



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
Brittani Jackson	Asst Dir. of Nursing
Makendra Steinacher	Rapid Recovery Manager
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
Lori Patton	Memory Unit Manager
Kim Schutz	Activity Director
Amber McCarthy	Dietary Manager
Richard Hammon	Maintenance Director
Donna Wyatt	Housekeeping/Laundry
Tracy Smith	Care Plan Coordinator
Arika Hull	Human Resource Director

Happy Birthday, Margaret!

Everyone joined in wishing our very own Margaret McClenning a Happy Birthday! Margaret turned 88 on March 4. She is one of our Registered Nurses and a favorite of many! Here are a few things about our Margaret.

She graduated from Passavant Area School of Nursing in 1956. She was employed by the North Greene School District for 35 years as the school nurse before retiring. She has been employed with WHNRC for almost 26 years! Fun fact, most of our employees visited Margaret's school nurse's office growing up.

Margaret shared some advice for new nurses or those aspiring to become nurses: "Just keep going, don't quit!" Everyone at WHNRC appreciates Margaret. Her dedication and love toward her residents and fellow employees definitely does not go unnoticed.

April 2023



Margaret McClenning, RN

It's That Time Again!

The seasons are changing, and the time has come to update your loved one's wardrobe. Please be sure that he or she has clothing appropriate for the season. When you bring in new items, please also remove any clothing that is out of season or has been worn or damaged. This will make finding the right clothes for the right season that much easier. Make sure the new items get inventoried. Thank you!



Taylor Arnold and Cookie Northcutt



Sherry Sharrow & Mary Wallace in the Mardi Gras parade



Cookie Northcutt

Celebrating Mardi Gras

Here at WHNRC we decided to celebrate Mardi Gras and man, did we have fun! Check out our "Pretty Girls Walk Like This" video on Facebook!

The French name Mardi Gras means "Fat Tuesday," from the custom of using all the fats in the home before Lent in preparation for fasting and abstinence.

Mardi Gras is about music, parades, floats & excitement. It's one big holiday in New Orleans and I think we'll make a fun day of it again here at WHNRC.



Judy Northcutt showing us how all the pretty girls walk!



Rosemary Hawkins & Sarah Rice

Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.



Priceless Picture ... Great-Great Uncle Richard Heberling with great-great niece, Isabelle Arnold

Follow Us on Facebook

Appreciating Admins

We give an extra-special thanks to all receptionists and assistants during Administrative Professionals Week, the last full week in April. Administrative Professionals Day is held on Wednesday of that week. Thank you to Kirstian Sethaler, Crystal VanMeter, Nancy Willenberg, Haley Thompson and Gail Wells. We appreciate everything you ladies do!

Sending You a Springtime Smile!

The season is in full bloom, and so are our best wishes for all of our residents. Here's to a happy spring full of smiles, laughter and beautiful weather!

Resident Spotlight

HAPPY BIRTHDAY TO YOU!!!

Toni Dice	April 3
Kathryn Pitman	April 5
Donald Riley	April 13
Joseph Enochs	April 18
Dorcas Fairfield	April 23
Betty Smith	April 26
Donna Daniels	April 28



Sarah Rice

February Employee of the Month

With multiple nominations from co-workers, Sarah Rice was named the February Employee of the Month. Sarah has many years' experience and has been part of the WHNRC team for 15 years. She currently is the Staffing Coordinator, which can be a very stressful and complicated task. She has to ensure that every nursing position is covered for all 3 nursing shifts. Talk about a challenge in the day & age where employees can be difficult to find. Sarah is a true asset to her team! You may see her working the day shift and coming right back to help out on the night shift. Sarah always goes above and beyond for the residents and her co-workers. Sarah was presented with a gift basket of goodies, a certificate of appreciation and a personal parking spot for the month.

Employee Spotlight

EMPLOYEE BIRTHDAYS

Sheila Nicholson	April 4
Makendra Steinacher	April 4
Gail Wells	April 6
Shelbe Housman	April 9
Sara Lorsbach	April 10
Sandy Lockhart	April 11
Kara Grahham	April 11
Alexandria Siegel	April 13
Jannette Smith	April 18
Paige Baalman	April 19
Bobby Jo Woolsey	April 20
Brenda Janus	April 23
Morgan Rusten	April 24
Shaylee Lomelino	April 25

Jessica Tupper April 28

Happy Anniversary

Kari Burton	11 Years
Claudia Sweeten	8 Years
Brittany Matthews	7 Years
Jordon York	3 Years
Sunshine Dawdy	3 Years
Kirstian Sethaler	2 Years
Haley Christian	1 Year
Jeffrey Mishanec	1 Year
Jacey Pate	1 Year
Leanne Snider	1 Year

Thanks for Being Part of Our Team!



Rebecca Taylor & Kendra Wallis in the St. Patrick's Day parade

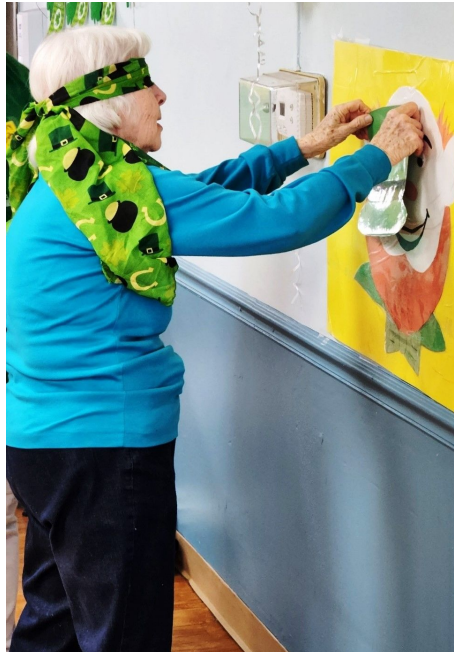


Don Alwerdt, a handsome Leprechaun!

