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**FEBRUARY 2012**



# Savanna's River City Reader

A joint publication of Big Meadows and Pinnacle Place

## Inside this issue:

Valentine cards—Big M Improve your mind—PP	1
Big Meadows Highlights	2
Big Meadows Announcements	3
Big Meadows Activity Calendar	4
Pinnacle Place Announcements	5
Pinnacle Place Social Calendar	6
Pinnacle Place Menus	7



**Valentines for our Troops!** On Saturday, January 7, as part of a Warming Hearts Project residents signed Valentine cards for the troops. The cards will be sent to troops stationed overseas in Afghanistan. Each Valentine carried an inspirational message written by the residents. The residents have over 190 cards to be sent!



## 5 Ways Puzzles Improve Your Mind

*(excerpts of an article on the AARP Website about The Playful Brain)*

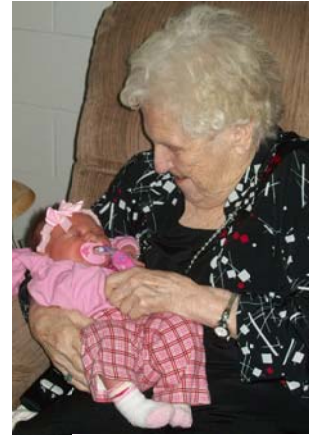
Puzzles and brain games can be fun to do, but they can also improve your memory, reasoning, motor skills and ability to visualize things in three-dimensional space. Puzzles can help to keep your mind sharp now and ward off mental decline that can come with age.



- 1. Enhance Motor Skills-**Improving and learning motor skills is a great way to enhance eye-brain-hand coordination. Try games like chess, Jenga, building models, tai chi, yoga, etc.
- 2. Strengthen Spatial Thinking-**Spatial thinking involves visualizing three-dimensional shapes which is vital to helping you navigate through your environment. Try puzzles that require you to imagine and mentally rotate three dimensional objects, etc.

*Continued on page 5*

**IT'S A GIRL!!** Trinity, CNA at Big Meadows, had her baby girl on December 20, 2011. Her name is Alayna. Trinity and Alayna visited Big Meadows on January 4, 2012. The residents loved seeing Alayna all dressed in pink, and they got to hold her. Pictured below is Phyllis Young, Irene Hebeler and Arlie Arno holding baby Alayna.



## Chili Cook-off Winners



The second annual chili cook-off was held Wednesday, January 11 at Big Meadows. Those who participated included Jackie Walker, Michelle Boyer, Julie Johnson, Jaime Barnhart and Becky Wiebenga. The chili was voted on by staff and residents. Becky (left) took home the top honor, while Jaime (right) got second.



## YAC Visits Big Meadows

On Tuesday, January 24, the YAC (Young Adult Christians) Group from Immaculate Conception Church in Fulton visited the residents. The group came dressed in their best 50's clothes in honor of 50's week and did 50's dragster races, played 50's music, and served root beer floats.



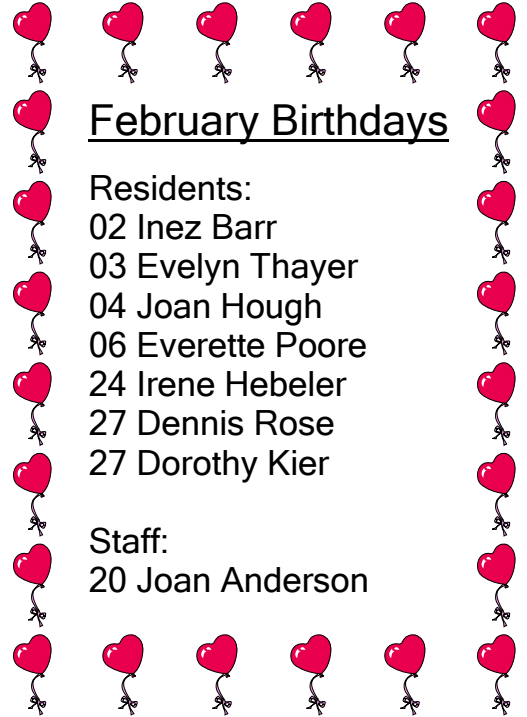
**Big Meadows Announcements**



**PRIDE IN FOOD SERVICE WEEK**

Food Service week is February 6-10. Be sure to thank the kitchen staff at Big Meadows for the wonderful job they do. **Thank you Dietary!**

