



# 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
Brittani Jackson	Director 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
Kayla Sharrow	Memory Unit Manager
Kim Schutz	Activity Director
Amber McCarthy	Dietary Manager
Richard Hammon	Maintenance Director
Donna Wyatt	Housekeeping/Laundry
Lori Patton	Care Plan Coordinator
Arika Hull	Human Resource Director

## **WHNR Receives Quality of Life Award**

Our Semi-Annual meeting was held in Biloxi, MS, in May. Our home was so honored to accept the award for Quality of Life. This award was presented for the consistent focus the facility has with enhancing the life of our residents through day-to-day activities, special events for the residents, families and the community, continuous support & involvement within the community.

Taylor Arnold, Executive Director, accepted the award for WHNR from Vice President Steve Larson and Chris Denz pictured to the right.

Taylor states, "I'm so proud of my team, every single one of them! Our job is so challenging, rewarding, emotional and stressful ... but it is all so worth it!"

July 2023



Executive Director, Taylor Arnold, with Tara Cares President, Chris Denz



### Cruise-In

The White Hall Drag-a-Way group did a Cruise-In in June as part of a Father's Day activity for the gentlemen. Of course, the ladies enjoyed it, too. A common thing heard was, "this brings back a lot of memories!" We sure thank the members of this car club for taking time out of their day to bring some joy to our day.



Ronald Duggar looks over a special feature!



Karen----- took a fancy to this beauty!



### July - Hot Dog Month

From ballpark franks to weenie roasts, nothing says summer quite like hot dogs! That's why July is deemed National Hot Dog Month. With all due respect to hamburgers and apple pie, hot dogs are arguably the most American of foods.

If you're tired of your usual toppings, you'll get to try something a bit different at our hot dog bar on the 14th. We encourage you to tantalize your taste buds and try something different or create your own and name it.



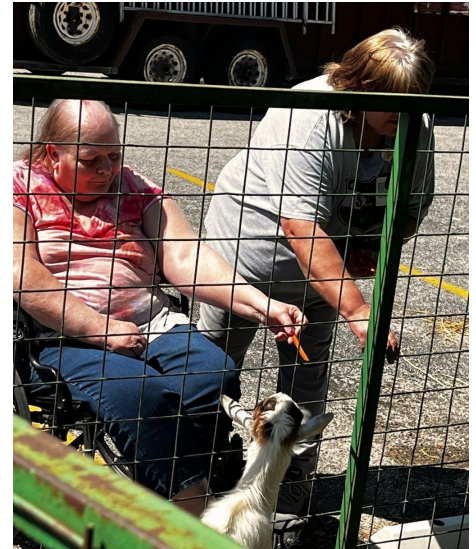
### A Quali-tea Joke

Q: Why should you wear a blindfold whenever you brew tea?

A: Because a watched pot never boils!

### An All-Time Favorite

Nolan's Petting Zoo is a favorite of our residents. They have been coming to our facility for a number of years.



Imogene McDonald and Activity Asst. Sherry Sharrow feed one of the goats carrot sticks.



**Our Perfect Companions  
Never Have Fewer Than  
Four Feet!**





### Award Winners

Taylor Arnold with her award and Anita Housemann, Regional Clinical Operations Nurse, who was awarded the Quality of Excellence in Customer Service. Anita is a consultant with the nursing dept of WHNR in addition to several other skilled

nursing facilities in both IL & MO. Anita provides consultation services to her facilities to ensure they are aware of all new State & Federal regulation changes, assists with auditing to ensure that all nursing services are within and adhere to those regulations, provides training to the nursing department and many other things too numerous to list.

Early in her nursing career, Anita held the position of Director of Nursing at WHNR. We appreciate her help and assistance and agree that she is very deserving of this award. Congratulations, Anita!



### RESIDENT BIRTHDAYS

Mary Upleger	July 3
Mary Suter	July 5
Judy Northcutt	July 11
Gerold Edwards	July 12
Wanda Housemann	July 15
Mary Staton	July 15
Scott Dilts	July 17
Daniel Reynolds	July 19
Janet Morris	July 23
Lois Pembroke	July 28



Richard Heberling

### Be Free

"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right." —Peter Marshall

### Wit & Wisdom

"Life's a party. Invite yourself."  
—Gary Johnson

"I don't need a fancy party to be happy. Just good friends, good food and good laughs. I'm happy. I'm satisfied. I'm content."  
—Maria Sharapova

"Never be the first to arrive at a party or the last to go home, and never, ever be both."  
—David Brown

"It's not about going to a party. It's life as a party."  
—Diane von Furstenberg

"A party without a cake is just a meeting."  
—Julia Child

"Good parties create a temporary youthfulness."  
—Mason Cooley

"I am thankful for the mess to clean after a party because it means I have been surrounded by friends."  
—Nancie J. Carmody

"Disco music in the '70s was just a call to go wild and party and dance with no thought or conscience or regard for tomorrow."  
—Martha Reeves

"When all else fails, throw a party!"  
—Eugene Walter



## We Are Family

Family reunions bring together several generations to remember the good times and create new memories. Gather around and reminisce about reunions.