St. Patrick's Day Celebration

The color was green, the word was shamrock and feel of the day was lucky & blessed!

Parades, pin the hat on the Leprechaun, cupcakes & punch! What a way to end the week!



Sue Bradford makes an attempt of getting the Leprechaun's hat on his head



Mary Wallace



Dorothea Reno, such a beauty celebrating St. Paddy's Day



Brittani Jackson ADNS, Ronald Tillotson & Lori Patton, Memory Unit Manager



Kim Schutz and Peggy Staats following the parade route



Patricia Holmes, Getting Ready for the Parade



Isn't this an adorable picture! Corbin Sethaler, Sue Bradford and Izzy Arnold



Angela Terrell - Bring on the parade and the party!



These three look to be mischievous Leprechauns!



Sue Bradford and Agnes Taylor enjoying friendship and party festivities!



The end of the parade route! Time to party!



Bringing the Joy of Spring to a Loved One

While the reality is that nature has been quietly working her magic all winter long, it seems like one day we wake up & it's all fresh and new again. Here are some ideas to bring that springtime inspiration to a loved one in long-term care.

- Bring them a beautiful bouquet of daffodils or tulips to add some spring to the room
- Take them on a stroll outside to look at the birds returning from their winter journey
- Check out the facility's fun events that are planned
- Take a joyride! Schedule a short drive to look at the flowering trees
- Bring the fun of spring indoors. Pick up a small flowerpot/box, some fresh soil & a couple annuals and plant them at bedside
- Bring craft supplies of a wreath, flowers, bow and glue and make a wreath for their door



Overcome Obstacles With Occupational Therapy

Since 1980, April has been designated Occupational Therapy Month; the goal is to recognize and appreciate the professionals who work in this field, which is one of the fastest-growing in health care.

Occupational therapists and therapy assistants help people of all ages master physical, mental, social and developmental difficulties, assisting them with everyday tasks so they can

function as independently as possible in all areas of life. The therapist will aid patients in overcoming obstacles that are preventing them from doing the things they want to do. This is typically achieved through exercises focused on self-care, work, or play and leisure activities.

Candidates for occupational therapy can range from an infant born with a physical disability to an adult recovering from an accident to an older adult striving to maintain mobility. Therapy sessions may take place in a variety of settings, from hospitals and rehab facilities to schools, workplaces and private homes.



Visiting a Loved One Tips

Visiting a loved one with dementia can be challenging at times. Something that might enhance your visit as well as stimulate conversation & memories with your loved one is utilizing something like the puzzle found here on Amazon. These come in a variety of themes ... cats, dogs, flowers, birds, Howie's Drive-In for men and My Prized Possession (a car, of course).

Dementia Puzzles 16 Large Piece Jigsaw Puzzles Dementia Activities for Seniors or Elderly Alzheimer's Patients - Garden Puppy

Amazon's Choice for "puzzles for alzheimer and dementia pat..."



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UPCOMING EVENTS



Move It, Move It

Move More in April Month. We will doing fun chair exercises every day prior to lunch to the theme music Madagascar. Be sure to participate, there may be a surprise at the end of the month for whomever participated the most.

National Unicorn Day - Friday, April 7th

This is sure to be a magical day! We will host a "Magic of Unicorns Social" at 2pm in the dining room. You'll want to attend, as there is going to be a surprise guest visiting with some magical messages.

National Superhero Day

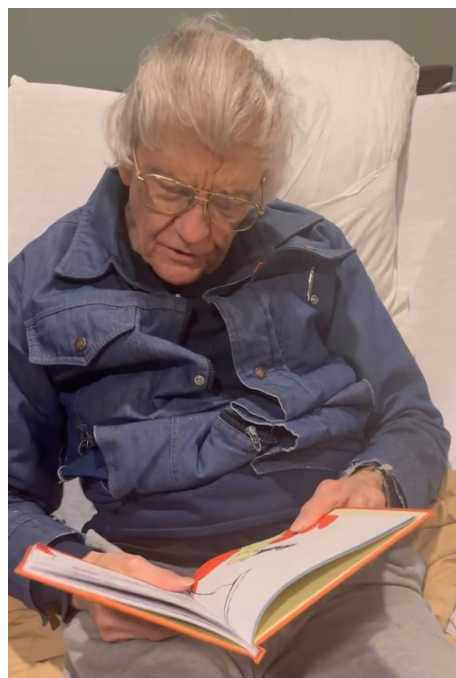
Staff & resident teams will gather in the afternoon for some Superhero competitions. It's sure to be fun! Competitions will consist of the Kryptonite Disposer Race, Phone Booth Dress Up and a Super-Duper Obstacle Course. Prizes for the winner of each event! Find your superpower and come participate!



In Honor of Dr. Seuss Week

Residents made a story video in honor of Dr. Seuss week and read the all-time favorite, Green Eggs & Ham. Check out the video on our Facebook page.

"The More That You Read, The More Things You Know. The More That You Learn, The More Places You'll Go." - Dr. Seuss



I am Sam! Sam-I-am!
That Sam-I-am! I do not like that Sam-I-am!
Do you like green eggs and ham.
I do not like them Sam-I-am.
I do not like green eggs and ham.



You do not like them so you say.
Try them! Try them! And you may.



Say! I like green eggs and ham!
I do! I like them Sam-I-am!
And I would eat them in a boat.
And I would eat them with a goat.
read by Francis Bridgewater



