



THE

# Friendly Visitor

HENNIS CARE CENTRE

OCT | NOV | DEC 2018

*Dover & Bolivar, Ohio*

## People Who Can Help

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

### DOVER

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

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

### BOLIVAR

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

### HOSPICE HOUSE

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

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

[www.henniscarecentre.com](http://www.henniscarecentre.com)

## Joy in Service

*How wonderful it is that nobody need wait a single moment before starting to improve the world.*

~ Anne Frank



I hated everything about my life that summer. I hated my job. I hated my roommates. I hated being around my friends, who seemed to live perfect lives. I hated being around people who were cheerful and I wanted them to be as miserable as I was. But mostly, I hated that I was filled with so much hatred.

Looking back, I still can't figure out what made me feel so much animosity towards everyone and everything. All I know is that I was mad and that I was sick of being mad. One day, I vented my frustration to my younger sister. I knew my overall attitude towards life was damaging my relationships with everyone and that I just needed to get over whatever was bothering me. But it seemed like the harder I tried to "be happy," the more things would just anger me.

After listening to me bemoan my rotten attitude for half an hour, my sister said to me, "Have you tried praying?"

I couldn't believe she would suggest something so stupid. I had just expressed a deep, unexplainable rage to her, and her advice was to pray? After glaring at her for a few moments, I regret to report, I responded with, "Prayer? That is the stupidest thing I have ever heard!"

My sister looked at me sadly for a few seconds and then said, "Perhaps this is the reason why you are struggling right now."

Even though I initially reacted to my sister's advice with scorn, I did think about what she had said to me. I realized that she was right. I had let my church attendance slip that summer. Even when I did go to church, I didn't pay much attention to what was said. I couldn't remember the last time

that I had read the scriptures. I had let my spiritual life come to a complete halt. So I finally swallowed my pride and knelt down in prayer.

A few days later, I was talking to a friend and she mentioned how sad she was feeling over the recent death of her grandmother. The day after that, another girlfriend was saying that she didn't feel like she belonged in our community: I suddenly felt the strong urge to do something kind for these two friends that were feeling so down. I talked to my sister, and we decided to "heart attack" these friends. We cut out paper hearts and wrote kind messages on them. As we were preparing the surprise for the two friends, the names of five other people came to mind. So then we cut out more hearts and wrote more messages. Later that night, we placed the hearts on the vehicles of our friends and also left a dozen cookies or a bag of candy for each of them.

As the days went on, we heard from each person who we had "heart attacked" how much they appreciated whoever had done this for them. They said they had been feeling as if no one cared. It felt so good to know that I, being as angry and hard-hearted as I was, had made someone else feel special. And suddenly, just like that, I realized I wasn't angry anymore. Whatever horrible thing had managed to capture my heart for that summer was gone. By forgetting myself and serving others, even in a way that some might think is silly, I had forgotten that I was angry: I had found joy in service. And now, whenever I find myself getting a little angrier than I ought to, I know that it is time for me to do something for someone else.

-Nicole Hone Webster

SOURCE: *Chicken Soup for the Soul*

# Flu & You



## Influenza (Flu)

Flu is a serious contagious disease that can lead to hospitalization and sometimes death.

### How does flu spread?

Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. A person might also get flu by touching a surface or object that has flu virus on it and then touching their own eyes, mouth or nose.

### How long can a sick person spread flu to others?

People infected with flu shed virus and may be able to infect others from 1 day before getting sick to about 5-7 days after getting sick. This can be longer in some people, especially children and people with weakened immune systems. This means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

### How severe is illness associated with flu?

Each flu season, different flu viruses spread and affect people differently based on their body's ability to fight infection. Even healthy children and adults can get very sick from the flu and spread it to friends, co-workers, and family. In the United States, millions of people have to visit the doctor because of flu and hundreds of thousands are hospitalized from flu complications each year.

While flu can make anyone sick, certain people are at greater risk for severe illness resulting in hospitalization or death. This includes older adults, young children, people with certain long term health conditions such as asthma, diabetes, and heart disease and women who are pregnant. (See "What should I do if I get sick?" for the full list of high risk factors.)

### What can I do to protect myself from getting sick from flu?

CDC recommends a three-step approach to fighting flu: vaccination, everyday preventive actions, and the correct use of antiviral drugs if your doctor recommends them.

## Prevention

### #1

### A flu vaccine is the first and most important step in protecting against flu viruses.

■ While there are many different flu viruses, the flu vaccine protects against the viruses that research indicates will be most common.

■ Flu vaccines protect against three or four viruses; an H1N1, an H3N2, and one or two influenza B viruses, depending on the vaccine.

■ Everyone 6 months of age and older should get vaccinated against the flu each year.

■ Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. Vaccination also is important for health care workers, and those who live with or care for high risk people to keep from spreading flu to high risk people.

■ Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for or live with them should be vaccinated to protect these babies.

### #2

### Take everyday actions to help prevent the spread of germs that cause respiratory illnesses.

■ Try to avoid close contact with sick people.

■ If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.

■ While sick, limit contact with others as much as possible to keep from infecting them.

■ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

■ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

■ Avoid touching your eyes, nose and mouth. Germs spread this way.

■ Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

### #3

### Take flu antiviral drugs if your doctor prescribes them.

■ If you get the flu, antiviral drugs can treat your illness. These drugs can make illness milder and shorten the time you are sick.

■ Antiviral drugs work best when started in the first 2 days of symptoms to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness.

## If You Get Sick

### What should I do if I get sick?

If you become ill with influenza symptoms you should stay home and avoid contact with other people except to seek medical care. Most people are able to recover at home from flu without medical care.

However, some people are at greater risk of serious flu-related complications. They are:

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women (and women up to two weeks postpartum)
- People who have:
  - Asthma
  - Neurological and neurodevelopmental conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].
  - Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
  - Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
  - Blood disorders (such as sickle cell disease)
  - Endocrine disorders (such as diabetes mellitus)
  - Kidney disorders
  - Liver disorders
  - Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
  - Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
  - People younger than 19 years of age who are receiving long-term aspirin therapy
  - People who have extreme obesity (Body Mass Index, or BMI, of 40 or greater)

If you (or your child) are in one of the groups above and develop flu-like symptoms, consult a health care provider to get advice about seeking medical care. Also, it's possible for otherwise healthy people to develop severe illness, so any one concerned about their illness should consult their doctor.

There are "emergency warning signs" that should signal anyone to seek medical care urgently.

### Are there medicines to treat infection with flu?

Yes. Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu in your body. While a flu vaccine is the first and most important step in preventing flu, antiviral drugs are a second line of defense to treat the flu if you get sick. Antiviral drugs are not sold over-the-counter; you must have a prescription to get them. Antiviral drugs are not a substitute for vaccination.

### How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Continue to cover coughs and sneezes and wash hands even after you return to work. It is important to know that even if you don't have a fever, you may have flu and be contagious if you get flu symptoms.

### Emergency Warning Signs In Children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

### In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

### Flu Symptoms can include

- fever \*
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

\*It's important to note that not everyone with flu will have a fever.



**Centers for Disease Control and Prevention**  
National Center for Immunization and Respiratory Diseases



# DOVER-BOLIVAR STAFF APPRECIATION AT THE LYNN DRIVE IN THEATRE



Bring on the fun!



Ready, aim, toss - corn hole.



We're getting hitched soon!



We've got games, food and a comfy SUV.



Our gang is ready set.



Volleyball is fun!



Eating and watching with hatch back up.



We appreciate it!



Lynn Drive-Inn owners.



We're ready to eat our meals!



I get to eat in the front seat!



Fun for all ages!



It's JENGA!

# Memory Loss? We can help.

800.272.3900 | [alz.org/eastohio](http://alz.org/eastohio)

The Alzheimer's Association is here all day, every day for people facing Alzheimer's disease through our free 24/7 Helpline: 800.272.3900. Our Helpline provides reliable information and support to all those who need assistance, such as individuals living with memory loss, Alzheimer's or other dementia, caregivers, health care professionals and the public.

Our highly trained and knowledgeable staff can help you with:

- Understanding memory loss, dementia and Alzheimer's
- Medications and other treatment options
- General information about aging and brain health
- Skills to provide quality care and to find the best care from professionals
- Legal, financial and living-arrangement decisions

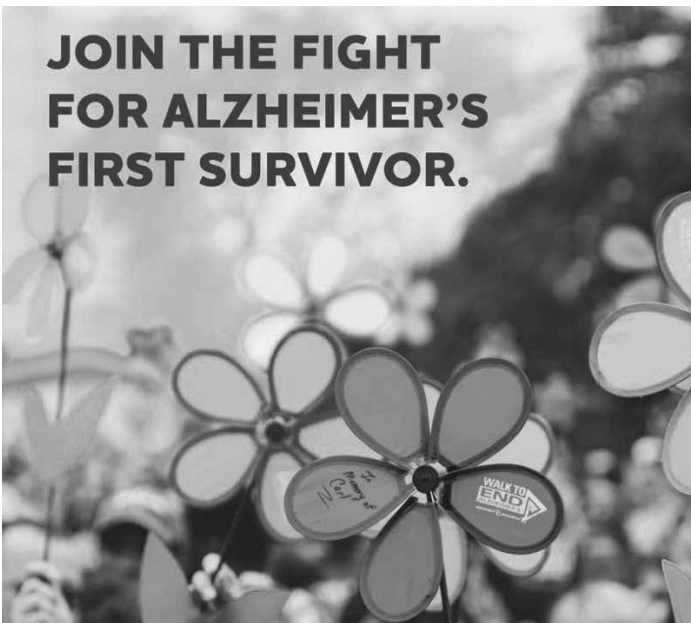
## Our Helpline also features:

- Confidential care consultation provided by master's level clinicians who can help with decision-making support, crisis assistance and education on issues families face every day
- Help in a caller's preferred language using our translation service that features more than 200 languages and dialects
- Referrals to local community programs, services and ongoing support

*Note: Our Helpline staff does not perform diagnosis. If you or someone you care for is having memory problems, please see your doctor. The 24/7 Helpline is supported in part by a grant from the Administration on Aging, U.S. Department of Health and Human Services.*

This project was supported, in part by grant number 90AC2811, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

**JOIN THE FIGHT  
FOR ALZHEIMER'S  
FIRST SURVIVOR.**



## Greater East Ohio Area Chapter

Offices in Hudson, Canton and Youngstown



## A world without Alzheimer's

- **Events** — Help raise awareness and funds by getting involved with The Longest Day®, the Walk to End Alzheimer's®, or our Paint the Night Purple galas.
- **Volunteer** — By helping in our office a few hours a week, serving on an event planning committee, or in one of a number of other roles, you can impact the fight to end Alzheimer's disease.
- **Advocate** — Share your story with elected officials to impact Alzheimer's policy and support national research funding.

The Alzheimer's Association is a nonprofit organization. Our services are free and made possible through the generous contributions of our supporters. Your gift can make a difference in the lives of families living with Alzheimer's disease. To make a donation, call 800.272.3900 or visit: [alz.org/eastohio](http://alz.org/eastohio).

800.272.3900 | [alz.org/eastohio](http://alz.org/eastohio)



**REGISTER TODAY.**  
[alz.org/walk](http://alz.org/walk)  
**800.272.3900**



## DOVER & BOLIVAR STAFF

### Summer Fun Tickets

Akron Rubber Ducks, Columbus Zoo,  
Zoombezi Bay, African Safari Wildlife Park,  
Kennywood Amusement Park,  
Pittsburgh Zoo & PPG Aquarium

### Flag Afghan

Barb Schenkel

### 3 Lunch & Learn Winners

Gift Cards, and 15 raffle ticket entries

## 30 VARIOUS GIFT CARDS FOR DOVER & BOLIVAR STAFF STAFF APPRECIATION DAY

### Red, White, Blue Traveling Vineyard Wine Basket

Patty Dunkle

### Fall Scratch Off Lottery Tickets

Jo Lynn

### Thirt One Bag with Goodies

Bobbie Ballentine

## Special Thanks to....

Hazel Polka for a generous donation  
of fabric for crafts and 4-H!  
*We appreciate your generosity!*

## MAINTENANCE

# After a natural disaster, beware of unscrupulous contractors

What homeowners need to know  
about protecting themselves

Whenever a natural disaster strikes—whether it's hail, earthquake, or wildfire—contractors will rush to the affected area to offer their services in repairing damaged homes. Most are trustworthy; others, however, may be con artists intent on swindling often-desperate homeowners out of their disaster-relief checks and insurance settlements. Thus, it's important to be aware of potential scams: Billing for work not performed, charging more than the going rate, or even manufacturing damage in order to collect are just a few. But if you follow a few steps, you're more likely to find a credible contractor that can get your house back in shape.

