



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
Jordyn Blacketter	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



January 2024

Wishing you a Happy New Year with the hope that you will have many blessings in the year to come!

Lions' Christmas Parade

The weather wasn't bad for the annual Lions' Christmas Parade, which is growing quickly into a very anticipated holiday event. Thanks to the members of the Lions Club for putting on community events. Their dedication and hard work doesn't go unnoticed. We live in such a wonderful community, and it's this time of year that we reflect on just how blessed we are.

Happy New Year!

We wish all of our residents and their families a wonderful year full of peace and joy. We are delighted to have you in our community!

Bowling at Martin's Lanes

It was an enjoyable afternoon as residents did something a bit different from the normal routines when they tried their talents at bowling. It was a small group of 5, but they had a very enjoyable afternoon.



Pam Stege



Judy Northcutt

National Gingerbread House Day

Dec. 12th was National Gingerbread House Day and the residents of Memory Care did just that. Bringing back familiar memories, they settled in to make their own gingerbread houses. Sharing stories of past holidays and enjoying the companionship of each other led to a nice afternoon.



Mary Nelson



Becky Barker



Carla Smith

National French Toast Day

Nov. 28th was National French Toast Day, and several residents made and enjoyed the sweet breakfast treat that tastes good anytime.

Brainteaser

Question: What flies around when it's born, lies still when it's living, and runs when its life is over?

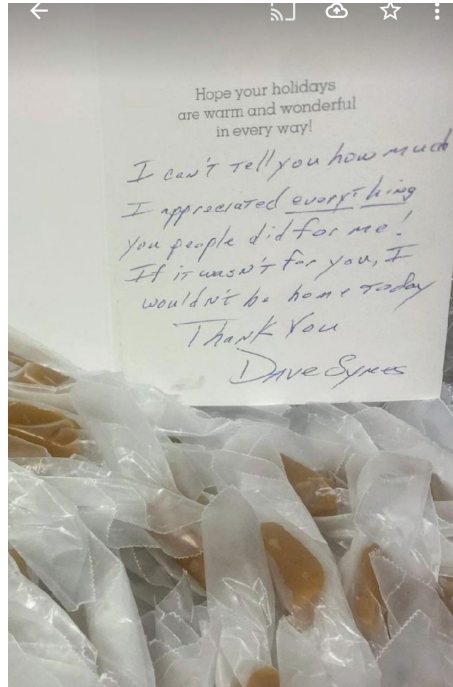
Answer: A snowflake.

Make Someone's Day

Jan. 24 is National Compliment Day.



Chrystal Obrias enjoys some French toast.



So glad you are doing well, Dave Symes, and was able to spend the holiday at home. Thank you so much for the kind words and the homemade caramels.

Isn't It Beautiful!!!!



We have waited a long time to have a flagpole back at our facility. We thank our Executive Director, Charles Turpin, for making this happen.

We thank the American Legion Post 70 for coming and performing a Flag-Raising Ceremony for us.

Drive by at night to see the beauty; also, the top of the flagpole has a solar-powered ring light. Many veterans from the local area have chosen us to provide both rehab services and long-term care. To be able to have the American flag on our grounds that flies proudly means so much to us. We honor and cherish our veterans.



American Legion Post 70



Making Cinnamon Ornaments

A group of residents made 2 bucketfuls of cinnamon ornaments to hand out.

Case Managers at Barnes Jewish Hospital in STL each received one when Kirstian hosted a Dessert Appreciation event at the beginning of the month. American Legion members took one home with them after enjoying a cup of hot chocolate following the Flag-Raising Ceremony.

They smell so good and we appreciate them making them for us!



Mary Wallace makes cinnamon ornaments.



Becky Barker spending the afternoon making cinnamon ornaments.



Cookie Northcutt making cinnamon ornaments.



Mary Wallace enjoying French toast.

Hot Cocoa Three Different Ways

A mug of hot chocolate is a must for the winter season. Have you tried these versions?

Mexican. This cocoa holds a spicy kick with added cinnamon and cayenne or chili powder.

French. Chocolate lovers will enjoy this thick, rich drink made with heavy cream, powdered sugar and dark chocolate.

Traditional. Sometimes nothing beats a good, nostalgic cup of traditional hot cocoa. Try out the recipe below. (Makes four servings.)

Ingredients:

- 1/2 cup sugar
- 1/4 cup unsweetened cocoa powder
- Dash of salt
- 1/3 cup hot water
- 4 cups milk of choice
- 1 teaspoon vanilla extract

Directions:

Combine sugar, cocoa, salt and water in a saucepan. Bring to a simmer, stirring constantly. Whisk in the milk, and warm to serving temperature. Remove from heat and add in vanilla.

Pour into mugs and garnish with marshmallows, whipped cream, ground cinnamon or a peppermint stick.



Making Snow

Who knew you could make snow or at least something that feels very similar? With the unseasonably warm weather, it didn't look like we would have a white Christmas, so residents in our Memory Care made snow. They had fun and it was great for sensory stimulation.



