

News & Views

Volume 28 Issue 9

September 2010

The Annual Garden Party

The Annual Garden Party will be held on Sunday, September 12 from 2:00 until 5:00 p.m.. Over 525 invitations have been sent out this year. We expect to have a large crowd this year. Juanita has been busy planning a special menu of noshes and nibbles for the party. The Flat Cats will again be performing to the delight of many. Due to the expected capacity crowd, the Main Dining Room will be open for seating this year. Residents who are able to navigate the stairs are asked to use the middle terrace for seating. There is also seating available in the Woods area that is accessible by elevator and path (no stairs). Food buffets will be located in the Great Lounge, Health Care, and Woods porch. We hope you and your guests have a very enjoyable afternoon!

Are You Smarter Than a 5th Grader?

Have you seen this show on television? In keeping with our Back to School theme in September, we are playing our own version of "Are You Smarter Than a 5th Grader?" We will play as teams, so no one has to feel put on the spot. Get ready to answer questions about science, music, math, history, nature, and more! Do they really know all of this stuff in 5th grade? Don't worry if you don't know the answer, we'll help each other out - 5th grade was a long time ago! Who can remember these facts? Join us in the Great Lounge on Monday, September 27 at 2:30 p.m..

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Administrative Team

Carl Baker
Executive Director

Judy Sanders
Director of Finance

Pat Van Meter
Director of Nursing

Lisa Carroll
Director of Social Services

Juanita Castro
Director of Food Services

Bonnie Kohout
Marketing Director

Emira Kondic
Director of Housekeeping

Mary Meegan
Director of Activities & Volunteers

Julie Milam
Director of Development

Paul Stech
Director of Maintenance

Barbara Schafer
Director of Woods Godair Park, & Fitness Center

Nicole Slightom
Director of Human Resources

Bonnie Warden
Admissions Director

Natalie Zelman
Director of Landscaping & Horticulture Therapy



Happy Birthday!!

Happy Birthday to our September celebrants! Please take a moment to wish them well on their birthday.

Randy Snyder—7th
Pat Aylward—15th
Jennie Barlick—17th
Dorothy Carpenter—18th
Bill Voss—18th
Dorothy Webber—24th
Jean Acton—25th

Birthstone – Sapphire

Next to the diamond, the sapphire is one of the hardest materials known. Sapphires come in many colors (from yellow to green and orange) but the finest sapphire color is a rich, velvety cornflower blue. The ancient Persians believed the earth rested on a giant sapphire and light reflected off of the sapphire to give the sky its blue color. Damigeron, a historian of old, wrote that kings wore sapphires to protect themselves from harm and envy and to attract divine favor. Legend has it that if a poisonous snake were put into a vessel along with a sapphire, the rays from the gem would kill it. Our ancestors interpreted this to mean that sapphire was an antidote against poison. The gem is regarded as a symbol of truth, sincerity, and constancy. Sapphire engagement rings are given to express commitment and loyalty.

What Happened to Those 11 Days?

Did you know that in 1752, September 3rd never happened - nor did the next 10 days! How did this happen? What does it all mean? Join Mollie on Saturday, September 4th at 1:00 p.m. in the Great Lounge to find out!

Activities Scramble

The Activity Department in mixing things up a bit. On the footsteps of Donna's retirement, we welcome our newest Activity Staff member, Dave Chakmakjian (try to say that three times fast!).

The Activity staff is trying new things with new people. Kathy will be leading exercise in the Fitness Center Monday through Thursday. Dave will take over on Friday mornings. Kathy will go over weekend news on Mondays and Dave will review the weeks news stories on Fridays. You will be seeing Mollie at activities on Saturdays, and Kathy on Sunday afternoons. So, give a new activity a try. Or come to see what twist new staff adds to programming.

Operation Warm Hearts

The Operation Warm Hearts group will be meeting on Tuesday, September 7 at 1:30 p.m. in the Great Lounge. The ladies are winding down on projects in order to prepare for the holiday giving. They plan to organize the yarn donations this month. Join them this month as they discuss charities they have chosen, and what needs they have. The group will display all of the items made over this year in late November. If you have not participated with this group, but would like to help pack up donations for delivery in December, come and join them for conversation.