**DO:** Call your insurance company. Find out if claims arising from your particular natural disaster are covered by your homeowners policy. When it's safe to do so, visually assess your home and take photos if possible. Then call your insurer. Your agent will help guide you through the claims process.

Get recommendations. Talk to neighbors, friends, and relatives who've had work done; ask your insurance agent for a few names (most insurers maintain a list of approved contractors); or look up local contractors on the National Association of State Contractors Licensing Agencies website ([nascla.org](http://nascla.org)).

Perform your due diligence. Just as you would with any home repair, get more than one estimate. Before making a final hiring decision, check with the local Better Business Bureau and/or home builders association to see if any complaints have been lodged against your chosen contractor. And insist upon seeing the contractor's license and proof of insurance. The contractor should have both general liability and workers' compensation coverage.

Get a written estimate and a signed final contract. Both should specify, in detail, the work that will be done and the materials that will be used. They should also provide a breakdown of the prices for labor and materials.

Be smart about payment. It's reasonable for a contractor to request a down payment for materials, but never put down a large amount until the contractor arrives on-site with the materials to start the job.



## BUILDING TRUST - Do your due diligence before hiring a contractor.

Image: alotofpeople - Fotolia.

Paying by credit card could give you some options should you need to stop or contest payment. And by all means, do not pay the contractor in full until the repairs are completed to your satisfaction.

**DON'T:** Hand over money to people claiming to work for government agencies. Legitimate state and federal workers should never ask you directly for money as compensation for performing inspections or filling out forms. And if you're told that you can get your insurance settlement or disaster relief funds faster if you pay a fee, don't believe it—no one on the up-and-up can accelerate the process.

Sign a contract without reading it thoroughly. Make sure the agreement includes a dollar figure and that your insurer is okay with the estimate.

Give your Social Security number to a contractor. No one needs it except the government agency that's providing your disaster relief funds. You'll only need to provide it once, when you first register with the agency handling the funds.

## FOR MORE INFORMATION

Trust AAA to steer you right on all your current and future Auto, Home and Life insurance needs. Combining your coverage with one insurance company could make a significant difference in your premium. Call 866.802.8210, or visit [AAA.com/insurance](http://AAA.com/insurance) for more information or to schedule a comprehensive Insurance review. MA - your trusted insurance advisor.

Source: AAA.com



# Nail Your To-Do List

Office gossip, cute cat videos, your *phone*: Distractions are everywhere. But it's not totally your fault that you can't stay focused. "We evolved to crave new information, because hundreds of years ago being aware of a rustling bush could've saved your life from a tiger," says Earl K. Miller, Ph.D., professor of neuroscience at Massachusetts Institute of Technology's Picower Institute. While we no longer risk being gobbled up on our way home, there is so much new information around us that our brains can't help but pay attention to every buzz, ping, or random thought. Turn the page to find smart solutions for staying on track, customized to how you get derailed.

BY STACIA AFFELT



## Target Your Problem and Find the Easy Fix

### THE PROCRASTINATOR

#### THE PROBLEM:

The new season of *The Handmaid's Tale* or even a pile of mail to sort-makes the choice to put off doing dishes seem very reasonable.

#### WHY YOU'RE LOSING FOCUS:

A lot of decisions, like turning on Hulu, come from below your level of consciousness. And it's up to your consciousness to convince itself that you made a good call. In other words, procrastinators are just great rationalizers. (That'll sound way better on your resume.)

#### HOW TO REGAIN IT:

Dilly-dalliers are more easily distracted, so steer clear of time sucks like your phone and your TV. Then set a timer for a short period, like 10 minutes, to keep you on track. When it goes off, check a few e-mails or read an interesting article before returning to the task at hand.

### THE MULTITASKER

#### THE PROBLEM:

You *think* you're tackling all your to-dos at once, but you're actually wasting more time than you save.

#### WHY YOU'RE LOSING FOCUS:

Switching from one thing to another tires out your frontal lobe, the part of your brain that helps you accomplish goals, because it keeps having to backtrack and figure out where you left off.

"Meanwhile, there are competing goals below your level of consciousness vying for your attention," Miller says. It's when your frontal lobe grows weak that they sneak in and trick you into thinking they're more important.

#### HOW TO REGAIN IT:

Prioritize the more important responsibilities (like paying bills) so you won't feel pressured to multi-task later on (like when the laundry has piled up).

### THE DAYDREAMER

#### THE PROBLEM:

During a (dreadful) morning meeting, your mind drifts to what you're going to make for dinner.

#### WHY YOU'RE LOSING FOCUS:

A tendency to let your mind wander might mean you have a more efficient brain. "Some people grasp ideas earlier than others, and their brains subconsciously direct their attention to finding new data instead," says Eric Schumacher, Ph.D., associate professor of psychology at the Georgia Institute of Technology.

#### HOW TO REGAIN IT:

"As long as you get work done, you may not need worry," may Schumacher. But if this habit cripples your productivity, studies show that scheduling a finite chunk of time to daydream can help you be more present when it really matters.

### THE WORRIER

#### THE PROBLEM:

Panicking about getting everything done in a day (how is 14 hours still not enough?) prevents you from getting stuff done.

#### WHY YOU'RE LOSING FOCUS:

Worry comes from your amygdala, the nucleus in your brain responsible for emotional responses. Those of some poor, unfortunate souls work at a higher rate than others', so they can't help over-worrying-whether it's reasonable or not.

#### HOW TO REGAIN IT:

Luckily, your brain is very flexible, and practicing common meditation exercises, such as homing in on your breathing or a nearby noise, can help train it to quiet your concerns, Miller says.

SOURCE: REDBOOKMAG.COM-May 2018

Hello; the autumn weather is fast approaching and I am wishing it would slow down! We had a lot of fun events going on around here throughout the summer months. July brought us lots of hot, sunny days starting with Andi's piano students providing us with some good Patriotic music on the 3<sup>rd</sup> and ending the month with the annual Hennis Pig Roast. We also had our regular entertainment to help us stay busy. We welcomed three newcomers to our entertainment list... "Old School" is a combination of 2 male cousins that play guitars and sing older type Country, Gospel, and Oldies, and Scott Miller brings us the memories of Frank Sinatra songs. We spent many mornings and late afternoons outside on the front porch with Bible Study, Trivia questions, reminiscing, just talking or listening to Oldies on CDs.

We enjoyed ourselves while Pontoon cruising on Atwood Lake during the first week of August. The day was cloudy and kind of drizzly, but we still had a good time. Chef Casey had sandwiches, chips, cookies and watermelon for us to eat for lunch and lots of cold water in order to stay hydrated. Our Captain told us some interesting facts about the lake and the surrounding area. And, of course, the sun came out from under the clouds just as we were leaving!

We had our Ladies' and Men's luncheons during August. The ladies were not too sure of the Watermelon soup that Chef Casey had for us, but found out that it was very good and refreshing!

The different types of miniature sandwiches were tasty along with potato salad and a personal size raspberry cream filled Bundt cake was served to each of

us! The men's luncheon consisted of Clam chowder, fish, chicken and hand-cut French fries along with Hush-puppies! Each person, once again, received their own Bundt cake, but this time it was chocolate cake with chocolate filling! We had quite a few family members that attended both of these luncheons and had full dining rooms. Thanks for joining us for this luncheon.

In September, we took our annual trip to the Tuscarawas County Fair. It was a really nice day for a picnic under the Grandstand and for looking at everything from animals to crafts. We also brought back as many freebies as we could collect! Everyone was tired from the day, but nobody complained. We tried to keep everyone awake by singing on the bus ride back to Bolivar, but there were a few "snoozers"! We want to thank all of the

~ Bolivar Gardens, continued on next page

## HAPPY THANKSGIVING

# The Thanksgiving Day Song

*After 175 years, we still sing these familiar lyrics*

by Marti Attoun

*"Over the river, and through the wood,  
To grandfather's house we go,  
The horse knows the way,  
To carry the sleigh,  
Through the white and drifted snow."*

As we hit the road for a Thanksgiving feast, those words roll off our tongues as easily as butter melting on Grandma's wonderful homemade rolls.

That's the first of the 12 verses of "The New England Boy's Song About Thanksgiving Day," published in 1844 by Lydia Maria Child. Through the years, the words have changed a bit and often refer to grandmother's house, but the 175 year-old bouncing song has staying power.

However, few people remember the prolific author of that ditty or know that she was a famous abolitionist, suffragist and pioneer in children's education.

Born in 1802 in Medford, Massachusetts, Child developed a love for reading and learning early on. At age 12, after her mother's death from tuberculosis, she moved to Maine to live with her older sister, Mary Preston. There Child continued to read whatever she could get her hands on and became a teacher, she also seized the opportunity to interact with the local Native American Population. But it wasn't until a few years later, after moving to the Watertown, Massachusetts, home of

her brother, Convers Francis Jr., a Unitarian minister, that Child really flourished academically, Ralph Waldo Emerson and other well-known intellectuals were frequent visitors to the home.

In 1824, 22-year-old Child published her first novel, *Hobomok: A Tale of Early Times*, which she completed in just six weeks. The book tells the story of a white Puritan woman's marriage to a Native American and explores racial and religious themes.



Throughout her literary career, Child wielded her pen to fight fearlessly for the rights of Native Americans, African-Americans, women and the poor. She published several novels, books of poetry and children's books, and founded a children's magazine, *The Juvenile Miscellany*. But her most successful work combined recipes and domestic advice, and was written for women who didn't have servants preparing meals and running the household.

Published in 1829, *The Frugal Housewife: Dedicated to Those Who Are Not Ashamed of Economy* popularized a recipe for a one-crust pumpkin pie that's become yet another favorite Thanksgiving holiday tradition.

Chances are that very recipe was the one on Child's lips as she wrote about her childhood sleigh ride on the way to her grandparents' home at Thanksgiving. The last verse ends with the line, "Hurra for the pumpkin pie."



~ **Bolivar Gardens,**  
*continued from previous page*

staff, volunteers and family members that went along to help out. We could not do this type of outing without your help!!

October!!! Yes it is here....we will be decorating the halls and filling bowls with candy for all of the little Goblins that will be visiting for Trick-or-Treat night. This is a night that we have for all of the Hennis staff and their families. We would like the residents to wear costumes also, so if you would bring in an outfit for your loved one to wear on this night, we would appreciate it. There will also be a Halloween party for the residents on the 31<sup>st</sup> and they can dress up for this day also. The staff is working on some plans for both of these days for group costumes; themes such as, The Jetsons, The Flintstones, Gilligan's Island, etc. It's gonna be a good time!

In November, we have two shopping outing days planned, our usual entertainment and getting ready for Thanksgiving. This outing includes eating lunch out and then doing some Christmas shopping; the times and dates will be on the calendar. If you would like more information on these days, contact the Activity Office and speak with Abby or Jeanne.

This year, we also have the annual "Jingle All the Way" Christmas Bazaar scheduled for November 3<sup>rd</sup> from 9:00am – 2:00pm. There will be venders here with crafts for cash and carry. This will be held in the front lobby and down the main hallway. There will also be food and beverages for sale. If you have crafts or know of someone that does, call and speak with Kathy, Abby or Jeanne for more information at 330-874-9999.

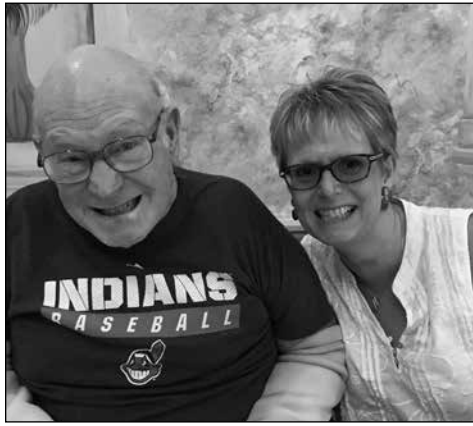
Our December calendar is already full of entertainment, parties and a visit from Santa! The Christmas dinner for the residents and their families will be held on the 4<sup>th</sup> at 6:00pm. If your loved one is new to Hennis, plan on joining them for this dinner. It is a special evening with live music, good food and lots of talking and laughing. We will be sending out invitations during November so watch your mail. We will also be sending out a letter telling you about the Santa visit day and time.

We are wishing you a very happy autumn and....ready or not...