Karen Van Tuyle making snow.



Wilma Kolberer mixes the snow from shaving cream mixed with baking soda that reacts when mixed.



Liz Chapman prepares to tie-dye a t-shirt. It's something that is always enjoyed when activities schedules it.



'Souper' Good for You

It's soup season! This classic comfort food is brimming with more than just savory flavors and cozy vibes. Here are a few reasons why you should shift into soup mode this month.

More veggies. People of all ages may struggle to eat enough vegetables daily. But you'll usually find plenty of veggies in soup, where they provide rich flavor, color and nutrition.

Healthy hydration. Essential for good health, hydration doesn't just come from drinking water, but also from what we eat—and soup is high on the list of hydrating foods.

Symptom soother. Many people swear a bowl of chicken noodle soup can cure certain illnesses. At the very least, sipping on warm soup can soothe a sore throat, clear a stuffy nose and settle a troubled tummy.

Portion control. Because of the high water content, soup is very filling, and the hot temperature forces us to eat it slowly and mindfully. These factors can prevent overeating and be helpful for weight management.

Bone benefits. Soups made with bone broth contain calcium, magnesium and, most importantly, collagen—a protein that promotes strong bones, muscles and joints as well as healthy hair and skin.



Team Member Spotlight



November Employee of the Month

Our November Employee of the Month is Madeline Jenkins. Madi has worked at WHNR for almost a year. Her favorite part of working here is that everyone feels like family. She lives with her husband, Tanner, of two years and their 4 children: Jace (9), Easton (9), Jaxton (7) and Hemi (4).

When asked what was something most people don't know about her, she replied, "My actual dream job would be to be a cattle farmer."

She would love to travel to Greece someday and her favorite holiday food is her mother's homemade seven-layer salad!

Congratulations, Madi ... we sure hope that you continue to be part of our team and don't leave us for cattle farming. (We would support you, though, we'd just be sad for us.)



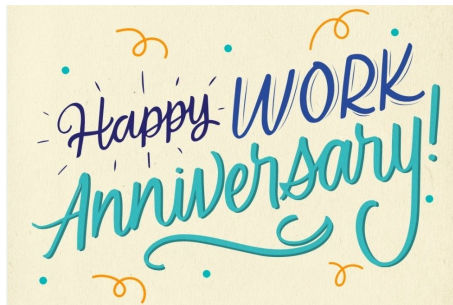
RESIDENT BIRTHDAYS

James Noel	Jan 7
Dorothea Reno	Jan 8
Kathleen Turner	Jan 12
Barbara Northcutt	Jan 13
Richard Perry	Jan 14
Joel Allen	Jan 14
Kathleen Rawe	Jan 16
Raymond Watkins	Jan 16
Becky Barker	Jan 18
Doris Brock	Jan 18
Judith Watt	Jan 20
Patty Reynolds	Jan 21
Joseph Kramer Jr	Jan 24

Dale Baehler Jan 26

EMPLOYEE BIRTHDAYS

Kim Schutz	Jan 1
John Fisher	Jan 2
Amber McCartney	Jan 4
Corey Wynn	Jan 4
Brittany Matthews	Jan 10
Richard Hammon	Jan 12
Hanna Hutchison	Jan 15
Cathy Hurt	Jan 18
Susan Randall	Jan 18
Stacey Heckrodt	Jan 23
Tina Smith	Jan 25
Taylor Hunnicutt	Jan 27
Julie Wallis	Jan 29
Sam Newingham	Jan 30



EMPLOYEE ANNIVERSARIES

Sandy Lockhart	16 Years
Elizabeth Winters	6 Years
Lisa Hare	2 Years
Bailey Mason	2 Years
Sam Newingham	1 Year
Emily Schneider	1 Year
Sheila Nicholson	1 Year



**Thank You for 16 Years
of Loyalty, Dedication
and Hard Work, Sandy!
You Are a Valuable Part
of Our Team!**



Ideas Wanted

With a new year upon us, we are looking for ideas for new outings and activities. We would love to hear your suggestions, so please reach out to us!



Richard Perry and Janice Andres work on their gingerbread houses.



Sherry, Activities, and Mary Nelson take a selfie at Martin's Lanes during the bowling outing.

Bringing Good Cheer

"I shall try to make my life like an open fireplace, so that people may be warmed and cheered by it and so go out themselves to warm and cheer."
—George Matthew Adams

ENJOY OUR CHRISTMAS PHOTO ALBUM



Mckendra and Santa



Mary Nelson and Santa



Now this looks like potential trouble, you agree?



Mary Dawson and Santa



Cookie and Santa



Kayla and Santa



Happy New Year!

Word Search

Birthday	Hot Cocoa
Celebration	January
Champagne	Mittens
Cold	New Year
Confetti	Resolution
Fireworks	Slippers
Goal	Snow
Hockey	Start

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