Dennis and Carla, of Culinary Services, prepared appetizers/part of the dinner at the Culinary Capers for Hospice, as well as for the team meal at the Relay For Life. Dover and Bolivar Culinary Services prepare and provide for the monthly Lunch & Learn refreshments. HCC donated auction items for Baby Finn's event, the quarter auction, the Brain Tumor Awareness fundraiser, and Relay For Life events. Always happy to be supportive in our community.

The April Lunch & Learn presenter was Tonya Cliff from COMPASS discussing their education, prevention, and support services for abuse. Did you know they are starting a mentoring program? And, they are always seeking new volunteers for various purposes. They brought very nice give-aways such as water bottles, stress balls, and tissue packs that the audience loved. They are doing some outreach efforts, and Tonya and others volunteer once a month at HCC for Bingo, and we appreciate it! And, everyone love the prizes they bring. Thank you!

Linda Toohey, of the Dover Library, returned in May to present "Memorable Movie Lines". Let's test your knowledge – do you know some of these from the top 100? How about: "They're here!" – Poltergeist; "Who's on first?" – The Naughty Nineties; "Hasta la vista, baby" – Terminator 2: Judgement Day; "Stupid is as stupid does" – Forrest Gump; "Wax on, wax off" – Karate Kid; "Here's Johnny!" – The Shining; "We'll have Paris" – Casablanca; "After all, tomorrow's another day!" – Gone with the Wind. Did you know for the movie "Dirty Harry" they first offered the part to



Therapy fun with balance, eye coordination and more with Angel and Kathy.

PAT'S PORCH OF DOVER

Robert Mitchum, then Steve McQueen, then Burt Reynolds, tried John Wayne, and even Frank Sinatra! We all agreed Clint Eastwood was the best for the role! The audience was very interactive!

June hosted Rich VanArsdalen, Jail Chaplain of the Tusc. Cty. Sheriff's Office, who presented with humor and animation, seriousness, and understanding. He helps with the daily addiction challenges, which are usually culturally driven. The biggest thing he does at the jail, where he usually encounters those with no hope and no peace, is explain how spiritualness can provide hope, joy, and peace. He stressed that awareness of the problem is critical and tries to keep spreading this message in the community. He shared some success stories that were encouraging. He points out that failure is an event/not a person, but learn from it and let it be motivational. A statement he encourages to be repeated is: "I will make every decision based upon what I believe to be true".

We are very fortunate that all the speakers are educational, inspiring, and sometimes humorous – and they come from within our community!

The Volunteer Breakfast was hosted at Pat's Porch one morning with delightful live piano music by Rick Michaels, selections of blueberry French toast bake, scrambled eggs and assorted meats, a basket of muffins, mixed fresh fruit, and beverages. They enjoyed sharing volunteering memories and stories, visiting, and laughing. Three door prizes were awarded that were large yellow daffodil plants, spring wreaths, gift cards, and all took home small potted bulb plants in bloom. We

greatly admire and appreciate this group of special people! And, we always welcome new ones!

HCC attended the Am. Cancer Society Quarter Auction and supported it with food donations, baskets, and participants. The room was packed and the group was excited to get started. Sue S. said the food was good and all she did was eat – the lunch stand was hosted by the St. John's team. Grandchildren had the best time helping to bid on toy baskets. Karen, Heather, and Bev bid on wine baskets in hopes of winning one for Sue. Tom D. tried to outbid his wife, Patty, on different baskets. Prizes were good and fun. Everyone commented on it being a good value to be had by all.

Memorial Day had Chef Matt preparing a traditional picnic buffet with red and white checked table clothes, several flags on display, and a meal of fresh grilled burgers and hotdogs, roasted cheddar cheese potatoes, baked beans, watermelon, sweet tea, lemonade, and apple cobbler to complete the meal.

Mother's Day was honored with a lovely dinner by the Chef Matt, and on the menu was bacon wrapped scallops, creamy risotto, asparagus, lemon herb chicken with spinach salad and bread sticks. And later, Jerome James performed at the supper hour. Two of the ladies also attended the Mother's Day Tea at the main facility on Saturday where they enjoyed croissant sandwiches, chocolate dipped fruit, assorted cheeses, and various flavors of petit fours. The entertainment that day was by the cheerful Kodachrome Babies. Everyone received colorful fresh geranium



**Coffee and Canvas at Pat's Porch.
Donna Moore painted an owl.**

plants at both occasions.

Father's Day was a nice June day. Though only a few men were here at that time, they enjoyed their special day. Some went out with family, others enjoyed a dinner by Chef Brian of roasted tenderloin, asparagus, baked potatoes, and broiled scallops. Afterwards, they enjoyed spending some time outdoors on a nice day taking in the flower boxes some planted with therapy and the other red geraniums planted in the front and side as well as the mixed potted flower pots.

It's so nice to see how people congregate at meal times and afterwards and visit with the chefs like Jack, who enjoyed conversing while lingering over coffee. And, when their families share meal time together like Jody's, no matter if they're young or adults. Maybe someone invited a visitor who was present at dinner one day that occurs often. Meals are a highlight of most people's day, and it is special the camaraderie that develops around them.

Speaking of familiarity, a man and a lady who were here this June, and overlapped some time here, told Matt that they were classmates of his uncle who lives in California. At first he wasn't sure to believe them or not, but it is true. They all three graduated together from Newcomerstown. Matt was amazed. It's discovered quite often that it is a small world.

We say farewell to Chef Brian at the end of June after 20+ years in healthcare. When he first came here he was a big part of the HCC



Painting Mason Jars during Paint Night.

~ continued on page 18

~ continued from page 17

50th anniversary celebration and we remember him doing some ice carvings for the special event. The residents found it fascinating to watch that process! You'll probably not guess what his next adventure is: He's going to be a truck driver! Something he's interested in and wants to give it a try – Paula jokes with him that he just wants to get those big truck restaurant breakfasts and other good meals! We wish him the best with this new endeavor. Also, one of our main Receptionists, Trish Haynam, retired at the end of May after working here 14 years. She has seen some of the Hennis grandchildren grow up, attend one's wedding, and a lot of other things change and grow around HCC. She established many friendships and relationships among the residents, families, and staff over this time. She even came across several who were from Minerva and the area of W. Virginia she and her family were a part of. More small world encounters. Trish looks forward to spending more time with her family and grandchildren's activities, a little traveling, and some other things she's been wanting to do. We're happy for her and wish her happiness in this new chapter.

As one fundraising period has concluded, soon another starts for the Alzheimer's Association. Meanwhile, the staff continues to support both causes by wearing designated colored shirts on Wednesday for a month at a time – April was blue, May was purple for lefomyosarcoma and pancreatic cancer awareness, and June showed yellow hues for sercoma bone cancer, and lime is for July for Lymphoma Cancer. Thursdays are always purple for Alzheimer's/Cancer, and Friday is fun for the sports teams and the Hennis team shirts. Payday is a freebie for HCC shirts.



Dr. Seuss's Truffula Trees come to Pat's Porch for Canvas Paint Night during N.H. Week.

We welcomed two new entertainers to our regular mix that were enjoyable – Ted Burkholder played the guitar and sang, and Brennady Barnes who strolled room to room playing her violin.

Tis the season for high school and college graduations and parties. We are excited for this group of staff on reaching this milestone in life! We are also pleased to share about some of the staff who have received scholarships (that we are aware of) to continue their education. The Alice Hill Scholarship (the late nurse/manager of HCC for many years) was presented at the Ohio Health Care Association convention to Shannon Braun, who is the daughter-in-law of Carla of Culinary Services, and she is attending Aultman Nursing School. STNA Riley Simmons received his scholarship from the Air Force. Other people received HCC Scholarships: The Harry & Patricia Hennis OHCA Scholarship was awarded to

Kendra Striker of Hennis Care Centre in Columbus. The Harriet B. Hennis OHSA Scholarship was received by Jasmine Mateo of HCC of Bolivar, also in Columbus. And, the KSU Tusc. campus honored Seth Crilley the Harry and Patricia Hennis Scholarship in New Phila. We congratulate all these individuals and are happy for them pursuing their college degrees!