Happy Thanksgiving and Merry Christmas!

*The Gardeners*

**BOLIVAR FATHER'S DAY BREAKFAST**



Carl Provost and Daughter Diane



Herb Cotton and Guest



Bill Haueter and Son



Bob Steigerwald and Son



Chuck Hannan and Guest



George Cooney and Ron Everett



James Joyce and Son



Bob Goodwin and Mom Juanita

We have been spending a lot of time outdoors on the front porch during our groups. When the temperature was too uncomfortable, we stayed indoors and listened to Oldies on the radio or CDs, played games, worked our minds with Trivia, or just talked.

During July, we held the Card Parties that benefitted the American Cancer society and the Alzheimer's Association. We had good turnouts for both and want to thank everyone that attended. We also held the Annual Hennis Pig Roast here at Bolivar. We had a gorgeous day, weather wise and had lots of family members sitting outside enjoying the music and the food. We had a new group here called "Timeless Entertainment". This group was made up with three women who sang, played instruments and one played the keyboard. I heard many compliments on the entire day!

In August, we held the summer luncheon for the women on a Thursday with a Victorian theme. Some of the ladies' guests wore very pretty hats and also brought in a hat for their loved one to wear. Everyone looked so festive!

We did a Nautical theme for the men on Friday; everyone was served fish, chicken fingers, hushpuppies and hand cut French fries. As usual, Chef Casey and her staff did awesome with the food and the serving of the food. Thanks everyone!

All of our regular entertainers continue to come in; Sue Rusk, Jay Secrest, Tim Weddington, Marty Zehnder, Gene Weygandt, & Max Grossenbacher entertain us monthly, with Tim Turkal & Fran Zupp coming in every

other month. We have three more newcomers; "Old School", The "Sugarcreek Duo" and Scott Miller. These 3 are very entertaining and are coming in on various evenings at 7:00pm throughout the month; watch the calendar for dates and times.

In September, we enjoyed ourselves while visiting the Tuscarawas County Fair! It was a good day and everyone was totally worn out by the time we came back to the facility! But, we saw lots of animals, crafts and some really good looking vegetables.

We will be holding our fall Card parties that benefit the American Cancer Society and the Alzheimer's Association at Hattie's House on October 3<sup>rd</sup> from 7:00 pm until 9:30 pm. and at the Main Building on the 17<sup>th</sup> from 7:00pm until 10:00pm..

The yearly Trick-or-Treat night for our staff and their families will be held on October 24<sup>th</sup> at 7:00 pm. This is a "Thank you" for our staff to bring their children, grandchildren, nieces, nephews or any other family member in for this special evening. We will be accepting donations of soft candy for the residents to pass out to the kids. On Halloween, we will be having a party for the residents at 1:30pm.

"Jingle All the Way" Christmas Bazaar will be held on November 3<sup>rd</sup>, from 9:00 am until 2:00 pm. There will be lots of various vendors set up in the front hallways with "cash & carry" items. There will also be a food table set up with sandwiches, chips, cookies and beverages for sale.

Besides all of the regular entertainment during the month, we are planning two

separate Christmas shopping days. The first shopping excursion will be on the 7<sup>th</sup> from 10:00am-4:00pm and the second time will be on the 28<sup>th</sup> from 10:00 am until 4:00pm. We always have a fun time and if you would like to come along with your loved one, please talk with Abby or Jeanne in Activities for more information. We always need extra help on these trips, so, if you would like to go along as a volunteer, we would really appreciate you!

And now....December...We are going to be so busy throughout this month! It starts off with the annual Christmas dinners with family; Rehab's dinner will be held on the 5<sup>th</sup> at 6:00pm. Gene Weygandt is already working on his music and songs that he will be playing on the piano for the evening. We will be "Jammin' with Jay" on the 11<sup>th</sup> at 1:30pm, singing along with Tim Weddington on the 12<sup>th</sup> at 1:30pm, listening to some oldies but goodies that Sue Rusk will be singing on the 14<sup>th</sup> at 1:30pm, listening to piano music by Max Grossenbacher on the 18<sup>th</sup> at 2:30pm, SANTA will be visiting throughout the Bolivar buildings on the 19<sup>th</sup> during the afternoon hours, Marty & his Bucket Tunes will be here to liven up our Ugly Sweater party on the 20<sup>th</sup> at 1:30pm, and Chuck's singing puppets will be here on the 28<sup>th</sup> at 1:30 pm. And to end up the year...we will be having a New Year's Eve party for the residents on the 31<sup>st</sup> at 1:30pm with music, laughs, lots of noise makers and refreshments!

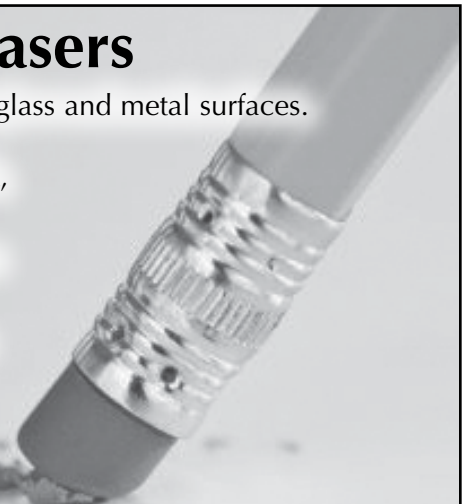
We hope your year was as good as ours; and Prayers for a very Happy New Year!

*The Rehab Team*

## HOUSEKEEPING AND LAUNDRY

### Clever Uses for Pencil Erasers

1. Remove sticker gunk: An eraser works as a mild abrasive to get residue off glass and metal surfaces.
2. Secure your earrings: If you need a quick fix when you lose an earring back, break the eraser off a pencil and poke the post through it.
3. Polish silver: Rub a pencil eraser on dull silver jewelry. The rubber particles will absorb oil and residue, leaving your accessories as shiny as ever.
4. Extend battery life: Lightly brush the contact points of a dying battery with an eraser to remove the nickel or iron oxides that build up and cause a drop in voltage.
5. Spruce up suede: Gently run an eraser over suede shoes or clothing to remove minor stains and marks.



Source: Sept. 2017 Womans Day

### DID YOU KNOW?

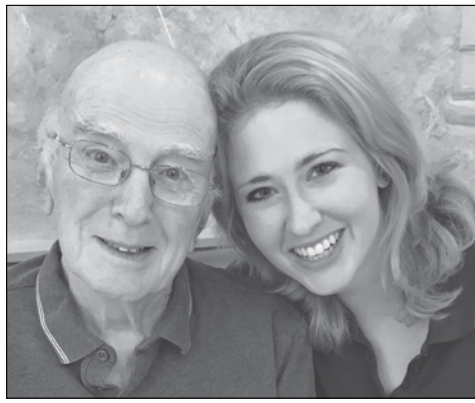
Erasers work like magnets: Rubber is stickier than paper, so pencil graphite clings to it.



## BOLIVAR MEN'S LUNCHEON



Diane had a lunch with her father, Carl.



Shannon and Bill enjoyed the luncheon.



Gene Merick with his daughter, Karen.



Bob, his son Bob and Wayne spent time talking.



Robert Mosberger and his guest



Herb Cotton and his daughter enjoyed the luncheon



Paul Young with daughter, Kathy



Chuck Hannen and his daughter Lise



STNA Lauryn had lunch with Ron and George



## BOLIVAR HOMESTEAD

Hello Family and Friends!

Another season is coming to a close and we are welcoming fall. This season will bring cooler temperatures, shorter duration of daylight, and the shedding of leaves from deciduous trees. We hope you all enjoyed the summer months and took advantage of the wonderful weather we had as much as we did. On July 28<sup>th</sup> everyone enjoyed the pig roast. We listened to music, ate pork, danced, and visited with family and friends.

We started August off by cruising the lake on the Atwood Queen. The day started off dreary with the chance of rain but we decided sunshine or not we weren't going to let the weather put a wrench in our plans. The day ended up being cloudy but it did not stop us from taking advantage of enjoying the outdoors. We had lunch that our culinary department packed and just sat back and cruised while eating sandwiches, watermelon, and of course cookies which is our favorite. Clara Hostetler had the opportunity to steer the boat and the Captain said next year she is in charge!

We held our Ladies Luncheon on August the 16<sup>th</sup>. Casey's watermelon soup caused quite a bit of questions but everyone that had it said it was refreshing and would love to have it again. Tea size sandwiches were served along with potato salad. The desserts were individual Bundt cakes with raspberry cream filling which were delicious. The Men's Luncheon was held on August the 17<sup>th</sup> and we had a hardy lunch of clam chowder, fish and chicken, with hand cut French fries but the best part was the hush puppies. Again we had individual Bundt cakes but this time they were chocolate with chocolate which is the best.

On September 19<sup>th</sup> we took our annual trip to the Tuscarawas Fair. We had lunch under the Grandstand and some of us enjoyed elephant ears and funnel cakes getting powdered sugar everywhere. It seemed like we walked and walked and walked-we were all over the fairgrounds from the animals, to the 4-H displays, to the vendors handing out free stuff which is the best stuff!

Mark your calendars for these events in October. We will be having a Card Parties at

Hattie's House on October the 3<sup>rd</sup> from 7-9:30 PM and in the main building on October 17<sup>th</sup> from 7-10 PM. On October 7<sup>th</sup> Dover Hennis will be hosting the Oktoberfest from 2-4 PM. We will have another Walking Taco sale on October the 18<sup>th</sup> from 10-2 PM with proceeds benefitting The American Cancer Society and the Alzheimer's Association. One of the most fun nights of the year is on October 25<sup>th</sup> which is Trick or Treat Night for the staff and their families at 7 PM.

In November we will have a Bake Sale in the front lobby from 10-3 PM and the Jingle All The Way Craft Show on November 3<sup>rd</sup> from 9-2 PM. We will shop for Christmas at New Town Mall on November 7<sup>th</sup>. December the 6<sup>th</sup> at 5 PM will be the Christmas Dinner on the Homestead where a 3 course meal will be served to the residents and guests. It's just going to be busy, busy, busy!!

Hope you all are ready for this new season upon us!

Live, Laugh, Love

*The Homestead*



Betty Malone enjoying painting



Betty Malone concentrating on her fall leaves



Clara Hostetler kept busy with her painting.



Clara Mutigli was working on her craft.



Doyle "Gene" Merrick was busy with his finger paint masterpiece.



Mary Harper and Carrie Ferrel making fall crafts.



Sally Stevens crafting



Wanda Hass crafting.





Catie, Sandi, and Chef Casey



Kelly, Abby, and Betty



Lauren Chaney and Khourey Inskeep



Wayne, Danielle, and Vickie look like they're up to something.



Betty Smith, Jeanette Domer and Daughter Nancy



Sylvia enjoying the boat ride.



Everyone is enjoying being on the lake and listening to the tour guide.



## LOCAL COLLECTION SITES

### **BOLIVAR**

#### **Faith Baptist Church**

9481 SR 212 NE, Bolivar, OH 44612

Luci Boyd (330) 204-6941

Mon 5-8 • Tues 10-1 • Wed 5-8 • Thurs 5-8  
Fri 10-1 • Sat 10-2 • Sun 12:30-3:30 • Mon 9-11

### **DOVER**

#### **The Church at Carter's Orchard**

2613 N Wooster Ave, Dover, OH 44622

Brian Zaugg (330) 231-7674

Mon 9-noon • Tues 4-8 • Wed 9-noon • Thurs 4-8  
Fri 9-noon • Sat 9-noon • Sun 1:30-5 • Mon 9-noon

### **NEW PHILADELPHIA**

#### **New Philadelphia Nazarene**

233 Fair Ave. NE New Philadelphia, OH 44663

Rick Bloom (330) 340-2327

Mon 9-noon • Tues 4-8 • Wed 9-noon • Thurs 4-8  
Fri 9-noon • Sat 9-noon • Sun 1-4 • Mon 9-noon

## Sharing the "true meaning" of Christmas through the Gift of a Shoebox...

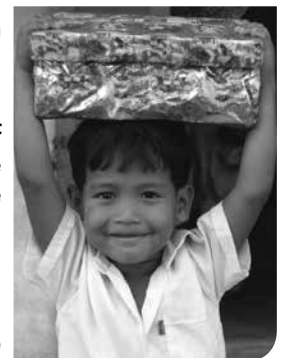
### NATIONAL COLLECTION WEEK NOVEMBER 12-19, 2018

Operation Christmas Child, a project of international Christian relief organization, Samaritan's Purse, is the **World's largest Christmas Project of its kind-157 million Shoeboxes since 1993! 35,000 shoeboxes were from this area!**

### HOW DOES IT WORK?

- **Anyone can participate!** Just pack an empty shoebox with simple items like toys, school supplies and hygiene items. Include a \$9 donation to help us deliver your box to a child.
- Operation Christmas Child works with tens of thousands of churches and more than 100,000 US and 500,000 world-wide volunteers around the world to bless children and share the true meaning of Christmas.

