



Employee Spotlight

Melissa has worked at the The Elms for 15 years. She first worked as a Certified Nurses Aide then transferred into Physical Therapy where she works as a Restorative Aide. She and her husband – Rusty – just celebrated their 4th Wedding Anniversary. She has two sons along with an extended family that includes three German Shepherds and a horse named Tippy. Melissa enjoys being outside and walks up to 3 miles every day. Among her hobbies she enjoys hunting, fishing, riding her horse and raising German Shepard dogs. Her favorite part of working for The Elms is our residents – she said her position is one that gives back. When not at The Elms she enjoys being with her family. Melissa was nominated by the Resident Council.

Melissa Carnes
*Restorative Aide/
Certified Nurses
Aide*

The Elms Management Team

Administrator
Tina Cox

**Director of
Business/Personnel**
Gina Bickers

Director of Nursing
Monica Windsor

**Director of Social
Service**
Kassie Streveler

Director of Activities
Jane Hasley

**Director of Food
Service**
Sabrina Pilger

**Director of
Maintenance**
Troy Shirrell

**Director of
Housekeeping and
Laundry**
Melissa Waddill

**Encore!
Skilled Therapy
Director**
Jimmy Manning

*Any Management Team
leader can be reached
at
309-837-5482*

August Horoscopes and Birthdays

In astrology, those born between August 1 and 22 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their

work, show diligent habits, and are well respected in their circles.

Herman Melville – August 1, 1819
Tony Bennett – August 3, 1926
Lucille Ball – August 6, 1911
Dustin Hoffman – August 8, 1937
Danielle Steele – August 14, 1947
Roberto Clemente – August 18, 1934
Gene Kelly – August 23, 1912
Mother Teresa – August 26, 1910
Ingrid Bergman – August 29, 1915
Buddy Hackett – August 31, 1924

Beat the Traffic

On August 20, 1989, the O-Bahn Busway opened in Adelaide, South Australia. This rapid-transit bus system was Australia's ingenious response to fighting traffic congestion in the fast-growing suburban region.

First developed in Germany, the O-Bahn is actually a cross between a railway and busway. Instead of a train track, buses run on an elevated track atop concrete pylons. Specially outfitted O-Bahn buses move from city streets into tunnels that lead to the busway,

where they carry 31,000 passengers per day unimpeded at up to 60 mph over the nearly eight-mile length. The busway is cheaper than a rail line to build, offers a smoother ride, and has less impact on the environment. It's a wonder more cities don't build their own O-Bahns.

Each year, drivers keen to avoid traffic attempt to drive their cars onto the O-Bahn, but these traffic cheaters get nowhere fast. The track is equipped with devices that disable cars, which then have to be removed from the track by crane.

The Elms Highlights

August 2016



The Elms
1212 Madelyn Avenue
Macomb, IL 61455
309-837-5482/fax 309-833-1054
www.theelmsmacomb.com

Celebrating August

Read a Romance Novel Month



2016 Summer Olympics

August 5 – 21
In Rio De
Janeiro, Brazil

YMCA Dancers August 4

Resident Birthday Party August 12

The Elms Olympics August 30

Tolands Music Program August 23

The Elms Coloring Club August 3, 10, 17, 24 & 31

MISSION STATEMENT: "To create a partnership through life's journey between community, staff, residents, and families. Together we strive to maintain dignity, comfort, and trust."

Resident Birthdays

Beth Whiting 04
Lavona Walker 05
Anne Paccione 05
Anita Shields 10
Lyle Weaver 12
Mary Wilson 13
Berniece Burtz 26
Don Sullivan 29
Eleanor Carson 30
Hazel Friedel 30

Staff Birthdays

Jeffrey Smith 05
Amber Derry 09
Melinda Mason 12
Lisa McLaren 21
Shelby Boyd 24
Kenlyn Deckard 29
Linda Fitch 29
Katherine McGann-Combs 30
Krista Wilson 30



*Welcome
New Residents:* Sharon Foulk,
Margaret Louderman, William "Bill"
Weingartner, Joe Kersting, Lora Vail and
Sylvia Schoonover



*Our Deepest
Sympathy*

We would like to extend our deepest sympathy to the Families of: Helen Zinn, Mary Ann Mann, Bonnie Ritter and Virginia McCormick.