As the months continue with good weather, we welcome you to join us for some upcoming recreational events such as a ride and lunch aboard the Atwood Queen in Aug., the outdoor pig roast with a band in July, monthly themed fests, our community card parties in July and October, Grandparents Day with a brass band performance, concerts at the parks, the Alzheimer's Walk in September, and the list goes on! So, have some fun and join the crowd! Already returned home? That's okay, you are always welcome!



Sammy Sickinger and STNA Alec Dunfee, Smith Ambulance employee, were found at Chipotle's during the Hennis lunch outing.



Ashley of Therapy, Chrissy and Paula Sickinger enjoyed the Cleveland Clinic Union Hospital Tea in the Garden.

Why do people need to sleep?

To keep your mind and body healthy, get some shut eye.

Many scientists have pondered the question of why sleeping gives our brain such a boost. After all, it'd be ideal if we didn't need to sleep at all: shut-eye makes animals vulnerable to predators. They think sleep is important for two main reasons: It helps us repair and restore our organ systems including our muscles, immune systems, and various other hormones. And it plays a crucial role in memory, helping us retain what we learned at work or school for later use.

Getting proper sleep, scientists have found, seems to help our immune systems function best. While our body is resting, immune cells known as T-cells spend that time racing around our bodies. Other immune cells also work better with more sleep. Researchers studied how our bodies respond to vaccines—medicine that targets the immune system—after a full night's rest and after no sleep at all. They found that getting proper sleep the night after a vaccine creates a stronger immune response to the virus a given vaccine is meant to attack.

Randy Gardner is still alive today. Gardner is the world record holder for the most amount of time a human has intentionally deprived themselves of sleep. In 1965, then a 16-year-old high schooler, Gardner stayed awake for 11 days and 24 minutes. At the end of the stunt, his speech was slurred, his thinking was fragmented and he wasn't able to perform simple math for longer than a few minutes' time.

Why is getting enough sleep important?

Getting enough sleep has many benefits. It can help you:

- Get sick less often
- Stay at a healthy weight
- Lower your risk for serious health problems, like diabetes and heart disease
- Reduce stress and improve your mood
- Think more clearly and do better in school and at work
- Get along better with people
- Make good decisions and avoid

injuries – for example, sleepy drivers cause thousands of car accidents every year

- Inflammation is linked to heart disease, stroke, diabetes, arthritis, and premature aging. Research indicates that people who get less sleep six of fewer hours a night have higher blood levels of inflammatory proteins than those who get more.
- A 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.
- When it comes to our health, stress, and sleep are nearly one and the same, and both can affect cardiovascular health.
- “Sleep can definitely reduce levels of stress,” she says. “With that, people can have better control of their blood pressure. It's also believed that sleep affects cholesterol levels, which plays a significant role in heart disease.”
- Sleeping well means more to our overall well-being than simply avoiding irritability.

“A lack of sleep can contribute to depression,” Dr. Jean says. “A good night's sleep can really help a moody person decrease their anxiety. You get more emotional stability with good sleep.”

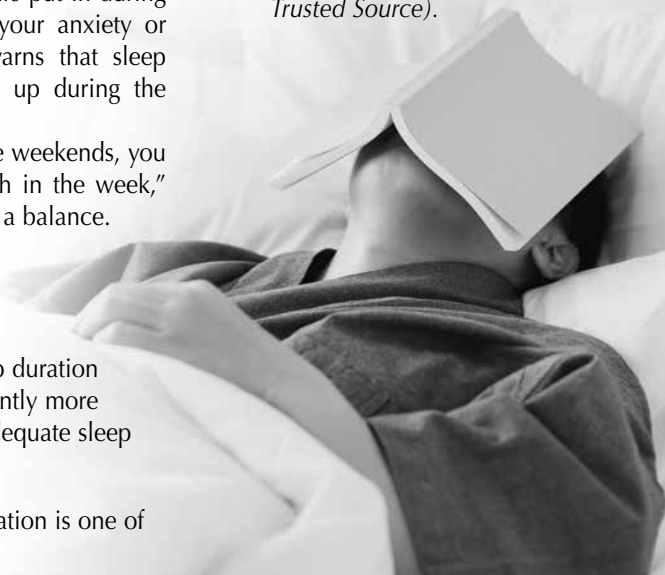
If you think the long hours put in during the week are the cause of your anxiety or impatience, Dr. Rapoport warns that sleep cannot necessarily be made up during the weekend.

“If you sleep more on the weekends, you simply aren't sleeping enough in the week,” he says. “It's all about finding a balance.”

- Poor sleep is strongly linked to weight gain.
- People with short sleep duration tend to weigh significantly more than those who get adequate sleep (1, 2 *Trusted Source*).
- In fact, short sleep duration is one of

the strongest risk factors for obesity.

- In one extensive review study, children and adults with short sleep duration were 89% and 55% more likely to become obese, respectively (3 *Trusted Source*).
- The effect of sleep on weight gain is believed to be mediated by numerous factors, including hormones and motivation to exercise (4 *Trusted Source*).
- If you're trying to lose weight, getting quality sleep is absolutely crucial.
- Experimental sleep restriction affects blood sugar and reduces insulin sensitivity (16 *Trusted Source*, 17 *Trusted Source*).
- In a study in healthy young men, restricting sleep to four hours per night for six nights in a row caused symptoms of prediabetes (18 *Trusted Source*).
- These symptoms resolved after one week of increased sleep duration.
- Poor sleep habits are also strongly linked to adverse effects on blood sugar in the general population.
- Those sleeping less than six hours per night have repeatedly been shown to be at an increased risk of type 2 diabetes (19 *Trusted Source*, 20 *Trusted Source*).





Tweak the Way You CLEAN

Scrub smarter, not harder, with these time-saving, grime-busting tips.

THE HABIT

Thinking your dishwasher is cleaning itself

EASY TWEAK

Give your dishwasher a rinse every month: Empty it and remove the bottom rack to access the drain and get rid of any gunk inside. Fill a dishwasher-safe bowl with an upright cup of vinegar and place on the upper rack. Run through a hot-water cycle. Sprinkle about $\frac{3}{4}$ cup of baking soda across the bottom of the dishwasher and run another hot-water cycle.

THE HABIT

Cleaning the kitchen drain only when it's clogged

EASY TWEAK

Odor from your sink can be the first sign of trouble. To fix, pour a pot of boiling water down the drain. Dump in about $\frac{1}{2}$ cup of baking soda and let sit for a few minutes. Then pour a mixture of 1 cup each lemon juice and very hot water into the drain. Cover with a plug (to contain the reaction below the surface). Let sit five to 10 minutes, then flush again with boiling water.

THE HABIT

Spraying and immediately wiping

EASY TWEAK

Let your cleaner sit at least 10 minutes so it will have time to cut through grime and disinfect surfaces. Be sure to spray enough to saturate hard surfaces so it won't dry and leave spots before you wipe them down. (Also, let toilet cleaner sit at least an hour before flushing so it will have a chance to disinfect and prevent discoloration.)

THE HABIT

Only wiping surfaces with a back-and-forth motion

EASY TWEAK

Wipe any surface (except stainless steel appliances) from left to right and then from the top down. For stainless steel, to prevent scratches, always wipe in the direction of the grain: Sometimes it's horizontal, sometimes it's vertical.



THE HABIT

Leaving stove top spills for the weekend

EASY TWEAK

Tackle spills as they happen. Staying on top of cleaning the stove top can save a ton of effort, as new stains respond better to a quick spray-and-wipe.

THE HABIT

Vacuuming in a "V"

EASY TWEAK

Vacuum horizontally on your way in and vertically on your way out. This pulls up pile and releases trapped dirt better.