For packing instructions and more info,  
visit [www.samaritanspurse.org/occ](http://www.samaritanspurse.org/occ) or call Lynette Mahaffey, Ohio East Area Coordinator, 330-852-4039



# BOLIVAR LADIES LUNCHEON



Our Ladies are all ready to see what Chef Casey has prepared.



Betty Wright says lets get this party started!



Virginia Duff and daughter



Rosemary Ruffier and Daughter



Chef Casey preparing the sandwiches



Doris Stevens and Abby Haugh



Gail Lewis and Daughter



Mary Simon and her daughter had fun dressing up



Donna Mihalovich and Daughter



Jeanie Feucht and Daughter



Jeannette Domer and Nancy, Cute hats Ladies!



Rose Pellegrene and daughter



Catie, Betty Smith, and Nancy all smiles and enjoying the luncheon



Lois Dazey and Daughter

# BOLIVAR LADIES LUNCHEON



Lurah Davis and Daughter



Betty Beatty and Sandi Young



Sally Lunsford and daughter Cathy



Wilma Pennington and Brother



Donna Mihalovich and her daughter  
sure know how to dress



Bernice Hoffman and Betty Wright



Betty Wright and Linda Dessecker



Sylvia Curran and Daughter



Miriam Harshey and Daughter



Rosemary Dean, Jordan Kerr,  
Lisa Sears, and Jeanne



Ellalee Fisher, Abby Haugh,  
and Linda Gibson



Katie Patterson and Abby Haugh



Catie, Sandi, and Donna are all smiles  
at the Ladies Luncheon.



Mona Maple, Diane Davis,  
and Helen Peden



## BOLIVAR PIG ROAST



Wanda Haas, Homestead Nurse and STNA



Susan Lanning and her guests



Shyla, Rehab STNA with Chuck Hannon



Bob Goodwin's mother and sister visited Wayne.



It was a beautiful day for the pig roast.



A very full tent



Diane was trying to smile to get Helen to smile!



Sally Lundsford with her daughter and son-in-law.



Betty Cook enjoyed the pig roast with her son, Cliff and his wife, Dana.



Frank was being silly as usual!



Dave and Rosemary were enjoying the beautiful day.



Dawn was showing off her ocean creations.



A starfish made of cupcakes



## BOLIVAR PIG ROAST



Ralph Lutz and STNA Leah



Chef Casey and Dave Wood  
"Pulling" the pork



Dawn and Bre setting up the dessert table



Miriam Harshey and family



The vegetable cups



Patently waiting in the food line.



"Timeless Entertainment"  
provided the Island Music



The line was pretty long in the tent.



Chef Casey and Sandi were  
"swimming" with the fishes.



David Bower totally loves being  
outside.



Anna Rambaud and son, Gary  
were all smiles at the pig roast.



A water melon shark



James Joyce and STNA were  
looking for a good spot to sit.



## HATTIE'S HOUSE OF BOLIVAR

Hello all!

Now that summer has ended, we are welcoming the crisp air of Autumn here at Hattie's House. The various vibrant colors of leaves and smell of pumpkin spice are just a prelude of the upcoming winter months. We have been having a great time sitting on the porch on some of the warmer days watching the squirrels gathering their nuts for winter. On the cooler days we have enjoyed some hot apple cider, while being snuggled up in a blanket. We have enjoyed the cooking of our Chefs, Scott Fetty and James Rhiel as they have provided many awe inspiring meals to warm our bellies on the cool days.

Looking back on this summer we can see that we had a lot of fun. On July 11<sup>th</sup>, we had our card party at Hattie's. Chef James prepared a multitude of culinary treats, including sandwiches, finger foods and desserts. As always, there was a great turnout. Everyone had an amazing time, ate great food and went home with a fabulous prize. Hennis of Bolivar hosted the Pig Roast on July 28<sup>th</sup> for the community. We had beautiful weather and a great turnout. Everyone who attended said that they over indulged in all of the great food. On August 1<sup>st</sup>, we had a fun outing to Atwood Lake for a day on the Atwood Queen Pontoon boat. The day started out cloudy, but turned into quite a beautiful day on the lake. Also, in August, we had the Ladies and Men's luncheons at the main building. On September 19<sup>th</sup> we had an outing to the Tuscarawas County Fair. The day was filled with food, animals and a lot of "people watching". Everyone who went had a great day.

On October 3<sup>rd</sup> Hattie's will be hosting another card party, so if you haven't attended one yet, make sure that you sign up. It is always a fun time and there are plenty of prizes for all. On October 7<sup>th</sup>, Hennis of Dover will be hosting the Oktoberfest. It will be a great time with the community. We will have an abundance of food and games. There is always a fabulous turnout. Join us on October 24<sup>th</sup>, for trick or treat night starting at 7pm. The staff will be dressed up in their favorite costumes and the Residents will be passing out candy.

In November, we will be celebrating our Veterans, having our annual Christmas craft show, and of course, celebrating Thanksgiving. In

December, we will have our Christmas dinner on the 4<sup>rd</sup> at 6pm for Guests that will be with us at the time. During the whole month of December, we will be busy with numerous activities of the season. Please see a calendar for specific dates and times.

Below is another tasty recipe from our Chefs here at Hattie's. Enjoy!

### New England Clam Chowder

2 tablespoons unsalted butter  
4 slices bacon  
1 small onion, finely diced  
2 celery stalks diced  
4 tablespoons all-purpose flour  
2 cups chicken or vegetable stock  
2 (10-ounce) cans chopped clams in juice  
1 bottle clam juice  
1 cup heavy cream or half & half  
2 bay leaves  
1 pound red potatoes, diced  
Salt and freshly ground black pepper, garlic,

1. Fry bacon and remove, add flour to bacon fat & butter, cook only until pale, let cool
2. In soup pot sauté veggies till soft, add remaining ingredients and simmer until potatoes are tender.
3. Slowly stir in cooled roux, do not boil, only simmer so it doesn't break. If too thin, thicken with cornstarch & water.

This recipe is one enjoyed by many who have stayed here at Hattie's House. It is a delicious and filling soup for the cold winter months. This recipe makes a generous sized pot of soup, so feel free to share with your family and friends.

Wishes of Health and Happiness,

*Your Hattie's House Team*

## MARK YOUR CALENDAR

### **OCTOBER**

#### **Oktoberfest**

Oct. 7 | 2:00p - 4:00p | Dover

#### **October Boo Grams Fundraiser**

Oct. 3- 30

#### **Lunch & Learn**

Oct 10 | 12:15p | Dover Senior Center

#### **Community Card Parties/Fundraisers:**

**BOLIVAR**

Oct. 3 | Hattie's House | 7:00p – 9:30p

Oct. 17 | Main facility | 7:00p – 10:00p

**DOVER**

Oct. 11 | 6:30p – 9:00p

#### **Outdoor Weiner Roast**

Dover | Oct. 15 | 6:30p

#### **Walking Taco Lunch Fundraiser**

Bolivar | Oct 18 | 10:00p – 2:00p

Dover | Oct 5 | 10:30-1:30p

#### **Lunch Stand Fundraiser**

Dover | Oct.19 | 10:30a | 1:30p

#### **Trick or Treat**

Dover | Oct. 22 | 6:30p

Bolivar | Oct. 25 | 7:00p

### **Spirit Day and Tailgate Lunch**

Dover | Oct. 26 | lunchtime

#### **Halloween Party**

Oct. 31 | 2:00p

### **NOVEMBER**

#### **"Jingle All the Way" Christmas Bazaar**

Bolivar | Nov. 3 | 9:00a – 2:00p

#### **Veterans Day Program**

Nov. 9 | 2:00p

#### **Lunch & Learn**

Nov. 14 | Dover Senior Center | 12:15p

#### **Warther's Tree Festival Outings**

Nov. 12 – 16

#### **Thanksgiving Special Celebration**

Nov. 15 | lunch time

#### **Bake Sale**

Dover | Nov. 20 | 10:00a – 1:30p

#### **Dover Soup Lunch Fundraiser**

Nov. 30 | 10:30a – 1:30p

### **DECEMBER**

#### **Elf Gram Fundraiser - Dec 3 – 20**

#### **Santa Breakfast**

Hosted at Dover, for all staff

Dec. 3 | 9:00a

#### **Lunch & Learn**

Dec. 12 | Dover Senior Center | 12:15p

#### **Special Christmas Dinners**

**DOVER** (6:00p)

Rehab 3<sup>rd</sup> | Homestead 4<sup>th</sup> (5:00p)

Gardens 5<sup>th</sup> | Pat's Porch 6<sup>th</sup>

**BOLIVAR** (6:00p)

3<sup>rd</sup> Hattie's House | 4<sup>th</sup> Gardens (6:00p)

5<sup>th</sup> Rehab | 6<sup>th</sup> Homestead (5:00p)

#### **Vendor Sale & Lunch Sale Fundraiser**

Dover | Dec. 14

#### **Candlelight Service with Kathy**

Dover | Dec. 21 | 2:00p

#### **Santa Visits**

Dover | 20, morning

Bolivar, 19 | afternoon

#### **New Year's Party - Dec. 28 | 2:00p**



## Fig and Pear Cobbler with Cornmeal-Amaretti Biscuits

MAKES: 8 SERVINGS  
PREP: 40 MINS  
BAKE: 35 MINS 375°F  
COOL: 30 MINS

### INGREDIENTS

1/2 cup whole amaretti cookies  
1 1/3 cups all-purpose flour  
1/2 cup cornmeal  
2 tablespoons sugar  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/4 cup butter, cut into small pieces  
1 1/4 cups whipping cream  
2 cups dried Mission figs, halved  
1 1/2 pounds fresh pears, cored and sliced  
3/4 cup sugar  
Juice and finely shredded peel from 1 orange  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground coriander  
1/4 teaspoon kosher salt or regular salt  
2 teaspoons cornstarch  
1 1/2 cups port wine or cranberry juice  
2 tablespoons whipping cream  
1/2 cup sliced almonds  
*Vanilla ice cream (optional)*

### DIRECTIONS

1. Preheat oven to 375 degrees F. Place amaretti cookies in a food processor. Cover and process until finely ground. Add flour, cornmeal, the 2 tablespoons sugar, the baking powder, and salt; cover and pulse with on/off turns to combine. Add butter; cover and pulse with on/off turns until pieces are the size of small peas. In a large bowl combine butter mixture and the 1-1/4 cups whipping cream, stirring with a fork until the dough comes together. Transfer dough to a lightly floured surface; knead gently two or three times until it holds together. Press dough into a 12x8-inch rectangle, about 1/2-inch thick. Cut dough

into eight small rectangles or eight 3-inch circles, rerolling as necessary.

2. In a 3-quart rectangular baking dish combine figs and pears. Place the 3/4 cup sugar in a small bowl; add the finely shredded orange peel and use your fingers to rub the peel into the sugar until it becomes fragrant. Stir in cinnamon, coriander, and kosher salt. Pour sugar mixture over fig mixture; gently toss with your hands to combine. In a small bowl combine 2 tablespoons of orange juice and the cornstarch, stirring until smooth. Stir in port and the remaining orange juice; pour evenly over fruit mixture in baking dish.
3. Place dough pieces on top of the fruit mixture; brush with the 2 tablespoons whipping cream. Sprinkle with almonds.
4. Bake for 35 to 45 minutes or until topper is browned and juices are bubbly around the edges. If necessary to prevent over browning, cover loosely with foil for the last 10 to 20 minutes of baking. Remove foil, if using. Cool on a wire rack for at least 30 minutes before serving. Serve warm. If desired, serve with vanilla ice cream.



## Apple Cranberry Crisp

MAKES: 6 SERVINGS  
PREP: 25 MINS  
BAKE: 30 MINS 375°F

### INGREDIENTS

5 cups thinly-sliced peeled apples  
1 cup cranberries  
2 tablespoons granulated sugar  
1/2 cup quick-cooking rolled oats  
1/3 cup packed brown sugar  
3 tablespoons all-purpose flour  
1/2 teaspoon ground cinnamon  
2 tablespoons margarine  
1/2 cup vanilla or lemon nonfat yogurt

### DIRECTIONS

In a large mixing bowl combine apples, cranberries, and granulated sugar. Transfer to a 2-quart square baking dish or a 9-inch pie plate.