**ON TUESDAY, FEBRUARY 14, 2012, BIG MEADOWS WILL BE HOSTING THEIR ANNUAL COUPLES VALENTINE'S LUNCH, ALL MARRIED COUPLES OF BIG MEADOWS ARE INVITED TO ATTEND THIS EVENT. THE MEAL WILL BE AT NOON IN THE CHAPEL, PLEASE LET JAIME OR BECKY KNOW IF YOU WILL BE ATTENDING BY FRIDAY, FEBRUARY 10 BY CALLING 815.273.2238.**



February Birthdays

- Residents:
- 02 Inez Barr
  - 03 Evelyn Thayer
  - 04 Joan Hough
  - 06 Everette Poore
  - 24 Irene Hebler
  - 27 Dennis Rose
  - 27 Dorothy Kier

- Staff:
- 20 Joan Anderson

Read the descriptions provided below and try to guess which proverb (old saying) they each represent.

1. It is not advantageous to place the sum total of your barnyard collections into the same wicker receptacle.
2. A vessel under optical supervision never reaches the temperature of 212 degrees.
3. Exercise your visual facilities prior to executing a jump.

\*Answers below

The next caregiver support group will be held Thursday, February 23, 2012 at 12 p.m. in the chapel. Lunch will be provided. If you are planning on attending or want more information, please contact Julie Johnson, Social Services, by calling 815.273.2238.

The residents of Big Meadows sent off their first package of coupons to the troops. The value of the coupons was \$866. Please continue to help the residents collect coupons by placing them in the box located in the front lobby.



**Next Warming Hearts Project**

Big Meadows' next 'Warming Hearts' project will be making fleece pillow cases to donate to Hospice and flannel & cotton pillow cases to donate to the VA Hospital. Mary Jane, RN at Big Meadows, talked with a couple of the Hospice nurses and they said the soft fleece will help prevent break down of the patient's ears. The residents really enjoy being involved in these projects.

- Answers:
1. Don't put all your eggs in one basket
  2. A watched pot never boils
  3. Look before you leap

**Sun****Mon****Tue****Wed****Thu****Fri****Sat**

# Febraury 2012

## Big Meadows Activity Calendar

5 C 2:00 Church Service  
(Becky Foss)

A 3:00 Snowman Dice  
L 4:00 The 40's  
A 5:00 Superbowl Meal and  
Game



12 C 2:00 Church  
Service (Mike Wey)

A 3:00 Skunk Dice  
L 4:00 Opposites



19 C 2:00 Church  
Service (Linda Parks)



20 9:45 Spa Visits  
A 10:30 Exercise  
L 11:00 Today In History and  
President's Trivia  
A 1:00 Coupon Club  
D 2:00 Bingo  
D 2:30 Cherry Pie Social  
National Cherry Pie Day

26 A 2:00 Movie Time

27 9:45 Spa Visits  
A 10:30 Exercise  
L 11:00 Today In History  
A 1:00 Coupon Club  
D 2:00 Bingo  
D 2:30 Resident Council

6 9:45 Spa Visits

A 10:30 Exercise  
L 11:00 Today In History  
A 1:00 Coupon Club  
D 2:00 Bingo  
D 2:30 Leisure Interest  
Committee

14 C 10:00 Rosary

A 10:30 Exercise  
L 11:00 Famous Couples Trivia  
C 12:00 Valentine's Couple  
Lunch  
D 2:00 Birthday Party w/Scott  
Kaczinski  
L 4:00 Today in History  
A 6:00 Heart Darts  
Valentine's Day

21 D Pancake Breakfast

C 10:00 Rosary  
A 10:30 Exercise  
L 11:00 Mardi Gras History and  
Trivia  
D Mardi Gras Lunch  
A 2:00 Mardi Gras Bead Toss  
L 4:00 Today in History  
A 6:00 Pacdi Social  
Mardi Gras Day