- Did your family ever have a reunion? If so, was it an annual event or an occasional gathering?
- Was the reunion held at a public place, such as a park or restaurant, or did you meet at a family member's house? Who planned the event?
- How many people attended? Did you gather for a day, a weekend or longer?
- Talk about some of the activities at your family reunion. Did you play games or take a group photo? Did you celebrate any family traditions?
- What is the farthest distance anyone in your family traveled for a get-together?
- It's been said that cousins are often our first friends. Did you grow up with cousins? What was your favorite part about spending time with them?
- Was there a particular family member you enjoyed speaking with at reunions? Talk about why that person was special to you.



## Honoring EMS

National EMS Week was observed May 21-27th. Kirstian Sethaler, Director of Admissions, delivered meat/cheese trays, veggie tray & fruit trays to the Greene County Ambulance service at Boyd Healthcare Services on behalf of WHNRC. "We value the service they provide not only to our home, but the entire county," said Kirstian.



## Join Us on the Porch

There's nothing more fun than the gathering of friends enjoying a cold glass of lemonade and some shortbread cookies, so join us on the front porch to chat and share memories of your family reunions on Wednesday, July 12th, at 10am.



## Happy to Be Back

We are so pleased to be back hosting Game Day and providing a birthday cake on the 3rd Friday of each month at the Greene Co. Senior Citizen Center.

Prior to the COVID shutdown, former Director of Admissions, Brian Elliott, hosted a Price Is Right game monthly that was enjoyed by the attendees. Kirstian Sethaler, Director of Admissions, brought back this fun afternoon hosting a Jeopardy Game before cutting the birthday cake to celebrate all those with June birthdays.

Come join the fun with us on July 21st.



## Health Fair

Thank you to all who visited our table at the Greene County Health Fair held in Roodhouse. It was a great event and we look forward to the next one.



## MORE CRUISE-IN PHOTOS



## Enjoy Your Summer

Go outside once a day just to savor the fresh air and sunshine.



## Strawberry Spritzer

Fresh, fruity and fizzy: This delicious drink is all you need to quench your summertime thirst!

### Ingredients:

- 1 package (10 ounces) frozen sliced strawberries, thawed
- 2 liters lemon-lime soda or ginger ale, chilled
- 1 can (12 ounces) frozen pink lemonade concentrate, thawed

### Directions:

Place strawberries in a blender and process until smooth.

Pour blended strawberries into a large pitcher. Stir in soda and pink lemonade.

Serve immediately or chill until ready to serve.

### Try these tips:

- Garnish each glass with a slice of lemon or lime, fresh strawberries, or a sprig of mint or basil.
- For a lower-calorie drink, use club soda or seltzer water instead of lemon-lime soda.
- Forgot to defrost the strawberries? Add 1 cup of the soda to the berries before blending.

Find more recipes at  
Culinary.net.



## Summer in a Cup

There's nothing better than a cold smoothie on a hot day. Simply blend your favorite base—milk, juice, yogurt or ice cream—with your chosen fruits and veggies for a delicious treat. Add ice for texture or nutritional supplements for an immunity boost.

Join us for a Porch Social on Wednesday, July 26th, while we whip up some of these refreshments.

## Strawberry Raspberry Smoothie

- 1 C strawberries
- 1/2 c raspberries
- 1/2 c milk
- 1/2 plain yogurt
- 1 tsp vanilla
- 1 Tbsp honey

Add strawberries, raspberries, milk, yogurt, vanilla and honey into a blender.

Blend until combined and smooth.

Serve & Enjoy!





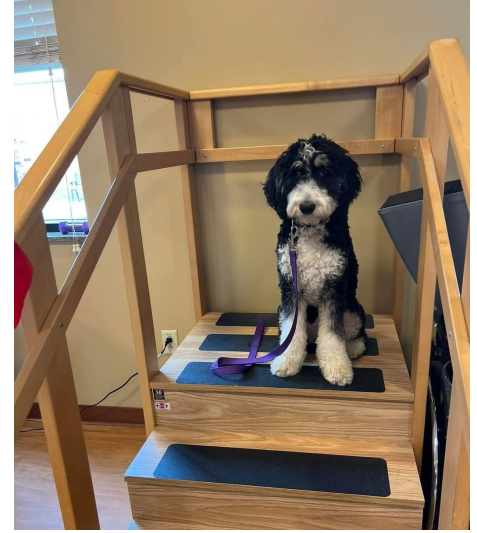
## National Drive-In Day

A movie and concessions were enjoyed as we celebrated an old pastime we enjoyed!



