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October 2011



# Savanna's River City Reader

A joint publication of Big Meadows and Pinnacle Place

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Everyone can enjoy a fun game of checkers in the front lobby at Big Meadows. Pictured above are Helen Klippert and Lisa Johnson, Medical Records; Gary Stephens, Maintenance; and Pat Boomgarden, Administrator.

**The Carroll County Health Department & Pinnacle Place will be hosting a Flu Shot Clinic October 20th from 9am-11am. The public is invited to stop in for a flu shot and refreshments. Please bring along your Medicare Card for the Health Department to bill or \$20.**

### The Flu...Prevention & Treatment

- ⇒ annual flu vaccination
- ⇒ frequent hand washing
- ⇒ try to avoid close contact with sick people
- ⇒ avoid touching your eyes, nose or mouth
- ⇒ while sick limit contact with others
- ⇒ covering your mouth and nose when coughing and sneezing



## SAVANNA'S RIVER CITY READER



On Thursday, September 8, 2011, a group of residents had the opportunity to go to Becky Voss's home (Activity Aid) for a picnic. Those attending are pictured front row left to right: Dennis Rose, Inez Barr, Arlie Arno and Shirley Geladas. Back row left to right: Betty McCue, Earl Buchholz, Catherine Stasch, Ron Voss (Becky's husband) and Becky Voss.

On Friday, September 9, 2011 a couple residents enjoyed spending some time in the therapy room with Dawn, C.N.A. , at Big Meadows. Pictured are: Dawn Herrington, Dorothy Kier and Robert Walker hitting a balloon around. The object: keep the balloon in the air, off the floor.



Many of our residents enjoy sitting out front watching cars go by, listening to the birds but mostly enjoying the fresh air and beautiful weather. On Tuesday, September 13 while sitting outside Jaime Barnhart, Activity Director, played some trivia games with the residents. Pictured in the top left picture are: Clifford Nordwell, Louise Herron, Glen Doty and Earl Buchholz. The picture to the left bottom are: Randy Shaw, Bernadine Reibel, Dorothy Holling and Inez Barr.

Big Meadows Announcements

October Birthdays

Residents:

- 1 Robert Walker
- 7 Louise Herron
- 26 Lee Potter

Staff:

- 17 Kathy Ehredt
- 18 Shawn Fritzenmeier
- 19 Jessica Ellithorpe
- 27 Hilary Dauphin



Please welcome the new Business Office Manager at Big Meadows, Christa Darr. She just moved to Savanna in March of 2011. She was born and raised in Cincinnati, OH. Christa is currently enrolled at Ashford University for an Associates degree in Business and Arts and will continue on for her Bachelor's degree in accounting. Christa has two children, Trinity - 4 and John Anthony - 3. Christa is very excited to be a part of the Big Meadows family. She will usually be answering the phone when you call but if not she can be reached at ext. 11.

Halloween's coming up. If anyone would like to donate some candy for our trick-or-treaters, please do so in the front office by Wednesday, October 19. Thank you!



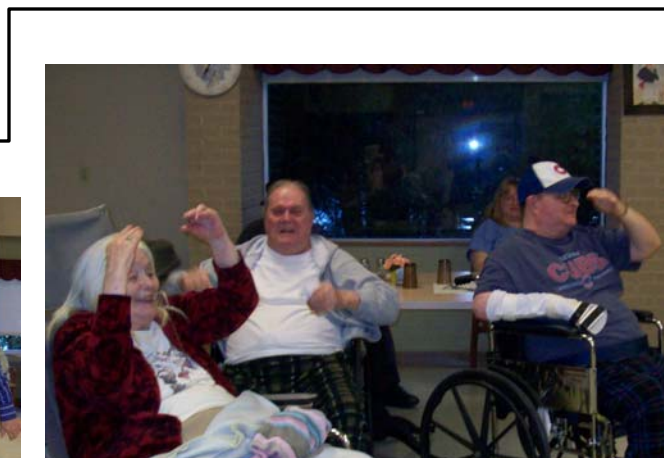
Please Welcome:



