



# Saint Louis Altenheim INSIGHT

June 2011

*A Life Care Residence for Gracious Senior Living*

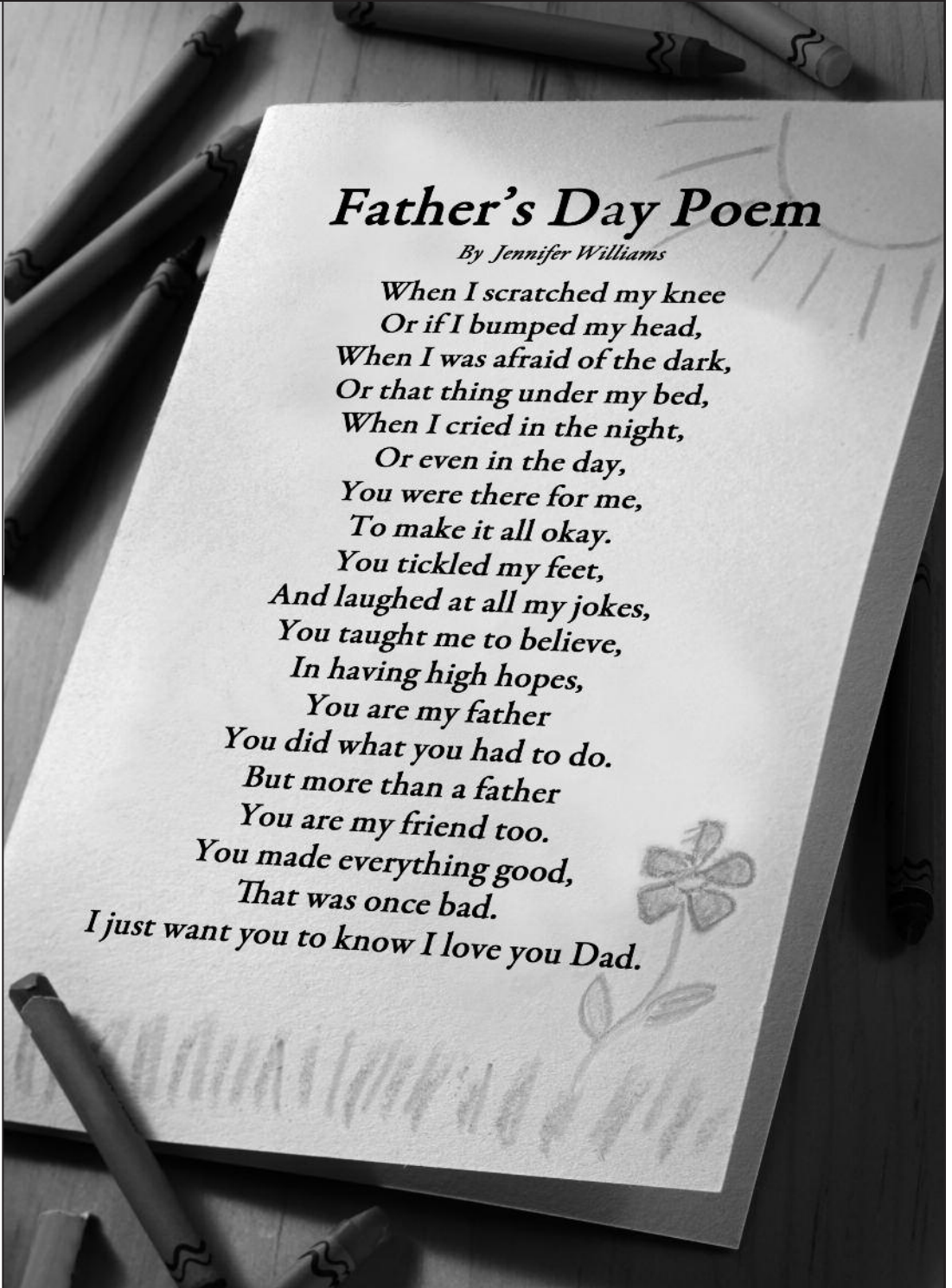
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## *Father's Day Poem*

*By Jennifer Williams*

*When I scratched my knee  
Or if I bumped my head,  
When I was afraid of the dark,  
Or that thing under my bed,  
When I cried in the night,  
Or even in the day,  
You were there for me,  
To make it all okay.  
You tickled my feet,  
And laughed at all my jokes,  
You taught me to believe,  
In having high hopes,  
You are my father  
You did what you had to do.  
But more than a father  
You are my friend too.  
You made everything good,  
That was once bad.  
I just want you to know I love you Dad.*



## This Month in History

### June 6, 1944

**D-Day Landing.** Allied forces land on the beaches of Normandy, France during World War II in a prolonged invasion, driving German forces back and establishing a European front from which to defeat Hitler's Nazi regime.

