



THE

Friendly Visitor

HENNIS CARE CENTRE

OCT | NOV | DEC 2019

Dover & Bolivar, Ohio

People Who Can Help

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

DOVER

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

Director/Patient & Resident Services.....Anita Peffer
Culinary ManagerDebbie Parsons
Social Services.....Melanie Scheetz
Director of Therapy Services.....Holly Meister
Accounting Manager.....Harold Baker
Public Relations.....Paula Hennis-Sickinger
Recreational Therapist.....Lauren Wilson
Activity Professionals.....Annette Cookson
Kathy Marburger, Patty Dunkle
Music TherapistLaura Smith
Laundry/HousekeepingTammy Fouts
Receptionist.....Leslie Morris
Karen Bursh

Corporate Chef of Dover & Bolivar and Hospice HouseMatthew Ridgway

BOLIVAR

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

HOSPICE HOUSE

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

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

www.henniscarecentre.com

A Lifetime of Stuttering

Awakening is the process of overcoming your false self and discovering your True Self.

It begins when you decide to grab the tiger by the tail and ends with the tiger tenderly licking the sweat off your brow and face.

~Steve Baxter

For the first decade or so of my life, my older brother and I were the only two kids I knew who suffered from the speech disorder known as stuttering. Miraculously, around the age of twelve, my brother's stuttering stopped. I was very happy for him and equally excited for my future. I was thinking "two more years." Thirty years later, my stutter is still going strong and I

wouldn't want it any other way.

If I had a nickel for every time I was made fun of, I could have potentially retired at twelve. It's not easy being a kid, and it's especially difficult when you're different.

The biggest fear for most Americans is public speaking, so imagine being a stuttering child having to read aloud a paragraph from Charlotte's

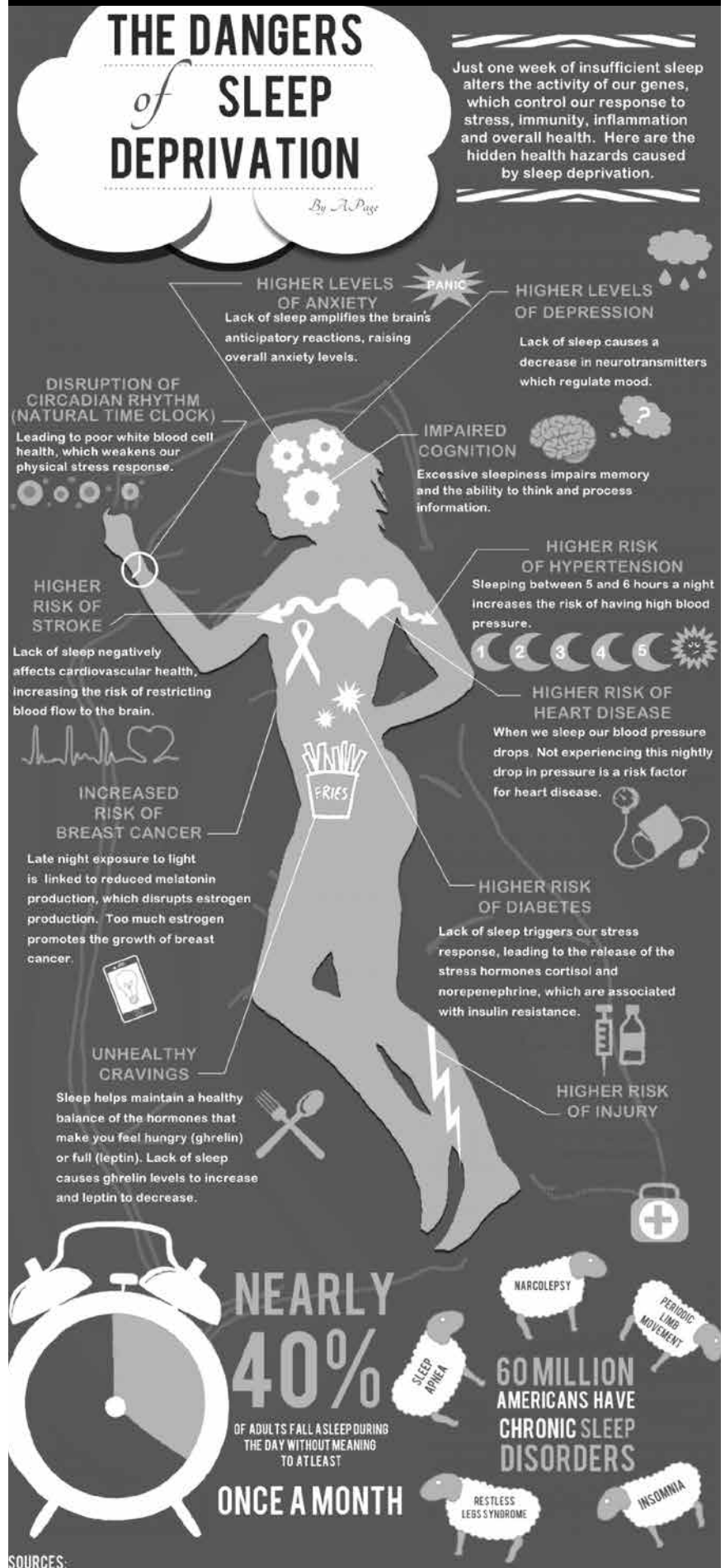
~ continued on page 3



THERAPY

- Sing, dance, and joke around with the clients and coworkers.
- Remember that you might be the only positive interaction the client gets all day.
- Go outside if you can—take some equipment with you.
- Find the client who can always make you feel better.
- Remember how lucky you are to be able to do everything you can.
- Remember that you're passionate about your job!
- Bake a cake or cupcakes.
- Remind yourself how lucky you are to help people.
- Do mindfulness meditation and live in the moment with your client instead of worrying about notes.
- Switch clients that aren't progressing or that take a lot of mental energy.
- Find support from your coworkers.
- Listen to fun music and joke around.
- Keep a sense of humor and hug and love your clients.
- Encourage the clients to dance, clap their hands, or even just weight shift to music. Remember that your clients are all someone's spouse, friend, grandmother, etc.
- Talk things out on a Facebook group.
- Ask for help!
- Be inspired by devoted caregivers and supportive coworkers.
- Take a day off when you can.
- Ask yourself how you would want your mom to be treated in therapy.
- Stop, sit, and listen. Go outside and play.
- Keep your shifts short if you can.
- Say a prayer.
- Caffeine!
- Do exercises along with your clients.
- Remind yourself that this experience is new for your clients, even if it is routine for you. Order lunch or coffee with your coworkers.
- Look through old thank you notes and cards from former clients.
- Co-treat so you can feed off of each other and conduct more complex sessions.

NURSING



A LIFETIME OF STUTTERING

~ continued from the cover

Web as the entire class looks, listens, and laughs. It's not easy. Imagine sitting at your desk with your palms sweating, pulse racing, and heart pounding as if you're about to testify against the Mafia, when, in fact, you're simply sitting there waiting to read a paragraph from *Where the Red Fern Grows*.

That all changed for me in the eighth grade when I decided to ease my anxiety by volunteering to read each and every time. My hand was always the first to go up and stayed up for most of the class. I chose to be in complete control of what and when to read. If kids laughed, they laughed. I'd usually have a witty one-liner to shoot back at them, which would ultimately shut them up. From that point on, I never again looked at my stuttering as a significant challenge.

Fast forward to 2012 and I'm a comic, a speaker, and a soldier with three tours of duty in Iraq. I currently hold the rank of Captain in the Alabama National Guard.

When I started out in comedy, my goal was simply to make the audience laugh. After each show or online video, I'd get feedback on how my comedy helped educate them with respect to their family and friends who also suffered from this speech disorder. I was blown away. Until seeing my routine, they'd never considered the challenges a person who stutters faces on a daily basis. Imagine the fear of talking on a telephone. Imagine

the fear of ordering food at a restaurant. Imagine the fear of not being able to say your child's name.

I also get random messages from young men and women who aspire to serve in the military but feel they are not qualified due to their speech disorder. Being able to inspire them to follow their dreams might be the highlight of what I do. Stuttering is no joke but having the ability to inspire and create awareness of stuttering through humor has truly been a gift from God.

Stuttering is still one of the great unknowns. I've been stuttering for forty years and still can't explain it. I can probably do a better job of explaining the Pythagorean theorem. I do know, however, that four out of five people who stutter are male and that only around one percent of the world's population will ever know what its like to get "stuck" on the simplest of sounds. I, just like any person who stutters, have my good days and bad days and everything in between. Additionally, we don't always get hung up on the same sounds, words, or sentences. And finally, the number one pet peeve for most of us is having people finish our words or sentences. We have something to say, so let us say it.

I've had the great fortune of attending the last two National Stuttering Association (NSA) annual conventions. The convention is not a pity party. It's a fun and inspiring celebration

filled with education, awareness, acceptance and empowerment.

Because of my upbringing and military service, I've always been an adapt-and-overcome kind of guy, but attending the NSA convention has even opened my eyes to the difficulty many of my fellow stutterers face each and every day. I've even met people who stutter when they sing.

The NSA convention is a four-day conference. In 2011, we had the writer for the Academy Award winning film *The King's Speech* as the keynote speaker. I may be the only person who stutters who has not seen the film. Another great film featuring a person who stutters is *Star Wars*. James Earl Jones, the voice of Darth Vader, endured severe stuttering during his childhood but has gone on to have one of the greatest voices of our time. He truly beat the odds. Of course he did have one slight advantage; he was a Jedi.

There are days when I, too, wish I was a Jedi, but that has nothing to do with my speech.

Whether it's a big nose, ugly toes, or a run in your pantyhose, we all have perceived flaws that each of us should embrace, because if we don't embrace them ourselves, how can we possibly expect it from others?

~Jody Fuller

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

BOLIVAR ACTIVITIES - JUNGLE TERRY



BOLIVAR GARDENS

What a great summer we had here on the Gardens unit! We spent some of the morning hours sitting in the courtyard reading and listening to the birds chirping. The afternoon hours were usually entirely too warm to be outdoors though; plus having to dodge all the thunderstorms and heavy rains we had throughout the summer.

We listened to quite a few entertainers during the summer months also. All of the regulars, such as Jay Seacrest, Marty Zehnder, "Sugar Creek Duo", Max Grossenbacher, Sue Rusk, Scott Miller and Tim Weddington were here along with Tim Turkal and music by "Old School". A couple of new favorites of ours here is Gary Shreve; AKA, "Elvis" and Ted Burkholder with his "Old Time" Gospel songs.

We held the annual Ladies' and Men's luncheons in August with some delicious Vegetable Lasagna that Chef Casey made using some of the fresh veggies that she had bought at the Farmer's Market located at the fairgrounds in Dover. A big thank you to Chef Casey and her staff. The Dining room tables all had a vase that was filled with lemons and flowers for the Ladies and vases with "wheat" stems were used during the men's luncheon.

In September, we celebrated Grandparent's Day with a special lunch for the residents. Then on the 18th, we took our annual trip to the Tuscarawas County fair; and had a great time, as usual! And "Jungle Terry" visited us with some of his exotic animals.

Bolivar will be hosting the annual Hennis "Oktoberfest" on the first Sunday of October (the 6th) with plenty to see and do! There will be live entertainment, horse drawn hayrides, a scarecrow making contest, some apple bobbing, an apple butter making contest, baked goods and craft items for sale. And of course, delicious German food for all.

During October, we will be holding the annual Fall Card Party in the main building on the 16th from 7:00pm until 10:00pm. We ask that you donate one or more bags of candy when you come in. This candy will then be used for handing out "goodies to all of our staff's family members that come in for the

"Trick-or-Treat" night that we host. This is always such a fun night for the kids, but the residents really enjoy seeing all of the little "Goblins" that attend, also. I am sure that there will be lots of different costumes; some will be funny, some "Heroes" type, and some very pretty princesses; while some of them will be a "little" bit scary! On Halloween day, some of the staff will be dressed up in their costumes and we will hold a contest during the Halloween party! Thanks to all staff members that will be participating by wearing their costumes on these two days.