THE HABIT

Scrubbing the shower when it's dry

EASY TWEAK

Wiping down the shower with a microfiber cloth while the walls are wet is much easier and more effective. Spray the shower after use (try Method Daily Shower Cleaner, \$3, target.com) to keep tile and glass sparkling.



THE HABIT

Letting rinsed dishes pile up

EASY TWEAK

Wash dishes or put them in the dishwasher as you use them to keep counters clear and cleanup drama minimal. If you don't have a dishwasher, at least hit the dishes with a spritz of hydrogen peroxide and hot water to make sure germs don't linger.

THE HABIT

Doing the floors first

EASY TWEAK

Resist the urge to clean the floors before dusting. When you tackle a room from the top down, you can end by vacuuming up any dust that falls.

THE HABIT

Cleaning your bed by just washing the bedding

EASY TWEAK

Once per season, use a vacuum brush attachment on the top, bottom, and sides of your mattress.

THE HABIT

Using a dry cloth to dust metal blinds

EASY TWEAK

Blinds can attract grease from fingers or areas like the kitchen. Spray the cloth with all-purpose cleaner until damp, then wipe.



Budget Expert Rachel Cruze's BEST CLEANING TIP

"I love to turn cleaning into a friendly competition. Set a timer and have your kids race against the clock (and each other) to see who can pick up the most toys, clothes, clutter—you name it—before a timer goes off. Whoever collects the most wins!"

SOURCES: Thumbtack House Cleaners; The Sisters Home Services; Michael Dimopoulos, founder of Lazy Susans Cleaning; Becky Rapinchuk,

Memorial Day weekend, the start of summer, and while listening to some old songs on WDNF, the inspiration of summer songs combined with our seasonal activities came to mind. So, enjoy humming along and the nostalgia as we review our events and summer songs, and maybe some of your favorite songs from years past or current, will float to the fore front of your mind.

Remember the song "School's Out" (for the summer) by Alice Cooper being played on the radio in June as schools were done for the summer, and it got us even more excited for summer!

That excitement occurred when we hosted a cookout with live music on the front porch and pergola for Nurses & STNAs Days celebration. Chef Matt and Jody manned the grill cooking chicken breasts, burgers, and hotdogs, corn on the cob, baked beans, and sides and S'more pies. Tables with pink fabric clothes and chairs were set and topped with summer flowers as David, Kathy, and Paula visited with staff, and Brian Hennis played games of corn hole with staff. Several staff played the game as Mel Sheetz challenged

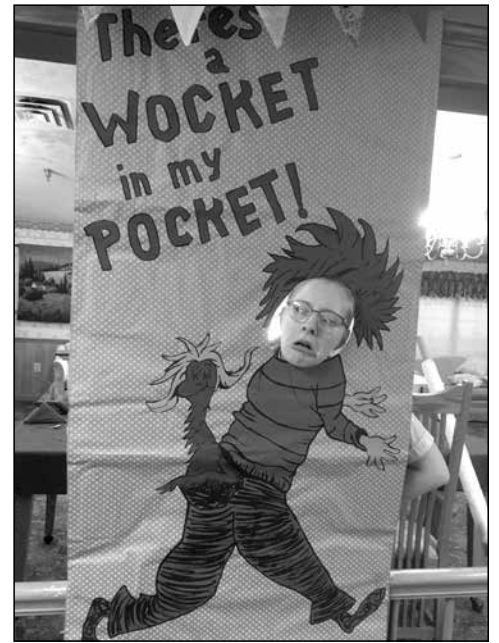
the couch ready for the concert) appreciated his front row seat, liked her singing, and Larry was moved to tears from his enjoyment of her singing, as well as Larry from Rehab who has limited sight asked her to come close to see and touch her face and told Hannah that the song of Patsy Cline's made him cry because it reminded him of his childhood. Wacky Country Mike completed the afternoon with a series of good country music with hands clapping and smiles developing! The crowds grew throughout the afternoon with staff, residents, families, and visitors all enjoying the special occasion! All week long they took home healthy, pretty pink, coral, red, and white geraniums that they selected to start their summer plantings.

Just in time for Mother's Day – we held our annual hanging basket fundraiser, and nice size containers of beautiful petunias, geraniums, impatiens, lemon plants, and more adorned the front patio as the sale began and they sold quickly! Thanks for your purchases and support!

The Mother's Tea was celebrated on a Saturday afternoon with the Kodachrome Babies entertaining us as we enjoyed a luncheon plate of chicken and ham salad croissants, a fruit kabob, cheese cubes, a chocolate covered strawberries, and assorted petit fours. Each table was set with white and pale pink table clothes topped with tall glass tower vases with pale pink roses and ivy, and lots of other delicate touches of décor from Annette that set the tone for the event. We cherish the time we can spend together not only any day, but also for these special events.

Josh Compton provided the live music at the annual Swing into Spring Event at the Arts on Broadway that the Sickingers attended to support the community and our resident's family endeavors. He did a nice job singing and we hope to host him here sometime.

Easter activities included coloring eggs with a variety of dyes with varied outcomes – sparkly, vivid colors to pastels, rainbow wraps, and the like, that were fun and interesting in the end, and lots of reminiscing occurred. Afterwards, everyone had a decorated egg at their supper plate. Dee stuffed eggs with candy to be hidden inside for staff to happen upon throughout their shift for a little fun. A Good Friday service with Pastor Dotty was provided. Easter brought in many lilies and families and friends. Some went out for Easter dinner to homes or restaurants, and some hosted private family gatherings here. Our Easter dinner served an appetizer of bacon wrapped asparagus in pastry with a deviled



Hostess Samantha poses with the photo board with the right expression. *There's a Wocket in My Pocket!* N.H. Dr. Seuss Celebration.

egg, and the main course was orange and brown sugar ham, four cheese scalloped potatoes, steamed fresh string beans with almonds, and the dessert was a raspberry crème tartlet. The vibrant pink tulips were beautiful out front for the season, and we enjoyed many bright spring plants delivered to us. We also received many Easter cards and drawings from the Dover Middle School students – one was used as a placemat with a drawing of a kitten as the Easter bunny. Preschool students of Ms. Ronna at St. Mary's in Dennison also made and sent cards for our enjoyment.

The staff are very thoughtful of the residents and enjoy coming in to visit and show us their attire for prom such as Maci and her date, and they all look beautiful and handsome! It's fun to hear about the big event afterwards of where they ate, what they drove, etc.

Jean Smith was so excited and thoroughly enjoyed attending her great granddaughter's wedding and reception and stayed the whole time – dancing and loving every part of it! Thanks Vickie and her husband, Dale, for assisting her there for that extra special occasion!

Lots of babies have been in to visit lately, and everyone loves children and pets! Nurse Michelle brings her son in quite often, Lauren of Dietary brought in her newborn daughter to lots of admiration, and others of various ages. We see more now in the summer as older ones can visit and help with such things as games or nail polish like the daughters of Nurse Sarah and Rec. Therapist, Lauren Wilson, and



Fun at New Towne Mall - Annette with Dalene posing as an astronaut.

Chef Matt and Brian along with others joining in, too, with lots of laughter and hoots! Three performers sang on the patio and in the lounge beginning with Dan Gribble on guitar who got the groove going singing classic hits such as "Sweet Caroline", "A Horse with No Name", and more that we all sang to and danced. Even the doctor office across the street stepped out to see what was going on! "Hanna with an H" (a single of the Kodachrome Babies) kept it going with her guitar and lovely voice singing a new song such as "Rainbow" (hanging over your head) and classics like "Crazy". Al (on

DOVER GARDENS



Bob's Mom, Mrs. Carter, played the piano for us.



Dusty and other staff enjoyed the Paint Night session hosted for staff for N.H. festivities.



Daisy, daughter of STNA Heather, calls Bingo in the evening.



Larry and Tom S. enjoy refreshments during a gathering.



Jean S and Bev gave Chipotle a try as a new outing.



