



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
Jordyn Blackketter	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.
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



The Power of Purple

Recent figures from the Alzheimer's Association show that every 65 seconds, someone in the U.S. is diagnosed with the disease. During Alzheimer's Awareness Month in November, wear purple to show your support. Join in the fight and get information by visiting ALZ.org.

November 2023

Happy Thanksgiving

There are so many things I am thankful for this year, but at the very top of that list is you. Wishing you a wonderful holiday filled with the warmth and happiness of the season.



A Turkey Myth

The familiar urge to take a snooze after Thanksgiving dinner is often blamed on tryptophan, an amino acid in turkey. But experts say the real culprit is overeating. To digest a piled-up plate (or two!) of food takes a lot of your body's energy.



Visiting Mommy's Work Place

Little Crew Arthur Painter made his first visit to see us with Mommy, Shelby Painter. Shelby is the Director of Medical Records. Phyliss Bushnell was the first one to get to see him.

Sweet, little Crew was born on Sept 19, at 7:16pm, weighing in at 8 lbs., 8 oz. and was 20.5 inches long. He has a ton of family and friends ready to spoil him every chance they get. We know we're ready to when he makes visits to WHNR.

We're so glad Mommy & baby are doing well. Congratulations, Matt & Shelby!

Alzheimer's Awareness

Join us in showing support for Alzheimer's research during Alzheimer's Disease Awareness Month in November.

Breakfast Club

A residents' favorite: Front: Ruth Powell, Doris Anderson, Letha Steward, Cherlyn Gaw & Edna Briggs, Standing: Judith Wyatt, Elizabeth Chapman and Sally Ray



Our Trip to the Pumpkin Patch

It was a beautiful, crisp, fall day when we spent the afternoon going to Greene Fields Farm: Beautiful Mums, lots of pumpkins. Some were surprised to see so many different colors of pumpkins and the large variety of gourds.



Mary Carla Wallace enjoying the pumpkin patch



Leon Devriendt preparing to paint his pumpkin with therapy

Stay Healthy This Season

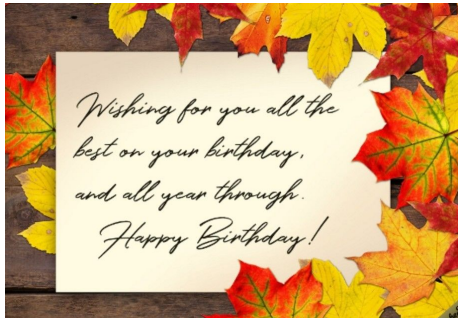
A tickle in your throat, a congested nose or aches and pains are all signs of a respiratory illness. Keep these tips in mind to continue feeling fresh and spry this season.

Leading a healthy lifestyle is a great way to stop any sickness from taking hold. Drink plenty of water, stay active, sleep around seven hours a night and eat a balanced diet rich in vitamins and minerals.

Do everything you can to stop the spread of germs. Many respiratory illnesses are acquired by touching contaminated surfaces or coming into contact with someone who's sick. The biggest tip to stay germ-free is to

wash your hands. Use soap and warm water, scrubbing for at least 20 seconds. If you don't have access to a sink, hand sanitizer is a good alternative. Additionally, try to keep your hands away from your face, as touching your eyes, mouth or nose will allow germs to enter your system more easily.

Vaccinations for many respiratory illnesses are available, and wearing a mask can help contain bacteria transmission.



RESIDENT BIRTHDAYS

Leon Devriendt	Nov 1
Ruth Powell	Nov 6
William Pafford	Nov 7
Jeanie Krause	Nov 9
Audrey Burton	Nov 10
Mary Williams	Nov 11
Wilma Kolberer	Nov 13
Christopher Farris	Nov 15
Patricia Goins	Nov 26
Robert Stugard	Nov 27
Ronald Tillotson	Nov 27



Carol Gillham holds a sign wishing the students a "Happy Homecoming."



NG Homecoming Parade

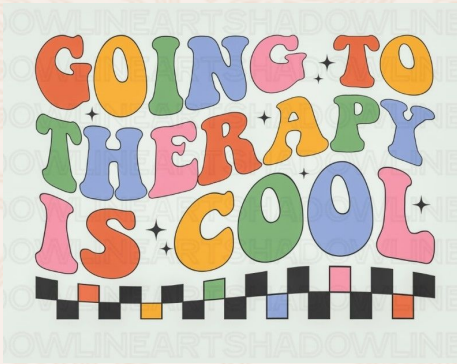
Again, thank you goes to NG High School for bringing your parade out for us to see! Such a special thing to do and we enjoy supporting our home team!



Patty Tomlin supporting the Spartans

Harvest Trail Mix

Combine your favorite harvest-colored snacks to make a yummy, festive trail mix. Suggested ingredients include candy corn, Reese's Pieces, pretzels, Bugles chips and Honeycomb or Chex cereal.



CHECK OUT WHAT'S BEEN HAPPENING IN THERAPY



What is something always done in October? Painting & carving pumpkins, of course!

Look out. We've been working our fine motor skills. I'm referring to precision, dexterity, and coordination of the hands. These are the skills that allow us to use our hands to manipulate pencils, containers, clothing fasteners, and little objects. There is so much more to it, though! Areas of development like bilateral coordination, pinch & grip strength, etc., all play a role in refined use of the fingers and hands for daily activities.