On November the 9th, we will be hosting the annual "Jingle All the Way" Christmas Bazaar at Bolivar. We always have a really good turnout of different vendors with their hand made items. There will also be a lunch

stand manned by Chef Casey with sandwiches, chips, cookies and beverages.

We will be going to New Towne Mall on November 6th and 20th to do some Christmas shopping with the residents. We have done this for the last few years and always have a great time! We leave the facility around 10:00am, eat lunch at the Food Court in the Mall, and then split up in all directions to see what type of sales we can find! We always have residents, staff, family members & volunteers going along, so if you are interested in going along on this fun outing, just speak with Abby or Jeanne in the Activity Department for more information. We would love to have you go along!

We will start December off with our annual Christmas dinners with family and friends in attendance. We will be playing all of the season's beautiful music. Chef Casey and her Dietary staff always make a delicious meal. We already have a pretty full calendar with lots of events planned for December so keep an eye out for the event flyers with dates and times. We "think" Santa will be visiting us on December 18th during the afternoon but...he has been too busy to get back to us to give us a "for sure" day & time! We will finish off 2019 with a New Year's Eve party starting at 1:30 pm on December 31. Have an awesome Autumn & many Happy Holiday Happenings!

The "Gardeners"

BOLIVAR ACTIVITIES - JUNGLE TERRY



BOLIVAR ACTIVITIES - JUNGLE TERRY



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 or cocoa, while being snuggled up in a blanket. We have enjoyed musicians monthly to serenade us during our dinner, paint nights, crafting and card games. We have enjoyed the cooking of our Chefs, Scott Fetty and James Rhie as they have provided many delicious meals to warm our bellies on the cool days. We have enjoyed playing with Lucky, our Hattie's House cat. Some of the Guests have grown quite attached and have had family bring in treats for him. He always knows which rooms to go into for a tasty treat!

Looking back on this summer we can see that we had a lot of fun. On July 10th, 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. On August 7st, 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 18th 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 6th, Hennis of Bolivar, will be hosting the Oktoberfest from 2pm-4pm. There will be food, music and vendors with a variety of crafts. It will be a great time with the community. There is always a fabulous turnout. Join us on October 31st, 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 doing a shopping outing at the New Towne Mall with the Residents, having our annual Christmas craft show, and of course, celebrating Thanksgiving with a buffet. In December, we will have our Christmas dinner on the 9th 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!*



Apple Spice Cake with Brown Sugar Cream Cheese Frosting

INGREDIENTS

- 1 cup + 2 Tablespoon butter, divided and softened
- 2 cups Granny Smith apples, peeled and chopped (about 2 apples)
- 3/4 cup + 2 Tablespoon light brown sugar, divided
- 1-1/4 teaspoons pumpkin pie spice, divided
- 1/2 cup granulated sugar
- 3 large eggs
- 1 Tablespoon vanilla extract
- 2 cups all-purpose flour
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1 cup buttermilk

For the Brown Sugar Cream Cheese Frosting:

- 8 ounces cream cheese, /;room temperature
- 1/4 cup butter, softened
- 1 cup light brown sugar
- 2 teaspoons vanilla extract

INSTRUCTIONS

1. Preheat oven to 350° F. Grease a 9x13 baking pan with cooking spray and set aside.
2. In a small skillet, melt 2 tablespoons of the butter over medium-high heat until the butter starts to bubble.
3. Add the peeled and chopped apples, 2 tablespoons of brown sugar, and 1/2 teaspoon pumpkin pie spice and cook, tossing occasionally, until the apples start to soften and the sugar mixture thickens, about 3-5 minutes. Remove from heat and set aside.
4. In a large mixing bowl add the remaining 1 cup of butter, 3/4 cup brown sugar, and granulated sugar, and beat until light and fluffy (about 3 minutes), scraping the sides and bottom of the bowl as you go.
5. Add the eggs, one at a time, mixing after each addition. Stir in vanilla.
6. In another mixing bowl whisk together the flour, baking powder, 3/4 teaspoon pumpkin pie spice, and salt.
7. Add about 1/3 of the flour mixture to the creamed butter/sugar mixture and stir until incorporated.
8. Add half of the buttermilk and stir. Repeat with another addition of flour, the rest of the buttermilk, and ending with the final addition of flour.
9. Add the cooked apple mixture to the batter and fold-in gently. Spread the batter into the prepared pan.
10. Bake for 35-43 minutes or until the cake is golden brown on top and a toothpick inserted into the center comes out clean. Remove from oven and allow to cool completely.

For the Brown Sugar Cream Cheese Frosting:

1. While the cake is cooling, make the frosting: Beat the cream cheese until smooth.
2. Add butter and cream together until smooth. Add the brown sugar and beat for about 5 minutes, or until very light and fluffy.
3. Mix in vanilla.
4. Spread frosting evenly over cooled cake. Refrigerate leftovers

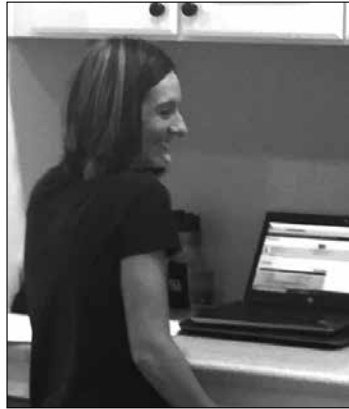
This recipe is one enjoyed by many who have stayed here at Hattie's House. It is a delicious way to use fresh fall apples.

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

BOLIVAR HATTIE'S HOUSE



Kelly Fishley, Hattie's RN, was busy with the daily documenting



Cindy is one of the Physical Therapists you may see at Hattie's House



Hattie House's Chef Jim



Kathy, and her husband Lanny, were enjoying the patio.



BOLIVAR ACTIVITIES - JUNGLE TERRY



16 Tips to Get the Best Plywood for Your Buck



you cut it. Overlapping veneers cause undulations that aren't visible until after you've applied a finish.



16 money-saving plywood tips to help you build better cabinets and furniture. Check out our best tips for getting your project done right.

Best Plywood Options

Building furniture and cabinets is an investment of both time and money. So when you're buying plywood for these projects, shop wisely. Your choices will have a huge impact on the building process and the results. We'll help you decide exactly what you need and help you avoid common plywood pitfalls.

Plus, if you've been neglecting your garage, it's time to pay attention and give that hard-working space the makeover it deserves.

1. Check for Flatness

Don't expect perfection—you probably won't find it. Just try to find the best of the pile. Sight down all the edges just like you'd do if you were buying 2x4 studs. Sometimes, sheets are warped in multiple directions, resembling a potato chip. Leave these for some unlucky, less informed buyer. If you're buying 1/4-in. plywood, don't worry about flat and straight; it

won't be either. But you'll likely fasten it to structural parts, which will keep it flat.



2. Inspect the Edges

Look closely at the core veneers on the edge of the sheet. They should be straight and of uniform thickness and have few, if any, voids. If you see a lot of voids and overlapping core veneers along the edge, there will be more throughout the sheet that won't be visible until

3. Bring a Friend

Plywood in 4 x 8-ft. sheets is heavy and unwieldy. Unstacking, inspecting, restacking, loading and unloading are much easier with an extra set of hands.

4. Watch for Buried Treasure

The most beautifully figured face veneers will be at the lumberyard. But when I'm at the home center, I like to check out the back faces of the plywood or even plywood that's meant for underlayment. Because most people look for consistency of color and grain, there are some striking veneers that get written off as ugly. Quite often, something catches my eye that could be a really cool design element.

5. Special Order Plywood From the Home Center

Some home centers will special-order many different species, core options and veneer cuts. But beware: You won't be able to look at the actual sheets before buying, and you probably won't be able to return or reject them unless they're damaged or otherwise unusable. If it's just that you don't like the grain pattern, you're probably stuck with it.

6. Using Stain? Beware of Birch

Any species accepts a clear finish such as polyurethane just fine. But if you're planning to stain your piece, beware of birch, pine and maple. These species take stain very unevenly and can end up looking blotchy. If you're set on one of these species, use pre-stain conditioner, which helps them take stain much more evenly. Even better, look at samples of different species with a clear finish and see if there's one that has the color you like without stain.

7. Know the Grading System

Hardwood veneer plywood has a front and a back face and is graded by the quality of each face. The front face is graded using a letter (A–D), with A being the best. The back face is graded using a number (1–4), with 1 being the best.

8. Shop the Home Center for Convenience and Savings

Baltic birch is a premium plywood found at lumberyards. A 3/4-in., 5 x 5-ft. sheet has 13 core veneers and costs about \$70. Some home centers carry a similar product, called “classic birch.” A 3/4-in., 4 x 8-ft. sheet has 10 core veneers and costs \$50 to \$60. It’s strong with good screw-holding capability, making it a good, affordable alternative. It’s perfect for less visible cabinet parts, drawers and shelving. As for other plywood, home centers have a more limited selection, carrying mostly veneer core (maybe MDF core), grade B2 and lower. Face veneer cuts are typically rotary cut or plain sliced, and in-stock species will usually be red oak, birch and maple. But the home center is a good option to save a little money.



9. Don't Have Plywood Delivered

If you have a way to haul sheets of plywood yourself, do it. The person pulling sheets for delivery isn’t going to handselect the nicest sheets for you. If delivery is your only option, inspect the sheets before the delivery truck

leaves and reject any that are damaged or unusable. You may not have the option of rejecting a sheet because you don’t like the grain pattern.

10. Using Paint? Choose MDF or Birch

For projects I’m going to paint, I like MDF (medium-density fiberboard) or birch. B-grade birch or lower is fine. Sometimes, you’ll even see plywood classified as “paint grade.” Birch is close grained with a smooth texture that doesn’t show through paint. With an open-grained species like oak, the grain is visible under paint. MDF, of course, has no grain pattern, making it a good choice for painted projects. But for structural parts, I like birch veneer.

11. Sand at Your Own Risk

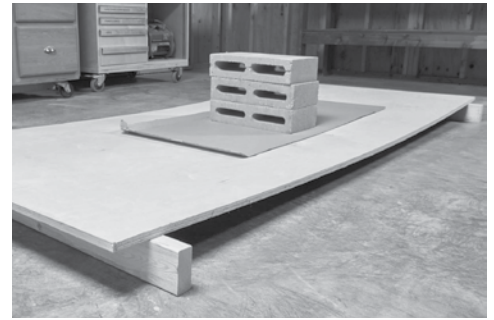
All plywood needs at least light sanding before finishing. Sometimes, the face veneer on home center plywood is so thin that the pink veneer adhesive shows through. On several occasions, I’ve had birch veneer turn translucent after light sanding with 220-grit paper. If you suspect that the veneer is ultra thin, don’t use a power sander. Just sand by hand.

12. Shop Lumberyards for Quality and Selection

For a large selection of the best-quality hardwood veneer plywood, visit a lumberyard. A lumberyard that caters to cabinetmakers will give you enough options to make you dizzy. A 4 x 8-ft. sheet will cost anywhere from \$80 to \$120 or more depending on the species and the cut of the face veneer. Some lumberyards also stock 10-ft. sheets.

13. Can You Get the Bow Out?

Admit it: You’ve tried flattening sheets of plywood. I have too. I’ve tried weights, clamps, wetting down the concave side, sun drying the convex side and gluing opposing bowed sheets together. Nothing seems to work with



any reliability. If the core veneers weren’t in a perfect state of equilibrium and all in harmony when they were bonded together, the sheet has little chance of flattening out. The only recourse is to save the flattest sheets for the largest parts and use the worst sheets in smaller components, minimizing any curvature.

14. Don't Just Grab the Top Sheet

Be picky and dig through the pile for the best sheets. Spending extra time to find the flattest undamaged sheets with appealing grain pattern is well worth the effort. But be kind and restack! And take heart; the bottom sheet is usually a bad choice anyway because it’s most prone to forklift damage.

15. Watch Out for Damage

You can often cut around minor damage in an otherwise good sheet (if you can, you might even be able to get a discount). But sanding out deep dents (above) isn’t an option. You may not be able to sand out stains either. The purple stains shown result from a reaction between oak tannin and steel.

16. Best Plywood for Cabinets: Look at the Face Veneers

If only one side of your project will be visible, like a closed cabinet, don’t worry about the back face. If you’re building an open bookcase where both faces are visible, make sure you like the look of both faces.

