

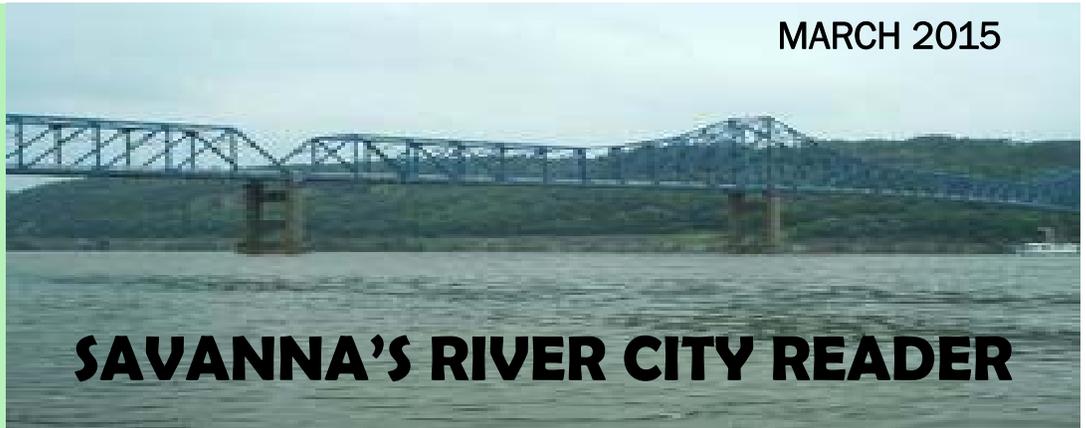
BIG MEADOWS
 1000 Longmoor Ave.
 Savanna, IL 61074
 Phone: 815.273.2238
 Website: www.bigmeadows.biz



Pinnacle Place
 1125 N. 5th Street
 Savanna, IL 61074
 Phone: 815.273.2105
 Website:
 www.aheinc.biz/pinnacleplace



MARCH 2015



SAVANNA'S RIVER CITY READER

Inside this issue:

A joint publication of Big Meadows and Pinnacle Place

V-Day Lunch - Big M Brainy Bits - P Place	1
Big Meadows Highlights	2
Big Meadows Announcements	3
Connections Unit Highlights	4
Safety tips for Alzheimer's	5
Big Meadows Activity Calendar	6
Pinnacle Place Social Calendar	7
Pinnacle Place Announcements	8
Pinnacle Place Menus	9



On Friday, February 13, 2015 we held our annual Valentine's Day lunch. We had 10 couples participate in the special meal.



Reminder:



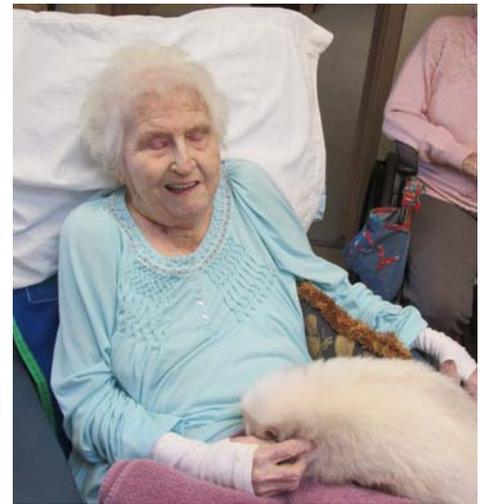
On March 7 before bed.
 *Daylight saving time begins
 March 8*

Get a move on! Seek the Spiritual.
Meditation. Walk. Exercise.
No Negative Thinking. Be a Social
Butterfly. Eat Your Fruits & Veggies
Relax BRAINY BITS

Taken from:
 Mather Life-
 ways Institute
 on Aging

Big Meadows' Highlights

Furry Friends Visit



The residents (and staff) really enjoy visits from Furry Friends. They visited us on Wednesday, February 18. Pictured above are Cecil Drawhon with the duck and Arlie Arno holding the albino skunk. A couple dogs, cats, birds, a guinea pig, and a few other animals made the visit too.

Thank you Big Meadows Staff Steak Dinner

Due to the great job the staff at Big Meadows have been doing and for raising census +30 in the last two years, all were given a special steak dinner. Thursday, February 19 staff were served a special meal of grilled steak, salad, baked potato, breadstick and dessert. A big thank you to the staff that made this possible, thank you for all that you do—you are appreciated!