In a small bowl combine oats, brown sugar, flour, and cinnamon. Cut in margarine until crumbly. Sprinkle oat mixture evenly over apple mixture.

Bake in a 375 degree F oven for 30 to 35 minutes or until apples are tender. Serve warm with a dollop of vanilla or lemon yogurt. Makes 6 servings.

## Peach-Blueberry Crisp



MAKES: 6 SERVINGS  
SERVING SIZE: 3/4 CUP  
PREP: 20 MINS  
BAKE: 25 MINS 350°F

### INGREDIENTS

3 cups sliced, peeled fresh peaches (3 medium)  
2 cups fresh blueberries  
1/2 teaspoon ground nutmeg  
1/2 cup regular rolled oats  
1/2 cup chopped almonds  
1/3 cup packed brown sugar  
1/4 cup flaked coconut  
1/2 teaspoon ground cinnamon  
1/4 cup butter, melted  
1 cup frozen light whipped dessert topping, thawed  
Grated whole nutmeg

### DIRECTIONS

Preheat oven to 350 degrees F. In three 6 1/2-inch oven skillets or a 2-quart baking dish combine peaches and blueberries. Sprinkle with ground nutmeg.

For topping, in a medium bowl stir together oats, almonds, brown sugar, coconut, and cinnamon. Drizzle with melted butter; toss gently to coat. Sprinkle topping over fruit.

Bake for 25 to 35 minutes or until peaches are tender and topping is golden. If necessary to prevent over browning, cover loosely with foil for the last 10 minutes of baking.

Serve warm. Top each serving with whipped topping and sprinkle with grated nutmeg.

*SOURCE: Better Homes and Gardens, Fall Baking 2014*





We welcomed July with a traditional summer holiday meal made by Chef Brian for the 4<sup>th</sup> of July of beef kabobs, ribs, fruit pie and other fixings. Many other delicious seasonal meals followed from the outdoor grill and the indoor oven. Do you have a favorite meal or recipe? If you would like us to try it while you are here please feel free to share it!

Wednesday, Thursday, and Friday are days staff can wear t-shirts of specific colors for fundraising, and it's fun see the various colors and teams they root for. This July, Chartreuse was for awareness of lymphoma cancer, August showed us white & black or zebra prints to bring attention to brain cancer, melanoma and carcinoid cancers, and September they sported light blue for knowledge of prostate cancer. Thursdays offer the chance to wear purple for recognition to Alzheimer's and/or all cancers with many wearing t-shirts from those walks over the years or regular shades of purple. Friday you can find a variety of sports teams from all levels, including the Hennis Team, upon their attire, including the Cleveland Browns, Pittsburgh Steelers, Cavs, Cleveland Indians, and the like. Isn't there is a lot of discussion regarding the Cleveland Browns?! A lot of people are anxiously awaiting their season!

One of the guests, Diane and her husband celebrated their 42<sup>nd</sup> anniversary with a lovely private filet mignon dinner prepared by David of Culinary Services including sparkling beverage, fresh flowers, and they received a lot of well wishes and cards. Diane and David discussed that they both seemed familiar, then discovered she had him in 2<sup>nd</sup> grade at Claymont, and they enjoyed reminiscing about it. Diane is kind and supportive to many – she was a porch buddy with another lady

and enjoyed her company; she had a nail tech friend come to help another lady with her special nails; she lent her shoulder and ear to others, and more. Although Diane had a difficult situation herself she was overall a friend and support to many. Thank you, Diane, for your concern, strength, and help to others!

We enjoyed hearing the staff's recount of their Staff Appreciation Day that was held at the Lynn Drive In. They had fun with family playing oversized lawn games such as Yahtzee, Jenga, corn hole, and volleyball tossing. Every one of all ages was excited to see the current Christopher Robins Winnie the Pooh movie, Skyscraper, Mission Impossible, and Ant Man while in the comfort of their SUVs, trucks, cars, and lawn chairs. Prior to the movies, they enjoyed a meal catered by Lee's Chicken and sides, and assorted cookies prepared by Debbie of Culinary Services. Many throughout the facility won prizes of various gift cards. Retro fun was had by all! They also received their 2018 company t-shirts that are a favorite! They also like to be able to wear them for free on paydays.



**Sammy Sickinger helps in the landscape after work at the Light Plant.**

Someone heard that Tom H. likes pizza, so when Paula ordered her frequent "Grandma Zifer" pizzas from Sharon Hisrich (who is married to Grandma Zifer's grandson and has some of the family recipes) she included some for him, and Chef Jacque baked it for him and his guests one Friday night. If you would like Sharon's number to order pizza or cater something, just check with the Receptionist.

If you like pizza be sure to catch our Pizza Lunch Sale fundraiser Sept. 13 at the main Rehab foyer which benefits Alzheimer's and Am. Cancer Society fundraising. Following that will be other lunch sales for tacos, baked potato bar, soup, and the like, so be sure to check the calendar and watch for upcoming signs. We appreciate your support and so do the charities!



**The guys work together during Sip and Paint.**

HCC and the Chefs and others of the Culinary Services share time and efforts within the community providing culinary support, training, and catering to the likes of: the Columbus Core Knowledge class, Hospice fundraisers, a lunch catering event for the Christian Missionary Alliance Church as well as a large conference they are hosting another month, assisting with the Banquet Committee of St. John's UCC, the Moccasin Roast in the Bolivar community, a community fundraiser for a Dover school teacher's situation, Dover football press box, WJER radio, and food to the Dover Police and fire departments in appreciation of their support and services. Additionally, our annual Oktoberfest is being hosted at Dover this year as a gift back to the community – be sure to mark your calendar and spend the afternoon at this fun event.

HCC Culinary Services also supply treats we take to Lunch & Learn, and they are well received! Great speakers have presented at Lunch & Learn these past three months, and we appreciate them sharing their time to provide their presentations.

The July presenter, Chad Conrad, Dir. of Advancement, spoke of the Tusc. KSU celebrating their 50 yr. anniversary and all that this gem offers to our community. Did you know there is a book being written about its history? They are also building more sports to offer the students as well as band and choir. Plans are developing for campus housing/apt. style, and everyone will also welcome an additional new road and exit from the campus! Interesting fact - KSU Tusc. is owned by the local community and is the only one in the state. Scholarships are also available and specifically for the KSU Tusc., and HCC is pleased to announce Kayla Murphy of Dover was awarded the Harry D. & Patricia A. Hennis Scholarship established this year for the Nursing program. Of course, the Performing Arts Center is an asset! KSU also helps grow home town employees who stay here with their families, etc.



**Nurse Nikki shares some strawberry refreshments with the crew.**

**~Pat's Porch, continued on next page**



Don Maurer was the guest speaker for August regarding the Dover Basketeers of 1955 to 1963 and author of his book about them (he was also one!). Coach George Alfred had six grade school teams through the Dover City system. George saw 6<sup>th</sup> graders mimicking the Harlem Globe Trotters – he thought it was a good idea to put them together to perform an exhibition show, and George created the routines for ages of 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders. This was a big endeavor with large expenditures of time from George. They wore a full uniform of a shirt, trunks, and a jacket. Keith Marburger, also a Basketeer, was present and had his jacket on display – everyone chuckled about how small it looked, and Don pointed out most of the guys were kind of small, especially at this age. Dale Swinderman was instrumental in helping to sponsor the uniforms along with local civic groups. In 1960, a great Olympic team was playing and stopped in Canton – the viewer saw the Basketeers playing and after seeing them once, and only part of the show, he asked them to perform in New York. Their trip was paid, and everybody in the basketball world was in the stands. The Basketeers were all were excited to be a part of it, and to play for the Olympic team again! From there, the Dover Basketeers were known through all of the U.S.! Experiences also included going to Jack Dempsey's restaurant and posed with him for photos. Don said no one wrote better about them than Norm Singleton in his columns in the Times Reporter, and he even



***Coffee and Canvas Nite finds June happy with her painting.***

went with them to New York! Jerry Lewis even included them in his movie, "Errand Boy", after seeing them on television! A trip to Hollywood also took place! George did not change nor meant for it to be a money-maker (he covered expenses for gas, etc.). Payment was offered for the movie, but he did not accept it. Overall, what was instilled by George was discipline and good representation



***Bob Mallernee with his accomplished canvas painting.***

of Dover. He was proud of the compliments on the group's behavior as well as their show. The players appreciated what they learned, lessons, and growth in many aspects, as well as special memories. Lots of reminiscing with the audience that day! Don Maurer's book is available for purchase at Beuhler's and Dumonts. One lucky winner won a signed copy that day! A nice piece of Dover history was captured!

Carla Birney, Superintendent, and Marsha Clark, Treasurer, discussed in September the Dover School Finances and the new high school tour and details to a room full of attendees. This was a request by one of the regular audience members along with some other ideas that we try to accommodate. They spoke of the challenges the system encounters such as loss of tangible personal property tax, state share not fully funded, and removal from local property tax doesn't adjust with inflation. They do provide up to date technology for students and teachers, and they try for the five year replacement of equipment. Maintenance of the district's facilities use some money from other funding to help with heating, roof repairs, etc. Dover's positive responses over 2008 – 2018: They are financially efficient making every dollar count; 10 years since the last levy of operating was to last five years, and they made it work for ten years; per pupil spending is 18% less than state average – keeping cost down; lean on administrative costs – 30% less than state average; made the new high school affordable – took advantage of the \$20 million in state funding and received generous donations – cost \$7 a month for a \$100,000 home; pursued and was awarded grant funding for specific needs; cost savings measures. The point – The solutions

takes all of us – living within means – what does that look like? Grade leveling, increase class sizes, two grades per schools, eliminate teaching positions, pay to participate in extracurricular activities, and it will be back on the ballet, etc. The November 6<sup>th</sup>, 2018 voting levy is to preserve the quality of education, provide technology, maintain similar class sizes, provide extracurricular activities and fine arts. \$27 per month for \$100,000 home. We then viewed the "Fly Through" tour of the new high school provided by the architects, and it was very interesting (it can be viewed on the Dover web site). They discussed the safety features such as many more security cameras, police dispatcher can watch the whole time, sensors for doors if they are left ajar, bullet resistance glass, sections that can be locked down/isolated, tornado shelter underground. Spaces are flexible and multi-purpose, re-using the marble from the



***Painting Mason jars with Patty and Annette.***

current structure to the new one, and including the senior benches, too. Sentimental? The cement circular structure/transom on top of the old school will be saved and used in an outdoor garden. It was discovered that there were plans in the 1950's to put a clock in that transom, so now they are going to try to carry out that vision. Lots of good questions about the whole presentation followed.

Have these three presentations piqued your interest? We have more similar types in the future, so feel free to join us any time as HCC hosts this at the Dover Senior Center the second Wednesday every month at 12:15pm.

The tradition of our annual Oktoberfest is October 7, from 2:00p – 4:00p, in Dover, on the front grounds of the main facility that includes great German food, live entertainment good for dancing and listening, a scarecrow

## PAT'S PORCH OF DOVER

making contest, a hayride, crafters and vendors, dry apple "bobbing", and an apple butter contest – so, spread the word, and be sure to enter the contests and hopefully win a prize!

September offers our annual Apple Pie Bake-Off for fun and bragging rights. All the units and staff participate and enjoy the judging afterwards. Our new business neighbor, Dr. Shawn Kapper was a judge along with our mutual friend Scott Ebert, Susan Penrod – a pie baker and pastry maker, Harold Baker of Accounting, and our new Administrator, Brian Hennis. They enjoyed this job, but it's not easy! Everyone present gets to sample the pies, too. After all the sampling the winner was announced – congrats to the Gardens! Another pie was enjoyed, too, a different day - the wife of Kenny made a strawberry pie with a real crust and brought it in to share with everyone for supper. She taught him how to make them, too. Her



***Cindy appreciates the workout on the New Step Stepper.***

brother makes them as well, and she and the brother won awards in the fair in past years. This time of year leads to the Tuscarawas County Fair and entries for various categories and judging. We have some folks entering quilts and paintings. We'll be on the lookout in the barns and buildings for them on display, and we wish them luck!

Cynthia appreciates using the stepper for exercise and strengthening, along with others.



***Anna Dale and friend enjoy the strawberry festival.***

We're also glad people feel comfortable to return after going home to continue to use it. Good to keep moving and grooving!