### June 12, 1944

**John F. Kennedy medals.** For his actions as pilot of the motor torpedo boat PT 109 during World War II, JFK receives a Purple Heart and the Navy and Marine Corp Medal.

### June 18, 1983

**First American woman in space.** Dr. Sally Ride, an astrophysicist, makes a 6-day voyage into space aboard the *Challenger* where she was responsible for operating the shuttle's robot arm.

### June 23, 1972

**Title IX enacted.** Title IX prohibits discrimination in school athletic programs based on gender- in 1972 only 295,000 girls participated in high school athletics, today that number has increased to over 2.5 million.

### June 25, 1956

**Last Packard produced.** Once the leading luxury car company in America, the popularity of the Packard's square frame was surpassed by General Motors' Cadillac after World War II.

## Welcome New Residents!

Saint Louis Altenheim WELCOMES our newest neighbor:



**Viola Vogelpobl**

Please stop by soon and make her feel welcome. We are so happy to have you make the Altenheim your new home!

## Happy Birthday To Our Residents Who Share June Birthdays!

<b>Louise Pidgeon</b>	<b>6th</b>
<b>Edith Schild</b>	<b>12th</b>
<b>Roberta Gagan</b>	<b>18th</b>
<b>Julia Brodigan</b>	<b>23rd</b>
<b>Theron Glock</b>	<b>25th</b>



## Happy Birthday To Our Employees Who Share June Birthdays!

<b>Avis Wilson</b>	<b>Nursing</b>	<b>9th</b>
<b>Tiffany Thomas</b>	<b>Nursing</b>	<b>9th</b>
<b>Sharon Wansong</b>	<b>Activities</b>	<b>13th</b>
<b>Ray Miles</b>	<b>Dietary</b>	<b>15th</b>
<b>Sharbonda Smith</b>	<b>Nursing</b>	<b>16th</b>
<b>Reagan Moore</b>	<b>Nursing</b>	<b>17th</b>
<b>Shirlee Evans</b>	<b>Nursing</b>	<b>30th</b>

All our June birthdays will be celebrated on Wednesday, the 8th with cake and ice cream. Join us in the dining room!

*May each of you have a beautiful day in some special way!*

## Resident Profile...

# Teresa Klutinis Hemkens

By Thelma Urich



**Teresa is a first generation American, her parents were Lithuanian.**

**T**eresa Klutinis is a first generation American, her parents were Lithuanian. She had a typical childhood, loving parents and was a good scholar. She attended 1st through 8th grade at St. Laborious School in north St. Louis, where incidentally, although she didn't know it at the time, she was going to school with her future husband, Gerard Hemkens. She attended Notre Dame High School which is located on Ripa, east of Broadway, in South St. Louis County. There, like many teenagers, she decided what she wanted to do when she got out of school - become a nurse. After graduation, Teresa attended St. John's School of Nursing. She began her career at St. John's working in the delivery room. Later she went to Barnes Hospital to study to be an anesthetist.

Teresa and Gerard had a beautiful formal wedding on August 21, 1954. Teresa continued her nursing career while Gerard worked as a research chemist at Mallinckrodt Chemical Company. They had five children: John is Director of Respiratory Therapy at St. Louis University Hospital; Gregory has Down's Syndrome and lives in the Brother James Court in Springfield, Illinois; Larry works in the construction industry; Mary was an X-ray technician at Forest Park Hospital and then studied to become a massage therapist, she works currently in a chiropractor's office; and Ed is a police officer in the K-9 unit. His dog, a German Shepard named Bolo, understands Spanish and is becoming bilingual.

