



White Hall

Nursing and Rehabilitation Center, LLC

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

Our Leadership Team

Makendra Steinacher	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

Thank You to Our Therapists

Every day of the year, we value our therapists and therapy assistants. The week of Sept 17 - 23 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.



September 2023



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, a shortwave diathermy system and much more. All consist of evidenced-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 as a long term resident who needs a therapy program for increased strength & mobility, our dynamic team of therapists and assistants are here for you! Don't hesitate to contact Kari Burton, Director of Rehab, with any questions.



Reaping the Harvest

Gary Edwards spent a beautiful morning picking tomatoes out of our garden. Gary has since been able to successfully return home. We wish him well but we do miss him!



Yummy Pasta

Elizabeth "Mae" Chapman works with occupational therapy and made a delicious pasta salad with fresh peppers and tomatoes from the garden.



Hard Work Pays Off

Hard work is paying off for Leon Devriendt! Leon admitted to WHNRC after suffering a stroke which left him paralyzed.

Leon had no movement in his left arm or leg before starting his therapy program. Leon is deaf & uses sign language as his means of communicating with others. The use of his hand/arm is a necessity.

He has been working hard with Amy in therapy. In March, his arm started getting some movement. He has continued making progress daily. He continues to focus on making progress and hopes to walk again & better use his left hand to sign.

We are so proud of the progress he has made and will continue to make.

Amy and Leon encourage you to watch his video on our Facebook page. A huge smile and a thumbs up says it all on how pleased he is with the progress.



Pet Therapy

Pet Therapy is the best therapy! Rolo brings joy to the residents when he visits. Rolo is pictured with Phyllis Bushnell.

Animals have long been recognized as having a positive effect on seniors. They help people cope with emotional issues related to their illness and evoke pleasant memories of past pets. Best of all, for a short time they distract the person & provide a feeling of joy.





RESIDENT BIRTHDAYS

John Rollins	Sept 1
Marjorie Breckon	Sept 4
Chrystal Olbrias	Sept 5
Robert Walkington	Sept 7
Jonathon Ulrey	Sept 9
Elizabeth Hardwick	Sept 13
Lonnie Long	Sept 15
Patricia Meyers	Sept 15
Melody Reynolds	Sept 15
Carol Gillham	Sept 17
Lois Hart	Sept 19
Victor Rector	Sept 19
Patricia Holmes	Sept 20
Karen Dunlap	Sept 25
Joyce Benner	Sept 27

Larry Weaver

Sept 29

EMPLOYEE BIRTHDAYS

Randy Fry	Sept 1
Kendra Wallis	Sept 3
Nicohl Rawlings	Sept 5
Arika Hull	Sept 5
Phyllis Ernst	Sept 9
Shelby Baalman	Sept 10
Nancy Willenburg	Sept 10
Liz Winters	Sept 12
Jessica Fowler	Sept 14
Maci Lemons	Sept 16
Allison Lohman	Sept 19
Dajha Fane	Sept 24
Jacey Pate	Sept 25
Lisa Hare	Sept 27
Jeffrey Mishanec	Sept 27
Halle Buchanan	Sept 27
Carly Eddy	Sept 30
Melissa Nichols	Sept 30

Birthday Cake ... Yes Please

During the monthly birthday party where all the birthdays that month are celebrated, two gentleman, Larry Weaver & Robert Stugard, didn't escape the camera while enjoying their cake!



Larry Weaver



Robert Stugard



We want to wish a happy Grandparents Day to all the grandmothers and grandfathers in our community! The bond between a grandparent and grandchild is like no other. Enjoy your special day!



**"Grandparents, like
heroes, are as
necessary to a child's
growth as vitamins."**

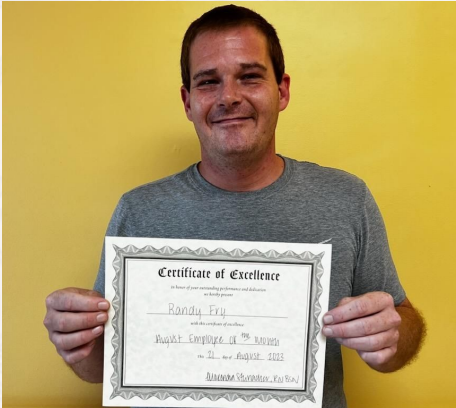
Brainteaser

Question: If you have three, you have three. If you have two, you have two. But if you have one, you have none. What is it?

Answer: A choice.



Pleased with the outcome, Wilma and Carlie pose with their finished puzzle in our memory care unit.



Randy Fry

August Employee of the Month

Congratulations to Randy Fry! Randy's peers chose him as August Employee of the Month. Randy works in the housekeeping department. His quality of work, willingness to help out anywhere, and his relationship with coworkers is an asset to our team.