Golf Cart Rides

The season for golf cart rides is coming to an end. Hop on the golf cart this month for a great tour around the grounds. See the new parking area being created! The golf cart departs from the main entrance on Tuesdays at 2:30 p.m.. We will continue into October as the weather allows. All aboard!

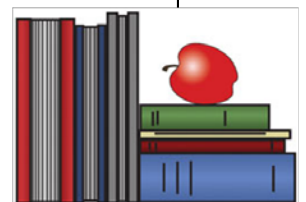
Front Porch Travels

Join Renee on Tuesday, September 21 at 1:30 p.m. in the Kimball Room for Front Porch Travels. This month, Renee is heading to sunny Acapulco. Learn interesting facts, popular tourist destinations, favorite foods, and more.

On Tuesday, September 28, Renee will continue Front Porch Travels with information on the ancient civilizations of the Aztecs and Mayans. How did these people shape the Mexico we know today? The discussion will begin at 1:30 p.m. in the Kimball Room

Music Matters

September means back to school (for many, they now return in August!). Join Renee on Tuesday, September 14 to talk about “School Days—Then and Now”. Remember the old song, “School days, School days, Dear old golden rule days”? Learn the history of the song and then . . . Sing along!



The African Violet

(Saintpaulia) was first discovered in East Africa in 1892 by Baron Walter von Saint Paul Illaire. African violets are low growing plants with fuzzy leaves and pretty flowers of pink, purple, blue, red, or white.

Being cultivated indoors for over 100 years you would think this plant would be "Simple Simon" to grow. However, early on I'd made a couple mistakes; one was growing them in a location that was too chilly in winter. They grow best in normal home temps; no lower than 65° and no warmer than 80°. African violets favor the light of north or east facing windows (no direct light).

My other mistake was not watering enough which can make the plant refuse to bloom. But bear in mind that over-watering results in plant rot. African violets require a moist, yet well-drained soil. When watering your plants avoid getting water on the leaves as this can cause water spots to develop. Fertilize your plants once a month with a fertilizer made for African

violets and repot your plants at least once a year.

African violets are generally not bothered by pests or disease. However, Powdery Mildew can be a problem. Proper watering techniques and good air circulation will help prevent this.

By following these simple steps you too can experience the delightful repeat blossoms of the charming African violet.

Eileen Kostock



Wednesday Gatherings

We continue to meet on Wednesday afternoons to share a little drink and chat.

- 9/1 Hinky Pinky and Refreshments
- 9/8 School Daze Wordies & Coolers
- 9/15 Classroom Comedies & Coffee
- 9/22 More is Less & Lemonade
- 9/29 Wacky Wordies & International coffees

We look forward to seeing you all at 3:00 p.m..



Resident Council

The regularly scheduled meeting of the Resident Council was called to order by President, Lillian LaPalio at 9:02 a.m. on Thursday, August 26, 2010 in the Theater. There were sixteen residents in attendance.

The minutes of the July Resident Council were reviewed and approved as published in the August News & Views.

Treasurer Josephine Lynch reported no expenditures and no additions. The treasury balance remains at \$1,279.15.

Carl Baker, Executive Director, displayed the new theater lights. The lights require special bulbs which have not arrived yet. The lights will be installed as soon as the bulbs arrive.

Mr. Baker reported on the recent Strategic Planning Meeting that was held in August. Outcomes from the meeting are being prioritized:

- 1) Meal Options—for house, Woods, and Godair Park. The size of the kitchen and costs

of kitchen renovations is being looked at.

- 2) Transportation issues

- 3) Case Management—our Social Worker helping those in the community. Community Outreach fits with K-B's mission.

- 4) Conversion of the old freight elevator. Residents would be able to use the elevator between the basement and second floor. Third floor access would be limited to staff use.

Carl informed residents that we recently underwent our inspection by the Illinois Department of Public Health. They toured the entire building. All in all, it was an excellent review. A staff celebration party is planned for September 29th.