Park for the Dover Jazz & Steel Drum Concert.



Artistic Bev adds some paint to the Dr. Seuss silhouette painting.



Nurse Veronica and grandmother Laurie prepare to attend the Mother's Day Tea.



Ginny and daughter, Dara, enjoy the whole day!



COMPASS Volunteers calling Bingo.



Bev loves the young goat, Haven. We all want to take her home!



Emily Morris of Housekeeping, brings her little goat closer for Dee to see and pet.



Congratulations STNA Hannah came in to visit with Barb and others after graduation.



Dee and Hostess Mary, like their hot beverage at Bob Evans.



Shonda, Pastor Tom and Patty had fun at the Auction.



Vesta and Becky enjoy the Quarter Auction, especially when they won a basket!

others, which is delightful. Jean Smith's daughter brings her dog in to visit and another lady, Laurie, loves to baby sit him! Emily, daughter of Receptionist Leslie, brought in her young goat, Haven, which everyone wanted to see and pet, and STNA Brock shared his 4 day old goat, Lila, with nearly everyone who desired to hold her!

How about the song "Summertime USA" by the Pixies Three – *School is out and we're glad that we passed, Summertime is here at last. There's so many things that we want to do, And we can do them now that school is through. Summertime, summertime USA.*

HCC supports the Summer in the Park Concert Series at the Dover Park, and we opened it with their first concert as Paula and grad nurse, Ryan Meese, escorted Ginny and Larry to the performance. Ginny played the snare drum and she had her hands playing just like a percussionist. Their heads were bobbing, shoulders swinging, dancing in their seats, toes keeping time. Larry grinned from ear to ear and said it was the best day of his life! They enjoyed tunes such as "Fly Me to the Moon", songs from the "Incredibles" (Paula's favorite), a "Brazilian Street Fair", "Wild World", and so many more! The evening was delightful and they enjoyed it so much they wanted to stay the entire time to the end! Annette and Lauren took seven residents to Tuscora Park Sunday night, June 23rd for the Jericho Band, and they also had a nice evening of live entertainment. We will be attending more on Thursdays at Dover and Tuscora Park on Sundays – we'd love to have you join us and assist your loved one and enjoy the experience in those settings – just give us a jingle.

Are you familiar with "Hello Summertime" by Bobby Goldsboro? *Birds and bees and all the flowers and trees, fishes on the line, Girls and guys and yellow butterflies singing hello summertime, Swing from a limb drop in for a swim, hey the water looks fine, Ain't nothing wrong just floating along singing hello summertime, Summertime grins, lots of good friends, we're all feeling fine, Watch the sun go down, hear the summer sounds singing hello summertime.*

We acknowledged National Coca Cola Day with real Coke and some ice-cream to make floats, had some trivia, read some things about it from a book Kathy shared from the library, and listened to songs from the CD Soda Fountain Favorites on early jukebox rock and roll – fun!

Another excursion was to the Dover Library for a personal tour of the renovations where we met Jim Gill. We viewed the Teen

room, the main library, the children's department, and everyone loved (especially Dee) the castle and painted wall mural by Jane Stahl, a local artist. Lori checked out two books on dinosaurs and wanted to read them as soon as she got back. Doug drove lots of questions. Linda showed us her office and where Ericka prepares all of our bags each week. Linda was pleased to show us the State of Ohio award she earned last year to our big applause.



Ginny liked this patriotic quilt at the 9/11 Quilt Project Quilt Show.

The HCC bus and cars found their way around the towns taking us to: Bob Evans for breakfast as a meal outing to support the Dine & Donate, and staff and families went throughout the day and evening. Thank you! Staff took their children to the HCC in Bolivar for the Easter Bunny Breakfast and egg hunt for the annual tradition of fun! We were found at the mall with Bev and others perusing the stores and kiosks, buying something they liked, visiting with people they know, and getting in some exercise. Delene, Dee, Patty, and Annett and volunteer, Paul, are always looking for a bargain and enjoyed JoAnn Fabrics. Our Walmart trips offer the same benefits.

Sleep education day for the staff offered pancakes grilled by Culinary staff and Brian Hennis with Mickey Mouse and Easter bunny shapes that they loved. Also, PJs were worn by some part of the day. Additionally, for Fun Dress Day the same day staff wore Mickey t-shirts and Hennis and sports shirts for Friday Team day as a fundraiser– quite a variety for a fun Friday!

The annual Volunteer Appreciation breakfast was hosted at Pat's Porch on beautiful sunny day. Large spring bulb plants were placed on tables as centerpieces (and prizes) as well as smaller ones as favors. The volunteers introduced themselves and told what they do, and spoke of volunteer memories. Some of the

conversations included: the Bible Study Ladies – loved Rick Michael's piano playing and his tuxedo and thought everything was so elegant. Discussion also shared how many people show up for this class even though it's not something they would usually be interested in, but they like it. The Bingo Ladies – laughing about them getting "caught" saying the wrong number when calling the game. Library Girls – laughed about Linda's presentation on New Zealand and how we want to move there for the world's best butter! Paul and Linda talked about summer concerts at the park and how they enjoy helping with them. Kathy the volunteer, goes on outings and told us about her Cleveland Indians experiences. The camaraderie was enjoyable, and their services are immeasurable! We thank them and appreciate all of their efforts greatly!

National Nursing Home Week celebration was a blast with a Dr. Seuss theme! We traditionally open the week with a performance by the dance group of Melody in Motion from Newcomerstown, and they are always a hit! Deloris said "I wish I had legs like theirs!", and Louise stated "That was worth watching" after the first scene that was a barnyard complete with darling animals of cows, chicks, and horses with pink checked print and denim outfits. There were patriotic little ones performing, and older ones who had black and white skeletons with florescent colors who danced to a rock song. Contemporary music and dancing with black leotards with shiny teal accents were nice to watch. Wee ones in powder blue puffy dresses showed us what they can do, and Arlene said "Oh, look at them, aren't they so sweet". Mid age range wore white simple dresses for a contemporary dance to "Piano Man". Beauty and the Beast "Be My Guest" brought out ones dressed in black and white maid costumes, and then girls in black with silver sequins performed with florescent ropes to "Mission Impossible" music. It is always a great performance! Annette was hostess to the large family attendance serving unicorn cookies and fish crackers and beverage, and Kathy and Patty tended the room with residents, and Patty and Paula snapped photos. Lots of applause was deserved for all their efforts for this broad range of ages of girls and boys!

Theme meals and snacks were had throughout the week such as green eggs and ham, of course, and one fish two fish offered fish dinners, There's a Wocket in My Pocket pita sandwiches, truffula trees on a stick, Lorax cookies, and much more, as you can imagine!

Library Linda gave a fun presentation

DOVER GARDENS



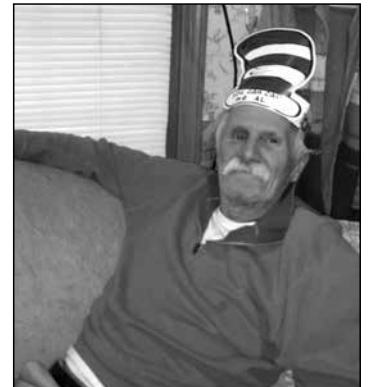
Doug and Steve add their paint to the outdoor silhouette paint activity to celebrate N.H. Week.



Sam relaxes as Barb massages his shoulders.



Dalene enjoys a visit from these ballerinas after the dance show during N.H. Week Celebration.



Al looks stylish with his Dr. Seuss hat.



JoAnn B. and Doug E. have some fun with Dr. Seuss hats as part of the N.H. week celebrations.



April Lunch and Learn Speaker, Tonya Cliff, shows one of the give-aways.



STNAs/Nurses Day Celebration
Nurse Emily and STNA Rachel pick out their favorite colored geranium plants.



Mig and Judy Tornabene share time together during her Catholic visit.



Dalene waits for the colored eggs to dry to further wrap them as part of the designing.