28 C 10:00 Rosary

A 10:30 Exercise  
L 11:00 Ripley's Believe it or  
Not  
1:30 Popcorn Pass  
A 2:00 Farkle  
L 4:00 Today In History and  
Snack Food Trivia  
A 6:00 Pig Dice

1 A 9:30 Hi HO Chemio  
A 10:30 Exercise  
L 11:00 Trivia  
A 1:30 Chair Dancing  
A 2:00 Surprise  
L 4:00 Today in History  
A 6:00 Don't Go To Jail

8 D 9:30 Community  
Coffee

A 10:30 Exercise  
L 11:00 February Inventions  
C 12:00 Men's Lunch (Order In  
Kountry Kettle)  
A 1:30 Chair Dancing  
A 2:00 Hearts Dice  
L 4:00 Today in History  
A 6:00 Pig Dice



15 A 9:30 Valentine Fishing  
Game

A 10:30 Exercise  
L 11:00 Clackin Soup  
A 1:30 Chair Dancing  
A 2:00 Pine Cone Bird  
Feeders  
L 4:00 Today in History  
A 6:00 Armchair Travel San  
Francisco



22 A 9:30

A 10:30 Exercise  
L 11:00 Potato Fun  
A 1:30 Hot Potato Catch  
A 2:00 Bible Study  
L 4:00 Today in History  
A 6:00 Potato Chip Tasting in  
Celebration of National Potato  
Month



29 A 9:30 Are you Smarter  
than a 5th Grader

A 10:30 Exercise  
L 11:00 Leap Year Trivia  
A 1:30 Chair Dancing  
A 2:00 Surprise Game  
L 4:00 Today in History  
A 6:00 Mini Yantzee

2 A 9:30 Beetle Dice  
A 10:30 Exercise  
L 11:00 Trivia  
A 1:30 Chair Dancing  
A 2:00 Cupid Races  
L 4:00 Today in History  
A 6:00 Heads Or Tails



9 A 9:30 Ball Toss

A 10:30 Exercise  
L 11:00 Trivia  
A 1:30 Chair Dancing  
A 2:00 Valentine Dice  
L 4:00 Today in History  
A 6:00 Help Your Neighbor

16 A 9:30

A 10:30 Exercise  
L 11:00 Trivia  
A 1:30 Chair Dancing  
A 2:00 Mardi Gras Craft  
L 4:00 Today in History  
A 6:00 Bowling Dice

23 A 9:30

A 10:30 Exercise  
L 11:00 February Inventions  
A 1:30 Chair Dancing  
A 2:00 Card Bingo  
L 4:00 Today in History  
A 6:00 Grandma's Kitchen

3 A 10:30 Exercise  
L 11:00 Today In History  
A 1:00 Coupon Club  
D 2:00 Bingo  
Wear Red to Support  
American Heart Association

10 A 10:30 Exercise

L 11:00 Today In History  
A 1:00 Coupon Club  
D 2:00 Bingo  
C 3:00 Red Bird County

17 A 10:30 Exercise

L 11:00 Today In History  
A 1:00 Coupon Club  
D 2:00 Bingo

24 A 10:30 Exercise

L 11:00 Today In History  
A 1:00 Coupon Club  
D 2:00 Bingo

# Febraury



## Pinnacle Place Announcements


  
 comPASSplete

Answer: \_\_\_\_\_

go+L

Answer: \_\_\_\_\_


  
 KICK

Answer: \_\_\_\_\_

## February Birthdays

Tenant:

Betty Rausch 19th

Martha Canavan 22nd

Staff:

Cricket Roberts, 12th

3. **Improve Working Memory**-Working memory is what helps you keep track of a number of items at the same time. Try memorizing lists, mental arithmetic, puzzles that require you to complete a sequence, etc.

4. **Boost Long-Term Memory**-Long term memory is the sum of all the things stored in our brains, whether it's a birthday or someone's name. Try memory recall games, telling stories with words you are trying to memorize, etc.

5. **Sharpen Verbal Reasoning**-Verbal reasoning involves recognizing relationships between objects and describing those relationships through language. Try games like analograms, word puzzles, crosswords, 20 questions, etc.

