

# NHC St. Charles

35 Sugar Maple Lane  
St. Charles, MO 63303

Seth Peimann	Administrator
Stacy Arroyo	Director of Bookkeeping
Yolanda Nash	Health Info Services Dir.
Marnique 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
Cory Gardner	Director of Maintenance

Phone: 636-946-8887

Fax: 636-946-4718

E-Mail: nbouchard@nhcstcharles.com



NHC  
HEALTH CARE  
ST. CHARLES

# News & Notes

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## National Nursing Home Week

National nursing home week is upon us all ready. Starting Mother's day, we will have a fun filled week ending with a picnic in our parking lot. We will have all of our favorite musicians Walter and David Green throughout the week followed by Sheltered Reality drumline on Saturday. Everyone is always welcome to any of our large or small events. Hope to see you there!

*Join us for any and all of our events for National Nursing Home Week! May 14th through 20th.*

## Marvelous May!

**May 14th - 20th**  
National nursing home week! Please look at the calendar inserted to see what's going on this week with us!

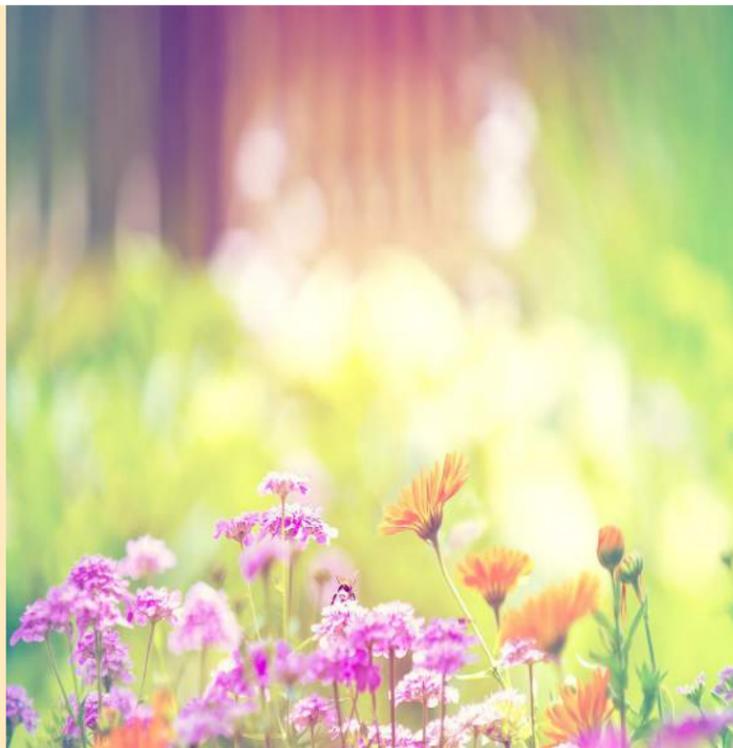
**Friday, May 5th:**  
10:00am Big Muddy Dance Troupe

**Thursday, May 12th:**  
10:30am Ice Cream Making

**Friday, May 26th:**  
10:30am Alice and the Thinking Dog

**Sunday, May 28th:**  
2pm Cardinals Game w/ Snacks

**Thursday, May 31st:**  
10am Baby Shower for Crisis Nursery



### SHELLY SHEA - Volunteer of the Month

#### BORN AND RAISED

I was born in Findlay Ohio, we moved to Missouri when I was 3 years old and my sister Tina was 6 months old, my brother Ed was born here. We moved a couple of times but lived most of our childhood in a house in St. Charles. I have been married for 35 years to my husband Mark. I have one son, Mark Jr, who is 33 years old, is married and lives in Wentzville.

#### HOBBIES

I love crafting, I enjoy scrapbooking, jewelry, cards, party decorations, just everything. As a child, my mom always involved us in all kinds of projects. Our favorite was papier mache. We made a mess, so we did it in the screened in porch, we didn't care, we loved it. I remember making a lot of bowls and masks, and then we got to paint them. At one time my mom belonged to the "craft of the month" club. I still have one of the things she made.

Baking is my second passion. I was a cake decorator and dessert maker for SAM'S CLUB. I was later the baker for Becky David Elementary school, where I made things like rolls, cookies, cakes and other goodies for lunch. There were 1200 children that attended that school, lunch was a major undertaking. FYI- cookies are my favorite food, my mom taught me how to bake, standing on a chair at the kitchen counter. She also bought me a Wilton cake decorating course by mail. She always encouraged me.

#### FAMILY

My mother, Ruby Schmitz, has been a resident at NHC since June 2015. She has Alzheimer's and will be 84 years old this November. My dad, Don Schmitz, visits her every day. Marlene Frech, Don's sister, visits every week and helps me with activities as well.

