



White Hall

Nursing and Rehabilitation Center, LLC

620 W Bridgeport Street • White Hall, IL 62092 • (217) 374-2144

Our Leadership Team

Taylor Arnold	Executive Director
Kayla Sharrow	Director of Nursing
Kirstian Sethaler	Director of Admissions
Kari Burton	Director of Therapy
Melissa Nichols	Business Office Manager
Elizabeth Winters	Social Service Director
Stacey Phillips	Social Service Asst
Kim Schutz	Activity Director
Lori Patton	Memory Unit Manager
Amber McCarthy	Dietary Manager
Richard Hammon	Maintenance Director
Donna Wyatt	Housekeeping/Laundry
Danielle Green	Human Resources

Rehabilitation.....What We Offer

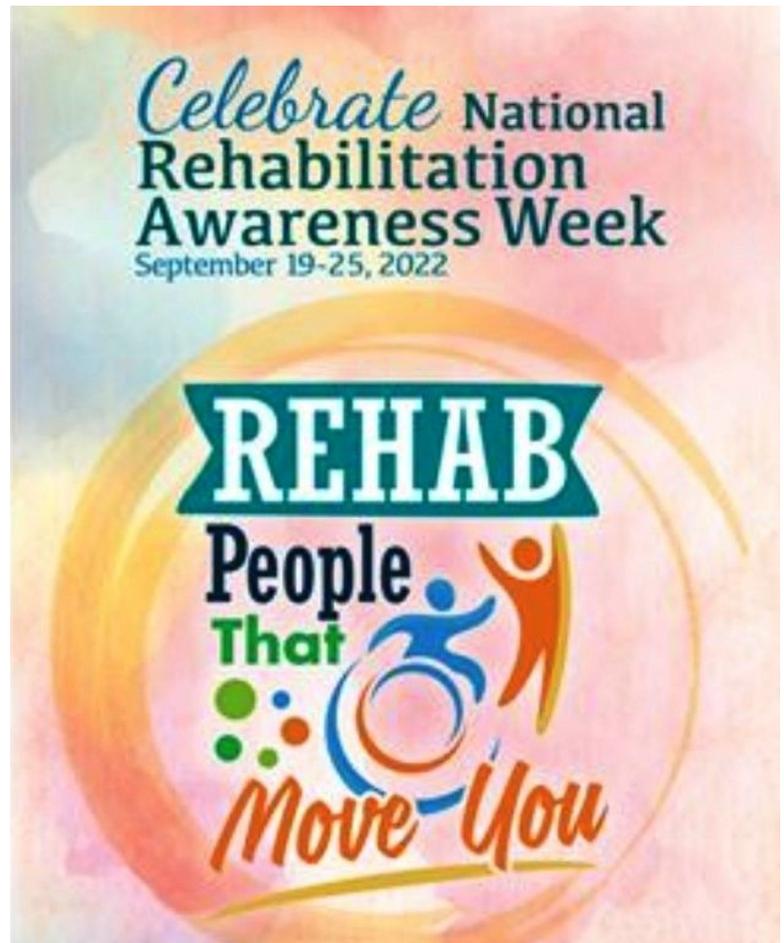
Our therapists have additional training on using enhanced therapy techniques in combination with modality equipment.

Our modality equipment includes equipment such as ultrasound, electrotherapy, a motorized therapeutic exercise system called the Omnicycle, shortwave diathermy system and much more. All consist of evidence-based clinical programs and assist our patients with getting better faster.

Some of our programs consist of orthopedic rehab, stroke rehab, cardiac rehab, fall prevention & balance, pain management, continence improvement and wound management.

So whether you need inpatient short term therapy or temporary outpatient therapy, our dynamic team of therapists and assistants is here for you! Don't hesitate to contact Kari Burton, Director of Rehab, with any questions.

September 2022



Thank You to Our Therapists

Every day of the year we value our therapists and therapy assistants. The week of Sept 19-25th we want to celebrate the rehabilitation professionals who all work together to make a difference in the lives of others. Our therapists have both a thorough knowledge of the human body and the right mix of patience and understanding.



Mr. and Mrs. Terry and Rhonda Key

Missed but Not Forgotten

Goodbyes can sometimes be bittersweet. A recent goodbye at WHNR was just that. We are so excited that Rhonda and Terry Key were able to return to the community and resume their independence. Although leaving new friends can be sad it doesn't mean the friendships end. We look forward to their visits.

During a trip to Walmart, Rhonda suffered a health issue which resulted in an ambulance trip to the hospital. Unfortunately, Terry, her husband, unaware of the emergency, patiently awaited her return to the car. Terry is a double amputee whose chair was in the back of the car. What shortly manifested was a nightmare which eventually resulted in both of them admitting to WHNR in November 2021.

Both quickly became friends with the residents and staff. Rhonda crocheted lap blankets and a variety of other items and Terry visited with residents and led a Bible Study group.

As their health continued to improve they worked with Social Services on discharge planning and on July 31st they discharged to their apartment in Jacksonville. Rhonda is hoping to resume her paralegal career.