Big Meadows' Announcements



Easter Egg Hunt

It's that time of year already! We're planning our annual Easter Egg Hunt for Friday, April 3 at 2pm. If you could donate some (wrapped) candy to fill the eggs we would greatly appreciate it! Please have any donations turned into the front office by Monday, March 23, 2015. Thank you in advance!



March Birthdays

Residents:

04 Catherine Stasch	06 Gaylord Darrow
11 Rosemary Shafer	23 Florence Remrey
29 Gerald Steeg	31 JoAnn Perez

Staff:

03 Alleigh Hendricks	13 Michelle Thulion
05 David Corona	24 Jennifer Heisler
27 Lois Moore	27 Jenna Mazanet
30 Angela Allen	

March—National Social Work Month

March is National Social Workers month and here at Big Meadows we would like to recognize our very own Julie Johnson, Social Service Director. Julie completed her Bachelor's of Social Sciences at Mount St. Claire College in Clinton, IA in 2000 and obtained her Master's Degree from Ashford University in 2008. Julie has been a part of the Big Meadows team since 1994, when she was in high school and worked in dietary. She later worked in the Activities department for a short time before becoming Social Service Director in 2000. Julie has been very active in organizing the 'Memory Walk' later known as 'Walk to end Alzheimer's' and leads quarterly Caregiver support group meetings here in our facility. Most recently, Julie became certified as a Dementia Practitioner. Julie is a part of Big Meadows' Employee Committee and is always willing to help out with activities of Big Meadows. Social Services within Long Term Care carries various roles of responsibility and Julie acts as the advocate for our residents and her door is always open for them to feel welcome and safe.

We want to thank Julie Johnson for her hard work and dedication to making our residents feel at ease and have a safe, warm place to call home.



Big Meadows' Connections Unit



To Exercise or Not?

Every morning our residents have an exercise class. Pictured to the left are Pete Kauffman and Mary Yenney. And to the right is Jerry Steeg. He must have decided to take a break from walking and pose for a picture.



Home Safety Tips for Alzheimer's

Minimize Danger

People with Alzheimer's disease may not see, smell, touch, hear, and/or taste things as they used to. You can do things around the house to make life safer and easier for the person. For example:

1. Check all rooms for adequate lighting. Use nightlights in bathrooms, bedrooms, and hallways.
2. Be careful about small pets. The person may not see the pet and trip over it.
3. Reset the water heater to 120 degrees Fahrenheit to prevent burns.
4. Label hot-water faucets red and cold-water faucets blue, or write the words "hot" and "cold" near them.
5. Install grab bars in the tub/shower and beside the toilet.
6. Put signs near the oven, toaster, and other things that get hot. The sign could say, "Stop!" or "Don't Touch—Very Hot!"

You can also try these tips:

- Check foods in the refrigerator often. Throw out any that have gone bad.
- Put away or lock up things like toothpaste, lotions, shampoos, rubbing alcohol, soap, or perfume. They may look and smell like food to a person with Alzheimer's.
- If the person wears a hearing aid, check the batteries and settings often.

*Continued from page 4

Basic Safety for Every Room

Add the following items to the person's home if they are not already in place:

- Smoke and carbon monoxide detectors in or near the kitchen and in all bedrooms
- Emergency phone numbers and the person's address near all phones
- Safety knobs and an automatic shut-off switch on the stove
- Childproof plugs for unused electrical outlets and childproof latches on cabinet doors

You can buy home safety products at stores carrying hardware, electronics, medical supplies, and children's items.

Lock up or remove these potentially dangerous items from the home:

1. Medicines
2. Alcohol
3. Cleaning and household products, such as paint thinner and matches
4. Poisonous plants—contact the National Poison Control Center at 1-800-222-1222 or www.poison.org to find out which houseplants are poisonous.
5. Guns and other weapons, scissors, knives, power tools, and machinery
6. Gasoline cans and other dangerous items in the garage

Moving Around the House

Try these tips to prevent falls and injuries:

1. Simplify the home. Too much furniture can make it hard to move around freely.
2. Get rid of clutter, such as piles of newspapers and magazines.
3. Have a sturdy handrail on stairways.
4. Put carpet on stairs, or mark the edges of steps with brightly colored tape so the person can see them more easily.
5. Put a gate across the stairs if the person has balance problems.
6. Remove small throw rugs. Use rugs with nonskid backing instead.
7. Make sure cords to electrical outlets are out of the way or tacked to baseboards.
8. Clean up spills right away.