SOURCE: by Brad Holden,
FamilyHandyMan.com

2019 OCT, NOV, DEC



**Spring OSU Basket
Alzheimer's Kick-Off Event**
Joan Fishel

Summer Relaxation Basket
Beth Kohler

Lunch & Learn Program
3 gift Card Recipients

Lunch & Learn Program
10 Recipients of Various
Fundraiser Raffle Tickets

Special Thanks!

Linda Ladrach
Made and donated gadget
pads and textured pads
for residents’ use

Debbie Hamilton
Craft Extravaganza with
Mel Sheets on behalf
of the Alzheimer’s Assoc

Valley Quilt Guild
Donation of Walker Bags

Cathie Adams
Crocheted Lap Blankets

Kasandra Eible for bringing
your cats and dogs to visit
with the residents weekly.

Family and Friends,

Fall is upon us. We have many residents and staff that are excited for various reasons. Some staff are excited for the bonfires, hoodies, and the cooler temperatures and spending time with family and friends. We have some residents that are excited for football, the leaves changing, and the holiday seasons that are near. I know of a few residents that can't wait to see how the Cleveland Browns do this year-will this be our season to dominate? We hope so! Go Baker Mayfield!!

This time of the year means one of the most fun days on the Homestead Unit is getting closer.....Trick or Treat night for the staff's children. This event will take place on October 24th at 7PM. The residents Halloween Party will be on October 31st at 1:30 in the Gardens dining room where we will have a staff costume contest and Chefs creation. Mark your calendars for these events because we always have a good time. The residents love to see all the little ones dressed up as goblins, witches, rock stars, and monsters. If you would like to join in the fun put your favorite costume on and bring in one for your loved one to wear, too, and we can all pass out candy. Candy for Trick or Treat night can be donated until October 21st-please ensure that it is soft individually wrapped candies.

We had many participate in the Grandparent's Day Lunch that was held on Sept 8th. Families enjoyed each other's company while dining on creations from Casey and the culinary team. Those that came enjoyed fun, food, and family.

The Alzheimer's Walk was held on September 21st at the Dover Middle School and we would like to thank everyone who was able to participate in this ceremony and walk. We have held many fundraisers to collect money to donate to this great cause and hope that one day they find a cure for this disease that affects so many.

To ensure families get to spend the day with their loved ones on the special occasions here at Hennis Care Centre of Bolivar, mark your calendars for these dates, October 6th for the Oktoberfest which will be at Hennis Care Centre of Bolivar from 2 PM-4 PM and there will be food, music, and vendors with a variety of crafts to purchase. November 6th will be a shopping outing with the residents to New Towne Mall from 10 AM-4 PM, if you would like to go with your loved one just inform Beth Wade or the charge nurse on the Homestead and we will make arrangements so you can go. November 9th is the Jingle All

the Way craft show from 9 AM-2 PM in the Front Lobby and hallways. If you are interested in setting up a table to sell items contact the receptionist at 330-874-9999 extension 3025. November 21st we will have our Thanksgiving Celebration at 11:00 AM. We will have the Homestead Christmas Dinner on December 12th at 5 pm. Santa will visit the Homestead Unit in December on December 18th at 1 PM. Come join in the New Year celebration on December 31st at 1:30 pm.

We are looking forward to the holiday season and all the festivities that are planned for these months. If you have any family traditions that you would like us to do on the unit for and with the residents, let us know. We love to have volunteers come in and bake with the residents and do crafts. If you have fond memories of trimming a tree at Christmas time, we can get the tree, the decorations and you can make an evening of memories here on the Homestead.

Please enjoy the fall pumpkin spice rice krispy treats that we made with the residents on the Homestead:

INGREDIENTS

- 4 c marshmallows
- ½ tsp pumpkin spice
- ½ tsp cinnamon
- 1/8 c canned pumpkin
- 3 TBSP butter
- 6 c rice krispies cereal

DIRECTIONS:

1. Plop your butter into a large pan on medium heat and let it melt.
2. Add your marshmallows and continue to let it melt stirring frequently.
3. When your marshmallows have melted add your pumpkin and spices and stir.
4. Toss in your rice krispies cereal.
5. Pour your treat mix into a 9 x 13 baking pan that has been greased, preferably with a little melted butter. Using a paper, flatten out your treats.
6. Wait a few minutes for everything to cool and enjoy!

Live, Laugh, Love
Homestead Unit



Enjoying dinner together



Betty Malone doing crafts
for the bulletin boards



Betty Malone and Pearl Feucht
are the baking queens



Shirley Bower and
Jacoby Cannon visiting

BOLIVAR HOMESTEAD



Betty Malone and Jacoby Cannon cheesing for the camera



Thomas Grigsby looking dapper



We love YOU!



Thomas Grigsby and Corrina White NT enjoying a slow dance



Nancy Fortner's smile lights up a room



Betty Malone mugging for the cameras while baking



Ball Toss on the Homestead



Betty Malone adding coconut



Clara Hostetler and Carolyn Dick exercising



Pearl Feucht making cookies

Mark Your Calendar

OCTOBER

Community Oktoberfest
OCT 6 | 2p-4p
Hosted at Bolivar

Hennis-Hosted Lunch & Learn Program
OCT 9 | 12:15p
Dover Senior Center

Walking Taco Fundraiser Lunch Sale
OCT 15 | 10:30a-1:30p
Dover Rehab Foyer

CARD PARTIES FUNDRAISERS
OCT 10 | Dover | 6:30p-9p
Call to reserve a table
330-364-8849

OCT 16 | Bolivar | 7p-1p
Call to reserve a table
330-874-9999

Quilt Show Outing
OCT 18
At the neighboring Methodist Church

Weiner Roast | Dover
OCT 23 | 6:30 p

TRICK OR TREAT
For staff children/grandchildren
Dover | Oct 21 | 6:30p
Bolivar | Oct 24 | 7:00p

HALLOWEEN PARTIES
Dover & Bolivar | 1:30p

NOVEMBER

Veterans Day Programs
Dover | Nov 8
Bolivar | Nov 11

Jingle All the Way
NOV 9
Bolivar Craft Show

Hennis-Hosted Lunch & Learn Program
NOV 13 | 12:15p
Dover Senior Center

Pumpkin Bake Sale
NOV 26

Warther's Christmas Tree Festival Outings
Week of Nov. 11

Special Thanksgiving Lunch with Staff
NOV 21

Traditional Thanksgiving Dinner
NOV 28

DECEMBER

Special Christmas Dinners | 6p

DATE	DOVER	BOLIVAR
Dec. 9	Rehab	Hattie's
Dec. 10	Homestead	Gardens
Dec. 11	Gardens	Rehab
Dec. 12	Pat's Porch	Homestead *5p

Hennis-Hosted Lunch & Learn Program
DEC 11
Dover Senior Center

Santa Visits Residents
Bolivar | Dec 18 | 1p
Dover | Dec 20 | 8a

Staff Ugly Sweater Contest
Dover | Dec 16
Bolivar | Dec 19

Candlelight Service
DEC 23 | 2p
Dover

New Year's Parties
DEC 30
Dover | 2p
Bolivar | 1:30p

BOLIVAR REHAB

We have really enjoyed the weather this year out on the front porch! We did have some unusually HOT days that made us stay inside, too! During the time spent on the front porch, we listened to DVDs, played some Trivia, listened to music and talked about the past. We had a lot of fun and we all had quite a few laughs with some of the memories.

We held our annual summer Card Parties that benefitted the Cancer Society and the Alzheimer Association in July at Hattie's House and at the main building. We had good turnouts for both of these events. Thanks to all that came to these parties and to the staff that helped make them both a BIG success. Our Card party for the fall will be held on October 16th. We ask that you donate a bag (or more) of candy that our residents will be passing out to the kids during our annual "Trick-or-Treat" night for our staff's families; and I know that some of the residents will take the opportunity to taste some of the candy, too! Anyone that donates candy will receive extra door prize tickets for each bag.

Our summer was a lot of fun! We had a visit from "Jungle Terry" and some of his exotic animals, and enjoyed the annual Ladies' and Men's luncheons! Everyone really enjoyed the meal that Chef Casey made. She used fresh vegetables from the Farmer's Market in Dover to make some delicious Vegetable Lasagna! We also enjoyed fresh salad, cheesy-garlic bread, fresh squeezed lemonade, and finished with a refreshingly cool Lemon sorbet.

The entertainers that were here during the summer months were Jay Secrest, Marty Zehnder, Fran Zupp, "Sugar creek Duo", Scott Miller, Sue Rusk, Chuck Zenger and his puppets, Ted Burkholder, Gary Shreve ("Elvis"), Max Grossenbacher, The "Somewhere in Time" singers, Tim Weddington and "Old

School" returned with their guitars/banjo music and singing.

During September, we had a visit from "Jungle Terry" and some of his exotic animals. To finish the month, we took our annual trip to the Tuscarawas County fair!

In October, we will be hosting the Annual Hennis "Oktoberfest" for the community, residents and families. We always have a terrific turnout and a whole lot of fun! There will be crafts and baked goods for sale, a horse drawn wagon ride, scarecrow making contest, apple bobbing and a homemade apple butter contest. A live band will be entertaining us with lots of lively music while we enjoy all of the delicious German cuisine that our Dietary staff, headed by Chef Casey, will be providing.

In November, we all look forward to the delicious smells coming from everyone's kitchens! We are planning to go on our "annual" Christmas shopping trips to New Towne mall in November; if you would like to go shopping with us, (these trips include some of the residents) please call and speak with Abby or Jeanne. Dates being planned, so far, are on the 6th and the 20th. We usually arrive at the mall around 11:00 am, eat lunch at the Food Court and then go in all different directions to see what kind of "good" sales we can find! We always have a great time...even if we only "window shop"! Then, we meet at Auntie Ann's Pretzel shop around 3:00pm for a snack and a cold drink before heading back to Bolivar for the evening meal.

Our annual "Jingle all the Way" Christmas Bazaar will be held on Saturday, November 9th in the front lobby and throughout the front hallways from 9:00 am until 2:00 pm. We always have a lot of different vendors for this event with lots of handmade items for sale.



Marilyn Martin, Ralph Rennie
and Jerry Carpenter

There will also be a food stand where you can purchase sandwiches, chips, cookies and beverages prepared by Chef Casey and her Dietary staff

The Rehab Christmas dinner will be held on the 11th at 6:00 pm with the season's beautiful Christmas songs throughout the evening. For this special dinner each resident may have two guests due to the limited space that is in the dining rooms. Then, during the afternoon of the 18th, Santa will make his annual stop here at Hennis to visit with all of the residents and give each one a special gift! Watch your mail for more information on these upcoming events.

We will say "Goodbye" to 2019 with a New Year's Eve party starting at 1:30pm in the Garden's dining room with music, noise makers and refreshments.

There will be a lot of entertainment and special events going on throughout the upcoming months, so please watch the monthly calendars and the bulletin boards on the units for flyers with program dates and times. We hope you will join us for some or all of these special events.

Until we see you again, take care and may God bless you and yours throughout the holiday filled months!

The Rehab Team

BOLIVAR ACTIVITIES - LADIES & MENS LUNCHEONS



BOLIVAR ACTIVITIES - LADIES & MENS LUNCHEONS



Community Education Programs

The Alzheimer's Association Greater East Ohio Area Chapter offers training and education to families, caregivers, professionals and general audiences on a variety of topics.

A calendar of scheduled programs is available on our website at alz.org/eastohio. To schedule a presentation for your group or organization, contact geoachl@alz.org or call: 800.272.3900.



Know the 10 Signs: Early Detection Matters

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future.

Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, and current research and treatments available to address some symptoms. *This program uses video clips. Presentation settings should allow for audio-visual equipment.*

Living with Alzheimer's for Caregivers

Caregivers can learn about what changes to expect as their loved one's memory loss condition progresses, including effective communication tips, care options for the future, coping with relationship changes, and ways to maintain health as a caregiver.