Phyllis Young

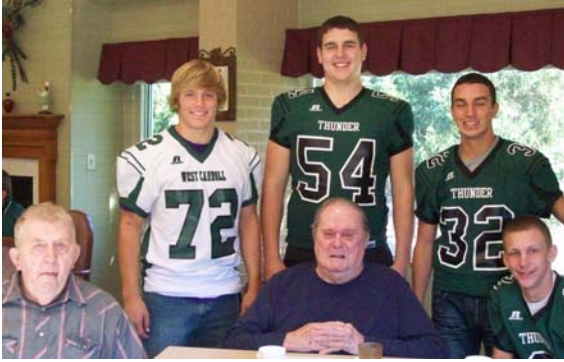
Fall Festival – Big Meadows will be hosting a Fall Festival on October 22 from 11am to 3pm with craft and vendor tables, silent auction, and bake sale. The event is free. There will be barbecue sandwiches, chips, baked beans, and dessert available for purchase. If you are a crafter or vendor and would like to participate please call 815.273.2238 and ask for Jaime. \*\*Crafters/vendors will need to provide their own table and we ask for a donation for the silent auction.

One afternoon Lisa Johnson taught some of the residents how to make a tie blanket while they listened to some “oldies” music. Big Meadows will be selling the blankets at our Fall Festival. Pictured to the right are: Lisa Johnson cutting the fleece followed by Inez Barr tying the fleece, Lisa Mussmann and Mae Robbe tying the blanket. Below is: Mae Robbe, Cathy Stasch, Inez Barr and Arlie Arno with their completed blanket; and Cathy Stasch tying the blanket with Michelle Boyer supervising? We have two more blankets to make.



On Thursday, September 15, the Grand Square Dancers performed at Big Meadows. Members of the community came out to enjoy the evening with the residents. Pictured above are the square dancers dancing, Lavonne Holland, Glen Doty and Dennis Rose participating in the YMCA song. The picture on the right is of some of the residents who came to enjoy the dancing-left to right are: Randy Shaw, Louise Herron, Patrick Broderick, Clifford Nordwell, Gayle Taylor, and Arlie Arno.

# Homecoming Week 9/19 - 9/23



Big Meadows celebrated their monthly Community Coffee with some students from West Carroll High School. Pictured



top left are residents Earl Buchholz and Glen Doty with students Ryan Kerr, Tevan Campbell, Payton Nevills, and Nick Hughes. Top right are residents Dorothy Holling and Cathy Stasch with students Audreanna Franke and Maria Timm. To the left are some of the students performing a cheer for the residents.

On Wednesday, September 21st Big Meadows crowned their King and Queen. Those nominated were: Dennis O'Neal, Earl Buchholz, Randy Shaw, Dorothy Kier, Cathy Stasch, Julia Atherton, and Dorothy Yates. Our 2011 King and Queen are Earl and Cathy - pictured to the right. They got to ride in the homecoming parade on Thursday, September 22nd.



The marching band and flag members came to perform for the residents on Thursday, September 22nd. The residents really enjoyed all the extra homecoming activities that occurred throughout the week.



Sun

Mon

Tue

Wed

Thu

Fri

Sat

30 C 2:00 Church Service  
(Becky Voss)  
L Trick or Treating



31 9:00 Spa Visits  
A 10:30 Exercise  
L 11:00 Today In History  
D 2:00 Halloween Costume  
Contest and Judging  
D 2:30 Ghost Bingo  
D 3:30 Resident Council  
3:30 Hardee's and Mardi Gras  
Parade

2 C 2:00 Church Service  
(Becky Voss)  
A 3:00 Halloween Dice  
L 4:00 Today In History

3 9:00 Spa Visits  
A 10:30 Exercise  
L 11:00 Today In History  
D 2:00 Bingo  
L 4:00 Story Time

9 C 2:00 Church Service  
(Linda Parks)

10 9:00 Spa Visits  
A 10:30 Exercise  
L 11:00 Today In History  
D 2:00 Bingo  
D 2:30 Leisure Interest and  
Ongoing Conferences  
L 4:00 Story Time

16 C 2:00 Church Service  
(Becky Voss)  
A 3:00 Surprise Game  
L 4:00 Today In History

17 9:00 Spa Visits  
A 10:30 Exercise  
L 11:00 Today In History  
D 2:00 Bingo  
D 2:30 Food Advisory  
L 4:00 Story Time

23 C 2:00 Church Service  
(Larry Thornberry)

24 9:00 Spa Visits  
A 10:30 Exercise  
L 11:00 Today In History  
D 2:00 Bingo  
D 2:30 Ongoing Sign Up  
L 4:00 Story Time