Becky with her Mom for the Mother's Day tea.



June and her daughter look nice for the Mother's Day Tea.



Bob and Mom spend Mother's Day playing a game together.



Brenda and Patty wait for the eggs to color a little longer.



June and Barb work together to design their Easter eggs.

about Dr. Seuss which is always good, and several crafts were made with Patty such as oobleck and a paint toss outdoors, and canvas painting of a hot air balloon from Dr. Seuss. The Akron Zoo visit was interesting and we got see the birds and reptiles up close! We welcomed two new performers that week – Ted Burkholder on guitar and Brennady Barnes on her violin, and Max Grossenbacher, the cat, tickled the ivory as entertainment, along with slinky Elvis's performance, and Randy Velez wrapped up the week with a fun dance and singing party! All this on top of the every day's activities!

Here's to summer – "Hot Fun in the Summertime" by Sly and the Family Stone *End of the spring and here she comes back, Hi Hi Hi there, Them summer days, those summer days... Out of school, yeah, County Fair in the country sun, And everything, it's true, ooh yeah, Hot fun in the summertime.*

He rocks in the tree tops all day long, Hoppin' and boppin' and singing his song, All the little birdies on Jaybird Street. Love to hear the robin go tweet tweet tweet - "Rockin' Robin" by Michael Jackson. Patty and Paula brought in two new Parakeets for the Garden's bird cage and new toys and supplies. Several people were curious as we brought them in inside of boxes for transport and started setting



4 Generations! Proud Great Grandmother, Sarah Brown and family.

up all the necessary things for their home, and that song was playing as we worked. Bill watched Patty place the birds in the cage. After they were settled Ruth S. sat quietly in front of the cage for a length of time just content watching them. The residents were excited and worked on selecting names for the beautiful green and blue birdies. Patty put together a voting system upon hearing several suggestions, and their names came to be... Cheese & Crackers!

We're an American band, We're coming to your town, We'll help you party it down, We're an American band – Grand Funk Railroad. We held a patriotic hotdog stand in the early summer outside with all the fixings, people were coming and going, people sitting on the porch, flags placed around the property, simply enjoying the sale. Thanks again, for your support. Patriotic décor of a firecracker bundle, a star reflecting freedom, and a "flag" swag is set on the fireplace mantle for the summer. We are working on various patriotic crafts with Patty, too. Also, remember, we have new flags for sale at \$5 as a fundraiser – just see the receptionist.

It was 73 degrees and sunny the evening of our Strawberry Fest, perfect and comfortable for it, and we were surrounded by newly planted flowers for the season – red geraniums, pink petunias, and the yellow day lilies in bloom. A good crowd was present as the Sugarcreek Duo started performing. Then they had a joke – what's better than your shortcake? – Your spoon and teeth to eat it! Back to guitar strumming and singing. Another question – who likes candy? Bob's hands were in the air – and they rolled into the song "Lolli Pop, Lolli Pop". Cara Marburger helped Jody serve fresh berries or the gooey kind atop pound cake and whipped cream, and strawberry smoothies

were available, too. Terrie the singer - what do you call a lamb covered in chocolate? A chocolate baaa! More music played, then Sam requested a polka – Terrie and Steve wondered if they make a strawberry beer? Pretty likely nowadays! Lot of visiting and relaxing. From a conversation it was discovered that employees Becky W. and Kathy J. and residents Tom H., Sam M., and Dee C. all worked together at the tile plant in East Sparta around

2005ish. Ok, one more – Steve said – broken strawberry? Need a strawberry patch! They are so kind to customize their song set to our specific fest each month.

They were "Dancing in the Street" (Martha and the Vandellas) *Calling out around the world, Are you ready for a brand new beat? Summer's here and the time is right, for dancing in the street... All we need is music, sweet music. There'll be music everywhere, There'll be swinging and swaying and records*



Bev and daughter, Laurie, appreciate the Mother's Day Tea.

playing, Dancing in the street. Oh, it doesn't matter what you wear, Just as long as you are there. So come on, every guy, grab a girl. Everywhere around the world, They'll be dancing, They'll be dancing in the street. – Yup, that's what our events seem like at times!

A presentation by Library Linda was in the Gardens recently about the "Good Ol' Summertime", and it was very reminiscent of lots of things we all remember: Last day of school a Track & Field Day was held, Memorial Day Service and the Boy/Girl Scouts recited "In Flander's Field" (which she did as a young Girl Scout), summer weddings, farmers' markets, VBS, ice-cream socials, milk delivery in glass bottles on your back porch, making sun tea and home-made lemonade (she now does this with her granddaughter), fishing, baseball, and more. The residents were well engaged, heads nodding yes, shouting our stories, and the like. Brings back good memories.

"A Summer Song" by Chad & Jeremy – *Trees swayin' in the summer breeze, Showin' off their silver leaves... Sweet sleepy warmth of summer nights, Gazing at the distant lights, In the starry sky... Pleasant scenery as we spend time on the front patios in the morning, afternoons, and evenings with friends and families or as an activity takes place. It also pertains to our plans for an outdoor movie under the stars in the late summer – hope you can join us that Friday night! Can you also hear old Blue Eyes singing: The summer wind came blowin' in from across the sea... Like painted kites, those days and nights they went flyin' by, The world was new beneath a blue umbrella sky... The summer wind, Warm Summer wind.*

V-a-c-a-tion, we're gonna have a ball, Vacation under the summer stars, We're gonna mashed potato to a jukebox tune, We're on vacation til the start of the fall – sung by

Connie Francis. Lots of staff have planned their vacations and we all like to hear about them in different ways: Like Sue S. of Housekeeping counts down the days and hours all year long to her beach trip down south; Tammy and her husband are spending time with their grandchildren camping and driving back to Indiana; Kathy's adventures to Top Sail N.C.; a young family and their babies experiencing a swimming pool; somebody's mission trip, and more. Patty has us reminiscing about past travels such as in big ol' station wagons perhaps to the Grand Canyon, camping around the states, visiting relatives, maybe heading to a concert or ballgame, and the like.

T-shirts, cut offs ...we're having fun all summer long, Miniture golf and Hondas in the hills... Every now and then we hear our song – Sung by the favorite Beach Boys. Remember when they came to Alpine Hills near Sugarcreek in the 1990's! Chrissy Sickinger at age 3-4 called them The Beach and the Boys as she was on top of her dad's shoulders while at that concert!

A good old summer game – kickball! We had a lot of fun as the staff played in a kickball tournament for an Alzheimer's fundraiser organized by Pioneer 360. Erin S., Sharla F., Lauren and Clint Wilson, Brenna and friend, Brian H, and Shannon versed Metal Masters (an all-male team), though a win wasn't in the cards that day, everybody enjoyed it for the cause,



Glen and Ann Groh support the hotdog lunch fundraiser.

and we're glad they participated. Other teams included Keating, First Federal, and Allied.

We all love Nat King Cole and "Those Lazy-Hazy Days of Summer" singing *Roll out those lazy, hazy, crazy days of summer, Those days of soda and pretzels and beer... Dust off the sun and moon and sing a song of cheer, Just fill your basket full of sandwiches and weenies... You'll wish that summer could*

always be here... So true!

Father's Day Breakfast honored our dads and sons and friends. Eggs, bacon, sausage, ham, potatoes, trail and cheese, fresh fruit was sure to please the masculine appetite! The tables looked nice with cream colored clothes and a brown paper runner, red napkins, and yellow balloons as centerpieces. Masculine decorations spread around the room and in the hutch consisted of old tools, various styles of hats and ties, old albums loaned by Nick Henning, a dark metal car and bus, a trophy from the Country Club, and more all done with the talented touch of Annette. There was great music by a guitar duo of Charlie Berwinkle and Tim Weddington playing jazz/folk music that was really cool! Lots of photos were taken and memories formed and shared. Many thanks and appreciation was expressed. A trip to Auman's TV Museum just for the men followed a week later, and it was reminiscent with so many TVs collected over time.