Congratulations!
Melissa Waddill
Is The Elms
New
**Director of
Housekeeping/Laundry**

Melissa has worked in Housekeeping/Laundry for 29 years and is very excited about this new chapter in her life.



August Residents of the month are:

SOUTH
June Oster

NORTH
Maude Carstens

Congratulations
Residents of the month will receive a haircut or style and a meal of their choice.



Chickens can run 9 mph, which is faster than many breeds of dog.

What is The Elms “Sparklers” Program?

The Elms has been proud to provide specialized programming for our residents who need assistance structuring their leisure time. We have built a routine that includes multi-sensory activities and identifying appropriate adaptive equipment needed to develop the highest quality of life possible for a person with cognitive loss. This programming, called Sparklers, has been a part of our residents’ person-centered care plan for over twenty years. We offer three programs a day Monday – Friday. Our Sunrise group meets for approximately 30 minutes between the hours of 8:00 – 9:15 a.m., then these residents are taken back to their rooms or to the dining room to eat breakfast. This group requires time-limited programming compatible with their cognitive and/or physical needs. The Sparklers Group meets for approximately 30-45 minutes from 10:15 – 11:00 a.m.



Champion Chickens

Every August, plucky competitors converge at the Barley Mow Inn in Bonsall in Derbyshire, England, for the World Hen Racing Championship. While the race in Bonsall has been a community mainstay for 25 years, hen racing as a festive and lighthearted competition between local villages has endured for over a century.

Bonsall hosts a 20-yard track. Hens are given three minutes to cross the finish line. Don’t have a hen? Rentals are available for those who want to join in the fun. The more serious types are known

in both the North and South dining rooms (they usually engage with group on side they reside on). This group is comprised of residents that require verbal and physical cuing. They have limited attention spans. The Horizons Group is a small group that meets for approximately 30 minutes from 4:00 – 4:30 p.m. to participate in activities that promote engagement during sun downing periods. All of these groups offer multi-sensory activities in an environment offering alternatives to assist in reducing moods/behaviors. The Elms believes that this special programming has benefitted many residents throughout the years and has created an inviting group that utilizes normalization techniques and activities that promote strength of remote memory. For more information regarding our Sparkler programing, you may contact Jane Hasley, Director of Activities or Theresa DiTulio, Sparklers Coordinator.