Check out [www.AARP.org](http://www.AARP.org) for some great online games to keep your mind healthy.

Thirty days hath \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_;

All the rest have thirty-one,

Excepting \_\_\_\_\_ alone,

Which hath but twenty-eight, in fine,

Til leap year gives it twenty-nine.

1. ARM is to HAND as \_\_\_\_\_ is to \_\_\_\_\_.
2. APPLE is to JUICE as \_\_\_\_\_ is to \_\_\_\_\_.
3. PUZZLE is to BRAIN as \_\_\_\_\_ is to \_\_\_\_\_.

Choices: RUNNING, FOOT, LEG, CHEDDAR, HEART, CHEESE

## FAMOUS COUPLES


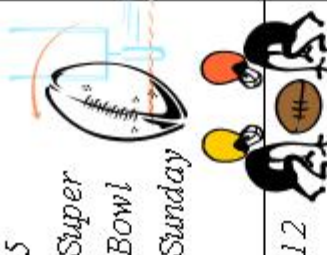






1. Romeo \_\_\_\_\_
2. John F. Kennedy \_\_\_\_\_
3. Ward Cleaver \_\_\_\_\_
4. Ken \_\_\_\_\_
5. Sonny Bono \_\_\_\_\_


Choices: Cher, Juliet, June, Barbie, Jacqueline Bouvier

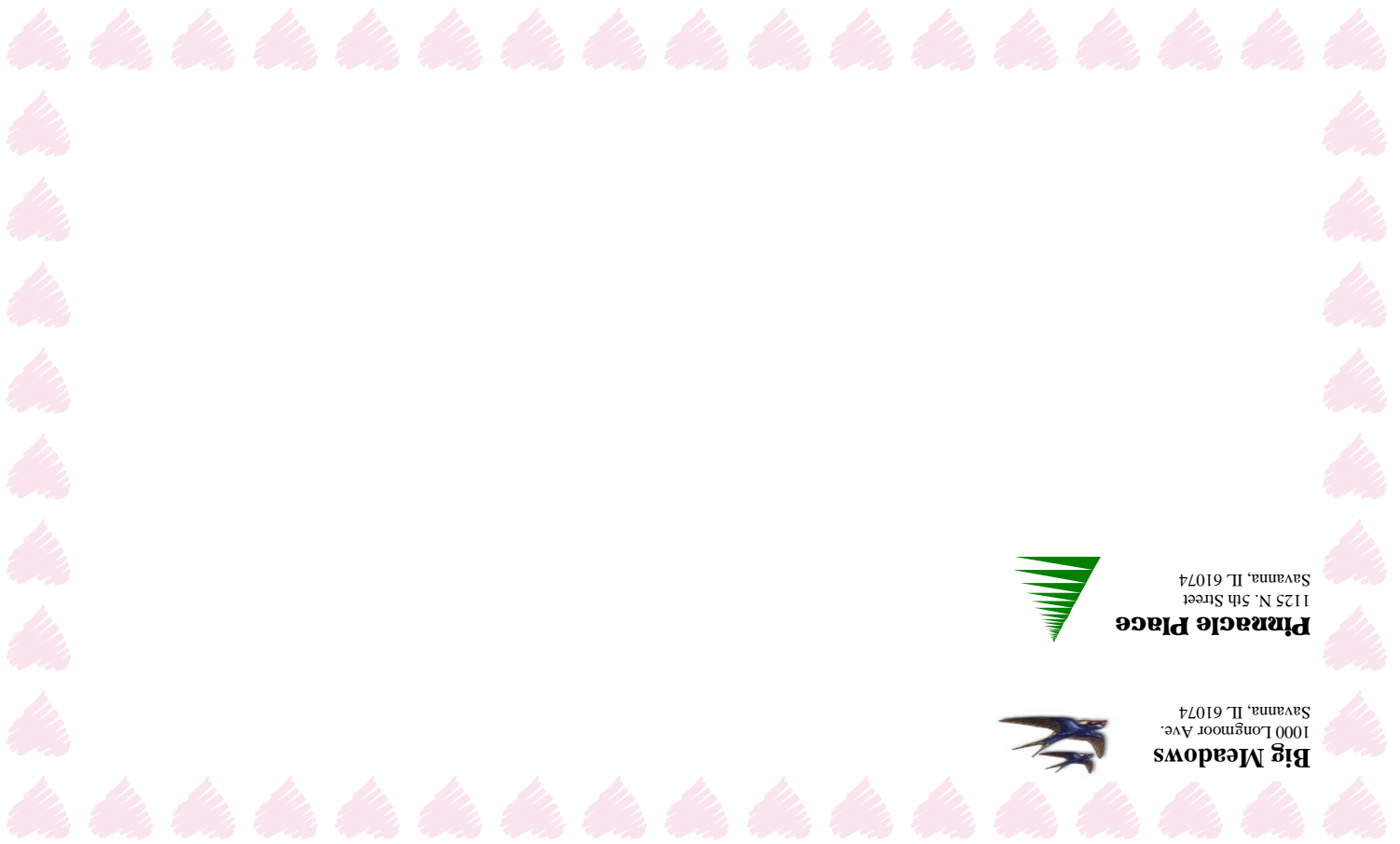
**PINNACLE PLACE SUPPORTIVE LIVING FACILITY**