4 C 10:00 Roxy  
A 10:30 Exercise  
L 11:00 Trivia  
A 2:00 Yaltzee  
L 4:00 Today In History  
A 6:00 Bowling Dice

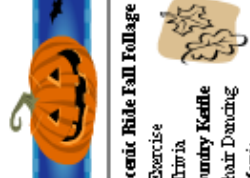


5 A 9:30 Dice  
A 10:30 Exercise  
L 11:00 Trivia  
A 1:30 Chair Dancing  
A 2:00 Card Bingo  
L 4:00 Today In History  
A 6:00 Pig Dice

11 C 10:00 Roxy  
A 10:30 Exercise  
L 11:00 Trivia  
D 12:00 Pizza Party  
A 2:00 Finkle  
L 4:00 Today In History  
A 6:00 Don't Go To Jail



6 9:15 Scenic Ride Fall Follage  
A 10:30 Exercise  
L 11:00 Trivia  
11:00 Kountry Kettle  
A 1:30 Chair Dancing  
A 2:00 Morris  
L 4:00 Today In History  
A 6:00 Remember When



13 A 9:30 Beetle Dice  
A 10:30 Exercise  
L 11:00 Trivia  
C 12:00 Sweetest Day Couples  
Lunch  
A 1:30 Chair Dancing  
A 2:00 Shunk Dice  
L 4:00 Today In History  
A 6:00 OH Time TV Shows

19 A 9:30 Dice  
A 10:30 Exercise  
L 11:00 Trivia  
11:00 McDonald's  
A 1:30 Chair Dancing  
A 2:00 Bible Study  
2:00 Dairy Queen and Ride  
L 4:00 Today In History  
A 6:00 Bowling Dice

20 9:15 Scenic Ride Women  
A 10:30 Exercise  
L 11:00 Trivia  
11:00 Sabula Cafe  
A 1:30 Chair Dancing  
C 2:00 What's Cooking  
L 4:00 Today In History  
A 6:00 Resident Choice



26 A 9:30 Dice  
A 10:30 Exercise  
L 11:00 Trivia  
11:00 Pizza Ranch  
A 2:00 Halloween Dice  
L 4:00 Today In History  
A 6:00 Jack o Lantern Dice



7 9:00 Spa Visits  
A 10:30 Exercise  
L 11:00 Today In History  
D 2:00 Bingo  
L 4:00 Story Time



14 9:00 Spa Visits  
A 10:30 Exercise  
L 11:00 Today In History  
D 2:00 Sweet Bingo  
C 3:00 Red Bird Country

21 9:00 Spa Visits  
A 10:30 Exercise  
L 11:00 Today In History  
D 2:00 Bingo  
L 4:00 Story Time

22 A 10:30 Exercise  
C 11:3 Fall Festival  
A 2:00 Movie Time



28 9:00 Spa Visits  
A 10:30 Exercise  
L 11:00 Today In History  
D 2:00 Bingo  
L 4:00 Story Time



1 A 10:30 Exercise  
L 11:00 Hit Parade  
A 1:30 Wii  
A 2:00 Movie Time

8 A 10:30 Exercise  
L 11:00 Today In History  
A 1:30 Play Nine  
A 2:00 Movie Time

15 A 10:30 Exercise  
L 11:00 Dinner Music  
A 1:30 Halloween Dice  
A 2:00 Movie Time

29 A 10:30 Exercise  
L 11:00 Halloween Trivia  
A 1:30 Wii  
A 2:00 Movie Time

Pinnacle Place Announcements

**Wellness Program**

Jeff Doran, Carroll County Sherriff, will be presenting a program on how to protect yourself from Scams that target Seniors on October 10th at 2:30 p.m. in the Gathering Room. Tenants, families and friends are welcome to join us for this presentation.

**STAFF RETIREMENT**

Sandi Harper, Wellness Nurse  
Gene Houzenga, Maintenance

**Medication Safety: You and Your Medicines**

As you age, it is important to know about your medicines to avoid possible problems. The more you know about your medicines, health conditions and the more you talk with your health care professional (doctor, nurse, pharmacist), the easier it is to avoid problems with medications.

Some medicines can interact with other medicines, foods, drinks or health conditions. It is important to keep track of side effects to help your doctor know how your body is responding to a medicine. Tell your team of health care professionals about all the medicines you take, including prescription and over-the-counter medicines, such as pain relievers, antacids, cold medicines, and laxatives. Don't forget to include eye drops, dietary supplements, vitamins, herbals and topical medicines, such as creams and ointments.

Make sure all your doctors and specialists know your medical history and medications. If you have trouble swallowing tablets, ask your doctor, nurse, or pharmacist for ideas. Keep your medications in their original container, unless they are being placed into a pill planner. Let your health care professional know if you have trouble telling your medicines apart or if you have problems remembering when or how to take your medicines.