to train their chickens. Some even urge their hens on by banging pots and pans or luring them with a can of worms at the finish line. These strategies are effective, as racing times have dropped dramatically over the past few years. The 2014 championship even required a photo finish. Race organizer Colette Dewhurst proudly proclaimed, “We have moved into the era of professional hen racing.” Sky Sports, England’s premiere sports broadcaster, apparently agrees and has broadcast the races.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Summer Olympics August 5 - 21	2 9:00 Walking Club 9:00 House calls/1-1 10:30 Exercise 2:15 Faces and Places-N	3 9:00 Walking Club 10:30 Busy Bees 2:30 Bingo-S 4:00 Coloring Club-S 	4 9:00 House Calls/1-1 Visits 9:30 Morning Buzz 10:30 Cheers-AR 10:30 Busy Bees-S 2:15 YMCA Dancers-S 	5 9:00 House Calls/1-1 Visits 10:30 Music-S 2:15 Bingo-N 4:30 House Calls-1-1 Visits 5:00 Activity Cart-N 5:30 Afternoon Buzz-N	6 9:00 House Calls/1-1 Visits 10:00 Morning Exercise-S 2:15 Wheel of Fortune-N 	Calendar Subject To Change
7 10:30 Sunday School w/ Joyce Baumgardner-S 2:30 Vespers-N Gene/Jean Fields	8 9:00 House Calls/1-1 10:15 God's Word-AR 2:15 Bingo-N 5:00 Activity Cart-S 5:30 Afternoon News-N	9 9:00 Walking Club 9:00 House calls/1-1 10:30 Exercise 2:15 Jeopardy-N 7:00 Pet Visit 	10 9:00 Walking Club 10:30 Busy Bees 2:30 Bingo-S 4:00 Coloring Club-S 	11 9:00 House Calls/1-1 Visits 9:30 Morning Buzz 10:00 Cheers-AR 10:30 Busy Bees-S 12:00 Dine with Friends picnic-AR 2:15 K&J Salon-S 	12 9:00 House Calls/1-1 Visits 10:30 Music-S 2:30 Resident Birthday-S 4:30 House Calls-1-1 Visits 5:00 Activity Cart-N 5:30 Afternoon Buzz-N 	13 9:00 House Calls/1-1 Visits 10:00 Morning Exercise-S 2:15 Bingo-N
14 10:30 Sunday School w/ Joyce Baumgardner-S 2:30 Vespers Moira Nash & Joyce Baumgardner	15 9:00 House Calls/1-1 10:15 God's Word-AR 2:15 Bingo-N 5:00 Activity Cart-S 5:30 Afternoon News-N	16 9:00 Walking Club 9:00 House calls/1-1 10:30 Exercise 2:15 Movie/Popcorn-N 	17 9:00 Walking Club 10:30 Busy Bees 2:30 Bingo-S 4:00 Coloring Club-S 	18 9:00 House Calls/1-1 Visits 10:00 Resident Council-AR 10:30 Busy Bees-S 2:15 K&J Salon-S 	19 9:00 House Calls/1-1 Visits 10:30 Music-S 2:15 Bingo-N 4:30 House Calls-1-1 Visits 5:00 Activity Cart-N 5:30 Afternoon Buzz-N 	20 9:00 House Calls/1-1 Visits 10:00 Morning Exercise-S 2:15 Coverall-N
21 10:30 Sunday School w/ Joyce Baumgardner 2:30 Vespers Maple Avenue Christian Church – N	22 9:00 House Calls/1-1 10:15 God's Word-AR 2:15 Bingo-N 5:00 Activity Cart-S 5:30 Afternoon News-N	23 9:00 Walking Club 9:00 House calls/1-1 10:30 Exercise 2:15 Tolland's Music-N 7:00 Pet Visit 	24 9:00 Walking Club 10:30 Busy Bees 2:30 Bingo-S 4:00 Coloring Club-S 	25 9:00 House Calls/1-1 9:30 Morning Buzz 10:00 Cheers-AR 10:15 Donut Day 10:30 Busy Bees-S 12:00 Dine with Friends picnic-AR 2:15 K&J Salon-S 	26 9:00 House Calls/1-1 Visits 10:30 Music-S 2:15 Bingo-N 4:30 House Calls-1-1 Visits 5:00 Activity Cart-N 5:30 Afternoon Buzz-N 	27 9:00 House Calls/1-1 Visits 10:00 Morning Exercise-S 2:15 Who, What, When 3:00 Victory Baptist
28 10:30 Sunday School w/ Joyce Baumgardner-S 2:30 Colchester Baptist Church-N	29 9:00 House Calls/1-1 10:15 God's Word-AR 2:15 Bingo-N 5:00 Activity Cart-S 5:30 Afternoon News-N	30 9:00 Walking Club 9:00 House calls/1-1 10:30 Exercise 2:15 The Elms Olympics-N	31 9:00 Walking Club 10:30 Busy Bees 2:30 Bingo-S 4:00 Coloring Club 	Sparkler Groups Sunrise 8-9:15 a.m. Sparklers 10:15-11 p.m. Horizons 4-4:30 p.m. These programs are Monday - Friday		

August 2016