Our finished project....SPOOKY, isn't it!?

**THANK YOU, EVERYONE,
FOR VISITING OUR
TRUNK-R-TREAT!**

Practicing Our Cooking Skills

Another tradition at Halloween is roasting the pumpkin seeds cleaned out of your Jack-o'-Lantern. We tried 2 different versions: Cinnamon and a Honey Roasted. We all agreed the roasted cinnamon pumpkin seeds were the best!



Judy Rusten seasoning up some pumpkin seeds



Judith Wyatt spreading out the pumpkin seeds for roasting

Memory Care Neighborhood

Sensory Activities

Engaging in sensory experiences is important when working with a person that has dementia. We took an afternoon and used a common item, shaving cream, for some sensory engagement and artistic fun.

Apart from the visual stimulation it offers, it also ignites the olfactory senses with smell (hopefully pleasant).

Engaging sensory experiences strengthens memory, processing skills, and other neurological abilities. Simply put, we had a fun, but beneficial, afternoon.



Bennet Schmidt pictured at an art sensory activity



Ron Tillotson smiles for a picture while attending a sensory activity.



Mary Wallace plays the piano for others' enjoyment. Thank you, Mary!



EMPLOYEE BIRTHDAYS

Lori Patton	Nov 4
Sharon Decker	Nov 5
Heather Smock	Nov 7
Madisyn Ifland	Nov 10
Stephanie Hinsey	Nov 11
Maycee Fowler	Nov 12
Sunshine Dawdy	Nov 14
Victoria Stahl	Nov 14
Amber Leach	Nov 15
Virginia Dawber	Nov 17
Crystal Conner	Nov 18
Constance Enochs	Nov 19
Cayden Rawe	Nov 20
Emma Conner	Nov 21
Amanda Bishop	Nov 22
Brenda Peters	Nov 23
Kathy Mishanec	Nov 23
Linda Brown	Nov 25
Stacie Dawber	Nov 29
Nila Beatty	Nov 29



Stephanie Parks	6 Years
Stacey Phillips	5 Years
Ashley Daum	2 Years
Stacie Dawber	2 Years
Cheyenne Eschbach	2 Years
Dajha Fane	2 Years
Sara Lorschach	2 Years
Kathy Mishanec	1 Year
Amanda Bishop	1 Year



Employee of the Month



Jordyn Blacketter: Sept. Employee of the Month

Congratulations, Jordyn, on being chosen as the Employee of the month for September.

Jordyn has been a nurse with WHNR for 6 months. She was nominated by her co-workers because of her willingness to step up and help out wherever and whenever needed. She displays a positive attitude daily and is a huge asset to our nursing team, and the facility overall. We are also so excited to announce that she has accepted the position of Assistant Director of Nursing!

When asked what her favorite part of working at WHNR was, she didn't hesitate a minute to respond with "the Residents"! She continued to say that her coworkers have made her feel so welcome and comfortable.

CONGRATULATIONS,
JORDYN! PROUD TO HAVE
YOU AS PART OF OUR TEAM!



Thanksgiving Chronicles

Q: What did the turkey say to the hunter on Thanksgiving Day?

A: "Quack, quack!"

Five Reasons To Be Thankful You Burnt the Bird

1. The smoke alarm was due for a test.
2. You'll get to the desserts quicker.

3. Your veggie dish will gain newfound appreciation.

4. Carving the bird will provide your cardio workout for the day.

5. You can play football with the turkey after dinner.

An Ode to Thanksgiving

'Twas the night of
Thanksgiving

Yet my eyes refused to close.

Even all the sheep I counted

Could not help me doze.

Roast turkey, mashed
potatoes,
Green beans and yummy pie.
The leftovers called my name
And I just couldn't say
goodbye.



Dorothea Reno sporting her pink ribbon

Honoring Breast Cancer Awareness

In honor of Breast Cancer Awareness in October, we made pink ribbons to wear and made

cupcakes, decorating them with pink icing before enjoying the sweet treat.



Phyllis Bushnell getting ready to enjoy her cupcake



Honoring Our Veterans

Thank you, all the heroic men and women, who have bravely served our country. We take great pride in caring for our Veterans. They sacrificed so much for us and their country. Choosing us to serve them is an honor we don't take lightly. We will honor our Veterans in a special ceremony. Please check your calendar for the time and location.



Carla Smith

National Gumbo Day

The ladies group tried something new and made a pot of gumbo in celebration of National Gumbo Day. The main chefs were Joyce Clevenger, Carla Smith, Cookie Northcutt, Mary Suter, Becki Barker and Laura Coonrod. It turned out pretty good, if we do say so ourselves! (pat on the back)



Joyce Clevenger



Gratitude Wall

The dictionary defines gratitude as the quality of being thankful, readiness to show appreciation for and to return kindness.

We will have a Gratitude Wall where everyone can express what they are thankful for or say "thank you" to someone that they are grateful for.

Postcards will be located in the Gratitude Wall area to write your message on. Gratitude is an essential ingredient of a happy and fulfilling life. When one embraces gratitude, they immediately shift their focus from the negative to the positive things in their lives.

This is an excellent way for Dept Managers to share a message to their employees on how they appreciate them, a great way for a resident to say thank you to their favorite staff member, or a great way for a family member to say thank you or tell their loved one how much they are blessed to have them in their life.