## National Strawberry Sundae Day

Join us on the front porch at 2pm on Friday, July 7th, for an ice cream social with friendship & chatting! We will be serving strawberry sundaes in honor of National Strawberry Sundae Day. See you there!



## LUCY SAYS

Our new friend Lucy says, "if you need Outpatient Therapy, she recommends you come do it at our place!"

## CORNHOLE COMPETITION

Wind up your throwing arm and get ready to join us for a game of cornhole! This lawn game is easy to learn and a fun way to bond with others. See calendar for location and times.



## Sun Tea Inside

Brewing a jug of tea on a sunny porch is a nostalgic summertime activity. You can capture this old-fashioned feeling by making sun tea indoors. Simply place four black tea bags in a quart of cold water, cover, and let sit for 2 to 3 hours. If you want sweet tea, add honey, agave syrup or simple syrup, since liquids will dissolve better in cold water than granulated sugar. Food editors say this cold-brewing method results in a better-tasting tea that's ready for serving over ice.





### Laugh Lines: A Slice of Fun

Q: When do you go at red and stop at green?

A: When you're eating a slice of watermelon.

Q: Why are the melons planning a big wedding?

A: Well, they cantaloupe.

Q: Why did the watermelon become a gossip columnist?

A: Because she always has all the juice.

Q: How did the honeydew farmer feel after winning the lottery?

A: Like a melon bucks!

Q: What do you get after a pig finishes eating a watermelon?

A: Pork rinds.

Q: Why do cantaloupes take so long to make decisions?

A: Because they're always melon things over!

Q: What is a postal carrier's favorite fruit?

A: Water-mail-on.

Q: What did Mr. Melon's wife leave on the refrigerator?

A: A honeydew list.

Q: Why do cantaloupes love soap operas?

A: Because of all the melon-drama.

Q: What do you get when you cross a watermelon with a head of broccoli?

A: The saddest vegetable ever—melon-coli.



### National Donut Day

The first Friday in June is National Doughnut Day in the U.S., but the love of fried dough is a global phenomenon.

We can't think of a better day to celebrate than Donut Day. We did just that! We played our Donut Toss game and enjoyed this sweet treat!



### Beach Ball Blitz

Now an iconic symbol of summer, beach balls were invented in the late 1930s and were only about the size of a person's hand. The inflatable plastic toys, usually featuring a pattern of brightly colored stripes, floated to fame during the "beach party" film craze of the '60s.

We plan on having fun with them to get some exercise and laughs. Watch the calendar for which day we will host "Chair Beach Ball Volleyball."

# Word Search

## Category: Words in "The Star-Spangled Banner"

L A N D U P S F O O R P  
D D S S D T S A L D R B  
A H G A I J J D D O E S  
N B W L C H G H U G Q S  
D N L D E G H D G B U H  
S B G H S A L C H O A H  
D S R E H Y M V L M X G  
T C E A G S D I C B C U  
H G D R V C R B N S E O  
G G A L F E C H B G M R  
I D H Y P H B G V X O H  
F O O E R G B R I G H T

1. Bright
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
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11. \_\_\_\_\_
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15. \_\_\_\_\_
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20. \_\_\_\_\_

### Word Search Solution:

- |              |              |
|--------------|--------------|
| 1. And       | 11. Home     |
| 2. Bombs     | 12. Land     |
| 3. Brave     | 13. Last     |
| 4. Bright    | 14. O'er     |
| 5. Dawn's    | 15. Perilous |
| 6. Does      | 16. Proof    |
| 7. Early     | 17. Proudly  |
| 8. Fight     | 18. Red      |
| 9. Flag      | 19. Still    |
| 10. Gleaning | 20. Through  |

L A N D U P S F O O R P  
D D S S D T S A L D R B  
A H G A I J J D O E S  
N B W L C H G H U G Q S  
D N L D E G H D G B U H  
S B G H S A L C H O A H  
D S R E H Y M V L M X G  
T C E A G S D I C B C U  
H G D R V C R B N S E O  
G G A L F E C H B G M R  
I D H Y P H B G V X O H  
F O O E R G B R I G H T