

Vol. 16, Issue 4 April 2018

April showers bring May flowers...

Into everyone's life rain will fall, for it is only with the rain can beautiful flowers and trees flourish.

Rain washes away the dirt no soot left from unsettled earth.

Rain quenches not only one's thirst, but one's soul. Do not curse the rain, be thankful for it.

Theme Day

For a themed day this month we will be extra silly with our Crazy hat day. Resident will have the opportunity to order a silly hat with their bingo winnings or funny money. Should you have an extra hat laying around your house you would like to donate we will make sure that someone gets great use out of it on **April 11th** and on May 5th for the Kentucky Derby!

If you have one specifically for your loved please make sure they have it by April 11th to participate.



WE NEED RECIEPES!!!

National Nursing Home Week is upon us in May. The theme this year is "Celebrating Life Stories". The residents have already started brain-storming about things they would like to do. One idea is to put together a book of favorite recipes and quotes of residents to share with everyone. The book will be available to purchase with all money **benefiting Alzheimer's**. Should you know of a favorite recipe of your loved one or have one yourself please email it to nbouchard@nhcstcharles.com or drop it off to recreation.



Tai Chi for Arthritis and Fall Prevention



Nichole, our recreation director, has recently become board certified in Tai Chi for Arthritis and Fall Prevention. She is very excited to share her newly acquired skills with our residents.

What is Tai Chi? It was a martial art that was widely practiced in China. It has evolved, with the help of Dr. Lam founder of the Tai Chi for Health Institute, into an exercise that is used all over the world. This form of Tai Chi is supported by the Arthritis Foundation and the Center for Disease Control or CDC.



- Here are a few principals we will be using. 1. movements will be slow, continuous and the same speed.
- 2. Resistance will be used as if your moving against a gentle resistance such as shallow water.
- 3. Focus on posture and loose joints. Safety will come first.

We will start with seated Tai Chi and graduate those who would benefit and be safe with a standing Tai Chi. We look forward to seeing residents at **2:00 on Monday afternoons!**

Beginning April 1, 2018 through April 2019, CMS (Centers for Medicare & Medicaid Services) will begin mailing out new Medicare cards to all Medicare beneficiaries. CMS is removing the social security numbers, from the Medicare cards, in order to help prevent identity theft. Beneficiary's will receive a new Medicare number that is unique to them and will only be used for Medicare coverage. **The new card will not change the beneficiary's coverage or benefits. Please make sure you share this new card with us, when you receive it, so that we may keep each patient's insurance information up to date.** If you should have any questions about this, please do not hesitate to let Social Services know!



Interactive weather with MIKE ROBERTS, meteorologist from KSDK.

April 4th 3-4 pm.



FREDBIRD

on April 20th at 10 AM



Thank you, Clark Academy for coming and entertaining us with your beautiful Irish Dancing! We loved meeting all of you.

<https://www.theclarkacademy.com/>

9226 Watson Rd
St. Louis, MO 63126



Home

Raymond Hummel
Patricia Lytle
Donna Gryder
Nora Bordeaux
Milton Mueller
Marilyn Beckmann
David Blackburn
Eva McMullin
Mary Kesling
Hubert Headly
Dianne Wessel
Melanie Pollard
Helen Bray
Eileen Wiedner
Harold Gire

Birthdays

Nellie Rine	4/10
Nancy Madson	4/14
Sharon Tharp	4/14
Hubert Spight	4/20

WELCOME

CAROL WEST
REBA BRAUN
SUSAN MCCLASKEY
MARION HOPKINS
PHYLIS SCHUCHMAN
JEANNE HAEHLING
MARY MARSHALL
JAMES WTHROW
SANDRA ALLEN
VIRGIL MUEHLENKAMP

In Memory

Doris Rainbolt
Marge Hackman
Mary Watson

NHC ST. CHARLES

35 Sugar Maple Lane
St. Charles, MO 63303

Seth Peimann	Administrator
Stacy Arroyo	Director of Bookkeeping
Yolanda Nash	Health Info Services Director
Marniquce Campbell	Dietary Manager
Nichole Bouchard	Director of Recreations
Wendy Conway	Director of Nursing
Kyra Luther	Director of Social Services
Aleshia Pettigrew	Environmental Services Director
Donna Fowler	Facility Rehab Coordinator
Karl Schnoor RD	Director of Dietary
Edward Oketch	Director of Maintenance

Phone: 636-946-8887

Fax: 636-946-4718

E-mail: nbouchard@nhcstcharles.com



Awesome April !

Join Us for FRED BIRD!
St. Louis Extravaganza!
4/20/2018 @ 10:00am

National Jelly Bean Day
April 22

April 4th @ 3pm
Weather Presentation W/
Mike Roberts,
Meteorologist from
KSDK !!!

Tai Chi for Arthritis and Fall
Prevention W/ Nichole
Tuesdays @ 2

Bring in recipes this month!!!



Crazy Hat Day -
April 11th