Healthy Living for your Brain and Body: Tips from the Latest Research

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

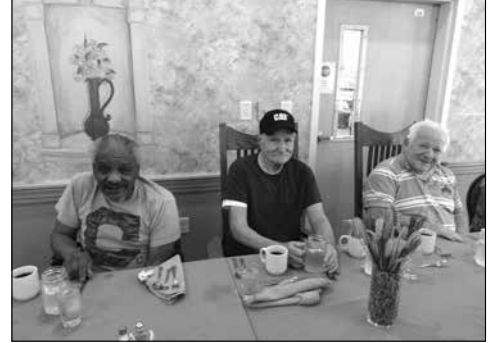
Understanding and Responding to Dementia-related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people experiencing dementia to communicate their needs and feelings as the ability to use verbal language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Effective Communication Strategies

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

BOLIVAR ACTIVITIES - LADIES & MENS LUNCHEONS



We caught many of the Cleveland Indians games throughout the summer and fall, and we're hoping they can go a long way! Tues, Aug. 9 was the All Star Game, and we supported it by wearing Indians attire as part of our fundraising, likewise on Fridays for team spirit days sporting any sports at any level. It also time to root for football at youth, high school, college, and pro teams, and that means our Spirit week/month will soon be here, too! All this helps the Am. Cancer Society and Alzheimer's Association for public awareness and funding. All in good fun and support.



Jen of Therapy, assists a lady with transferring out of a car on a beautiful day.

The patios and porches were enjoyable throughout the season to visit, relax, and watch the chefs grill many of our tasty meals. Mr. Whereley likes duck so Chef Matt got some for supper one night, and a few diners were interested, however, Mr. Whereley loved it and wanted to return another and pay to have it again! Anyone who knows Mr. Whereley is aware that he is a Dover whiz! This makes him very interesting to engage in conversation. The husband of Betty H. enjoyed coming to join her for lunch and sometimes supper, too – company is beneficial at meal times to everyone involved! Grandma Betty was also pleased when her teenage granddaughter showed up unannounced and joined her for dinner one day! Such delightful interaction certainly helps healing in many ways! This approach to meals and guests is just what the doctor ordered! Chef David had a little fun on a summer day by writing a note on the chalk board about wanting snow – everyone “harassed” him in jest. Good, fun camaraderie is healthy for the soul!

Camaraderie is also enjoyed when

participating in our bus trip fundraisers as the attendees attested to when they traveled to see the “Lion King” at Playhouse Square. Public people, staff, and a young son of a nurse enjoyed the laughter and conversation all the way up, took in a great show, and young James stayed awake for the whole performance but was out when they left the parking lot! During the travel they decided they would like to see “Frozen” coming next summer, so we’ll have it arranged soon. If you are interested and want to reserve a spot, let us know as soon as possible and pre-pay as some trips fill quickly such as the “Lion King” did as soon as we announced it! And, there is one lady who is automatically on our list from one to the next so she is sure to have a seat! Transportation, delivery near the door, prizes, goody bags, friendship – it’s a pretty good deal for a nice evening, and a great way to support our causes!

Have you attended any of the Lunch & Learn programs at the Dover Senior Center? HCC hosts one the second Wednesday of each month and arranges guest speakers, provides lunch tickets, goodies, and a door prize! Join us anytime and it’s complimentary. July presented Painted Quilts for Area Barns by local 4-H club members Dennin and Jillian Borter (who are teenage children of Chef Dennis of the Hennis Culinary services at the Hospice House) and the Extension Office leader. There are 56 clubs that participate in the nation, but it started in Ohio! Tuscarawas County has the most of any county. Different clubs had assigned number and each painted a portion to complete a combined quilt. It takes approximately 10+ hours to fully complete one, and they are signed by the members. They are on the barns for about 6 -8 years. The quilts offer various colors and designs, sometimes they can accomplish a specific request. Did you know the power company hangs them on the barns?



A masterpiece is created at Paint Nite with Patty.



Liking the special effect of this subject at Paint Nite with Patty!

Grandmother's Flower Garden was one done for the grandmother of the valley. Yellow Butterfly has one on their barn. One family had a design with the colors of yellow and blue (which they perceived to be Michigan colors) and they are OSU fans! Now this year they received a new one and it is OSU! It was very interesting to see the power point presentation and all the pictures. The project gives back to the community using what they have learned in 4-H. HCC is planning to organize a bus tour of the barns, so let us know if you are interested.

The Dover Library Outreach Services scheduled Linda Toohey for “Visit” Morocco in July and it was good, and it was a full house! How about this – they are the leading producer of dates and sardines! Tangarines were named after Tangiers which was at one time the Capital (Remember that nice restaurant in Akron called Tangiers?) There is also a town named Chefchaouen where every house is painted blue because of the calming effects of the color!

Edward Jones Financial Advisor, Dennis Lint, along with Crystal Norris (who also serve on the Alzheimer's committee with Kathy and Paula) presented the August session on Fraud Awareness and Protecting Yourself, and boy, was it interesting! So many of us have experienced nearly everything he touched on such as the grandchild in trouble scheme calling the grandparent for help, the “IRS” calling and threatening, or you’ve won something but have to pay money upfront to collect the prize, and sadly, there are so many more! Some facts to share: 145 million – the number that the Federal Trade Commission reports of IDs stolen; 2.9 billion fraud and abuse targeting efforts; Elders are victimized financially – only 1-44 actually report it – do it though to help others! Dennis and Crystal gave some demos through role playing of what not to do and what is the right thing to do. Remember, if you are asked for your SS number

– don't give it. Many in the audience shared the number of schemes they have encountered which was good for everyone to hear.

The Alzheimer's planning committee and Am. Cancer Society team captains meetings continue most months of the year to prepare for their endeavors, and Paula and Kathy serve on both for the HCC team. They try to support other members' fundraisers like the one in Sept. for the Memory Keepers Walk team that held a smoked pulled pork benefit in Sugarcreek, and it was certainly delicious! Earlier that day, they went to a fundraiser for a pancake breakfast and car show to honor the miners at the Midvale United Methodist Church in Midvale. There have been more over the year, and overall they are fun, good, and beneficial to the causes.

Chef Mattt did a Chef Demo at the



Chef Matt prepares dinner straight out of the oven.

Farmer's Market at the Dover Fairgrounds Oct. 9, and a cooking demo and educational power point presentation for assisted living at Ohio Health Care Association in Columbus Nov. 20. We also catered a special summer lunch for the Dover Missionary Church Lunch in August, and they have us reserved for their spring lunch, too. HCC supported the Midvale Church fundraiser by donating condiments for their lunch stand. Other community support continues with a local radio station and Dover Press Box hospitality. Some of the local schools ask for our support with their yearbooks, and we're happy to help. Always glad to give back to the communities.

Chef David had some desserts prepared for visitors on Grandparents Day as they came throughout the day. Everyone was invited to the special celebration at the main facility for the B5 Brass Band performance. There were

six trombones, three baritones, one tuba, one percussionist, one keyboard making up the Big Bad Bodacious Brass Band – wow, were they good! Their music was zesty and the dynamics were impressive! They played a variety of jazzy, melodic, older to current day that included Phantom of the Opera (do you know this has three tempo changes?), Smoke on the Water, Hey Jude, Popeye the Sailor Man as a few. Directed by Cheryl Graham and her husband Bill is one of the trombonist. They have musicians from age 70's to 15! A young boy was in the audience visiting his great grandmother and Cheryl invited him up to see and touch the instruments – she is very considerate to always do this. They concluded with America the Beautiful which is moving to everyone. We were the last on their summer schedule – what a treat! They are starting on their Christmas season, and we want to be on that schedule. Cheryl is also so kind to bring her New Phila elementary students to sing at Christmas time.

The Tuscarawas County Fair is always an exciting time for HCC staff and residents. We take three trips to the fair to tour the livestock, other barns, the commercial buildings, 4-H projects, and consume fair goodies. We're quite proud of the accomplishments of the residents and staff who entered animals such as Brock, Emily, and Rileigh with a horse, goat, and chickens, and Dee and Gwena submitted quilts, paintings, and photographs – so exciting! We know they have learned through 4-H more responsibility and time management, show styles, and new things about how to care for the animals.

Did you think you saw a really long, big, yellow and red vehicle go by one afternoon? Well, you weren't seeing things – it was the Oscar Myer Weiner Mobile that visited Beuhlers and took a little time to visit at HCC. The day wouldn't be complete without the little red whistles for fun and hot dogs, and singing "Oh, I wish I was an Oscar Myer wiener that is truly what I want to be..." Just goes to show you never know what the day will bring!

Do you like quilting or just like to see the finished project? We have a free trip planned at our neighboring Methodist Church to see the quilt show, the show runs Oct. 18 and 19. If you are interested in attending please see the Activity team members.

The months pass by so quickly! It seems like October is the commencement of the holiday season – starting with pumpkin spice (everything possible now days), harvest themes, to Halloween, and Thanksgiving



Clogger friend, Carol, with Sue M. who is pleased with their dance performance.

traditions...

November brings one of the special activities of packing special shoeboxes for Operation Christmas Child. We will have boxes available to be packed as an activity together. Some of the items that can be used include a small game or stuffed animal, small toys, accessories like socks, hats, school supplies, bars of soap, tooth brushes, etc. But, it all has to fit in the box. Many churches supply the boxes and take care of the delivery – special thanks to all of them. We will be packing at least a dozen boxes in Nov. so join us if you like. Also, if you need an empty box please let the Receptionist know and we can get some for you. A list of suggested items needed will also be available with the Receptionist.

Did you know? The World's largest green bean casserole clocked in a total of 637 pounds! Green Giant cooked up the traditional side in Nov. 2017 – and served it to over 2,000 hungry New Yorkers – using 780 cans of Green Giant cut green beans, 54 cans of mushroom soup, 32 quarts of milk, and 65 pounds of French fried onion. It's always a favorite at most gatherings and buffets. We'll be hosting our special fun Thanksgiving event with staff the week before Thanksgiving, and then the traditional Thanksgiving dinner on Thanksgiving Day. More events to follow.

Well, we have all seen the retail store displays and they come earlier and earlier... that's an indication the new seasons are approaching along with our seasonal festivities for Halloween, Thanksgiving, and Christmas. Hope you can join us for any of them – check out all the communications and mark your calendar. Enjoy the countdown to a new year filled with new plans, new opportunities, and new memories!

Treasure Today!

Tomorrow is a new day, make it count!

The Poppy Lady

When you see people wearing red blooms on Veterans Day, you can thank Moina Michael.

In September 1918, Moina Michael, 49, took leave from her teaching job at the University of Georgia in Athens, Georgia, to volunteer with the war effort. She was placed as a receptionist with the training staff of the Overseas YMCA War Secretaries, who met at Columbia University in New York City.

On November 9, two days before the armistice was signed ending World War I, she read the poem "We Shall Not Sleep" by Canadian Lieutenant Colonel John McCrae in that month's *Ladies' Home Journal*. Later called "In Flanders Fields" the poem begins: "In Flanders Fields the poppies blow/Between the Crosses, row on row." She was so inspired that she wrote a poem in response, a pledge to always wear a red poppy as a sign of remembrance and of keeping faith with those who had died in the war.

When three men from the 25th Conference of the Overseas YMCA War Secretaries brought her \$10 in appreciation of her efforts to make the organization's Hostess House homelike for soldiers departing for overseas, Michael knew just the right way to use the money: "I shall buy red poppies—25 red poppies." She showed the men McCrae's poem and her own written pledge. They, in turn, shared the poems with other conference members, many of whom also wanted to wear a blossom.

Michael "found a large red poppy, which I bought for my desk bud-vase, and two dozen small silk red four-petaled poppies." She pinned one to her cloak collar and gave the others to conference members. In her book, *The Miracle Flower*, she writes that she considered these flowers the first sale of the Flanders Fields Memorial Poppy, since the men had given her the money to purchase them.

The following week, she met with Talcott Williams, dean of the School of Journalism at Columbia, and shared the poem, the pledge and the war workers' response. Williams sent news releases to several New York City newspapers, and reporters wrote articles about Michael's idea "With such encouragement, I began to seize every possible chance to get the Flanders Fields Memorial Poppy idea approved by

individuals, groups and organizations," she said

On December 4, John Jucy, president of the 28th Conference of Overseas YMCA War Workers, notified Michael that the poppy had been adopted as the emblem of the organization. "It will be a constant reminder to us that we too must give our lives unsparingly in service," he wrote.