Remembering & Celebrating Elvis

Remaining fans of Elvis Presley - his movies, his music and his moves. We remembered the King of Rock and Roll during Elvis Week, August 16th.

Ken Roberts, Elvis impersonator, performed in front of a packed dining room. We also enjoyed some peanut butter and banana sandwiches during a beautiful afternoon on the front porch. Take a look at some of those who posed with him below.



Elvis and John VanMeter



Becky Barker and Elvis



Pam Stege poses with Elvis



Ron Tillotson and Act Assist, Sherry Sharrow, enjoyed a dance to Love Me Tender.



Due to the newsletter deadline, we sometimes will need to post articles and pictures late.

The therapy team held a Christmas in July with residents in the therapy program. It was a big hit and a bit of a break from the hard work the residents put forth to maintain their abilities. Check out our pictures below.



The Group



Imogene McDonald displays her gift.



Therapists Paige Baalman, Haley Rose and Jacey Pate



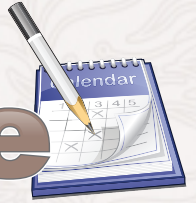
EMPLOYEE ANNIVERSARIES

DeDe Gaffney	24 Years
Melissa Nichols	5 Years
Crystal Conner	3 Years
Stephanie Hinsey	3 Years
Tori Pennington	3 Years
Travis Chavez	2 Years
Maci Lemons	2 Years
Abilgail Palmer	2 Years

Picnic in the Park

We are looking forward to meeting up for a Picnic in the Park with residents from Calhoun Nursing & Rehab on Sept. 14th. The plan is to meet at the Jerseyville Park and enjoy some good company, good food and some cooler weather for a beautiful afternoon. Stay tuned next month for pictures.

Save the Date



Cheese Pizza Day

Sept. 5



Pizza Party 2pm Sept 5th

CELEBRATE YOUR DOG!



NATIONAL DOG WEEK



Dog Gone Cute Photo Contest

If you think you've got the cutest Pooch, then make sure you submit their picture to either the Activities Dept or you can leave it with the receptionist in the front office.

Pictures will be displayed around the front entrance with a table for voting. All entries should be submitted by Sept. 15th. Voting will take place Sept. 16th thru Sept. 20th with a winner announced at our Dog Gone Social on Thursday, Sept. 21st. Prizes will be awarded.





History of the Ice Cream Cone

The ice cream cone made its debut at the World's Fair in St. Louis in 1904. An ice cream vendor ran out of bowls so a waffle maker rolled his pastries into the cone shape to help!

A strange and funny fact ... back when most people got around on horseback, horse thieves would put ice cream in their back pocket to lure horses away without being charged with stealing.

The ice cream cone continues to be a popular treat for children and adults any time of the year! To celebrate, HR and Activities will be serving ice cream cones to staff and residents Friday afternoon. Check the calendar for time and flavors.



Mary Wallace enjoying the music of the Elvis impersonator.



Apple Butter

September is apple season! Our neighboring county, Calhoun, has some of the best

around. In keeping with our fall tradition, we will be making a drive to Calhoun to pick up some apples to make some homemade apple butter. Stay tuned for when this delicious treat will be available to buy. All proceeds go toward special events for the residents.



Another favorite of the fall season is apple cider. Whether cold from the fridge or heated into mulled cider, it is delicious!

A Piece of Fall

Puzzles with missing pieces don't need to be discarded—turn them into fun fall art!

Materials:

- Assorted jigsaw puzzle pieces
- Foam paintbrush (if needed)
- Acrylic paints in fall leaf colors (if needed)
- Sheet of card stock, any color
- Brown marker or pen
- Craft glue

Directions:

Select puzzle pieces that have fall leaf colors (red, orange, yellow and brown). You can also paint some or all of the pieces, if needed.

Use a brown marker or pen to draw a tree trunk with bare limbs on a sheet of card stock.

Next, arrange the puzzle pieces on the branches so they resemble leaves, and add a few fallen "leaves" near the base of the trunk. When you're happy with the design, secure the pieces to the paper with craft glue.





Healthy 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.



Commemorating 9/11

Dedicated to honoring those who died on that tragic day, each Sept. 11 is observed as Patriot Day and a National Day of Service and Remembrance.



The Ladies' Group enjoyed Sloppy Joes during their get-together. Below are a few of the pictures.



Dorothea Reno and Pat Holmes



Joyce Short



Liz Hardwick and Phyllis Bushnell



Time To Update Wardrobes

With cooler weather right around the corner, now is a good time to update your loved one's wardrobe. Please make sure that he or she has plenty of warm clothing as well as a jacket or sweater. When doing this, please remove any out-of-season clothing. All items should be marked with the resident's name inside on the tag. Permanent markers are available in the front office. Please make a list of the items brought or taken so that Housekeeping Supervisor, Donna Wyatt, can update your loved one's inventory list. Thank you!



For the maximum protection, it's important to get a flu shot early in the season. 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.

