



# White Hall

*Nursing and Rehabilitation Center, LLC*

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

## Our Leadership Team

Charles Turpin	Executive Director
Elizabeth Rulo	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

## Memory Walk

White Hall Nursing & Rehab hosted a table at the 2023 Walk to End Alzheimer's in Jacksonville on Sept 10th. WHNRC has participated in this event for many years and has earned 4 Grand Champion ribbons for raising over a \$1,000. This year the facility raised a total of \$1090 through various fundraisers within the facility. Thank you to all the staff, family members & community members who supported our efforts. Besides our donation toward the cause we sponsored the Tribute Wall. The Tribute Wall is where persons can write the name or attach a picture or post their story of someone they have lost or currently know that is suffering from Alzheimer's.

Kirstian Sethaler, Director of Admissions, states, "We take great pride in being able to serve those from our community & surrounding communities that suffer with dementia."

October 2023



We are very passionate about being involved in and supporting the Alzheimer's Association's "fight to finding a cure."





### Memory Walk Fundraiser

Director of Nursing, Beth Rulo, is pictured at the final Memory Walk fundraiser hosted by the facility. The winner of the basket raffle was Pam Painter.



### Hand-Washing Reminder

During cold and flu season, please remember that washing your hands frequently is important to help prevent the spread of germs. Lather your hands with plenty of soap and scrub for 20 seconds. Let's all do our part to stay healthy this season!

### Celebrating Milkshakes

September was National Milkshake Month and what a perfect reason to enjoy a milkshake. Most of us will look for any good reason to enjoy ice cream any which way!



Victor Rector is enjoying a chocolate milkshake.



Dorothea Reno enjoying an afternoon milkshake.



John Vanmeter

### Getting Some Movement

We found a fun way to get some movement or exercise into our day. We toss this fun ball around and where it is that your hand catches it is the movement you have to do. It may be "stomp your feet 5 times" or "raise your arms high three times". Laughter and moving our joints is the result.







## Happy Birthday

### RESIDENT BIRTHDAYS

James Piper	Oct 1
Patricia Tomlin	Oct 1
Debbie Broers	Oct 5
Phyllis Bushnell	Oct 6
Joyce Short	Oct 21
Laura Clark	Oct 23
Imogene McDonald	Oct 24
Lorraine Dawdy	Oct 26
Randall Meyer	Oct 28

Judith Rusten	Oct 28
Carla Smith	Oct 29
Theresa Albrecht	Oct 31

### To All Our Residents Celebrating This Month Happy Birthday!

God gave a gift to the world when you were born: a person who loves and cares, who sees a person's need and fills it, who encourages and lifts people up, who spends energy on others rather than yourself, who touches each life you enter and makes a difference in the world. May the love you have shown to others return to you multiplied. And may you have the happiest birthday ever!



Liz Hardwick & Phyllis Bushnell enjoy a ride.



Lorraine Dawdy rides shotgun on the Sunday drive



### Make a Difference Day

Even the smallest act of kindness can change someone's day. Do what you can on Make a Difference Day, the fourth Saturday in October. (October 28th)



James John Eldred Home



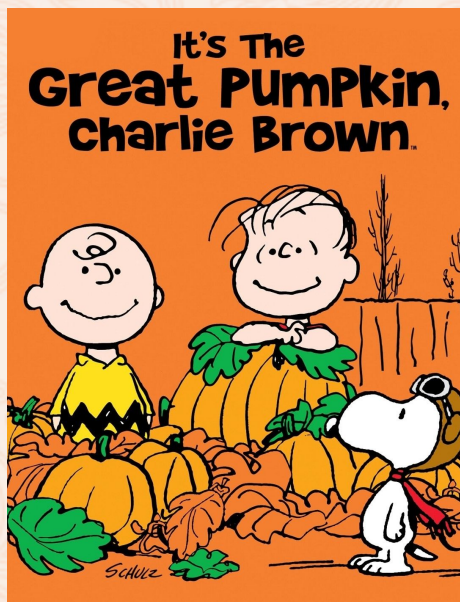
Kampsville Ferry

### Sunday Afternoon Drive

A small group of residents enjoyed a Sunday afternoon drive to Kampsville. The group stopped at the James John Eldred stone house in Bluffdale township near Eldred. Many recalled stories of the old house. The house was added to the National Register of Historic Places in 1999.

A ride across on the Kampsville Ferry was a nice treat. It is pretty much tradition if you live in this area to cross over into Calhoun County in the fall. Whether it be to see the beautiful fall leaves, eat fish, or pick up pumpkins and/or apples it has been and will always be a nice Saturday or Sunday fall afternoon if you live in this area. A brief stop with discussion was done at the pecan orchard.