Michael enlisted other prominent people to help her spread the word. Lecture manager Lee Keedick of New York City agreed to help promote the idea nationally. He sent letters to organizations across the country. He also developed a Torch and Poppy emblem instead of just the lone poppy, and had pins and flags made. The first time the emblem was used publicly was February 14, 1919, in Carnegie Hall at a lecture by Colonel William Bishop of Toronto about "Air Fighting in Flanders Fields." Michael said, "This was the first important public use of the memorial poppy and its sale to the public."

**"We cherish too, the Poppy red
That grows on fields where valor led,
It seems to signal to the sides That
blood of heroes never dies."**

Back home, she devoted every spare minute to educating groups and individual in Georgia about the Memorial Poppy, but only a few committed to use it. Eventually, even Keedick abandoned the campaign.

Discouraged but not defeated, Michael still believed in the idea. In August, 1920, she met with Charles Gallienne, a Legionnaire from Atlanta who was set to attend the state's annual-American Legion convention in Augusta. He agreed to present her poppy idea. The members endorsed it and resolved to get the national organization on board, which happened on September 29, 1920.

Michael noted, "I was overjoyed ... that the American Legion had made the Flanders Fields Memorial Poppy its national emblem of remembrance."

But her joy was soon deflated when she learned that although the poppy had been accepted for memorial purposes, the daisy



The United States Postal Service issued a commemorative stamp in honor of Moina Michael's work in 1948.

would be used for decoration. She felt betrayed. However, in October 1921, the Legion restored the poppy as the emblem of the World War.

That same year, the American Legion Auxiliary instated the poppy emblem at its first National Convention. The group also proposed that disabled World War veterans in hospitals could assemble the poppies, for which they would be paid a penny each. The Auxiliary would furnish all the materials, pre-cut and ready to form into flowers.

The following year, the Veterans of Foreign Wars named the poppy its official memorial flower and began distributing it nationally. The Legion's report for 1939 showed that Michael's efforts had paid off: 11,605,344 poppies were made by 10,515 disabled veterans, which earned \$120,000 for the care of 126,251 veterans and 442,489 of their children.

"When you buy and wear a memorial poppy ... you do not only enrich your own personality by giving a token of your remembrance and tribute to the servicemen who were at the battlefronts glorifying your flag, but you render a double service by your contribution in cash value," Michael said.

Known as "The Poppy Lady" for her tireless dedication to elevating the red field poppy to a symbol of remembrance for those who perished in service to their country, Moina Michael died in 1944.

Source: *HARRIS FARMER'S ALMANAC*
by Diana West

LADIES' SUMMER LUNCHEON



Evy and Brenda share the event together.



Ready for a good time - Ruth, STNA Stacie, and Dee



Louise and her daughter, Debbie, enjoy the special occasion



Grandma Lori and Veronica toast to a wonderful time.



Arlene and daughter-in-law, Kathy, spend time together.



Annette, Sarah F. and Joy have a joyful time!



What a lovely event Jean and her niece



Great granddaughter got to attend with Great Grandma Ginny and Grandma Dorra.



Pam and her daughter delight in the day!



Hostess Joy welcomes Barb and Cindy.



All Smiles - Donna and her daughter, Joni



Gwenna and her girls.



Read the Manual

Chances are you're not using all the features on your machine. Spending a few minutes reading the manual now could save you time and energy later.



Remind Yourself

Buzzers are often out of earshot. Set a timer on your phone so you won't delay switching the wash.



De-Funk a Forgotten Load

Oops—despite the reminders, you forgot to switch the laundry, and that wet load is starting to smell. Simply rewash it with 1 cup of white vinegar to kill the mildew odor.



Keep Hangers Handy

Don't waste time folding clothes you will hang in the bedroom closet. Keep a stash of hangers next to the dryer so you can carry shirts to their final destination.



Fight Stains Faster

Stash a pretreating stain spray in the kitchen cabinet so that the next time grease or sauce splatters, you can deal with it right away instead of running to the laundry room.



Light It Up

You can't spot stains if you can't see them! For an affordable lighting upgrade without an electrician, swap in a brighter bulb or add stick-on LEDs to your laundry area.



Speed Drying Time

To dry an outfit faster without turning up the heat, toss in a fluffy dry towel. It will absorb excess moisture and can reduce drying time to get you dressed and out the door.



Leave Directions

Use sticky notes to post info, like "Jeans on low" or "No jerseys," on the dryer itself so someone else can pitch in and help if need be.



SOURCES: Dorothy the Organizer; Carolyn Forté, Director of the Home Appliances & Cleaning Products and Textiles Labs at the Good Housekeeping Institute.

Source: *Womans Day Magazine*

Sam Cook's lyrics to **"We're Having a Party"** are appropriate after this past season's activities! We have much to celebrate and reasons to party as the song reflects.

We're having a party, dancing to the music played by the DJ on the radio, the cokes are in the icebox, the popcorn's on the table, me and my baby, we're out here on the floor...

The Dover and Phila summer concert excursions continued and we loved hearing the U.S. Navy Band, the Trumpet Singers, and McCartney/Beatles performances. They had us dancing to their music while we enjoyed refreshments and colas! Annette usually gets someone up and dancing with her, and we enjoy watching others who step out to fast or slow dance. We always love to see who else is there and visit with community friends also. One evening, we loaded up the bus for a concert to find out that it was cancelled due the weather, but that didn't stop us, instead, we went for ice-cream at Softies. Some enjoyed butter pecan, Bob said he'd take some of everything but accepted a marshmallow vanilla shake, another had a black raspberry sundae, and Jean enjoyed a banana sundae (not a split). And, the weather turned out to be just right (but, we understand it was too wet earlier to set up for the concert). Our indoor Thursday entertainers also keep us in a party mood with music from Hanna, Rick Michael, and Mike Wikoff and others as we dance in our seats, clapping along, keeping the beat with our feet – just jiving overall. Mike inserts some jokes and little clips of information as he performs such as – The #2 pencil is the most popular in the world; why isn't it #1? He also sang a little Spanish in one song and Ginny finished with him to a big applause! We welcomed a new singer, Ted Burkholder, with gospel as his style. He shared about his family, his missionary work in Africa, and spoke that gospel music is good news! As he sang someone in the audience harmonized with him, and Bob W. also sang along as Katherine clapped to the time. Ted said one song had him lifting out of his seat!

We've been enjoying the summer produce from our garden out back – fresh Better Boy tomatoes, Burpless cucumbers, and California Wonder bell peppers – great alone or on a sandwich or with the full meal. Or, even fried or grilled fresh by the Hostess! Thanks Sue!

Another common summer activity is fishing and John P. went with his son to the Norma Johnson Center where he caught bluegill left and right! They enjoyed lunch at his son's house afterwards. What a great day!

How about our Cleveland Indians! We support them on Fridays for team spirit fundraising as well as for the All Star Game by wearing Indians shirts and jerseys. Donna was "having a party" when she won the Cleveland Indians basket from the Hennis spring fundraiser, and she and friends went to the game! Another winner, our friend and great fundraiser supporter, Bobbie Ballentine, won the same kind of Indians basket from St. John's German Fest and she was thrilled! Furthermore, Garry Holmes was an excited winner of yet a third Indians basket sponsored by Dr. Sickinger's office and he couldn't believe he won! All are great Indians fans! All supported the Alzheimer's Assoc. and Am. Cancer Society.

So listen, Mr. DJ, keep those records playing, 'cause I'm having such a good time dancing with my baby...

We had a build your own sundae fundraiser one warm day that was a cool treat, especially with Ghiradelli caramel, blueberry/strawberry/pineapple/chocolate syrups, coconut, nuts, Oreo crumbs, chocolate/butterscotch/white chocolate chips, bananas, sprinkles, whipped cream from which to choose! All that had many dancing on their feet! What fun! Another day choices were available again with the Walking Taco lunch stand fundraiser with all the fixings from whatever you like it and with a cookie and beverage selections. And, on Wednesdays the Dennison Yard delivery truck comes at lunch time for staff, residents, and families to select a tasty entrée or salad for lunch on the front porch or to take home for



A Family Birthday Celebration of Bev D.

supper! Mr. and Mrs. Kaple have enjoyed this. Another day brought the cart to make ice-cream sodas with either Coke, orange, or root beer for sale to benefit our causes – convenient and fun!

One day we were gathered around the table with Patty playing a game and afterwards discussed our favorite summer songs – coming up with a few such as "Summertime Bliss", "Under the Boardwalk", "In the Good old Summertime". "Surfing USA", so then Patty and Paula found the songs on their phones and Alexa to enjoy as well as continuing on the radio afterwards.

One afternoon Evy enjoyed spending an hour or so in the lounge listening to her favorite country music tunes such as Dolly Parton and more. It was a joy to witness this.

Annette helped us reminisce about Woodstock's 50th anniversary this year - Did you know or remember Joe Crocker was the first to sing at Woodstock? So, Annette played that song and others on Alexa for us.

Don M. shared one afternoon that he likes big band and Dorsey music and asked if he could play it in the dining room at meal time for others to enjoy – certainly, so it was accommodated the next day and many more thereafter. This brightened his day!

Bev's family took her to lunch at the root beer stand and they had fun at this summer eatery. Paula and Kathy also like it and frequent it (as it is especially accommodating to Paula's new 4 month old puppy, Emma, during their lunch break). We also have an outing planned there before they close for the season.

One rainy day we didn't let the weather stop our fun, so we brought the new corn hole game inside while bouncy, fun polka music played, and we had a blast! It's not only fun, but has us moving around and up and down. Allen, Don, Barb, Ginny, Larry, Doug, and Ruth and others were having fun participating. Don was a bowler so that came in helpful, too. We'll be getting out the bowling set soon and be sure to have him participate!

Factoid – Speaking of the weather, do you know where the Weather Capital of the World is? In Punxsutawney, Pa. – as reported by Dillon Dryer, the weather lady, of the Today Show.

An additional weather note – We had a celebrity in the house as of Aug. 26, Pierre, the fur grandbaby of June, was featured on Ch. 3 Dog Gone Weather between 5:45a – 6:45a. Did you get to see him?

One nice day JoAnn's family from a distance visited with her daughter's grandchildren and great grandbabies. They enjoyed the back patio to relax, watch the kids run and play, and they tossed the ball

together. Special times!

Dee was busy at her sewing machine one afternoon and Paula asked her what she was working on – Dee explained it was a quilt belonging to Ruthie Meese of Dietary which was cross stitched by her mom that needed finished. Dee did the red heart on it and the hand stitched blue binding, and Linda Ladrach did the quilting. What a lovely group effort to bring it to a completed quilt! Dee was also working on a stack and whack oversized lap blanket that she planned to enter in the fair. She also sewed together several more large flannel blankets for the Cancer Care Bag project of St. John's UCC. Dee also stays busy with her painting projects using various mediums – canvas, glasses, stones – with subjects of animals/pets, and seasonal things such as currently pumpkins, grapes, etc. She did a beautiful one on a stone of Alex (Paula's dog who passed in April) as a memorial gift purchased from a family and resident – a very special keepsake. Dee entered in the fair a photograph she took (and was pleased to receive some tips from a professional photographer, Terry Barnhill), a quilt, and a painted rock in the Tusc. County Fair. So, now we await the results!

Painting with Patty had us painting on a canvas, then swapping between the participants and each person added their own to each piece – interesting, unique outcomes! Regular canvas painting also occurred. We also colored a variety of fall leaf shapes and made a pretty collage on the bulletin board.

August hosts the traditional yearly Ladies and Men's Summer Luncheons with guests invited, special menus planned, and live entertainment among some beautiful decorations. This year live sunflower arrangements with a fair flair adorned the tables. The ladies enjoyed the singing of Sue Rusk, and the men appreciated Bruce Seevers singing and playing guitar.