The facility staff and residents held an S.O.S. Shower (Starting Over Shower) to wish them the best. Good Friends will not be forgotten!

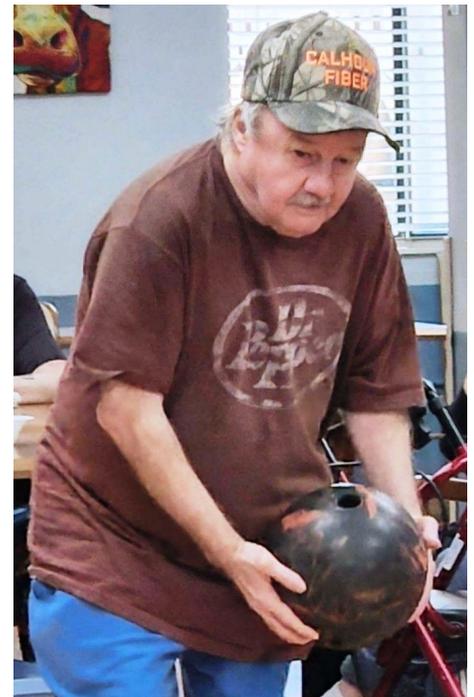


Happy Cat Month

Purring is usually a telltale sign that a kitty is happy, but a cat shows contentment in many other ways, too. A cat holding its tail high up in the air indicates pleasure, especially if the tip is twitching in excitement. When its ears are facing forward and its whiskers are relaxed, the feline feels at ease. And if a cat blinks slowly at you, you've received a "kitty kiss"—the ultimate sign of its happiness and affection.

Bowling Champion

National Bowling Day was celebrated with a bowling tournament of course! Judy Northcutt was the bowling champion! Congratulations Judy!



Jimmy Fuller tries his luck at getting that strike during the bowling tournament. Although not placing first, he said he had a good time.



RESIDENT BIRTHDAYS

- Chrystal Olbrias Sept 5
- Barbara Drake Sept 6
- Victor Rector Sept 19
- Patricia Holmes Sept 20
- Karen Dunlap Sept 25
- Joyce Benner Sept 27
- Peggy Staats Sept 29
- Larry Weaver Sept 29

Employee Birthdays

- Randy Fry Sept 1
- Kendra Wallis Sept 3
- Jenny Cook Sept 8

- Phyllis Ernst Sept 9
- Shelby Baalman Sept 10
- Nancy Willenburg Sept 10
- Elizabeth Winters Sept 12
- Maci Lemons Sept 16
- Sierra Turner Sept 21
- Lisa DeFrates Sept 23
- Dajha Fane Sept 24
- Jacey Pate Sept 25
- Josie Louden Sept 26
- Lisa Hare Sept 27
- Jeffrey Mishanec Sept 27
- Melissa Nichols Sept 30

Employee Anniversaries

- DeDe Dawdy 23 Years
- Rosetta Figg 6 Years
- Alex Sharrow 4 Years
- Melissa Nichols 4 Years
- Donna Wyatt 3 Years
- Tori Pennington 2 Years



John Pile gives some love to Teddy being held by Rylee York.



National Ice Cream Cone Day

Join Us Sept 22

Join us in the dining room Thursday, Sept 22 at 2pm to celebrate one of the best treats to come out of the World's Fair in 1904. What's your favorite flavor?

We Will Never Forget

Please join us in a moment of silence on Sept. 11, Patriot Day, as we honor the victims of 9/11.

Furry Visitor Is a Big Hit

Ava & Rylee York (great-granddaughters of Richard Heberling) brought their new puppy, Teddy, in to see residents. Everyone's hearts melted! Thank you girls for this special surprise!



Ava, Rylee and Great-Grandpa Richard



Ava York, Ron Tillotson with Teddy

"The world would be a nicer place if everyone had the ability to love as unconditionally as a dog." -M.K. Clinton

Elvis Was in the Building

The October newsletter will feature pictures of residents with Elvis. We will always remember him!

Never Too Old for a Teddy Bear



Sept 9th is National Teddy Bear Day! No matter what kind of teddy bear you had, it's a perfect time to celebrate your childhood friend! We're asking for donations of gently used or new teddy bears for our residents. Giving a second life to a stuffed animal or bear while brightening the day of an elderly senior is truly a remarkable gift.

The very idea of a teddy bear reminds us of something soft, cuddly & comforting. To the young, these animals provide a level of security. But what about senior citizens? Can they provide the same comfort as they do for kids? The answer is yes!

Senior citizens often have suffered the loss of a spouse or other loved ones. Some don't have routine family & friends visiting them. Life can be more lonely and challenging.

However, a stuffed animal or teddy bear can provide a sense of companionship that many lack. When no longer able to live independently, a teddy bear can become a source of entertainment or serves as something familiar within the room/bedside. The cuddly face & body can truly give a person a feeling of comfort. Just one squeeze & all your troubles seem to melt away for a moment.

These plush bears are fully capable of putting a smile on their faces! They remind them of their own youth, or their children and grandchildren.