Mid September sure looked beautiful with the mum sale – 68 plants were for sale as a benefit for the Alzheimer's Assoc. Those went so quickly that we picked up another order of 30 that afternoon and sold out by the next afternoon! A nurse is getting married in October and bought 16 burgundy and white ones for her wedding! Purple was the popular hue along with orange, maroon, yellow and white – they will all perfect for fall decorating. Thank you for everyone's support!

A few days later the Alzheimer's Walk took place at Dover Middle School with staff, residents, and family participating. Everybody enjoyed Freckles the clown (Therapist Jen's hubby) and his balloon creations of hats, animals, swords and more! He was never without a "customer"! HCC is pleased to share they were Top Corp. Team! That is due to a great team effort and the support of so many working hard to fundraise all year long as well as the support of those purchasing and selling, etc.! Thank YOU! The most important piece is how this all helps the association make strides towards a cure and offer its continued support services and research!

We said goodbye with a couple of special staff in August and September. Chef Jacques retired Sept. 1 after five years, and he was part

of the opening of Pat's Porch. We enjoyed his great cooking and baking skills, his fun theme days, and the little recipe books he would give to people. He plans to continue with his antiquing and sales. Then - surprise – a couple weeks later he showed up at HCC driving the SEA transportation bus! He said he can't stay away. Ken Avers, Speech Therapist, had been with HCC over 20 plus years, first with a therapy company as HCC transitioned to Medicare, then he joined the in-house Hennis therapy team full time. We have been fortunate to experience his vast knowledge and skill, thirst for on-going professional education and knowledge, and the enthusiasm to apply it and share it with everybody – very fascinating to engage with him! He accepted challenging conditions along with the daily needs of the age spectrum and was thrilled with the positive outcomes! He was a great educator and therapist! Though we are speaking in the past tense since he retired, we are glad to share that Ken will still be around to help with evaluations and therapy plans occasionally on weekends and vacations! Meanwhile, he'll enjoy the time "retirement" offers and his family, and some road trips! We wish both of them the best!

The last quarter of the year certainly offers a beautiful mix of seasons from the lovely autumn season of colors and changing temperatures, leading into our season of thankfulness and special meals, to the special Christmas celebrations with family, friends, neighbors, and others. A host of fun happenings take place over this course of time, so be sure to watch the social calendar. Feel free to come back for a visit and enjoy some of the festivities. Remember to spread the holiday cheer to others! Happy Thanksgiving! Merry Christmas! And, Happy New Year!

*Treasure Today!*

*Tomorrow is new day, make it count!*



***Keith & Kathy Marburger and Troy and Leslie Morris wait to board the vessel.***



***Judy and Wayne on the outdoor deck.***



***Dale & Vickie Gowins and Judy & Wayne Thomas await the lunch to come.***

# Reboot Your Energy!

Easy ways to perk up, from pros who know.

BY ALYSSA SHAFFER



THE YOGA EXPERT SAYS...

## Do a 5-Minute Seated Sun Salutation

"When you sit for hours at a time, you may end up slumping forward and taking short, shallow breaths that can sap energy. So sit tall in your chair and take a deep breath in as you lift your arms above your head, palms facing the ceiling. Exhaling, bend forward as you bring your arms beneath your thighs. Repeat three to five times. On the last cycle, interlace your fingers overhead then slowly bend your torso to the right side as you exhale. Inhale back to center and repeat on the left side. This can help release tight muscles and fight that afternoon sluggish feeling."

**KRISTIN MCGEE**, yoga instructor and author, *Chair Yoga*



THE PSYCHOLOGIST SAYS...

## Play Pump-You-Up Music

"Putting on a fast-paced song—one that has a high number of beats per minute—can give you a near-instant lift. This is especially true during exercise. Studies have shown that music can reduce how hard you feel you're working out by 10% and boost endurance by as much as 15%. Even better, listen to a song with motivating lyrics such as Kelly Clarkson's 'Stronger' or Rachel Platten's 'Fight Song.' It doesn't matter what style of up-tempo music you choose—pop, classical, country, metal—as long as it gets you in the zone."

**COSTAS I. KARAGEORGHIS**, PhD, sport psychologist and author, *Applying Music in Exercise and Sport*



THE NUTRITIONIST SAYS...

## Blend a Super-Smoothie

"If you're fighting fatigue you may be dehydrated, which can make you feel tired. A simple smoothie can provide both fluid and energizing nutrients. One of my favorites: Combine 10 to 12 oz. unsweetened coconut water, ½ cup spinach, 1 small banana and 6 oz. plain Greek yogurt. You'll get electrolytes, magnesium and other minerals that can give you a boost. Alternatively, snack on hummus and veggies or apple or pear slices with nut butter, plus a glass of water—still or sparkling—to recharge."

**STACY KENNEDY**, MPH, RD, senior nutritionist for Dana-Farber/Brigham and Women's Cancer Center ([dana-farber.org/nutrition](http://dana-farber.org/nutrition))

The summer kept us busy when we weren't relaxing and enjoying the patios during the summer weather. We enjoyed attending area concerts that included the bands like the Military Service Band, La Flavor, a favorite of many, and performers Dale Sincheck and Randy Valez, another who we love to come here for special occasions! The warm temperatures made us think of singer Bob Marley's lyrics "The sun is shining, the weather is sweet. Makes you want to move your dancing feet!"

In June, staff and members of the community took a bus trip to Cleveland to board the Nautica Queen for a tour around Lake Erie while enjoying a scrumptious buffet lunch. On board activities gave ample opportunities to view the lake and landmarks and surrounding beauty while snapping photos, too. Inside, Judy and Wayne Thomas, Trish Haynam, Leslie and Troy Morris, Vickie and Dale Gowins, Kathy and Keith Marburger, Paula Sickinger and others all enjoyed watching Kathy learn the steps to a dance being taught by another guest of the cruise who was visiting from New York! The dance floor was full as the DJ played a variety of fun dance music.

The Sub Sandwich sale was a hit among many and full of good selections that supported our causes. Weren't able to make this one?



***The Men's Luncheon  
Sam, Ron, Bob, and Rich.***

There are more opportunities down the road with other lunch stand fundraisers. A bit of humorous trivia: Have you heard of the town Sandwich in the state of Massachusetts? There you will see "Sandwich Police" on the sides of their police cars! No pun intended here, but this summer Kathy and Paula delivered chicken and noodle dinners to the Dover Police dept. as a thank you for their service. They appreciated the gesture.

We thank the Dover Wendy's for providing for our fundraiser for the Alzheimer's Association with their Community Day (Dine & Donate) in which they donate a portion of all sales to the charity. Grandma Laurie & Nurse Veronica, Thelma, Jean, and Dee

attended and ate for supper, and Tom Dunkle joined Patty for their dinner, and the Wilson family also came for their supper as Annette, Paula, Kathy, Lauren represented HCC to help with trays, greet and thank guests, tidy up, and the like. Several people took flyers to spread the word about the walk, viewed the literature, and gave extra donations.

Residents enjoyed summer themed crafts and trivia with Patty including creating sea globes made with sea grass, shells, colored fish, sequins, glitter, and blue water. Shaking them created a pretty ocean scene. It was quite a hit! After the ocean craft Patty had us chuckling (and some in nearby offices) with a few examples of this aquatic trivia: Where do shellfish go for a loan? – To the prawn broker; If you can think of a better fish pun...let minnow!; Why can't a pirate learn the whole alphabet? – Because he's stuck at C! A related craft was involved a message in a bottle where participants wrote personal/meaningful messages of their own, and decorated the bottle. Bev and Alice especially liked painting and displaying fish sun catchers, while Doug and some others preferred the revealed colorful designs of the magic scratch cards.

We kicked off July with traditional cookout fare that included hotdogs, baked beans, watermelon, and something many of us made at home – red/white/blue Jell-O cake, and of course, patriotic music! Another favorite summer activity is our annual Atwood Lake pontoon boat ride and grilled picnic! Many residents and staff enjoyed a guided tour of the lake and taking in the beautiful natural scenery replete with many seagulls. It was a perfect day.

Don't forget our Family Bingo Night held once a month in the evening will continue through the winter, too. It generally falls about the third week of the month, but not always, so watch the calendar. As always, there will be refreshments and prizes. Come enjoy the fun with your loved one. Voluntary loose change donations can be made to help us fight Alzheimer's and cancer. Some good prizes are up for grabs those nights!

"In summer, the song sings itself." (No credit). We welcomed youthful singers with sweet voices from the Dover Library. Miss Linda presented the origins of popular and traditional folk songs while the kids' choir performed songs. The Rehab dining room and lounge was overflowing with residents, families, and special visitors as they listened to the children sing old favorites like "The Farmer in the Dell" and "Shoo Fly, Shoo" accompanied

by director Miss Claire on the guitar. Song lyrics were also shown on the large screen TV to encourage audience participation. A few of the songs included props. Thanks to all the Dover Library staff who prepared this delightful program. We also send out our congratulations to Linda of the Dover Public Library who was the recipient of the John Philip Outreach Award recently! She does a great job and deserves this fine award!

Music is much appreciated by everyone. Max Grossenbacher who plays the piano regularly was sure to take a special request titled "Because" from Betty. Alice also enjoyed it because it had been played at her wedding. Max takes time to explain a piece he is about to play, or mention some facts about certain songs that adds to the interest. We have quite a music variety from flutist, to guitar, to pianist, to singers, and more!

Summer wouldn't be complete without a campfire! We participated in our own Summer Campfire Fest that was held indoors to the weather (but we know we can still work in another wiener roast in October). Earlier in the day we shared camp and western trivia as part of the campfire theme. Residents and staff dressed for the theme with some donning hats, red and blue bandanas, fringed scarves, and Arlene went all out wearing her red western outfit and white hat! Wow wee as Arlene would say! Tables were nicely decorated by Annette with wooden planks, mini tents, firewood, and little sleeping bags – ready for any and all campers! We nibbled on refreshments that included S'more baked bars, ants on a log, cookies decorated to look like hotdogs with mustard, and chocolate cookies with a real roasted marshmallow topped with a strawberry. Terri & Steve, our entertainment, put on a new great show! Decked out in black and white western gear, they provided jokes (Where does a cowboy like to cook? – Home on the range!), stories, and of course, songs like "Spring Time in the Rockies" and "Happy Trails"!

Summer brought many opportunities to participate in fundraisers to have a part in helping the Am. Cancer Society and Alzheimer's Assoc. make advancements. Around here food is always a hit, along with flower sales, trips, raffles, designated dress days and more. Well-received events included the Ice Cream Sundae sale, the community Card Party, Walking Taco lunch stand, a Root Beer Float sale perfect on a hot, humid day which prompted another soda float sale with more soda flavors, and a Mum sale that was very popular! Watch for



## DOVER GARDENS



Ruth G. and grandson enjoy a hug!



Look what I made! A beautiful flower!  
Alice L. in chalk art with Patty.



Mia, Nurse Sarah's daughter, enjoying the summer science fun on the front porch.



Patsy and friend and June enjoying the goodies at the Strawberry Fest.



Carol and daughter at the Ladies Summer Luncheon.



What a trio! Terri and Steve and Arlene dressed for the Summer Campfire Fest!



Everyone loves dog visits!



Jean and Anna working on crafts together



Cleaning fresh corn with Debbie



Kathy enveloped in love by Mom and a new quilt Patty made her.



Patty and Ann take a break from activities to pose for the camera.



Patty is picking some ripe tomatoes from our garden.



June Schrumph and son win the OSU raffle basket! Thank you!

~Gardens, continued from page 24

signs for more food sales in the autumn and winter. Fall and winter fundraiser trips include a Hennis Bus Trip to Cleveland Playhouse Square for "Hello, Dolly" October 17, and January 16<sup>th</sup> to see "Cinderella." These are always enjoyed and well-received, so be sure to reserve your tickets early as these trips are popular. FYI – currently, there are four seats remaining for "Hello, Dolly".

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken!" (James Dent). That sounds a lot like August! We continued to enjoy the summer days of August on the front pergola visiting, watching the animals scatter about, socializing with family and friends, watching the comings and goings, and sometimes having a game or other activity there.

Terri and Steve have become our Fests' regular entertainment as they are fun and can accommodate just about any theme! They sang for the Peach Fest where family and friends enjoyed peach pastries, peach cobbler, and cookies with us while enjoying the live performance. Our outdoor movie night was moved indoors due to the forecast, and the audience enjoyed the classic film "Mary Poppins", starring Julie Andrews and Dick Van Dyke, accompanied with popcorn and root beer to the enjoyment of all.