"Bye, Bye Miss American Pie", "Little Green Apples", "If You Didn't Like Apples", "When the World was Young" (Ah, the Apple Tree) were melodies playing as we prepared for the annual Apple Pie Bake-Off. The judges – Sue E., Harold B., and Phil W. took their places at the main table, and Lauren showed them and the audience each pie, and then served a sample of each one. Conversation took place as they did their job: Who wants pie? All hands went up in the air! Ruby D. likes any kind of pie and was excited to all day waiting for this moment! Brian H. assisted Annette and Lauren in serving samples to everyone. Lori and Ginny shared that their mothers made pie including raisins, and Lori added hickory nuts or walnuts from their property. The line from John Travolta's movie

came up – "Me oh my, I sure like pie" sung by a waitress in the movie *Michael*. As Ruby was exiting the event and passed the table with all the pies she spotted another pie she wanted to try, so we got some ready and took it to her for her supper. Judging results: 1st Place – Therapy, the skillet pie made by Jean M. and Mildred M. with Angie's fabulous home-canned apples (we want her to sell some of it!); 2nd – a beautiful lattice pie made by Rehab's Red Apron Bakery with Annette and Jean, Karen, and Virginia – and, guess the name of the apples they used – Paula's Red Apples! 3rd – a pie piled high with plump apples made on Homestead with Lauren; 4th – an attractive lattice pie made with Becky W. (covering for Patty on the Gardens) and Bev, Dalene, JoAnn, and June who peeled, cut, mixed, and rolled. Becky loves to chat and they discussed their preferences of apples (some suggested tart, others Granny Smith, etc.), what's



An act of kindness by a stranger who stopped in to share flowers and well wishes.

their favorite pie, tips from their families, etc. It's a fun, traditional activity overall.

The horn was blown as we departed the dock at the lake as we prepared to sail upon the Atwood Queen. It was a pleasant day as we cruised and enjoyed our picnic sack lunches with ham/turkey and cheese sandwiches, apple slices with peanut butter, chips, pudding, and cookies. They agreed that Captain Paul was quite handsome as he provided the details of the lake's narrative as we toured for an hour. Katherine and Jan enjoyed visiting and laughing, and Don had a good time overall. On the way out, Ann G. and Katherine enjoyed listening to Kathy's Motown music and singing along.

Our summer fests are always enjoyable with July's theme as a camp fire fest with traditional summer goodies like S'more bars and other refreshments, and live music bringing about more fun and humor by the musicians, as well as them being dressed in theme attire and cowboy hats. The Peach fest in August was quite peachy with peach smoothies, fresh peaches



Patty and Tom playing Parcheesie. Wonder who won?

and short cake with the tables topped with peach colored clothes. The performers, who called themselves Peaches and Herb that night, were also dressed in peach colored outfits! And, the guests loved the camaraderie and delightful live performance and comedy, and grooving to the music, such as Bob who had the beat and a big smile! What do you call a peach that can repair shoes? – A peach cobbler! Ha ha! September holds the Hoe Down and you have to attend to get the low down on fun goodies, also a gathering of family and friends to whimsical fun and toe tapping music. The entertainment for most of these fests is provided by the one and only Terri and Steve singing and on the guitar and tambourine, full of fun, wit, and talent! And, they gear their set to our themes! However, the Hoe Down entertainment is a special group – find out when you get there! Yes, we are having some parties, and *"Everybody's swinging, Sally's doing that twist now, if you take requests, I... got a few for you, play that song called I know, don't forget the Mashed Potatoes, no other song will do."*

Patty worked on Labor Day (due some needs with her schedule) and that was fun. Leslie, the Receptionist, also made us some holiday activity packs that offer a variety of things for our leisure time, and offer mental exercise, too. The next day Dee brought in some zucchini and Sue the Hostess gathered some tomatoes from the HCC garden, battered and fried them for us, and then we had a sing along – good old fashion fun!

We celebrated Grandparents Day Sept. 8 with assorted desserts of cheesecakes, lemon bars, various cookies, tea and lemonade, and a live performance by the Big Bad Bodacious Brass Band directed by Cheryl Graham. They opened with the "Devil with the Blue Dress" that was fun. Bill Graham said they love grandkids and band kids! They asked who in the audience who played instruments and many raised their hands proudly! JoAnn played clarinet, Sarah also clarinet, and Jan on tuba! Bill announced the next song was a Beatles' number – "Hey Jude" – meanwhile, he asked "He Joe, what's the Browns score" (as their first

DOVER GARDENS



Tara and Victor, her horse, rode right up to the front door to visit.



Good catch, Steve!



Amelia assisting with a physical ballgame with everyone.



Don M. takes a careful tug at the Janga piece.



Joann B. tickling the ivory.



Bob W. taking in the great outdoors while appreciating the US Navy Band performance at the Dover amphitheater.



Ginny, Laurie, and Barb clapping along to the band performance at the Dover Park.



STNA Trinity stops in to visit with her baby, Dixie.



Dee helps this young man make a pillow.



The nurses Beth and Kevin like Wednesdays when the Dennison Yard Food Truck delivers lunch.



Volunteer Paul with Ginny and Lori enjoying the outdoor park concert.



Allen and Barb concentrating on their craft project.



Evy and Geraldine working on crafts with Patty.

game was being played at the same time). Then, Cheryl asked "Do you remember the first time you heard that song?" – Lots of reminiscing. "Get Ready", and "Born to be Wild" were played and had us moving! Fingers were snapping in the number "Big Spender". Some softer tunes followed that had us swaying. It's a great band to have perform! Harold's son and grandson were here all the way from Germany visiting for three weeks! It's fun having a party! *"Let me tell you Mr., Mr. DJ, why don't you keep those records playing 'cause I'm having such a good time dancing with my baby."*

You know it is September when it's fair week! Great weather was delivered for all three of our trips where we enjoyed seeing the 4-H barns complete with animals of some of the staff such as Emily Morris with her goat, Haven (he came to visit as a baby!), Brock Meese's beautiful horse (he plans to bring him to visit soon) [just like another one that a former employee rode to the front door to visit us one day!], and volunteer Raleigh Peffer's chickens and goats – we're so proud and happy for all of them and their hard work and dedication to raise and show these animals! We viewed the display barn to see the quilts photos, and paintings entered by many including our own Dee and Gwena! We wish them the best for their showings. We roamed the grounds taking in the atmosphere, refreshments, and friends, and the fun of seeing various vendors and their goods. We greatly appreciated the Medical Office class of Nancy Graef from Buckeye Career Center and her 12 students who accompanied us and assisted with wheelchairs one trip as a community service project! Thank you! It was a pleasure to share this interaction together!

A Friday afternoon the Oscar Myer Weiner mobile made a surprise visit to the facility. We also had hotdogs and they gave out their fun whistles! Did you know that college programs provide paid interns to drive the Weiner mobile around the country? The first version was created in 1936 for advertising and promotions and continues to be used today. Remember that song? Bet it's your head now for a day or two.

That evening more nostalgia continued as we watched a Lassie movie on a huge screen for movie night complete with theatre salty and sweet treats and beverages.

Did you know the Alzheimer's Assoc. provides free care and support services for those with Alzheimer's and other forms of dementia? Care consultation with information, resources, and strategies to assist with decisions and care; support groups; options and programs and community education; medical alert and safe return; on-line tool and learning programs; clinical studies and more! The Walk to End Alzheimer's is the world's largest fundraiser to help fight this disease where people carry flowers representing their connection to Alzheimer's – a care giver, a memorial, someone with the diseases, etc., and working towards a day where there are many white flowers representing a cure/survivor! All of this is represented as teams gathered Sept. 21 for the Tusc. walk. HCC of Dover & Bolivar participated and represented all of these capacities. There are tears and there is joy, support, and camaraderie, and celebrating strides and accomplishments. A DJ adds the music fun, program, and motivation, there are light refreshments, there are many auction items to further the fundraising, sponsor tables to browse, t-shirt distribution, etc. and the walk through the neighborhood and park represent the cause. HCC is pleased to attend and participate and help towards all the services and research, and earned the highest corp. fundraising thanks to many of you! That very day our fundraising was continuing as we held a mum sale at Hillcrest Gardens that donated to the cause – Thank you Mark! And, the following weeks and months more continue with Dine & Donate at Freddy's on Sept. 24, Wendy's in Dover Oct. 16, and Bob Evans in Phila Nov. 12. A Craft Extravaganza is Sept. 27, raffles, a card party Oct. 10, and the list continues year round. Thank you for all your support!



We're having a party... Pam Renniker celebrates a birthday gathering.

Every year in the summer/fall HCC hosts Staff Appreciation Day(s) (as well as several other endeavors over the course of the year), and this summer we held it at the Lynn Drive In since it was well liked last year. It's fun for a family friendly night with lawn games, Lee's Famous Chicken catered meal boxes and desserts, and then they settled in for the double features including the *Lion King*. It was a beautiful evening for the event. The following week many winners of gift cards were announced, and after that the HCC t-shirts and gadget choices were provided! Staff love this time of year and it's fun hearing about it and seeing them wear their new shirts. We value them and are pleased they are a part of the Hennis team!

We'll also be celebrating our special volunteers so valuable to everyone at the end of Sept. aboard the Atwood Queen with live music, Lee's catering, Litty's desserts, while taking in the beautiful scenery. *"We're having a party - - yeah, everybody's swinging - - oh we're dancing to the music - - yeah on the radio - - oh we're having a party - - man everybody's swinging - - yeah dancing to the music - - yeah on the radio - - say it one more time - - we're having a party!"*

There are more fall festivities to take part in such as lunch outings, HCC own fair week displays and fair fare and fun, football spirit week, Halloween doings, fall baking, excursions, Warther's Christmas Tree festival, and more.

We'll be preparing, collecting, and packing shoe boxes for Operation Christmas Child in November, so if you'd like to participate just see the list of items available in the Receptionist's office. It's such a joy to do this for others.

The holidays will be upon us and we are eager to celebrate and participate in all the special events, preparations, decorations, visitations, dinners, outings, you name it – we'll try to do it!

So, as we head towards the upcoming holiday season, we know there are many reasons to have a party and create great memories just as the song "We're Having a Party" evokes!

Wishing you a blissful Thanksgiving, a wonderful Christmas, and may all your celebrations be joyful and bright!

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

DOVER GARDENS



Barb giving a toss.
Corn Hole is good fun and exercise!



Walking Taco Lunch Stand fundraiser -
well liked by staff.



All aboard! we're off to the see the
Lion King in Cleveland.



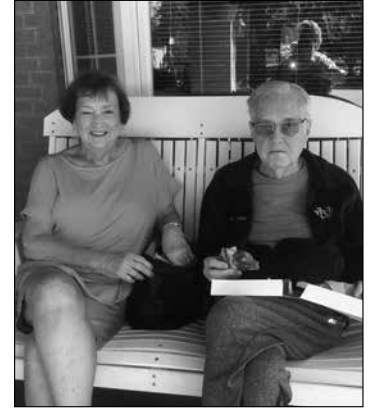
Jean, Ginny, and Jan
take in the pontoon boat ride
at Atwood Lake.



Annette and Evy donning
their animal prints!



June and her daughter enjoy a
presentation together.



Mr. and Mrs. Kaple enjoy pizza
she purchased from the
Dennison Yard Food Truck.



Larry, Donna and her daughter enjoy the
Wienermobile visit.



Proud great grandma, Ginny, with her
daughter, grandchild and great grandchildren.



Ann and Allen enjoy rootbeer
floats from Fundays!



I love this little puppy!
Millie M.



Tom, Ann and many others love BINGO!



Hastily Assembled Blue Grass Band
with proud Mama Millie and her son, John,
on the left.

According to the calendar as of September, summer is officially over, however, Mother Nature has other thoughts because the temperatures for the next week will be in the high eighties, yet it is Ohio, and that is to be expected!

What a wonderful summer was had by all. There were more hot days this summer than in a long time, and we made the best of it. Our back patio sported a dandy canopy over our large table, and another round table with an umbrella that kept us comfortable. Several residents and guests enjoyed their lunch/dinner out there. One said brought back memories of her mom's house! It also provided time listening to the birds, looking at the flowers, and having picnics. We had a blast with other outdoor events such as the pig roast and loved the Hawaiian theme, and it was such a beautiful day for it! Now, that's what we want - some good relaxation and enjoyment!

A few of our summer activities included: A Campfire night, Women and Men's Luncheons, Peach Fest, and a trip on the Atwood Queen (with a boxed lunch). We also got to have the Oscar Myer Wiener Mobile visit us, and was that exciting and fun! Some of us have seen it before, but many haven't, and it was a sight to behold! It's always fun to have these nostalgic things return over the years. You will definitely have to check out the pictures - it was awesome! We even got the wienie whistles, too!