More good music was shared soon after that with a performance by Forever Young who were all decked out in patriotic colors, prints, and accessories. They opened with "Rain Drops Keep Falling on My Head" (appropriate for our wet season), "Rocky Top Tennessee" with the audience clapping, and several more. We appreciate their energy, compassion, and fun!

All the fundraiser prizes were announced in June, and Cindy Swartzwelder was pleased to win the Cedar Point tickets ("Roller Coaster" by Ohio Players), Donna Schiller was excited to win the Cleveland Indians basket ("Cleveland Rocks" by Ian Hunter from the Drew Carey Show plays at the Indians games), Ruthie Meese was happy with the Close Parking winnings, and Bonnie was surprised with winning the Mini Get-Away ("Come Fly with Me" sung by Frank Sinatra), along with several other lucky winners! If you didn't win this time, there are more opportunities – just watch for the signs and displays. Thank you, thank you for all the great support!

The Valley Quilt Guild joined the 9/11 Quilt Project Initiative, and Ginny, Dee, and Patty went to see it. Following the 9/11 tragedy to pay tribute to those who perished in the



John Pershing loved STNA Brock's four day old goat!

attack, a website was developed on which donations were requested for red, white, and blue quilt blocks in a star pattern to represent each victim. It gained national attention and she received 20,000 blocks from 30 countries! Our group found the show amazing, and had a hard time deciding their favorite. They never saw so many versions of the R/W/B fabric stars. They said it was very moving, especially the young age of some of them. Music was playing including one called "Where Were You When the Towers Fell?" It reminded us of how united we are as Americans. – After reading/writing this can't help that the song "Proud to be an American" filters across the mind. To find out more about where the quilts will be displayed, visit the 9/11 WTC Memorial Quilt Project on Facebook.

Seals and Crofts' "Summer Breeze" is an easy one to hum along as we go through summer – *Summer breeze, makes me feel fine, blowing through the jasmine of my mind... Sweet days of summer, the jasmine's in bloom... Summer breeze, makes me feel fine...*

There's a lot to experience this summer like our card party for the causes, more park concerts, ice-cream sales, the pig roast, a campfire and peach fest, apple pie contests, and the list/beat goes on!

So, enjoy your favorite melodies and seasonal recreational activities and join ours, and make a lot more good memories! And, have a song in your heart!

*Learn from Yesterday
Live for Today
Hope for Tomorrow*



Bud H. and his wife enjoy the 8 week old puppy visit his grandson brought in.



Dorothy and Kathy, Louise and Sonia L. appreciate the Mother's Day Tea.



Candy buying lunch at the hotdog fundraiser



Kathryn is surrounded by family enjoying cookies as they visit during Mother's Day.



Ruth L. and daughter, Mary Beth enjoy the Mother's Day Tea.



Anna and her granddaughter share time together at the Mother's Day Tea.

April, May, and June passed in a flurry! We enjoyed so many activities together – laughing, singing, and joking together. One of the most interesting outings we had was a visit to the Dover Public Library after the remodel – it was beautiful and so enjoyable, and to know that this is right here in our community! We enjoyed cookouts, live entertainment,

Of course, how can I not say this – July came in with a bang! We made patriotic crafts to decorate our lounge and also drew our own fireworks that we hung on display. We always sing patriotic songs, however, we sang them that much more during the holiday time!

In the spirit of keeping with Kathy's Kocktails (mock), we enjoyed Pina Coladas, "hard" lemonade, fuzzy navels, daiquiris (flavored), and so many more others to continue with this fun activity.

We also shop at Walmart giving our residents an opportunity to shop for themselves and to have a good look around to see what is popular now. We don't miss a trick! Thank goodness for our bus and drivers so we can shop and travel to other points of interest like: concerts, a trip on the Atwood Queen, and just an old fashioned ride in the country!

We are having a small picnic on our back patio; hamburgers, hot dogs, potato salad, baked beans, watermelon, and strawberries. We've often talked about this around our "Kitchen table" and just decided to do it! Hoping for the perfect weather, too!

The summer concert series are back, and we attended many like: Ron Retzer Trio, Dominic Grecco Band, Trumpet Singers, McCartney Project, and the U.S. Navel Band. Once again, thank goodness for the bus!

The end of July brings our bi-annual Pig Roast – a welcome time for family and residents to join together over a delicious meal and enjoy the live music, our theme this year is Tropical, so wear your colorful clothes! Come and enjoy the wonderful menu of: pulled pork sandwiches, baked beans,

potatoes, cornbread, coleslaw, fresh fruit, and pineapple upside down cake, and lots of beverages! It will be a great evening!

We also continue to support the Am. Cancer Society and the Alzheimer's Assoc. through our many small and larger fundraisers such as a Walking Taco stand, pizza, and other lunch stands, raffle baskets, and of course, our infamous card parties – one scheduled for July 31 plus scrumptious full refreshments! "We'll leave the light on for you"!

We are hosting our outdoor Campfire fest the evening of July 29 with live entertainment, and we will also enjoy the Peach fest Wed, August 21, and a Western theme in September. They will be after supper at 6:30pm and we will have theme snacks.

In August, we will entertain our residents at a Women's Luncheon Aug. 15 with Sue Rusk singing to us, and a Men's Luncheon on Aug. 16 with Bruce Seever's crooning.

Some of the National Days for the summer are lemonade day, cherry Popsicle day (guess what we'll be having!), best friends day, gorgeous grandma day, and a few others just to interject something interesting and different in our everyday life! At the end of the month we will be taking to "the high seas" on our



Evy joined in the Dr. Seuss photo session for NH Week celebrations.

choir nights, a Memorial Day service, Mother's Day Tea, and Father's Day Breakfast – for a few. We continued to celebrate our National Days such as: the birthday of Daffy Duck, Penguin Day, Mimosa Day, and Coca Cola Day (big hit!), Ginger Snap Day, and great fun with Pink Flamingo Day.

~ continued on page 30

DOVER HOMESTEAD



Louise likes the hanging floral basket Kathy bought from the sale.



Mr. and Mrs. Kaple admired Brock's newborn goat, Lilly.



Hostess Kelly and Patty of Activities having a merry time with the Dr. Seuss theme for N. H. Week fun.



Jean H. and her niece enjoyed the new outing for lunch at Chipotle.



Emily Morris of Housekeeping, shares her young goat with Jean.



Kathy and the whole group icing cookies together.



Ruth L. and daughter and Nurse Nancy admire the big assortment of geraniums and Ruth reminisces about her days selling them as a fundraiser.



Donna, Kathy and Louise colored a lot of Easter eggs!



Alice and her daughter share the day at the Mother's Day Tea.



Nurse Bonnie N. shares her photos with Ruth E.



Jean did a nice job coloring Easter eggs.



Lauren and Lucy enjoy the Tea together.

DOVER HOMESTEAD

~ continued from page 28

cruise on the Atwood Queen with box lunchd – Ahoy!

September brings the beginnings of fall, football games, and our own Apple Pie Bake-Off. Each unit makes their own pie, with their own recipe and secret ingredients! The pies are then tasted and evaluated in different categories by a panel of judges. Once the winners are announced we all get to taste all the entries! What could be a better way to spend the afternoon! Then comes the afternoon of Sept. 8 – Grandparents Day! Live entertainment and refreshments at 2:00pm – Come one, come all! And then, the Tuscarawas County Fair! The bus, the truck with all the

wheelchairs, other cars, box lunches, extra staff and volunteers, and residents for three days that week! So much to see, to do, and to eat! What a wonderful day! A great reason to sleep good at night! Also, we welcome any family or friends who would like to help their resident that day.

At the time of this writing we are getting ready for the HCC Choir night, a gathering of residents to sing for an hour all sorts of music. Soothing for the soul and the mind, and yet so much fun.

Remember: “I am in charge of how I feel and today I choose happiness”.