**CARE \* COMPASSION \* COMFORT \* COST**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>February 2012</h1> 							
5 Super Bowl Sunday 	6 10:30 Exercises 5:15 Bingo	7 10:30 Exercises 2:30 Cards	8 10:30 Exercises 2:30 Spinner	9 9:00 Shop 10:00 Bible Study 2:00 Wii Games Jeopardy	10 10:30 Tai Chi 2:30 Cards 	11 5:15 Popcorn & Movie	
12 2:30 UNO	13 10:30 Exercises 5:15 Valentines Bingo	14 10:30 Exercises 1:30 Social 2:30 Cards Valentines Day 	15 10:30 Exercises 2:30 Farkle 	16 10:00 Bible Study 2:00 Wii Games Bowling	17 10:30 Tai Chi 2:30 Cards	18 5:15 Popcorn & Movie	
19 2:30 American History 	20 10:30 Exercises 5:15 Bingo President's Day	21 9:00 Shop 10:30 Exercises 1:00 Scenic Ride 2:30 Cards	22 10:30 Exercises 2:30 Scrabble Ash Wednesday	23 10:00 Bible Study 2:00 Wii Games Wheel of Fortune	24 10:30 Tai Chi 2:30 Cards	25 5:15 Popcorn & Movie	
26 2:30 Bowling Dice <small>Washington</small>	27 10:30 Exercises 1:00 Resident Council 5:15 Bingo	28 10:30 Exercises 2:30 Cards	29 10:30 Exercises 2:30 Leap Year Fun 	<h2>Pinnacle Place Social Calendar</h2> 			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February 2012 Menu</b>						
5 Hamburger Baked Chicken	6 BBQ Pork Stuffed Green Pepper	7 Fish Sandwich Scalloped Potatoes & Ham	8 Chicken Rice Soup Salisbury Steak	9 Goulash Pork Chops	10 Chicken Salad Wrap Catfish	11 Vegetable Soup Turkey
12 Tomato Soup Chicken Stir Fry	13 Creamed Turkey & Biscuit Meatloaf	14 Tuna Salad Sandwich Ham	15 Bacon Cheeseburger BBQ Chicken	16 Cod Filet Pork Loin	17 Chicken & Noodles Beef Chow Mein	18 Hot Dog Pizza
19 Pollock Strips Lemon Pepper Chicken Breast	20 Sloppy Joe BBQ Ribs	21 Grilled Cheese & Bacon Roast Pork	22 Patty Melt Beef Stroganoff	23 Soup de Jour Bake Fish	24 Crab Salad Lasagna	25 Potato Soup Pork Chop
26 Chicken Strips Smoked Sausage	27 Goulash Soup Beef Veggie Stir Fry	28 Cheeseburger Oven Fried Chicken	29 Tomato Soup & Grilled Cheese Beef Stew			



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From the residents and staff at  
Big Meadows and Pinnacle Place