### A Fall Favorite

The holiday classic "It's the Great Pumpkin, Charlie Brown" premiered Oct. 27, 1966. The animated prime-time TV special with the gang from Charles Schulz's "Peanuts" comic strip is based on a storyline Schulz first ran in 1962. An animation achievement at the time, the hit is famous for its colorful fall pumpkin patch scenes and for giving audiences their first glimpse of Snoopy "flying" his doghouse as the World War I Flying Ace. It's estimated that about half the homes in America with TVs watched the special, and fans continue to make it a yearly tradition.

Check out our activity calendar for the afternoon special viewing of this classic. There's sure to be some snacks too!



### Spooky Season Playlist

Carving pumpkins, attending a costume party or handing out candy? We've got the perfect playlist for all your October activities!

"Monster Mash" by Bobby "Boris" Pickett and the Crypt-Kickers. This novelty number was released in 1962 at the height of the "Mashed Potato" dance craze. Add Frankenstein-style arm movements, spooky sound effects and impersonations of Hollywood horror icons Boris Karloff and Bela Lugosi, and no wonder this song was an instant No. 1.

"I Put a Spell on You" by Screamin' Jay Hawkins. Honored by the Rock and Roll Hall of Fame as one of the genre's top 500 songs, this theatrical 1956 performance has inspired numerous successful variations, including covers by Nina Simone, Bette Midler (for the 1993 film "Hocus Pocus") and Annie Lennox.

"Ghostbusters" by Ray Parker Jr. The theme song to the 1984 film of the same name, this catchy pop tune invites fans to dance and sing along to famous lines like "I ain't afraid of no ghost" and "Who ya gonna call? Ghostbusters!"



### Shoo the Flu

For the maximum protection, it's important to get a flu shot early in the season. The Centers for Disease Control and Prevention advises that the flu vaccine is especially critical for people 65 years and older since they are at high risk of developing serious complications from the flu.



### Candy Donations

We're collecting candy to hand out to trick-or-treaters during our Halloween celebrations. If you'd like to contribute, please see the activities director. Thank you for your generosity!





## Laugh Lines: Outstanding in Their Field

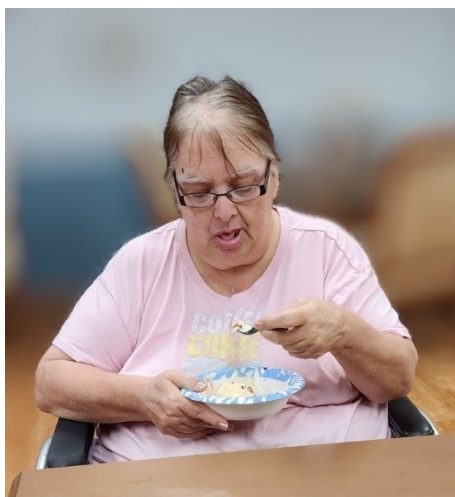
These silly scarecrow jokes are stuffed full of fun!

- What is a scarecrow's favorite food? Stuffing!
- What kind of fruit do scarecrows like the most? Strawberries.
- Do they like spicy food? No, they don't have the stomach for it.
- What kind of vehicles do they like to drive? Autumn-mobiles.
- What does a scarecrow say when he hears a song he likes? "Turnip the beet!"
- Do scarecrows like to dance? Yes, they're famous for their sweeping dance moves.
- Did you know that scarecrows don't like horror films? They don't have the guts to watch scary movies!
- The farmer asked the scarecrow why he continues working in the field. The scarecrow replied, "This job isn't for everyone, but hay, it's in my jeans."
- There once was a scarecrow who wanted to be a stand-up comedian, but his jokes were too corny.
- How do scarecrows decide who should be the scarecrow in charge? They take a straw poll.



## Banana Split Day

We didn't pass up the chance to enjoy some banana splits on National Banana Split Day.



Pam Stege enjoys a banana split



## Delightful Days

"In the entire circle of the year there are no days so delightful as those of a fine October." — Alexander Smith



## National Healthcare Foodservice Week

Oct 1-7th is National Healthcare Food Service Week. This is when we take the extra time to honor our Dietary Department and remind them what an essential part of our team they are. Our dietary team helps our residents stay well-nourished and healthy. Their work is an important part of the entire healthcare team. Their skills help fight illness and are an integral part of our residents maintaining their health and part of their recovery when they are experiencing an acute condition.

Let's remember to give them a bit of extra attention and say "thank you" for all they do.