Make sure the person with Alzheimer's has good floor traction for walking. To make floors less slippery, leave floors unpolished or install nonskid strips. Shoes and slippers with good traction also help the person move around safely.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
J C 10:30 Resident Led Exercise Communion Visits Room Visits C 2:00 Church Service w/ Becky Voss	2 C 10:30 Exercise L 11:15 Trivia/Today In History D 2:00 Bingo 1:1 Room Visits	3 C 10:00 Rosary C 10:30 Exercise L 11:15 Trivia ICP 2:00 Bowling Dice ICP 3:00 Easter Egg Cleaning L 4:00 Today In History ICP 6:00 Pig Dike	4 C 10:30 Exercise D 11:30 Chinese Order In ICP 2:00 Phase 10 Dice ICP 3:00 Craft Club (Wreaths) 1:1 Room Visits L 4:00 Today In History ICP 6:00 UNO	5 ICP 9:30 Coupon Club C 10:30 Exercise L 11:15 Trivia ICP 2:00 Popcorn Time and Music Request L 4:00 Today In History ICP 6:00 21 Dice 	6 ICP 9:30 Spa Time C 10:30 Exercise L 11:15 Trivia/Today In History D 2:00 Bingo D 2:30 Oreo Cookie Social 1:1 Room Visits Oreo Cookie Day	7 C 10:30 Exercise L 11:15 Trivia 1:00 Therapy Cat Visits	
8 C 10:30 Resident Led Exercise Communion Visits Room Visits C 2:00 Church Service w/ Steve Newell 	9 C 10:30 Exercise L 11:15 Trivia/Today In History D 2:00 Bingo D 2:30 Leisure Interest and Outing Committee 1:1 Room Visits	10 C 10:00 Rosary C 10:30 Exercise L 11:15 Trivia ICP 2:00 Fiddle ICP 3:00 Easter Egg Cleaning L 4:00 Today In History ICP 6:00 Skunk Dike	11 D 9:30 Community Coffee C 10:30 Exercise ICP 2:00 Johnny Applesed Social and Apple Game ICP 3:00 Craft Club (Window Hanger) 1:1 Room Visits L 4:00 Today In History ICP 6:00 UNO Johnny Applesed Day	12 ICP 9:30 Coupon Club C 10:30 Exercise L 11:15 Trivia ICP 2:00 Girl Scout Cookie Social and Music Request L 4:00 Today In History ICP 6:00 Ship, Captain, and Crew Girl Scout Day	13 ICP 9:30 Spa Time C 10:30 Exercise L 11:15 Trivia/Today In History D 2:00 Bingo 1:1 Room Visits 	14 C 10:30 Exercise L 11:15 Trivia 1:00 Therapy Cat Visits ICP 2:00 Potato Chip Social	
15 C 10:30 Resident Led Exercise Communion Visits Room Visits C 2:00 Church Service w/ New Unity	16 C 10:30 Exercise L 11:15 Trivia/Today In History D 2:00 Bingo 1:1 Room Visits	17 ICP 9:30 Baking Club C 10:30 Exercise L 11:15 Trivia ICP 2:00 Green Social with Music and Trivia ICP 3:00 Easter Egg Cleaning L 4:00 Today In History ICP 6:00 Leprechaun Races 	18 C 10:30 Exercise D 11:30 KFC Order In ICP 2:00 King's in the Corner ICP 3:00 Craft Club (Easter Craft) 1:1 Room Visits L 4:00 Today In History ICP 6:00 UNO	19 ICP 9:30 Coupon Club C 10:30 Exercise L 11:15 Trivia ICP 2:00 Popcorn Time and Music Request L 4:00 Today In History ICP 6:00 Card Bingo	20 ICP 9:30 Spa Time C 10:30 Exercise L 11:15 Trivia/Today In History D 2:00 Bingo 1:1 Room Visits	21 C 10:30 Exercise L 11:15 Trivia ICP 1:30 Resident Choice Game	
22 C 10:30 Resident Led Exercise Communion Visits Room Visits C 2:00 Church Service w/ Linda Parks	23 C 10:30 Exercise L 11:15 Trivia/Today In History D 2:00 Bingo D 2:30 Chip and Dip Social 1:1 Room Visits National Chip and Dip Day	24 C 10:00 Rosary C 10:30 Exercise 11:00 Sababa Cafe ICP 2:00 Fiddle ICP 3:00 Easter Egg Cleaning L 4:00 Today In History ICP 6:00 Help Your Neighbor	25 C 10:30 Exercise D 11:30 Subway Order In ICP 2:00 Pokemo ICP 3:00 Craft Club 1:1 Room Visits L 4:00 Today In History ICP 6:00 UNO	26 ICP 9:30 Coupon Club C 10:30 Exercise C 11:30 Men's Lunch ICP 2:00 Popcorn Time and Music Request L 4:00 Today In History ICP 6:00 Black Cow Social	27 ICP 9:30 Spa Time C 10:30 Exercise L 11:15 Trivia/Today In History D 2:00 Bingo 1:1 Room Visits	28 C 10:30 Exercise L 11:15 Trivia 1:00 Therapy Cat Visits 	
29 C 10:30 Resident Led Exercise Communion Visits Room Visits C 2:00 Church Service w/ Cecilia Garland	30 C 10:30 Exercise L 11:15 Trivia/Today In History D 2:00 Bingo D 2:30 Resident Council 1:1 Room Visits	31 C 10:00 Rosary C 10:30 Exercise 11:00 Kountry Kettle ICP 2:00 Kismet ICP 3:00 Easter Egg Filling L 4:00 Today In History ICP 6:00 Don't Go To Jail		March 2015 Big Meadows Activity Calendar			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:30 Exercise 5:45 Bingo	3 10:30 Exercise 2:30 Cards	4 10:30 Exercise 2:30 Trivia	5 9:00 Shop 10:30 Exercise 1:00 Ride 2:30 Spinner	6 10:30 Exercise 2:30 Cards	7 2:30 Cards
8	9 10:30 Exercise 5:45 Bingo Daylight Savings Time Begins	10 10:30 Exercise 2:30 Computer Crosswords	11 10:30 Exercise 2:30 Saygo	12 10:30 Exercise 2:30 Rummikub	13 10:30 Exercise 2:30 Cards	14 2:30 Farkle
15	16 10:30 Exercise 5:45 Bingo	17 10:30 Exercise 2:30 Cards St. Patrick's Day	18 10:30 Exercise 2:30 Scrabble	19 9:00 Shop 10:30 Exercise 1:00 Ride 2:30 Spinner	20 10:30 Exercise 2:30 Cards 1st Day of Spring	21 2:30 Cards
22	23 10:30 Exercise 1:30 Resident Council 5:45 Bingo	24 10:30 Exercise 2:30 Computer Crosswords	25 10:30 Exercise 2:30 Tenart Choice	26 10:30 Exercise 2:30 Rummikub	27 10:30 Exercise 2:30 Cards	28 2:30 Bowling Dice