Info taken from [www.fda.gov/drugs](http://www.fda.gov/drugs)



**Bowling  
Wii**



Pictured Left to Right: Bill Wacker, Judy Hoffmann, and Shorty Kosher.

Several tried their hand at Bowling this month with the Wii. Our top score for the day was 160.

**Happy Halloween**

Our door will be open for Trick or Treaters!


**Happy Birthday**  
Audrey Struckman  
October 11th



**PINNACLE PLACE SUPPORTIVE LIVING FACILITY**

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2 2:30 Ice Cream Social-Gazebo 	3 10:30 Exercise 5:15 Bingo	4 10:30 Exercise 2:30 Cards 	5 10:30 Exercise 2:00 Spinner	6 10:00 Bible Study 2:30 Rummikub	7 10:30 Tai Chi 2:30 Cards 	8 5:15 Movie & Popcorn 	
9 2:30 Tenant Choice	10 10:30 Exercise 2:30 Wellness Program-Scams 5:15 Bingo	11 9:45 Fruits & Veggies 10:30 Exercise 2:30 Cards	12 10:30 Exercise 2:00 Bowling Wii with Shorty 	13 9:00 Shop 10:00 Bible Study 1:00 Scenic	14 10:30 Tai Chi 2:30 Cards	15 5:15 Movie & Popcorn	
16 2:30 Scrabble 	17 10:30 Exercise 5:15 Bingo 	18 10:30 Exercise 2:30 Cards	19 10:30 Exercise 2:00 Bowling Dice 	20 <b>9a-11a Flu Shots</b> 10:00 Bible Study 2:30 Farkle 	21 10:30 Tai Chi 2:30 Cards 	22 5:15 Movie & Popcorn	
23 2:30 Tenant Choice	24 10:30 Exercise 1:00 Resident Council 5:15 Bingo	25 9:45 Fruits & Veggies 10:30 Exercise 2:30 Cards	26 10:30 Exercise 2:00 Pumpkin Decorating 	27 9:00 Shop 10:00 Bible Study 1:00 Scenic	28 10:30 Tai Chi 2:30 Cards	29 5:15 Movie & Popcorn 	
30 2:30 Halloween Social <b>Happy Halloween</b> 	31 10:30 Exercise 5:15 Spooky Bingo 	<b>Pinnacle Place</b> <b>October 2011</b>  <b>Social Calendar</b>					1 5:15 Movie & Popcorn



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2 Hamburger	3 Fish Sandwich	4 Hot Ham & Swiss Taco	5 Veggie Soup & Sandwich	6 Pork Chop	7 Bacon Cheeseburger	8 Spiral Pepperoni Pizza Bake	
Roast Pork	Chicken Wings & Meatloaf Drumsticks	Fish			Chicken & Moo-	Beef Enchilada	
9 Sloppy Joe	10 Brat	11 Taco Salad	12 Tomato Soup & Sandwich	13 Grilled Ham & Cheese	14 Chicken Breast	15 Baked Beef & Noodles	
Oven Fried Chicken	Swiss Steak	Ham	Roast Beef	Turkey	BBQ Pork Ribs	Fish	
16 Pizza	17 Italian Wedding Soup	18 Hot Dog	19 Veggie Barley Soup	20 Drumsticks & Wings	21 Italian Beef Sandwich	22 Chicken Noodle Soup	
Hot Beef Sandwich	Sweet & Sour Chicken	Spaghetti	Baked Potato Bar	Shepherds Pie	Roast Pork	Salmon	
23 Cheeseburger	24 BBQ Pork	25 Fish Sandwich	26 Chicken Rice Soup	27 Tuna Casserole	28 Chicken Salad Sandwich	29 Soup & Sandwich	
Chicken Broccoli Alfredo	Swiss Steak	Scalloped Potatoes & Ham	Salisbury Steak	Pork Chop	Catfish	Turkey	
30 Tomato Soup & Grilled Cheese	31 Haunted Lunch	Alternates Available Upon Request.					Breakfast 7a-9a Lunch 11a-Noon Supper 4:30p-5:30p
Ham	Spooky Stew						Lasagna

# Pinnacle Place October 2011 Menus



**Pinnacle  
Place**  
1125 N. 5th Street



**Big  
Meadows**  
1000 Longmoor Ave.  
Savanna, IL 61074



From the residents  
and staff at Big Meadows and  
Pinnacle Place