This year HCC held the Staff Appreciation Day event at the Lynn Drive Inn, a family business of our nurse Olivia, where the retro days were very fun for all ages. Early on, they kept busy playing corn hole, volleyball, and



**Debbie of Culinary Services agrees with Bob that all the pie bakers are winners!**

the sheer fun with oversized lawn games of Yahtzee and Jenga. Lee's Famous Chicken delivered individual meal boxes with sides and a spread of sauces, honey, jellies, and cookies that were convenient to take and eat at the tailgate of their truck, cars, or on the blanket on the lawn. The theatre owner, Rich, gave a "behind the scenes" tour of the camera,

projector booth, etc. to an inquisitive youngster. Soon after, the sun set, fresh popcorn was lofting through the air from the concession stand, and you knew it was movie time! Many cars were facing the screen that was showing "Christopher Robins Winnie the Pooh" and then "Ant Man", and other cars were pointed towards the second screen to view "Mission Impossible" and "Skyscraper". The fun continued into the next week as employees' names were drawn for gift cards! Following that, they received their navy HCC Staff Appreciation Day t-shirts which they love and



**The valuable pie judges - Scott Ebert, Dr. Kapper and Harold Baker.**

can wear on paydays or for Friday team days, as well as in the public anytime!

We enjoyed an excursion to KSU Tusc Performing Arts Center to see the speaker Peter Sagal one Monday evening in September. This was enlightening, humorous, and stimulating. We'll be watching for more of these opportunities!

Both our ladies and gentlemen enjoyed special summer luncheons at the "Red Chair Café", fondly named by Annette, where both had a coffee décor, and each day featured a delectable meal. The ladies' menu was creamy cauliflower soup, grilled chicken, muffins, and a decadent dark chocolate brownie topped with mint chocolate chip ice-cream. And, keeping with the coffee theme, there were several flavored creamers such as Salted Caramel Chocolate, Hazelnut, and French Vanilla. The next day, the gentlemen's luncheon highlighted a grilled steak prepared by Chef Matthew along with sides and the same dessert, which everyone talked about all afternoon! Special thanks to staff, residents, and family who provided the special decorations in the hutch consisting of vintage coffee pots, darling red chairs, and other red items. It was perfect for the theme and pleasant to look at and reminisce.

No one goes hungry in August and September as we continued food-themed events. The yearly Apple Pie Bake Off with both residents and staff joining in is in

conjunction with the county fair. Did you know that the Gardens group put together seven pies? They looked so good before they went into the oven all nice and high, and came out smelling so delicious, and then drizzled with caramel sauce that just made your mouth water! Our judges this year were Harold Baker of Accounting, Scott Ebert a retired school teacher, Shawn Kapper the new Chiropractor across the street, Susan Penrod a pastry/pie baker, and our new Administrator Brian Hennis, who eagerly accepted! It was a close race, but the Garden's pie came in first place! Bob C. and Debbie from Culinary Services were sure to raise their arms to express that everyone was a champion! Ruth L. and her daughter, Mary Ruth, enjoyed every bite, and Trish said it was lip smacking good, as everyone was served slices of the various pies.

If you were in the mood to wet your whistle, you could stop by our second Soda Float Sale. We had several flavors including Orange, Cherry Coke, Root Beer, and Coke, accommodated after a suggestion from a previous customer – we aim to please! Dee and Rich helped Patty at the busy stand, and some staff even treated other staff to these tasty cold refreshments! Such kindness. Tammy F. humorously replied "we all have holes in our chins" referring to some who dripped while enjoying the ice-cream floats. Many thought this was a favorite for a hot summer day!

One evening a lady was hankering for a milkshake, so Paula went to Softies for her and also brought back enough for the floor staff as a surprise and a thank you. It was greatly appreciated. We look out for one another in various ways.



**Lavera pets a cute poodle who is visiting.**

As part of celebrating her birthday, resident Nancy treated everyone to pizza for supper! A family gathering followed to complete her special day. Thank you, Nancy!

This season, the residents also enjoyed tending to and watching the tomatoes grow. Tom H. kept a close eye on their progress. Early on we enjoyed fried green tomatoes prepared by Patty, then we were excited when they ripened enough to be picked and enjoyed fresh sliced tomatoes! Others also enjoyed eating tomato sandwiches.



**The Dover Basketeers, Keith Marburger and Speaker and author Don Maurer at the Senior Center Lunch and Learn.**

We welcomed the arrival of STNA McKennzie's baby boy, and she brought him and her toddler daughter in to visit. Hostess Ilene also had a baby boy which was her first! We wish these families the best! We bid a fond farewell to Speech Therapist, Ken Avers, who retired after 20+ years! (But, he'll be around a little more helping with weekend evals and vacation coverage – yay!).

The end of the season's outdoor musical entertainment included a Sunday evening concert by the band Jericho, and fans of the band's singer, Jerome James, loved the big band music played and sung, along with a variety of movie music, jazz, and sentimental melodies. Paula's favorite pieces were "The Incredibles" and "Jazz Police"! Doug and others enjoyed the big band sound, and some others found the humor funny from the MC. Another concert at the park featured a performance by Del Sincheck. While enjoying the outing, one of the residents spotted a former neighbor and enjoyed a long visitation. This is just one of the many benefits of being out in the community! We certainly love the nice outdoor settings at the Dover amphitheater and Tuscora Park lawn and pavilion, and sometimes we bring snacks or pizza.

Ah, the joy of summer and all that it offered..."I wonder what it would be like to live in a world where it was always June." (L.M. Montgomery).

How would you like to enter a room and immediately see a table full of desserts? That was the setting for the celebration of Grandparents Day! Brownies, varied cheese cakes, cookies...The Big Bad Bodacious Brass Band concert was the key note entertainment for the event, and they are such a joy to listen to! They play an array of music in their repertoire such as "On Broadway", "Mambo No. 5", "Pirates of the Caribbean", "Sweet Caroline" and more, and they are well-liked by the audience! This was also competing with the Browns/Steelers game which some viewed in their room, others caught pieces of it coming through the halls, and the band took a moment's break for a score check and announced it! Did you know the brass band consists of high school age up to senior age? One young dad brought his young toddler son, who slept on Hostess Ruthie's lap (she was delighted), and his other young boy sat near the band mouthing the sounds of the music and even did a little directing. He was very well behaved! They play in churches, care facilities, special occasions like at Warther's Christmas Tree Festival, etc. Good news – they'll be back here in December for a Christmas performance!

"A fall leaf is nothing more than a summer's wave goodbye" (Unknown).

September brings the Tuscarawas County Fair the third week, and we have three trips planned among the units – if you would like to attend, give us a jingle. We're excited for the entries that residents and staff have submitted! Good luck Dee and Patty! The Dover Majorettes are scheduled to make a special visit on the 20<sup>th</sup> in the evening that will be fun! That will help lead us to our football spirit days! Do you know we have a football hero in our midst? Bill H. played on the undefeated Dover team in 1967 in which he was the Captain! This team was honored at the Dover game Sept. 7 and got to come out the big smoking helmet and across the field, through the band playing,



**Silly Sam wears a patriotic flag headband for the summer season's holidays.**



**Patty, Dee and Rich tend to the Soda Float Fundraiser.**

sporting their Dover grey shirts. Nurse Jake (son) escorted Bill with the group team. They gathered at the sidelines for pictures, handshakes, and hugs, and reminiscing to a big applause and standing ovation from the fans! How cool! We're proud of all of them!

As Erma Bombeck says "I come from a family where gravy is considered a beverage!" Many of us can relate to that with the likes of two major holiday dinners soon arriving and other winter meals!



**Volunteer Nina helps with serving pie samples to Barb and others.**

As the weather turns the corner we are headed to new seasons with familiar and new endeavors. We look forward to continued football fun and special visitors with spirit days, Halloween and trick or treat festivities, Dover-Phila traditions, special meals to be shared, holiday shopping, Christmas preparations and crafts, the pleasure of different and increased visitors, and the joy of celebrating Christmas. "Peace on Earth will come to stay, when we live Christmas every day." (Helen Steiner Rice).

We wish you all the happiness this time of year offers, as well as the renewal that the new year brings forth.

*Learn from Yesterday  
Live for Today  
Hope for Tomorrow*



## DOVER GARDENS



Nancy snuggles with Bella, a King Charles Spaniel, share by Pastor Tom Dunkle.



Two musicians from The Brass Band visit with John.



Brass Band Director Cheryl Graham and Nancy visit after the concert.



Kathy Marburger and Doug are prepared for a great steak and shrimp meal - Men's Lunch



Bob loves seeing the dog, Bella, by Pastor Tom.



Carol, Doug and June take in the tunes of a concert on the lawn at Tuscora Park.



Tom and Don enjoy the live music by Bruce SeEVERS during the Men's Summer Luncheon.



Ruth and Doug snap fresh green beans.



Enjoying a summer concert at Tuscora Park - Dalene and Ruth



Anna is tickled with her fun abstract painting.



Patty with 7 apple pies they made to share with everyone for the Bake-Off.



Patty Dunkle was thrilled to win the Red, White and Blue Wine Basket.

## DOVER GARDENS



Hostess Kathy Little and Bob C. enjoy dancing to the fun music.



The scout troop prepares a garden for us.



Chad Conrad of KSU, speaker for Lunch & Learn, with Ann & Glen Groh at the Sr. Center



More pie judges - Susan Penrod and Brian Hennis.



Tom H. helps prepare yard signs for the Alzheimer's Community Walk.



Don likes the kitties visiting shared by a frequent visitor.

## DOVER WENDY'S COMMUNITY DAY



Jean and Thelma enjoy their burgers at Wendy's Dine and Donate.



The Wilson Family makes Wendy's their supper that night.



STNA McKennie and her newborn and daughter visit with Doug and Nurse Sarah.



Kathy knows this guy as they talk over the divider.



Wendy's Community Day Fundraiser Patty and Jackson EMT..



*Happy Retirement, Ken!*

A whirlwind of activities blew in to the Homestead this summer. We have had so much fun right in to the early fall between special events, concerts in the parks, the Alzheimer's Walk, and the county fair – the good times just kept coming. Fall is approaching and we are anxious for the changes that it brings: cooler weather, football, pumpkins, and watching the leaves change from green to orange, yellow, and red – it is such a beautiful, peaceful time.

So many of us enjoyed the live concerts at Deis Hill in Dover and the Tuscora Park in New Phila including La Flavour, Dominic Grecco Band, and Trumpet Singers just to name a few. Sometimes music is magic, and everyone was happy who attended. Of course, we continue with live music entertainment on Thursday afternoons.

In July, we celebrated with Greg upon obtaining a communication device. The community was involved in this endeavor along with family and friends. Some motorcyclists came, and some of the staff and families rode their bicycles, too. Hamburgers and hotdogs, macaroni salad, watermelon, and cookies were abundant.

Our folks enjoyed the Summer Campfire Fest and a Peach Fest with our ever popular duo of "Terri & Steve" from Sugarcreek for the fun entertainment. They are also on our regular schedule. Remember the Fall Hoe Down in September.

For all our shoppers we continue the Walmart outings. They appreciate picking up odds and ends, toiletries, clothes, and snacks. Sometimes we will have lunch or a snack in the Subway within Walmart. Often, our socialization revolves around eating, and we carried on that tradition with the Summer Ladies and Men's Luncheons with entertainment by Sue Rusk and Bruce SeEVERS respectively.

More about food...we have had a Walking Taco Stand, Sub Sandwich stand, and Ice Cream Sundae Stand, and Ice Cream Soda sale. The monies go towards the American Cancer Society and the Alzheimer's Association. Our Apple Pie Bake Off was a huge success! The responsibility of judging the pies went to: Scott Ebert, Shawn Kapper, Sue Penrod, Harold Baker, and Brian Hennis. The winner... Gardens' apple pie! Whoo hoo! And, we all got a piece of pie from all the pies – what a great day.

We ended this time period with the Annual Alzheimer's Walk held at the Dover Middle School, with a beautiful day for the weather and turnout – thanks to all for the participation!



***Pizza assembly line for the fundraiser!***

And, what is September without the Tusc. County Fair! Many of us knew youngsters with animals shown, such as speech therapist Stacy and her young daughter. While there, we had our boxed lunch and strolled the fairgrounds to their heart's content.

Our fall season brings choir practices on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month, and the other Tuesdays as make up if needed.