March 2015

Pinnacle Place

Social Calendar



Pinnacle Place Announcements

SHOP



Shopping Trips are scheduled for March 5 & 19 at 9am. Please let the C.N.A. know if you would like to shop on these days. We make stops in Savanna where needed i.e. Sullivan's, Shopko, Dollar General, Post Office, Barber, etc. Bring us your list & we can shop for you.

RIDE

Rides are scheduled for March 5 & 19 at 1:00pm. Tenants choose where we go. Please let the C.N.A. know if you would like to go along for the ride.



Magician Harold Buck shows us his magic trick of balancing two forks on a toothpick on the edge of his glass.

It's Not Easy Being GREEN

1. These are long slender vegetables. _____
2. An inexperienced person is called a _____
3. Someone who is jealous is said to be _____
4. A phrase used when referring to someone having things better than you is: _____
5. An area of grass around a golf hole is called a _____
6. A member of the Army's special task force is called a _____
7. This is the name of a professional football team. _____
8. Another name for paper money is _____
9. You can go when you get the _____
10. When heat from the sun is trapped in the earth's atmosphere, it creates the _____

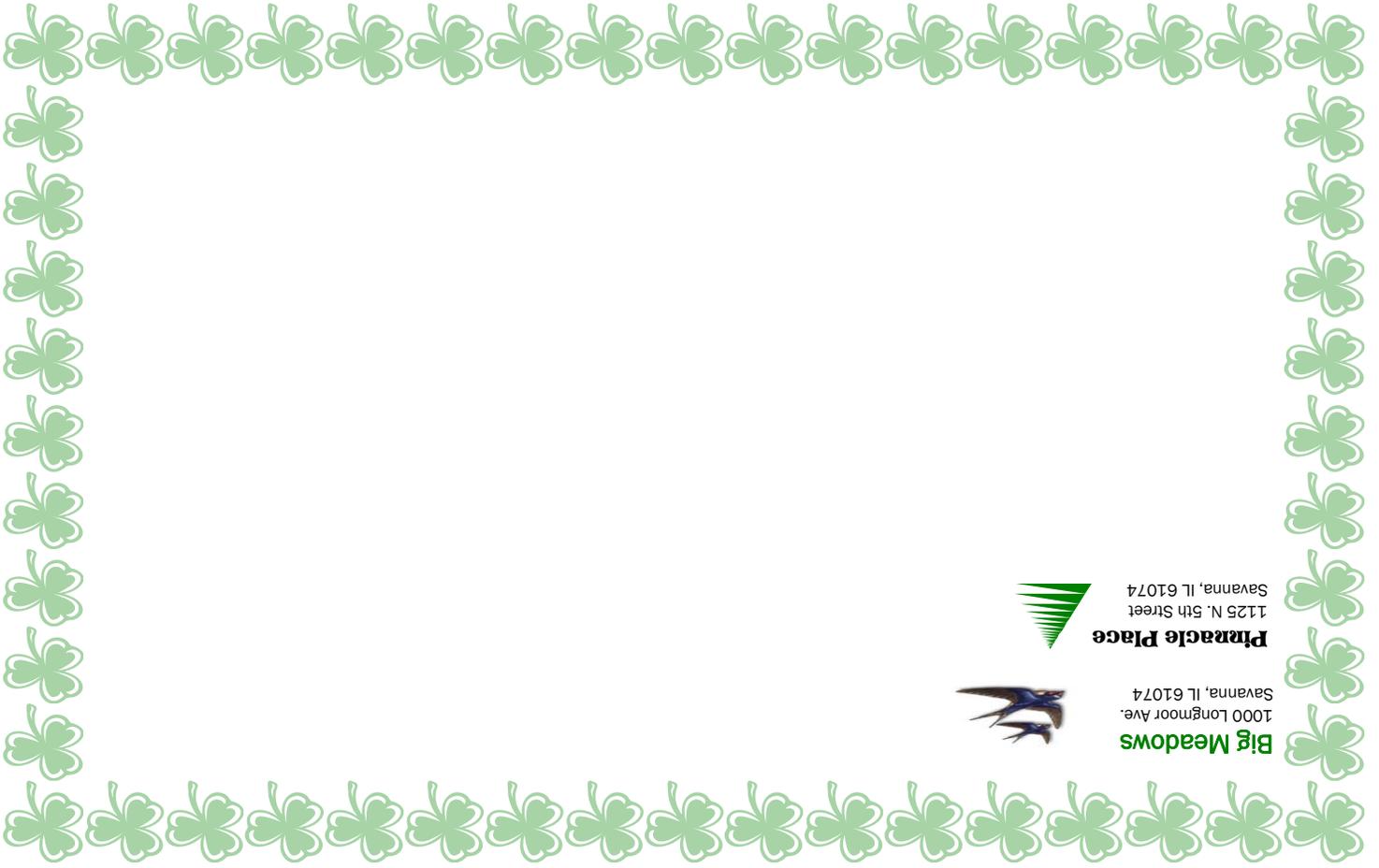


- | | |
|-----|-------------------|
| 10. | Greenhouse Effect |
| 9. | Green Light |
| 8. | Folding Green |
| 7. | Green Bay Packers |
| 6. | Green Beret |
| 5. | Putting Green |
| | fence |
| | other side of the |
| | greener on the |
| 4. | The grass is |
| 3. | Green with Envy |
| 2. | Greenhorn |
| 1. | Green beans |



PINNACLE PLACE SUPPORTIVE LIVING FACILITY
CARE * COMPASSION * COMFORT * COST





Piracle Place
1125 N. 5th Street
Savanna, IL 61074



Big Meadows
1000 Longmoor Ave.
Savanna, IL 61074