Another continuation of fun is celebrating something every day, and the list is taken from a magazine we subscribe to, Creative Forecasting, and there is something for nearly every day! We can't celebrate every one of them, but we chose some dandies like: Picnic day, ginger snap day, make your own sundae day, milk chocolate day, and with watermelon day a great hit! We at so much watermelon I thought we were going to have our own patch! We enjoyed lemonade day, cherry Popsicle day, and the anniversary of Bonanza, the Waltons, and the Golden Girls. The last three included DVDs from the library, and of course, the good old shows from TV Land. We will continue with these fun crazy days because it does give something to talk about, laugh about, and enjoy!

Some upcoming days will be: Eyebrow day, magic day, can can day, cat day, book lover's day, devilled egg day (we will make them and them), candy day, nachos day, Chicken Soup for the Soul day, fast food day (French fries and hamburgers), home-made bread day to name a few. How fortunate we

are to be able to enjoy all of this! Football games, cider, beautiful leaves, holidays, crafts, families all rolled into one for the upcoming season to be sure!

We went out for a day at the fair. It is always so nice to go spend the day there seeing all the crafts, the animals, and the food - yum! We had some of our own Hennis staff who had their animals and goods on display, and they all did so well! Brock even let us give his horse, Douley, lots of love and kisses, and boy, wasn't he just a sweetheart! It truly was a wonderful time, and we can't wait to go back next year.

We continue with our many fundraisers to support the Alzheimer's Assoc. and the American Cancer Society. Some are large and some small like: card parties, lunch stands, and eat out nights (a percentage of the bill goes towards these causes) at Freddy's, Wendy's and Bob Evans - New Phila are coming up. Shows at Playhouse Square in Cleveland, and many more all add up to a wonderful amount to give these worthy causes. And, it's because of the support from all of you that this has been and will continue to be successful!

We are looking forward to fall and all the wonderful times that await us and to mention the fun holidays that await us with Halloween and Thanksgiving - two of our favorite times of the year! We love to pass out candy to all of the kids who come in with their costumes, and we love sharing a Thanksgiving meal with our Hennis caregivers - as many have become friends and even family.

When you come to the Oct. card party please bring a bag of candy to donate and you will receive an extra door prize ticket. This candy is then divided in to treat bags that the residents hand out at Trick or Treat night to the children and grandchildren of the staff. It is so much fun, and our folks love seeing the kids of all ages up to 12 and sharing the candy.

Along comes November with Election Day, Veterans Day, and Thanksgiving! Yippee! We are very grateful for our fellow residents that have served in our armed forces to ensure our freedom. Thank you to all who served and sacrificed. With that note, we have elections in-house to make it easier for our residents to vote. There is much planning on our part and that of the Elections office, but so worth it.

We do have much to be thankful for with the Thanksgiving season and we want to enjoy it all! There will be a buffet including lots of pizza from East of Chicago, and a feast of other food for all! Our traditional dinner will be served on Thanksgiving Day for all to enjoy.



Jean, Pam, and Kathy work on making necklaces together.

Many thanks to our culinary dept. for such a fine meal and presentation!

Coming in to our Advent Season is a big task, however, a very joyful time. Up go the trees making our facility beautiful. We will enjoy many seasonal crafts, food projects, caroling, and making and wrapping gifts. We like making gift tags and our folks are good at it. So, look for these packs with the receptionist. We stay busy with lots of laughter, cooking and eating the wonderful treats, not to mention all the fun things we get to make - always creative things to do. Hot chocolate, marshmallows, hot cider, warm cinnamon buns will be on the agenda, too. Sights, sounds, tastes, and textiles do so much to help stimulate our residents with remembering and enjoying these very special times. We often share our stories of the seasons and see the light shining in the eyes of those remembering. Then comes the marvelous Christmas dinners with the residents and guests. An ugly sweater contest will be held, and if you have an old sweater to donate we would love to re-decorate it for our contest - just drop them off - thanks in advance! Santa visits are planned, and our own candle light Christmas service is on Dec. 23 at 2:00p. Merriest of Christmas to all! We will ring in the new year with our traditional party and entertainer - the one, the only - Randy Velez! Many details on our activities will be in our next newsletter.

We hope you will join us for all of the festivities that are coming our way and share in the fun. We also love it when you just stop in and see us anytime. We are always happy to show off all of the fun things we have been up to and made.

Until then, remember: "Attitude is a choice. Happiness is a choice. Optimism is a choice. Respect is a choice. Whatever choice you make - makes you. Choose wisely!

Kathy and Lauren

DOVER HOMESTEAD



The staff had fun with the Wienermobile visit.



Hannah gives this fellow a calming back rub.



Louise cuts some fabric for a craft.



Beth Kohler won the Summer Relaxation Basket! Thanks for your support!



Pam works on a craft with lots of colors.

WELCOME EMMA!

Paula's 4 mo. old Weimaraner debut at HCC



Mr. Brunk says "hello" to Emma.



She's kind of big for your lap, Bob!



Emma, I'll sit really nice for Juanita.



Doug is eager to welcome her.



Tom gives Emma a little petting.



Emma gives Bev a kiss!

BEST BARGAINS for Your Buck

This month: Look beyond Black Friday with sales on clothes and electronics. Plus, how to buy cheaper holiday cards.

Save More at Walmart

» Download the App

You'll be privy to early and exclusive offers.

» Check Your Receipt

Under "services" in the Walmart app, scan your receipt into the Savings Catcher. If it finds a better deal advertised by a local retailer, Walmart will credit you the difference on a gift card.

» Get Free Shipping

With a few exceptions, Walmart offers free two-day shipping on orders of \$35 or more. Or use the free "Pick Up Today" feature to collect your items at the store's service desk.

LOOK FOR THESE GREAT DEALS

Electronics

If someone on your list needs a laptop, tablet, video game console, or flat-screen TV (even if that someone is you), the brief window between Thanksgiving and Cyber Monday (the Monday after Black Friday) is the ideal time. That's when you'll find the best bargains on the previous season's models of electronics, and you may even see the rare deal on Apple products.

Apparel

From department stores to national chains like Gap and Old Navy, discounts on blouses, pants, and other clothing typically range from 20% to 50%, and fall styles could go for even less. Stay near your computer on Cyber Monday—sales that day tend to be sitewide.

Large Appliances

You might have noticed that refrigerators and washing machines often go on sale in September and October, when new models are released. But according to Slickdeals, some of the best appliance sales of 2017 occurred in November, from stores like Sears and Best Buy, and that trend is expected to continue.

DON'T BITE ON FURNITURE

New designs tend to be introduced in February, so you're more likely to find discounts in December and January because retailers will be rushing to clear space for the shipments.

{Trae's 3 Ways}

Holiday Cards for Less

1 ACT FAST...

Flash-sale sites like livingsocial.com and groupon.com often offer sales on holiday cards. They come and go quickly, so sign up for email alerts and have a photo and design in mind.

2 ...OR WAIT FOR DISCOUNTS

Some popular stationery sites, like The Stationery Studio and Minted, have on-and-off sales in November and December. The Stationery Studio will be offering up to 20% off plus free shipping. And last year, just for being a loyal customer, I was able to save 30% on my holiday cards at minted.com.

3 GO DIGITAL-ONLY

Save time, money, and recycling bin space by ordering free ecards online through a site like ojolie.com, which offers whimsical animated designs, or punchbowl.com, which allows you to design the card and envelope and makes it easy to add a gift card.

Find more
mart shopping
ideas at
traebodge.com

Source: *Womans Day Magazine*

DOVER PIG ROAST



Bob is ready from head to toe for the pig roast!



Cindy and Cindy enjoy the beautiful day.



Doing the Hawaiian dance!



Barb and hostess are ready to roll for the luau.



Michael is ready for the big event.



The tents were comfortable for the event. Bud, Jean and Louise.



The hostess distributes colorful leis to Louise and Kathy.



Sam, Delene, and Bob are ready for the party!



Tom and guests had a great time!



Bev and her son-in-law enjoyed the dinner.



Ruby and her son like the Hawaiian dessert.



Mr. and Mrs. Brunk enjoy their date at the annual pig roast.



Bring on the fun!



Kathryn and family and Mr. and Mrs. Kaple enjoy the company and fun.

TUSCARAWAS COUNTY FAIR



JoAnn and Buckeye student check out the giant pumpkin winner!



Dee earned a white ribbon at the fair for her photograph! Congrats!



Kathrine enjoys a cup of coffee while taking a break at the fair.



Evelyn and her son get ready for lunch at the grandstands at the fair.



The Fair is a great outing!



Thank you Buckeye students of Nancy Graef for assisting us with our fair trip!



Zach and Mom enjoyed the fair outing.



Vic, Macey, and Brenda look at the fair goods.



Evy gets close to a cow passing by



The Three Fair Muskateers!



Ginny pets the little goats



Lori loves all animals and pets this cow up close.

STAFF APPRECIATION DRIVE-IN MOVIE NIGHT



Tammy and Chrissy, STNAs, with the new baby visiting with Kathy Marburger.



Samantha and Erik Date Night



Annette and Olivia with their dinner boxes from Lee's



Friends couldn't wait to beat each other at cornhole!



Therapist and family live close and come often to the drive-in.



They were waiting for Lee's Catering!



I want a little of that, I'll take some of those.



Co-workers and friends Erin and Jess and kids



Kelly and her friend, Sarah, look forward to a nice meal and good show.



A nice evening for Kelly and hubby to attend.



A good family affair Jessica Cannon and her family.



Lawn size checkers were fun!



Getting ready for the food and movie!



Gayle is good at Cornhole!

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

- July Hutch – summer theme: Flamingos, sand pails, beach ball and more! Thanks to all who help supply the items every month! (Super fun!)
- New entertainers and regulars continued: Sue Rusk, Bruce Seevers, Terri & Steve, and many more! (Appreciate their talent!)
- Continued attending outdoor summer park concerts at Dover & Phila (Super!)
- Sported Clev. Indians shirts for the All Star Game (Go Tribe!)
- The Campfire Fest for July was fun and lively with entertainment by Terri & Steve and tasty S'more bars and more!
- Dogs and other animals visit including a full size horse at the front door to our delight (Thank You!)
- Welcomed Emma – Paula's new 3 month old Weimaraner (Sweet!)
- Lots of Dover Library visits and deliveries (Appreciated!)
- Fun with the 4th of July activity packs made by Receptionist Leslie (Thank you!)
- Love Library Linda's presentations twice a month about destinations, information, fun, etc! (Enlightening!)
- Attended another quilt show locally – variety and entertaining (Skillful!)
- Enjoyed a summer ice-cream sundae fundraiser with numerous toppings (Sweet!)
- Proud of our Dylan DeMonte of Housekeeping with his performance in Little Theatre's show "My Name is Rachel Corrie" and many other shows!
- Enjoying a new game called sequence (Challenging!)
- Enjoyed a Walking Taco lunch stand fundraiser selecting our own toppings, etc. (Tasty!)
- Enjoying the great outdoors on the patio and with outings (Delightful!)
- Appreciated our annual Ladies & Men's Summer Luncheons with a special meal, live entertainment, and guests (Special!)
- Woodstock reminiscing and listened to some music from that time upon the 50th anniversary (Interesting!)
- August/September hutch décor – Fair theme: chickens, hens, checkered fabric, red and blue ribbons, jars of flowers, quilts, painted items, and much more! (Reminiscent!)
- Staff had fun at the Staff Appreciation movie night at the Lynn Drive In with two shows, Lee's catering, prizes awarded another week, and the HCC t-shirts and gadgets the third week!
- The August Peach Fest was delicious with fresh short cake and fresh peaches, smoothies, live music to add to the fun with our guests (Just Peachy!)
- A Western Hoe Down fest in September offered fun fall décor and goodies celebrated with family and friends among the theme-oriented entertainment of Terri & Steve (Wow Wee!)
- A family's dog got to be on channel 3 news for the Dog Gone Weather report!
- More music by Marty Z, Dan G., and Bruce S. (Keep it coming!)
- Staff and others had fun on the fundraiser bus trip to Clev, for the Lion King (Cool!)
- Great fun aboard the Atwood Queen with a picnic lunch and beautiful scenery and tour from the Captain (Serene!)
- Apple Pie Bake Off – the "Red Apron Bakery" was open and in full swing that day in Rehab preparing for the friendly completion adorning red chef hats, aprons, and with red utensils! Ruby D. said she likes any kind of pie and talked about it all morning! Congrats to Rehab on their 2nd place with a beautiful lattice apple pie! Mary, Jean, and Karen joined Annette at the counter as Jean made and rolled out the crust and the others helped with the othe preparations. (Yippie!)
- Grandparents Day holiday was celebrated with a brass band, the B5 band, playing jazzy, melodic, new and old tunes, and assorted desserts, visitors, sunshine, and more completed the day! (Superb!)
- Movie Night – outdoors was moved indoors due to 91 degree weather, Rehab accommodated the large screen while playing a Lassie movie with popcorn, cookies, candy, Lemonade, Sodas (Cool!)
- The Oscar Myer Wiener mobile visited and they handed out whistles and we had hotdogs (Nostalgic!)
- September brought the western Hoe Down, lively entertainment, flavorsome



Arlene and daughter, Jane, enjoys using her leaf blower to help keeps things tidy!

refreshments, and glad you could join the fun! (Yee Haw!)