## A Tricolored Treat

Oct. 30 is National Candy Corn Day.





Check out our October Activity Calendar for the date and time of our afternoon Popcorn Social!



### Go Pink in October

October is Breast Cancer Awareness Month, and we have activities and fundraisers planned throughout the month. Check the calendar or stop by the front desk for all the details, and please do what you can to support this important cause.



### Chiropractors: They've Got Your Back

Lower back and joint pain are two of the top three most common reasons Americans see the doctor. Chiropractors focus on the musculoskeletal system, using light pressure to manipulate joints. Through this, they aim to reduce pain, correct alignment of the spine and improve overall body functions.

An adjustment is a therapeutic treatment by a licensed chiropractor; it's

completed with either the doctors' hands or small tools. Popping sounds are common during this procedure as trapped gases release from joints. A whopping 92% of people in a 2015 study found improvements in pain after going through chiropractic treatment.

The founder of chiropractic medicine, D.D. Palmer, called it "a science of healing without drugs." For people who suffer from chronic pain, neck-related headaches or limited and painful range of motion, chiropractic adjustments may provide relief without the need for over-the-counter pain medicine.



### EMPLOYEE BIRTHDAYS

Carlie Bick	Oct 3
Taylor Sweeten	Oct 4
Abigail Palmer	Oct 5
Dianna Castleberry	Oct 5
Toni Gray	Oct 10
Lena Jones	Oct 14
Donna Scoggins	Oct 18
Julie Jackson	Oct 18
Kayla Sharrow	Oct 19
Natasha Bodwell	Oct 19

Kirstian Sethaler	Oct 23
Wendy Wyatt	Oct 30
Sara Turley	Oct 31

### EMPLOYEE ANNIVERSARIES

Ashley Daum	2 Years
Stace Dawber	2 Years
Phyllis Ernst	2 Years
Cheyenne Esbach	2 Years
Dajha Fane	2 Years
Kara Graham	2 Years
Amanda Bishop	1 Year
Destubey Cates	1 Year

**THANK YOU**  
*for all you do*





### CARAMEL APPLE NACHOS

#### Apple Nachos

The taste of a caramel apple served up nachos-style makes an easy fall snack. Place apple slices on a plate and drizzle them with warm caramel sauce. Add chopped nuts, crushed pretzels, or chocolate chips. For peanut butter lovers, drizzle apples with melted peanut butter and top with chopped peanut butter cups.



#### OCTOBER 18th

National Chocolate Cupcake Day is Wednesday, Oct 18th. Who doesn't love a chocolate cupcake?! This sweet treat will be available for residents, staff and visitors' enjoyment.

### Laugh Lines: Tickle Your Funny Bone

See if you find these riddles "humerus."

Q: How did the skeleton know it was going to rain?

A: He could feel it in his bones.

Q: Why does a skeleton always tell the truth?

A: He wants tibia honest.

Q: How do skeletons prefer to travel?

A: By scare-plane or skele-copter.

Q: What kind of entertainment do skeletons like best?

A: Binge-watching skele-vision shows.

Q: Do skeletons like to garden?

A: Yes, especially tending bone-zai trees.

Q: What type of artwork do skeletons admire?

A: Skull-ptures.

Q: Which historical figure was the skeleton reading about?

A: Napoleon Bone-aparte.

Q: Why couldn't the skeleton keep a job?

A: He was known for being a bonehead and a lazy bones.

Q: Why didn't the group of skeletons finish the construction job?

A: It was a skeleton crew.

Q: Why didn't the skeleton use email?

A: He preferred texting on his cell-bone.

### Brain Bender: Scaredy-Cat

On a spooky October night, something gave the cat a fright. Who turned the kitty into a scaredy-cat? Put on your detective hat!

Here's what the prime suspects had to say:

Jack-o'-Lantern: I tried to scare the cat with my toothy grin, but he was less than impressed.

Spider: The jack-o'-lantern is very scary! Much scarier than the bat, who has never scared anyone ever.

Bat: What can I say, I'm adorable! The cat and I are friends. He told me he's afraid of germs. What a funny guy!

Clown: Did somebody say "funny"? I'm here! I'm friends with the cat, too. I would never want to scare him. He is afraid of spiders, though.

Spider: I've never even met the cat!

Jack-o'-Lantern: I thought you were the one who gave him that ball of yarn.

Clown: No, that was me. I found it in the garbage can—can you believe someone threw away a perfectly good cat toy?

Do you know who spooked the cat?

*(Answer: The clown scared the cat with the ball of yarn—it was covered in germs from the garbage can!)*

# Physical Therapy Month



Improving Lives Every Day