#### WHAT YOU MIGHT NOT KNOW ABOUT ME

People might not know that I have pet catfish. About 3 years ago, we moved to Mineola, (population less than 20, Hwy 70 west past Montgomery) most people have never heard of it. Our property has a small pond, 2 acres or so, and it has fish in it. My husband said I should try to feed them, so I went to the farm supply store and bought some fish food. At first only a few fish showed up. Now when I walk onto the dock, tap the hand rail with a rock, I see waves coming toward me, it didn't take long for them to catch on. I have 50 catfish, and probably 100 bluegills and even turtles that come up to eat every day. Last year they ate 900 lbs. of food! I named my favorite fish

ONE WHISKER, even though his whisker has grown back now, he is my second biggest fish.

BUCKET LIST- To see the giant red wood trees in California.

FAVORITE PLACE TO EAT- Anywhere is fine with me if I get out of cooking.

#### WHAT DO I LIKE MOST ABOUT NHC

I am thankful to have found such a great place for my mom. I know she is safe, and has the best care possible. She gets that from a staff of caring, compassionate people. They love their jobs and it shows. That makes me feel good about her being here.

#### MY ROLL AND HOW IT BEGAN

When you are surrounded by so many giving, caring people, it makes you want to give too. I wanted to spend time with my mom and it just grew into a wonderful thing that made us, and the other residents of C Wing, happy. My goal was very simple, but not as easy to achieve as you might think, I just wanted to make my mom, and the others, SMILE. I wanted them to feel loved like family, and respected like friends. When I succeed, it is the best feeling in the world for all of us.



Hello.

What a beautiful time of the year May is with flowers blooming and the weather starting to warm up. As I feel the warmth of the sunshine on my face I am reminded of a story of a traveler. The Wind and the Sun were having a conversation about who could make the traveler remove his coat first. The Wind was cold and blew hards. As he blew the traveler felt this cold and tightened his coat around him all the more. While the Wind continued to blow the traveler held on tight to his coat and did not remove it no matter how hard the Wind blew. When the Wind finally gave up the Sun took his turn. He began to shine and shine and pretty soon the traveler was feeling the warmth of the sun and he unbuttoned his coat. Before long he had taken it off and threw it over his arm. The Sun won the contest. Just as the Sun is always shining, God's Son Jesus is always there to hear us and warm our hearts no matter how the Winds of this world blow against us. Jesus said in Matthew 28:20 (International Standard Version) remember, I am with you every day until the end of the age." So next time you are having a rainy day or a windy day in your life, remember that God's Son is always shining and the natural sun is always shining even above the cloudy day.

God Bless you.

Have a wonderful spring, Pastor Linda Krueger

#### Food for Our Guests:

Food and eating are often a part of celebrations, holidays, or other special events. When visiting someone's home, the host will usually offer a beverage or food. Residents love to have families and friends visit them, so I wanted to review how guests can enjoy a meal, snack, or drink with their loved one. There is complimentary coffee, lemonade, and ice water available in the Activity/ice cream area. Snacks, and sometimes free meals, are available during certain monthly activity events as well as complimentary ice cream for everyone on Fridays. Guest meal tickets can be purchased for \$5 during front office hours (8a-8p Mon-Fri., 8a-4p Sat., 10a-2p Sun./Holidays). These blue tickets can be turned in during meal service times for a daily menu meal to be served with your resident's meal. We like to accommodate special order requests where we can while maintaining timely service to all residents. If guests desire a meal from the Always Available Menu, advance notice to dining room/kitchen staff by 10am for lunch and 4pm for dinner is greatly appreciated. So while you visit, you are welcomed to enjoy our excellent food and service options. Thank you.

Karl Schnoor RDN, CSG, LD  
Director of Food & Nutrition Services



Our residents and families are the best! This was the total amount donated to the Salvation Army through our food drive. Residents had the opportunity to use funny money they have won from bingo to purchase food for them.

We had more than one give ALL of their winnings to the Salvation Army. Thank you for your generosity.

### In Memory

Ethel Schrader  
Melva Arnold  
Joan Barthel

Anna Holub  
Carl Siwick  
Cecil Gideon

Zoanna Orf  
Ruth Ganley

### Welcome

Shirley Davies  
Diana Mues  
Nina Null  
John Caito  
Sheila Gist  
Bernice Podoeski  
Sharon Blayton  
William Hahn  
James Shartzter  
Louise Davies

### Home

Virginia Claxton  
Michael Ronchetto  
Daniel Welker  
Vivian Raddatz  
Eleanor Mehrhoff  
Ann Layton  
Shirley Blume  
Charles Gratiot  
Ruth Chase  
Sandra Bampton

### Birthdays

Ethel Bain 5/05  
Frances Warzonkoski 5/14  
Lyda Southerly 5/20  
Martin Rudloff 5/30  
Nettie Bova 5/31  
Dorothy Murphy 5/31