Kathy & Lauren



Enjoying a family visit on the front porch

ALZHEIMER'S KICK-OFF



Samantha and Chrystal of the committee visit.



A visitor browses the information table.



Robin and Cindy, committee members, visit with their guests.



Kathy visits with a new volunteer!



Carrie Kinsey, owner, and Taylor McCartney, new committee member.



Amy Smith of WJER of the committee visit with another member, Kiley Kendall and husband.



Chrystal Norris, a winner of the Cleveland Raffle Basket.



Sue Stokey supported the event and raffles and won the scratch-off lottery tickets!

STNA/NURSES DAY CELEBRATION



"Hannah with an H" poses with Larry after her performance.



STNA Tammy and Nurse Sylvia appreciate each other.



Mike Wilkoff sings Country to Virginia.



Dan Gribble singing as Vickie joins in.



STNAs Jennae, Heather and Julie enjoy their lunch at the table.



Staff enjoy their lunch buffet selections.



Sharla and Mel having fun with cornhole as Dan Gribb plays the guitar.



Dan Gribble, Kathy and Chef Matt take a lunch break.



Nurse Sylvia, Kathy and David enjoy some time conversing.



Angel, Erin and Jess are eager to try the s'more pies with hot fudge.



Jean and Kathy enjoy the atmosphere of the event.



Chrissy and John enjoy the picnic lunch together.



Brian and Mel square off for cornhole.

A Recap of the Fun and Festivities of the Past Quarter...

- Spring Card Party – Thanks for your support (Woo Hoo!)
- Staff's children attend the Easter Egg hunt at Bolivar HCC (Sweet!)
- Our hutch's spring décor: Gold plates, soft colored eggs, Easter decorations, etc. (Pretty!)
- Fun sleep education with knowledge and the Administrator Brian, flipping pancakes, and staff wearing PJs (Fun!)
- Good Friday service with Pastor Dotty of St. John's, moving (Thank you!)
- Special Easter dinner with families, here and out of facility, visitors, church service (Special!)
- Honored our Volunteers with a special breakfast – we love and appreciate you! (Thank You!)
- Game Nites – cards, board games, fun, prizes! Won't you join us?! (Delightful!)
- Arts & crafts – beautiful tissue paper canvas designs for holidays and spring. Canvas painting, jewelry, greeting cards, clear eggs filled with personalized things, and more (Talented!)
- Mall outing – shopping, browsing, visiting (Interactive!)
- Lunch Bunch to Bob Evans for the fundraiser (Supportive!)
- HCC and staff supported the Am. Cancer Society Quarter Auction (Lively!)
- Received darling Easter cards from St. Mary's Preschool class in Dennison (Precious!)
- Spring activity packs of various puzzles and coloring pages made for us by Leslie the Receptionist (Stimulating!)
- Dover Library renovation tour: Met Jim Gill, Director; saw many of the rooms; John enjoyed the huge selections of travel and map books; saw the painted wall mural by local artist, Joyce Stahl; some checked out books to read ASAP, Doug asked lots of questions to Linda; saw her office, Library Linda happy to show us her award won last year from the State of Ohio to a big round of applause! (Awesome!)
- Bread and Baked Goods sale just in time for the holiday – Thanks again for your

support! (Scrumptious!)

- Mel's Spring Creations Sale – so talented and creative! Sold quickly (Thanks for your support!)
- Library Linda presentations – travel destinations Morocco, Sweden, Festivals around the World, and more (Interesting!)
- Annette attended the Alzheimer's Assoc. Caregiver Education Training at the Dover Library (Worthwhile!)
- More crafts – River biscuit rock painting – darling lady bugs and more! (Cute!)
- Flower basket sale – beautiful and sold quickly (Thank you!)
- Staff enjoyed a paint night with Patty (Hidden talent!)
- Visits by staff in prom attire (Beautiful!)
- Mother's Day hutch décor – Annette's mother's aqua dishes, gold chargers, flowers, spring items to accent (Special!)
- Mother's Day Tea – Ham salad sandwiches, fresh fruit, cheese cubes, petit fours, flavored coffees with centerpieces of pale pink roses in tower vases, with fun music by the Kodachrome Babies (Special times!)
- Hutch décor for National Nursing Home Week – Dr. Seuss Theme with nine books per each window, red accents, red and white polka dots, and on top – red chairs and Dr. Seuss (Fun!)



**Canvas Painting
Arlene, Cindy, Dee and others!**

- Said farewell and gave our best wishes to Receptionist Trish Haynam, who retired after 14 years (Thanks and enjoy!)
- Welcomed Karen Bursh as another Receptionist (Welcome!)
- National Nursing Home Week Celebration: Dr. Seuss theme – Dance Company from Melody in Motion of Newcomerstown, singers, the Akron Zoo, entertainers, special crafts, Elvis, and Randy Velez (Wow wee!)



Arlene loves the 4 day old baby goat of STNA Brock.

- Special cookout for STNAs & Nurses Days open to all staff, and residents, staff, families, and visitors enjoyed eating, dancing, singing with three different entertainers that afternoon (Delightful!)
- Memorial Day program with Annette's niece, also Annette, sang the National Anthem, Bruce Seevers played and sang patriotic songs, and graduate nurse Ryan Meese of the National Guard visited-special (Honorable!)
- Patriotic hot dog lunch stand is always enjoyed (Who wants seconds?!)
- Strawberry Fest with fresh berries and sweet, gooey berries, pound cakes, whipped cream, strawberry smoothies – all enjoyed outdoors one pleasant evening to the delightful theme music of Terrie and Steve (Fun!)
- Lots of baby visits by staff, residents love it (Adorable!)
- Celebrated Coca Cola day with Coke floats (Super!)
- Father's Day breakfast – ties, hats, old shoes, old books (a gift from Annette's hubby), Kiwi wooden supply box, an old measuring tool of the late John Henning, old videos of the late Jim Homan, books and more, and a photo booth set for the big breakfast enjoyed among the nice folk/jazz guitar duo with family and friends (Awesome!)

~ continued on page 35



Staff's finished canvases with a Dr. Seuss theme for N.H. Week Celebrations.



Kendra (Rehab) and her son enjoy their lunch break together while supporting the fundraiser.



Dee loves the little costumed dancer as they visited and their recital for the Nursing Home Week Celebration.



Rich, Thelma and others enjoyed the breakfast outing to Bob Evans.



Look what I got, Mom! We just picked her up, as we adopted her today. Dot and daughter with 16 week old puppy.



Sharla Fish boots the kickball during the tournament.



Brian Hennis runs to first during the kickball game.



The Hennis Kickball Fundraiser Team!



The salon stylists looking good with the Cat in the Hat decor for N.H. Week festivities.



Ruby and Brenda pose with some Dr. Seuss decor.



Annette does a great job at the Bake Sale visiting and selling.



Libby enjoys the healthy red geranium as the Mother's Day Tea favor.



Ruby gets a corsage pinned on, as son, Eric awaits.



Hostess Kelly and Annette distribute flowers for the Mother's Day Tea to delighted Betty.

DOVER REHAB



Annette and Jerry playing Cribbage.



John enjoys the sun, the outdoors and supervising the flower workers.



Becky Wassem (Dietary), and a church member of the Dover Apostolic Church gave their time to plant flowers all around Rehab.



Cindy loves Haven, the new goat belonging to Emily Morris of Housekeeping.



Dover Library Tour



Arlene, Annette, Dee, Cindy and Sam enjoy a game together.



Look who the camera found during Nursing Home Week festivities - Carolyn Dreher!



Jim G. and John forged a nice friendship and enjoy the paint activity for N.H. Week.



Verre pets the young goat Emily of Housekeeping brought in.



Dee appreciated the reason behind the 9/11 Quilt Project Quilt Show and enjoyed viewing them.



The audience loved Elvis' performance to help us celebrate Nursing Home Week.



Evy is serenaded by Elvis during his performance for national Nursing Home Week.