Working and raising five children did not leave Teresa much time for hobbies and special activities, although she did enjoy embroidering pillow cases and adding crochet edgings. However, most of her spare time was used for tutoring at St. Marks School (the former Mary Queen of the Universe), delivering Meals on Wheels and, best of all, babysitting her nine grandchildren.

The family mostly traveled to visit Teresa's brother in Tennessee and Gerard's two brothers who were both in the Air Force and both priests. It wasn't until the children were grown and on their own, that Teresa and Gerard bought a travel van and toured the east coast of the country.

Of particular memory were their trips through the Smokey Mountains and to Niagara Falls. To celebrate their 25th wedding anniversary, Teresa and Gerard took a very romantic Caribbean Cruise.

Teresa's daughter said that her mother must tell us about Aunt Mary (Teresa's sister). For two weeks prior to Christmas, Aunt Mary and Teresa would bake hundreds of cookies which would be used as Christmas gifts for friends. If you were fortunate enough to be given a tin of cookies for the holidays, the only way you would receive the gift next year was if you returned the empty tin. Her daughter Mary has the cookbook, a thick one, containing the recipes for the cookies. Ask Mary and Ed what their favorite recipe was that their mother made and they both, after much discussion, will say "chicken with wild rice."

Gerard passed away one week before his and Teresa's 53rd anniversary. She continued living in the family home until recently when her family helped her make arrangements to move to the St. Louis Altenheim where Teresa is settling in. Welcome Teresa!