- Enjoyed the Tusc. Cty. Fair trip – great warm, sunny weather - brought our packed lunches, visited the barns and staff's animals, vendors, goodies, freebies, seeing friends and more! (Fun!)
- Provided fair entries such as Gwena's quilt and Dee's photograph!
- Loved the staff's fair animals – STNA Brock's horse, Housekeeping Emily's goat, helper Raleigh's goat & chickens – (Proud of them!)
- Went to the Alzheimer's Walk with the HCC team, Kathy & Paula serve on the committee and help with the event overall, and HCC supports it year round (Meaningful!)
- Weekly visit from the Dennison Yard food truck - staff, families, and residents enjoy something different for lunch or supper! (Scrumptious!)
- Hennis' own fair week display of goods from residents and staff, later judged, enjoyed along with fair food, too (Yum!)

These next few months bring the holidays and more, and we anticipate the season's events such as the Volunteer's Celebration on the Atwood Queen, the HCC community Oktoberfest in Bolivar, football season, Halloween fun, Christmas Shoe Box gift packing, Thanksgiving festivities, shopping, caroling, baking, celebrations, and the list goes on! Hope you can be a big part of it all!

Live Big and Have Fun!

DOVER REHAB



Hello Andrea! Always good to see you on hair salon days!



It's a great salon visit!
Esther and Emmy, Salon Stylist



Zach enjoys a dice game.



Tara rode her horse, Victor, in to visit us and came right to the front door.



Jan, Sam and Jane Neadles
love the outing to Fundays
for rootbeer floats!



Extension Office Leader, Christine Kendle,
guest speaker and the Border Family at the
Lunch and Learn at the Senior Center.



Carolyn and Marty check out the
outdoor craft show.



Thanks, Debbie Hamilton, for her
craft show Fundraiser for Alzheimers.



Dee diligently painting seasonal rocks.



Releigh Peffer, volunteer, takes care
of our Walking Taco Lunch stand
fundraiser one afternoon.



Cindy, Ann, and Annette play a new fun
game, Sequence, and they love it!



Vickie, Sue and Erin look for the Dennison
Yard Food Truck every Wednesday.

STAFF APPRECIATION DRIVE-IN MOVIE NIGHT - CONT'D



Some friendly Cornhole competition.



Gayle, Christine, and Mary, enjoying the evening together.



It's Sarah Lentz's family

MEN'S SUMMER LUNCHEON



Michael, Kathy, and his Dad visit.



Mr. and Mrs. Kaple and guests arrive for the Men's Summer Luncheon.



Bill and Debbie share a steak dinner together.



Ron and Mig appreciate the event together.



Tom and his granddaughter appreciate the activity together.



Sue E. and Doug take in the entertainment music.

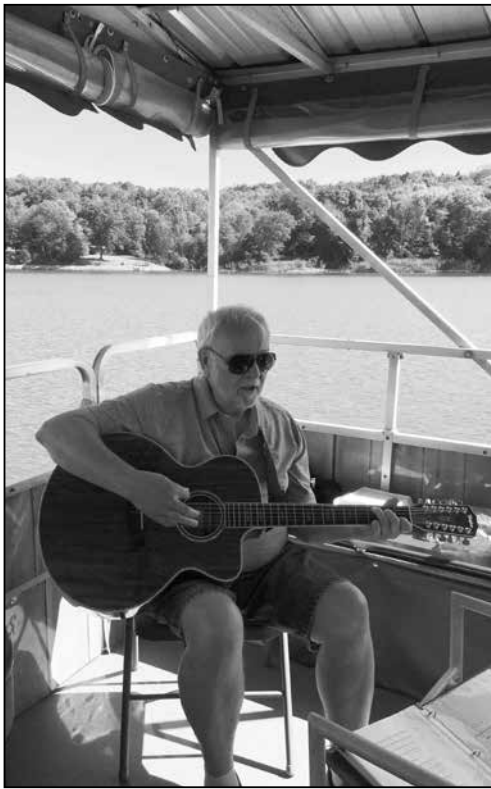


Hostess Kathy Little with Bud H. preparing for a good day!



Kathy and Sam - What a pair!

VOLUNTEER BOAT RIDE ON THE ATWOOD QUEEN



Bruce Severs provided singing and guitar music.



Ginny enjoys the Lee's Chicken boxes meals and Lilly's petifours.



Ron and Wanda B. enjoy the cruise.



Jean and daughter, and Bonnie and guest, enjoy the relaxation and visiting.



The Dover Library Team

DOVER CAMPFIRE FEST



Mary and guest take in the live music by Terrie and Steve.



Ruby and Eric enjoy the warm temps and good live music performance.



Doug enjoying a campfire goodie.



Ginny, daughter Dara, Lori, and others enjoy a nice evening.

BIG BAD BODACIOUS BRASS BAND



JoAnn B. visits with a trombonist.



Jan likes the tubas - Can you believe she used to be a tuba player!



Nurse Veronica and her children visit with great grandmother, Lori. (middle)



Young James gets to check out the percussionist.



Marion and daughter enjoy some goodies.



Jan B. and Deb check out the refreshment table.



Harold, son, and grandson visit from Germany!



Grandparents Day - Harold, Cheryl Graham and his daughter visit.

SOCIAL SERVICES

4 Foolproof Ways to Declutter Your Mind

That stack of clothes to donate in the hallway. What's for dinner. Why your kid's room smells so funky. The call you forgot to make about the credit card bill. When you catch yourself in a cyclone of thoughts, ask yourself these questions to quiet the storm.

What am I doing right now?

"Stop and check in with reality," says Shojai. You've got to notice what's happening ("I'm stressing myself out!") before you can change it to what you'd like it to be ("I'm getting calmer and more focused").

Are these thoughts allowing me to be the best version of myself?

Spoiler alert: They're not. "Think about how you can turn those thoughts around," says Katz, who suggests immediately naming three things you're grateful for (think: the roof over my head, the smell of clean laundry even if it hasn't been put away yet, a full fridge). "The goal is to calm yourself down enough so you can move forward in a way that feels better. Stress will keep coming, but the question is how quickly can you regain focus and recover from it."

How can I be fully present?

You can't prep dinner and argue with your

sister while driving your kids home from practice. (Well, you can but you shouldn't.) "Decide to sing along with what's on the radio and enjoy being with your kids," says Shojai. "Then when you get home and they're upstairs doing homework, tackle whatever needs to happen next."

What do I feel like doing right now?

Maybe you just need a break for five minutes and then you can go back to your to-do list with focus. "Most people have a huge debt in their self-care account that keeps accumulating," says Shojai. As a result, you resent things getting added to your list because you feel empty. "You've got to fill your tank first."

Source: On Duty

APPLE PIE BAKE OFF



Lauren shows a whole pie to the audience before judging.



The Judges: Sue, Harold, and Phil



Karen of Rehab was quite a pie baker!



Lauren brings a pie to the admiration of Ruth and Sarah.



Annette and Brian slice and serve many pieces to all of the audience.



Lauren helps Louise as she makes her selection from all the various pies.



Annette serves a slice of pie to Lori



Annette and Jean check out all the beautiful apple pies on display.

HOE DOWN FEST



Rick, a musician of the band, visits with Bob W.



Annette, Patty, Cindy and Sarah - Service with a smile!



Nurse John Wolfe brought his family to enjoy the Bluegrass Band along with Patty and Annette.



Doris and Guest enjoy the bluegrass band

Braised Cola-and-Bourbon Brisket Recipe

Active Time
20 Mins

Total Time
3 Hours 50 Mins

Yield
Serves 8

You love to drink cola and bourbon—why not cook with them? The tender brisket and rich gravy combination made for a “table favorite” in our kitchen. A tip from the test kitchen: This recipe tastes even better when made one to two days ahead. After step three, cool uncovered, then cover and refrigerate. Discard any fat that collects on the surface before reheating on the stove and proceeding with the recipe.

Ingredients

Source: Southern Living

1 (4 1/2- to 5-lb.) first cut (flat) beef brisket,
at room temperature

1 tablespoon plus 1/2 tsp. kosher salt,
divided

1 1/2 teaspoons plus 1/4 tsp. black pepper,
divided

2 tablespoons vegetable oil

1 (14-oz.) bottle balsamic vinegar ketchup
(such as Heinz)

1 (12-oz.) bottle cane-sweetened cola
(such as Coca-Cola)

1 1/2 cups lower-sodium chicken broth

1 (1-oz.) envelope dry onion soup and dip
mix

1 tablespoon herbes de Provence

6 medium carrots, halved and cut into 4-
inch lengths

4 medium parsnips, halved and cut into 4-
inch lengths

1 large yellow onion, finely chopped

2 tablespoons bourbon

2 tablespoons fresh thyme leaves



Photo: Hector Manuel Sanchez; Prop Styling: Lydia Purcell; Food Styling: Tami Hardeman

Step 1

Preheat oven to 325°F. Sprinkle both sides of brisket with 1 tablespoon of the salt and 1 1/2 teaspoons of the pepper. Heat oil in a Dutch oven over medium-high. Add brisket, and cook until deeply browned, 5 to 6 minutes on each side. Transfer brisket to a plate.

Step 2

Stir together balsamic vinegar ketchup, cola, chicken broth, onion soup mix, and herbes de Provence in a large bowl. Pour slowly into Dutch oven, and stir and scrape to loosen browned bits from bottom of Dutch oven. Return brisket and any juices to Dutch oven. Bring to a boil over medium-high, and cover with foil followed by a tight-fitting lid. Transfer Dutch oven to preheated oven.

Step 3

Bake 2 hours. Turn brisket over. Tuck in carrots and parsnips, and sprinkle onion into liquid around edge of brisket. Replace foil and lid, and continue baking until brisket is fork tender, about 1 hour.

Step 4

Use a slotted spoon to transfer brisket, carrots, and parsnips to a serving platter. Cover with foil to keep warm. Puree cooking liquid in Dutch oven with an immersion blender to make gravy. Simmer gravy over medium until heated through. Stir in bourbon, and sprinkle with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.

Step 5

Slice brisket. Spoon some of the hot gravy over brisket and vegetables, and sprinkle with thyme. Serve remaining gravy in serving dish on table.

ALZHEIMERS WALK



Freckles the clown makes special balloon hats.



Nurse Kendra Striker manned the Hennis Sponsor Table.



Kendra, Jeannie, and granddaughter come year after year.



Mary Jo and June share the day.



Freckles makes the Hennis Group happy.



Debbie (daughter of Lois) and brothers accept the Corporate Plaque for HCC



Dr. Sickinger office team.



Sammy and Hayden support the cause



The Family of Lois B.



Kathy gets a hug from Freckles.



Freckles, Annette, and Kathryn attend the walk.



Donna and Joni help the cause in many ways.



June, Bev, Staff and others return from the walk route.



The sign says it all!

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DOVER JAN 15

10:00a - 1:30p

\$1 - Cup • \$1.50 Bowl

\$3 - Pint • \$5 Quart

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