The construction of the new parking spaces is currently underway. They will be laying asphalt soon. There will also be work done in the Woods to repair sidewalks and curbs. Sealcoating will be done at Godair Park.

In answer to a question last month, window washing in the house will begin a week or so before the Garden Party.

Resident Council Cont.

The Garden Party will be held on Sunday, September 12th. Over 500 invitations have been sent out this year, so it we are expecting a large crowd.

The new small bus has been ordered and should be received in late September.

The Maintenance Department is getting a new HVAC van that will have all the tools and parts needed to work on heating and air conditioning units. This will prevent the staff from having to run back and forth to the Maintenance garages for items. The van is being paid for by generous donations from two Woods residents totaling \$24,000. A "Come See the New Van" party will be planned after delivery of the van.

Bonnie Kohout, Director of Marketing, reported for Mary Meegan, Director of Activities who was not present.

Residents are encouraged to attend the Banana Republic Fashion Show next week that features Woods and Godair Park residents as models. There will be door prizes at the end of the show.

Watch for your calendar and newsletter regarding happenings in September. The monthly calendar and newsletter is available on-line on our K-B website (www.kingbruwaert.com).

OLD BUSINESS

Music selection in the Main Dining Room was discussed at length. Some resident would like music during meals, and others prefer quiet. The selections played are also in question. Residents are requesting new music.

The Rose Wing residents voted to have music in their dining room on Mondays, Wednesdays, and Fridays. Tuesdays and Thursdays will be quiet days. This was suggested as a solution for the Main Dining Room.

Residents wish more residents would attend Resident Council. It was suggested that each resident planning to attend "buddy up" and bring someone else with them. Another idea was to offer a prize as an incentive each month. A larger announcement sign was also suggested.

Lisa Carroll, Director of Social Services, reviewed the

Resident Council Cont.

results of the Resident and Family Satisfaction surveys. We had a 75% response rate from residents, and a 65% response rate from families. There was an overall rating of 84% above the mean as compared to other Assisted Living Facilities in Illinois. Scores that were below the mean included lighting issues, residents feeling that they are “encouraged” to do things for themselves, variety and frequency of activity programs, and barber/beauty salon issues.

Lighting issues have been addressed in Suzanne’s Place and Health Care. Main house issues being addressed are dark main hallways, and low lighting in resident rooms.

Other issues mentioned above will be addressed in the future.

Jennifer Blievernicht, Registered Dietitian, thanked the residents for keeping the refrigerators clean and items dated. Jennifer has placed notes on food items that are not labeled, giving the owners a chance to label them before she has to throw it out. There

are markers on all refrigerators for use labeling food items (name and date). Please label any food items that you may have in the cabinets also. Food labeling is required by the Illinois Department of Public Health.

Bob Barnes, Godair Park liaison, reported that Reth Grossmann has left for Paris with her United Nations volunteer group.

The donated train set has been sorted and includes: 98 cars, 9 locomotives, over 100 feet of track, many switches and accessories.

The Godair Ladies Lunch group, stiching group, bridge group, and book club continue to meet regularly.

Hank Messerschmidt, reported for Ty Johnson, Woods liaison. Hank emphasized the need for the new HVAC van for Maintenance. Hank reminded everyone to be careful when outdoors due to truck traffic while the parking construction continues.

The Woods residents are having a safari party. The Adoreables are going to perform at the party.

Resident Council Cont.

Carl suggested that speed bumps be added in the Woods due to speeding vehicles. Residents of the Woods will review this idea.

A vote was taken regarding the playing of music in the Main Dining Room. The results were to continue music daily. New music can be purchased with council funds.

Lil reminded residents that newspapers in the library are not to be removed. They are there for everyone's use.

The complimentary guest meal was won by Lil LaPalio.

The next meeting of Resident Council will be held on Thursday, September 23 at 9:00 a.m. in the Theater. All residents encouraged to attend.



Questions about something on your calendar?

Contact Mary Meegan at Ext. 9522

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