June's Lunch and Learn at the Sr. Center - Rich VanArsdalen receives a hug from a guest.



Patty and Jody spend some time together for the mother's Day Tea.



The Breakfast Bunch enjoyed their outing to Bob Evans.

VOLUNTEER APPRECIATION BREAKFAST



Patty welcomes the guests.



Volunteers Paul and Kathy share a hug with Kathy Marburger.



Lauren helps serve the Dover Library ladies.



Dover Apostolic Church group.



Library Linda won a wreath, gift card and flowers!



Annette and Bible Study Diane



Angel and guest of Pat's Porch enjoy the volunteer buffet.



Annette visits with Kathy Irwin.

REHAB ~ continued from page 32

- Auman T.V. Museum men's outing, huge selection of old t.v.s (Nostalgic!)
- Am. Cancer Society Relay For Life community walk – HCC supported it in many ways and participated in the walk, donated a check of nearly \$7000 with more coming in – thanks for all your support in multiple ways! (Appreciated!)
- June Hutch décor – Father's day: Old Spice bottle, old dress shoes, bronze statue, measuring tape and the like, several things loaned by Jane Deitrick, the Henning family, and the late Jim Homan.
- Cribbage game on the front porch (Stimulating!)
- Library Linda presented "The Good Ol' Summertime" (Reminiscent!)
- Staff participated in an Alzheimer's Fundraiser kickball game (Cool!)
- Fundraisers' winners announced, fun to hear and see who got what (Anticipating!)
- Sub sandwich fundraiser – always appreciate the opportunity to build your own sub (Super!)
- Atwood Queen boat ride – anticipating a good time in August* (Serene!)
- Welcomed new entertainers – Ted Burkholder and Brennady Barnes (Wonderful!)
- Summer card party – camaraderie, good buffet, and fun (Appreciate attendance!)

Anticipating much more fun with the peach fest, the pig roast, campfire fest, summer luncheons and a whole lot more! Stay tuned!

Live Big & Have Fun!

AMERICAN CANCER SOCIETY RELAY FOR LIFE COMMUNITY WALK



*Thing 1 and The Cat in the Hat
Dr. Seuss Relay Theme
Cancer = Not here, Not there, Not anywhere!*



Vesta tries her hand at the game wheel.



The group holds the Platinum level sign that Hennis received.



Everyone likes the campsite buffet.



Kevin Korn and Annette Cookson dancing and groovin'



Survivor Dinner enjoyed by many.



Volunteer Shirley and Kathy visit.



Annette and Vesta listen about a survey.



Tom and Patty Dunkle with their dogs, Bella and Trixie.



It was a great day for the walk!



Survivor Dave and Ruthie Meese are always big supporters.



This little girl is about the size of the dog, Bella.



Sharing helpful literature.



Daniel and Elizabeth Sickinger stroll the route.... after a 12 hour work day!



Bill Harding visits with Jake Masters.

THE SEASON — RHUBARB

TICKLED PINK!

"Ever since I moved to London in 2004, I've been obsessed with 'forced' rhubarb, which is **grown in sheds completely in the dark and harvested by candlelight** so the stalks never have a chance to turn green and instead become a gorgeous hot pink. People go crazy for it here."

—CLAIRE PTAK, Violet Bakery, London

The inside of this cake is gooey in a good way, like the center of a chewy macaroon.

RHUBARB CUSTARD CAKE

Butter and flour a 9"-diameter springform pan. Whisk **1 cup all-purpose flour**, **¾ tsp. baking powder**, and **½ tsp. kosher salt** in a medium bowl. Whisk **2 large eggs**, **1 large egg yolk**, and **1 ½ cups sugar** in a large bowl until very pale and thick, about 1 minute. Whisk in **4 Tbsp.**

melted unsalted butter, **¼ cup sour cream**, **2 Tbsp. dark rum**, and **2 tsp. finely grated lemon zest**. Add dry ingredients and fold until smooth; scrape into prepared pan. Arrange **12 oz. rhubarb stalks** over batter, trimming as needed to fit. Sprinkle cake with sugar and bake in a 350° oven until golden brown, 45–55 minutes. Transfer pan to a wire rack and let cake cool 10 minutes. Slide a knife around sides to loosen; unmold. Slide cake onto rack and let finish cooling.
DO AHEAD: Cake can be baked 1 day ahead. Store tightly wrapped at room temperature. **8 servings**





LUNCH & LEARN SENIOR CENTER WINNERS

3 Gift Cards, 15 raffle tickets to fundraisers

ALZHEIMER'S KICK-OFF EVENT –

- OSU Basket – Joan Fishel

Jewelry Box Raffle – Ruth Meese

2019 WEDNESDAY DRAWING WINNERS

March 13, 2019

Harold Baker – Dover
(Bob Evans Gift Card)

March 27, 2019

Jess Karl – Dover
(Marshall's Gift Card)

April 10, 2019

Erin Swartzwelder - Dover
(Marshall's Gift Card)

April 17, 2019

Mel Korn - Dover
(Subway Gift Card)

May 1, 2019

Lauren Wilson - Dover
(Chipotle Gift Card)

May 15, 2019

Donna Bertram – Bolivar
(Texas Roadhouse Gift Card)

June 26, 2019

Jess Karl - Stone Creek
(Marshall's Gift Card)

RAFFLES

Cleveland Indian Basket Raffle

Donna Schissler

Osu Raffle Basket

Freda Morris

Spring Scratch-Off Lottery Raffle

Melanie Korn

Summer Picnic Basket-Lunch

Robyn Page

Mini Overnight Get-Away

Bonnie Beorn

50/50

Lynn Sparks

Massage Package Raffle

Lauren Wilson

Cedar Point Admission Raffle

Cindy Swartzwelder

Wrapped Gifts

- 1) Mary Lukens
- 2) Jane Kishbaugh
- 3) Jerry Kishbaugh

Close Parking Space Raffle

Dusti B
Debbie Parsons
Kathy Little
Ruthie Meese
Kathy Little
Kathy Little

*Thank You Everyone
For Supporting
Relay For Life
and the
Alzheimer's Association!*



Congrats Ryan on becoming a nurse.

Special Thanks to...

- Marge Folger and friends for donation of many new greeting cards
- Ronna Coventry, teacher at St. Mary's Pre-school & Pre-K in Dennison, for cards made by the students for St. Patrick's Day and Easter
- Dee C. for sewing flannel blankets for St. John's Cancer bags for the community
- Lynn C. for crocheting lap blankets for St. John's Cancer bags for the community (using donated materials)
- Debbie Hamilton for making and donating activity pads



Robyn, a raffle winner, is ready for a Summer picnic! (H)



Mel Korn is thankful she won the scratch-off lottery tickets raffle! (G)



Jody Morris is tickled she won the Hennis OSU raffle basket! (R)



Donna, a huge Indians fan, won the Cleveland Indians raffle basket!

What Are Grandparents Made Of?

Hope and pride, pure joy inside
Warm hugs and kisses, shooting star wishes
Tickles and fun, a sprinkle of sun
Hands to hold, hearts of gold...

That's what grandparents are made of
Tales from the past, memories to last
Laps for reading, "I love you" greetings
Wisdom to teach, always in reach
Toys galore, eyes that adore...

That's what grandparents are made of
Patience and time, trees to climb
Baby photos in frames, childhood games
Bragging rights, sleep over nights
Comforting arms, magical charms...

That's what grandparents are made of
Kindness and care, affection to share
Hear-to-heart talks, unhurried walks
Faith and trust, spoiling a must
Endless love, a gift from above...

That's what grandparents are made of

-Teri Harrison





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

REGISTER TODAY. alz.org/walk



SATURDAY, SEPTEMBER 21

Check-in 8:30 am • Opening Ceremonies 9:30 am

DOVER MIDDLE SCHOOL

2131 N. Wooster Ave., Dover, OH 44622



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

Henn's 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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