This summer was a hot one and while the sunshine is beautiful we are looking to spend some time outside again enjoying the light breeze watching the trees change color, and we have a couple of leaf themed activities that we are excited to work on this fall, and we want to make sure we find the prettiest fall leaves for them – so, I'm sure a scavenger hunt will be in order.

We are also looking forward to the Oktoberfest open to the community with good German food, music, crafters, a scarecrow-making contest, and dry apple bobbing, and good times overall. It is such a fun time of year that we get to get loose and have fun with all our friends and family in a German-themed atmosphere. We're hoping you will join us for the fun.

A wiener roast and Halloween party will wrap up October. However, we shouldn't forget Trick or Treat night for the staff and families Oct. 22 as a thank you to them.

After all the festivities in October, we are

on to the holidays –pumpkin pie and turkey and blessings galore. Coming up in November is the Veterans program, Pumpkin Harvest Sale, Thanksgiving Celebration, and the Christmas Tree Festival at Warther's Museum that is a real treat! It's a wonderful time to reflect on all the things we are grateful for and the beauty in our lives. We are grateful for so much and it is easy to take it for granted through the year. We also enjoy our Thanksgiving celebrations with our families and friends at the facility – especially the turkey and pie! Yum!

Then, we dive right into the Advent Season – such beauty throughout the building with Christmas decorations everywhere! Each unit will have a Christmas dinner with two guests, live entertainment – an event to behold!

Ho Ho Ho – Santa will visit one and all, good or bad? We're all good at Christmas! A candlelight service will be held on Dec. 21 at 2:00p with Kathy. On to our New Year's Eve party!

Don't be a stranger this quarter, while things might seem a little slower than summer, we still have plenty of fun going on and would always love for you to join us for all our festivities!

*Rejoice, Celebrate, Be Happy!  
Blessings,  
Lauren & Kathy*



## DOVER HOMESTEAD



Candy is a winner of the spring scratch-off lottery tickets!



Doris just finished a fun craft making a sea globe!



Nose to nose with Bella.  
A bedside visit with Sumiko.



Lois and Debbie enjoying the Strawberry Fest.



Sally and daughter are ready for the Ladies Summer Luncheon.



Ruth and JoAnn are set for a delicious dinner for the Ladies Summer Luncheon.



Louis and her daughter Deb share a hug.



Brenda and Chrissy enjoy the music by Terri and Steve during the Campfire Fest



Ruth L. and daughter Mary Beth, enjoy a visit on the front porch this summer.



Braylen shares her young St. Bernard during a dog visit.



Lauren delivering the Homestead Apple Pie for judging.



"Adopted" Grandma Ruthie held a band member's toddler who slept the whole time!



Toni is happy with a dog visit from Bella!

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

- Enjoyed many outdoor concerts performances at the Dover and Tuscora Parks (Talented!)
- Cleveland Nautica Queen Bus trip fundraiser for staff and community successful (Appreciate your support!)
- Congratulations to Library Linda of the Dover Public Library on achieving the John Philip Outreach Award! (Proud of you!)
- Sub Sandwich Sale fundraiser, many choices, well-liked (Tasty!)
- Rehab hutch June décor – summer fun: A Flipper Book, baseball clock, Muscle Beach Party Album, boat, soda bottles (Flay's, Mission of California, etc), van bus, Bathing Beauties – Beach body models, Flip a Fish game and more! (Retro fun!)
- Marion M. family gathering before returning to North Carolina (Love!)



**Art and Doris enjoy the sundae from the fundraiser stand - Thank you!**

- Father's Day Brunch– fishing/camping theme, appreciate Annette's talent (Special!)
- Crafts – scratch off magic cards, painted sun catchers, and more (Creative!)
- Wendy's supper outing – supporting Wendy's Community Day as a fundraiser for the Alzheimer's Assoc. (Very good!)
- Patriotic special summer dinner (Fun for summer!)
- Thanks to New Pointe Church & Colwell Floral Shop for donating silk flower vases for the dining rooms and cookies for the staff! (Community Support!)
- Atwood Queen - lunch and boat ride, Don G. and John M. and others loved it (Lovely!)
- Family Bingo in the air conditioned lounge – food, fun, prizes (Join us!)
- Music entertainers every Thursday – Pianist Max Grossenbacher played "Because" requested by Betty and Alice



**Patty makes a sundae for Wendy.**

- mentioned that it was played at her wedding (Sentimental!)
- Children's Choir from the Dover Library - the dining room was overflowing with residents, families, and special visitors. The children sang a large selection of old time favorites under the direction of the children's librarian, Claire. Library Linda prepared the description and presentation. Residents sang along, too. Thank you Dover Library! (Special!)
- Celebration for Greg (meaningful)
- Chef Matt delivered summer picnic food to the Dover Fire Dept. as thanks for their service (Grateful!)
- Wednesday special dress days to educate and fundraise for our causes – lime green, black/white or zebra print, light blue – staff & residents (Fun attire!)
- July Summer Campfire Fest – roasted marshmallow atop a chocolate cookie "hotdog" cookies, baked beans, and more and a new music show by Terri & Steve among decorations of wood piles, sleeping bags, etc, residents donned bandanas and cowboy hats (delightful)
- Super Summer Supper one day (Delicious!)
- Library Linda presented "The Songs of our Lives", "State Parks of Ohio", "The Good Old Summertime" (Awesome!)
- Ice-cream Sundae stand fundraiser with various toppings to choose! (We all scream for ice-cream!)
- Summer card party – good food and good times, lots of prize winners (Always a hit!)
- Tasty Walking Taco Lunch fundraiser, a favorite (Thanks for the support!)
- Staff Appreciation Day at the Lynn Drive-In with food, big lawn games, prizes, and 4 movies for staff and their guests (A blast!)
- Kathy and Paula delivered Lee's chicken, noodles, biscuits to the Dover Police Dept. in appreciation for their service (Worthy!)
- Said farewell to Ken Avers, Speech

Therapist, with HCC for many years, as he retires, with a cake party as well as a managers' dinner at Uncle Primo's [he will be seen occasionally helping out] (Congratulations!)

- Outdoor movie brought indoors because of pending rain but spirits not dampened, the big screen featured "Mary Poppins", Annette & Patty served hull-less popcorn and root beer to appreciative viewers (The real deal!)
- Root Beer Float fundraiser – creamy and refreshing satisfied many customers (Appreciate your support!)
- August Peach Fest – scrumptious peach desserts and beverages and fun music with Terri & Steve (Just peachy!)

**~ REHAB,**  
*continued on page next page*



**Chrissy, Holly, Park and Lloyd enjoy the visitation.**



**Lauren's family ride in on their bikes for Greg's benefit celebration.**



**Thelma, Gary & Emma Jean at Greg's Celebration.**

- Daily exercise group for mind, body, & soul—visitors join in, too (You are welcome!)
- Welcome to the “Red Chair Café” – the décor in the hutch for the Ladies & Men’s Summer Luncheons. The hutch contained: Hostess Kathy Little’s grandparents’ coffee pots, vintage coffee display with items such as mugs/cups. Canisters, napkin holder, and other retro items, with Arlene’s husband’s red toddler chair on top! (Heartwarming!)
- Labor Day decorated boxed lunches for fun, and cook out fare for dinner (Enjoyable!)
- Shopping days to Walmart (Enjoyable!)
- Soda Pop Float sale fundraiser – Orange, Coke, & Root Beer; pink and brown décor complete with Gwenna’s coordinating inspirational cards she makes. Thank You!
- Fall Apple Pie Bake Off, fun making it, interesting judging, delicious sampling (Fun and good!)
- Grandparents Day celebrated with a variety of desserts and the Big Bad Bodacious Brass Band playing great music with all ages present – they were grrreeaatt!! (Wow wee!)
- Outing to the PAC at Kent State U. to see Peter Sagal! (Cool!)
- Mum Sale for the Alzheimer’s Assoc. – gorgeous and colorful (Helpful!)
- Pizza Lunch Stand fundraiser – good selection and fun (Enjoyable!)
- Alzheimer’s Walk– we participated and are pleased to be part of the movement (Hope!)
- Fair Week – viewed the barns and displays, visited friends, enjoyed lunch, tasted the fair fare, browsed the commercial set ups (Memorable!)
- September Western Hoe Down – toe tapping, dancing, good music and goodies, and western wear on display (Un-beatable!)
- The Oktoberfest for the community, residents, families, staff, volunteers, and friends – sure to be fun and we hope to see you there! (Festive!)

Upcoming events and festivities include – hopefully the Cleveland Indians playoffs and celebrations to go with them, football spirit week and special visitors and fun, Halloween festivities and parties, Veterans Day programs, Thanksgiving doings, Warther’s Christmas Tree Festival and Christmas celebrations – someone recently said that there are 15 Wednesday’s ‘til Christmas! Oh boy, it’ll be here in no time! But, we’ll be ready! Dashing through the Snow...

*Live Big and Have Fun!*



Alice, Doug, Lavera and others have a great seat for the cloggers.



We all love ice-cream! Sue and Anita. Support the fundraiser!



The Big Bad Bodacious Brass Band performed for Grandparents Day.



Therapist Carla relaxes a moment with Bella, a King Charles Spaniel, when visiting the facility.



A concert at Tuscara Park in the shade of a pavilion. JoAnn, Patty, Don and John.



Park at the park experiencing a great outdoor concert.



Gwenna’s group is ready to craft and make beautiful greeting cards.



Let the fun begin! Terri and Steve dressed for the campfire fun played a new set.



## DOVER REHAB



Dave, a trombone player of the Brass Band visits with Ruby.



Wake up Grandma, says her great grandson.



Don enjoys the strawberries and shortcake.



Cindy loves this dog on her lap!



Dee and Lavera enjoying refreshments during the Summer Card Party.



Gwenna made this beautiful quilt!



Eric and Ruby checking out the desserts. Chocolate is her favorite.



Summer Campfire Fest Fun - Cindy, Chrissy, Kathy and Lucinda.



Bert and Mary enjoy the campfire festivities.



Summer Card Party  
Lynn, Amy & Kathy



Ladies made these beautiful paper flowers in class with Kathy Little!



Mig and John are ready with steak sauce for the steaks grilled by Chef Matt.



Marty and Steve are ready for the Men's Summer Luncheon.



Arlene and her daughter, Jane, enjoy the ladies Summer Luncheon.



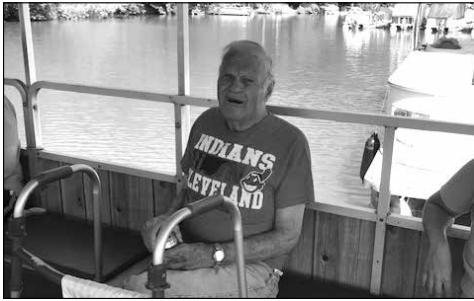
Tom with Patty takes in the fun, food and entertainment during the campfire festivities.



Holly of Therapy is happy to fix a chair for you!



John enjoys a visit from the military band members after a concert at Tuscora Park.



Sam enjoys the scenery.



"Hello" says Bev.



Carol, Daleane and others enjoy the ride.



Here's to ya! Doris and Sarah on the Atwood Queen.



June and John listen to the tour guide as they cruise along.

## 1967 DOVER TORNADOES

### UNDEFEATED CARDINAL CONFERENCE CHAMPIONS

1. M. Dunn, Marks, Ickes, Davis, Fuerman, Arnold, Regula, J. Sweltzer, Cappell, Hawk
2. Shryock, Byrom, Wallick, R. Sweitzer, Morris, Andreas, Kocheran, Keltch, Zifer, Trustdorf, Burkhart
3. Boso, Trotter, Veigel, Vasbinder, Beasley, Daniels, Burris, Lahmers, Smart, Burrell, Gordon, Reese
4. Leuck, T. Dunn, Fisher, Blickensderfer, Graef, Swinderman, Mastin, Foutz, Hites, Herzig, Schumacher, Rubright, Hutras
5. Sears, Higgins, Wherley, Coventry, Tarulli, Hellgren, Eckert, Brown, Kennedy, Hochstetler, DeBois

### DOVER FOOTBALL HERO - BILL H. - #44 (lower right corner)

Pictured at right: Bill H. & son, nurse Jake, visit with his teammates on the sidelines from his 1967 UNDEFEATED Dover Football Team. The team was honored at a game Sept. 7 home game. Bill was the captain.



HCC of BOLIVAR

# "Jingle all the Way!"

CHRISTMAS BAZAAR

Sat, Nov 3 | 9a-2p

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