# JUNE ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><b>AR</b> - ASSEMBLY ROOM    <b>DR</b> - DINING ROOM  <b>BR</b> - BOARD ROOM        <b>GR</b> - GAME ROOM  <b>C</b> - CHAPEL                <b>LR</b> - 1st FLOOR LIVING ROOM  <b>CR</b> - CRAFT ROOM        <b>TV</b> - TV ROOM</p>			<p><b>10:00 AM</b> CATHOLIC SERVICE  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:00 PM</b> GARDEN CLUB  <b>1:30 PM</b> MRS. DOUBTFIRE ~ TV  <b>7:15 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> PROGRAM ~ AR  <b>1:15 PM</b> BINGO ~ AR  <b>2:00 PM</b> BIRDS &amp; SONG ~ AVIARY  <b>2:30 PM</b> PROTESTANT SERVICE ~ C  <b>4:00 PM</b> HAPPY HOUR ~ DR  <b>7:15 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:15 AM</b> ROSARY ~ C  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:15 PM</b> WHEEL OF FORTUNE ~ AR  <b>2:00 PM</b> GUY'S &amp; GAL'S ~ AR  <b>7:15 PM</b> CARDINAL GAME ~ TV</p>	<p><b>9:00 AM</b> BIBLE CLASS ~ 3FL  <b>10:00 AM</b> BINGO ~ AR  <b>3:10 PM</b> CARDINAL GAME ~ TV  <b>4:00 PM</b> CATHOLIC SERVICE ~ C</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p><b>10:00 AM</b> WORSHIP SERVICE ~ C  <b>1:15 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> JACK POT ~ AR  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:00 PM</b> JOY RIDE ~ LR  <b>2:15 PM</b> ICE CREAM ~ AR</p>	<p><b>10:00 AM</b> MUSIC BY RON ~ AR  <b>11:00 AM</b> SANDWICH FIXIN ~ CR  <b>1:15 PM</b> BINGO ~ AR  <b>7:05 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> CATHOLIC SERVICE  <b>11:00 AM</b> EXERCISE ~ AR  <b>11:45 AM</b> BIRTHDAY DINNER  <b>1:00 PM</b> WAL-MART ~ LR  <b>1:30 PM</b> FIDDLER ON THE ROOF ~ TV  <b>7:05 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> MUSIC PROGRAM  <b>1:15 PM</b> BINGO ~ AR  <b>2:00 PM</b> BIRDS &amp; SONG ~ AVIARY  <b>2:30 PM</b> PROTESTANT SERVICE ~ C  <b>7:05 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:15 AM</b> ROSARY ~ C  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:15 PM</b> TRIVIA ~ AR  <b>1:45 PM</b> MUSIC BY BENO ~ AR  <b>7:10 PM</b> CARDINAL GAME ~ TV</p>	<p><b>9:00 AM</b> BIBLE CLASS ~ 3FL  <b>10:00 AM</b> BINGO ~ AR  <b>4:00 PM</b> CATHOLIC SERVICE ~ C  <b>6:10 PM</b> CARDINAL GAME ~ TV</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p><b>10:00 AM</b> WORSHIP SERVICE ~ C  <b>1:10 PM</b> CARDINAL GAME ~ TV</p>	<p><b>9:00 AM</b> BOOK MOBILE ~ BR  <b>10:00 AM</b> JACK POT ~ AR  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:00 PM</b> WII GAME ~ AR  <b>1:30 PM</b> SOCIETY PRESENTS ~ AR</p>	<p><b>10:00 AM</b> MUSIC BY CHAD ~ AR  <b>1:15 PM</b> BINGO ~ AR  <b>6:05 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> CATHOLIC SERVICE  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:00 PM</b> SCHNUCKS ~ LR  <b>1:30 PM</b> FATHER'S DAY ~ TV  <b>6:05 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> MUSIC BY CHARLIE ~ AR  <b>1:15 PM</b> BINGO ~ AR  <b>2:00 PM</b> BIRDS &amp; SONG ~ AVIARY  <b>2:30 PM</b> PROTESTANT SERVICE ~ C  <b>6:05 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:15 AM</b> ROSARY ~ C  <b>11:00 AM</b> EXERCISE ~ AR  <b>11:00 AM</b> LUNCH TRIP ~ LR  <b>1:30 PM</b> PO-KE-NO ~ AR  <b>2:00 PM</b> BUNKO ~ AR  <b>7:15 PM</b> CARDINAL GAME ~ TV</p>	<p><b>9:00 AM</b> BIBLE CLASS ~ 3FL  <b>10:00 AM</b> BINGO ~ AR  <b>4:00 PM</b> CATHOLIC SERVICE ~ C  <b>6:15 PM</b> CARDINAL GAME ~ TV</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<p><b>10:00 AM</b> WORSHIP SERVICE ~ C  <b>1:15 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> JACK POT ~ AR  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:15 PM</b> THROW AWAY BINGO ~ AR  <b>2:00 PM</b> WII GAME ~ AR  <b>6:00 PM</b> EVENING BINGO ~ AR</p>	<p><b>10:00 AM</b> MUSIC BY JESSIE ~ AR  <b>1:15 PM</b> BINGO ~ AR  <b>7:00 PM</b> BAND CONCERT ~ AR  <b>7:15 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> CATHOLIC SERVICE  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:00 PM</b> WALGREENS ~ LR  <b>1:30 PM</b> TOM SAWYER ~ TV  <b>2:00 PM</b> DREAM CENTER ~ AR  <b>7:15 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> LIBRARY PRESENTS ~ AR  <b>1:15 PM</b> BINGO ~ AR  <b>2:00 PM</b> BIRDS &amp; SONG ~ AVIARY  <b>2:30 PM</b> PROTESTANT SERVICE ~ C  <b>7:15 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:15 AM</b> ROSARY ~ C  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:15 PM</b> MEMORY WORKOUT ~ AR  <b>1:45 PM</b> MUSIC BY JIM ~ AR  <b>7:15 PM</b> CARDINAL GAME ~ TV</p>	<p><b>9:00 AM</b> BIBLE CLASS ~ 3FL  <b>10:00 AM</b> BINGO ~ AR  <b>4:00 PM</b> CATHOLIC SERVICE ~ C  <b>6:15 PM</b> CARDINAL GAME ~ TV</p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
<p><b>10:00 AM</b> WORSHIP SERVICE ~ C  <b>1:15 PM</b> CARDINAL GAME ~ TV</p>	<p><b>9:00 AM</b> BOOK MOBILE ~ BR  <b>10:00 AM</b> JACK POT ~ AR  <b>11:00 AM</b> EXERCISE ~ AR</p>	<p><b>10:00 AM</b> MUSIC BY LEE ~ AR  <b>1:15 PM</b> BINGO ~ AR  <b>6:05 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> CATHOLIC SERVICE  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:30 PM</b> SEVEN BRIDES FOR SEVEN BROTHERS ~ TV  <b>6:05 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> MUSIC BY JAN ~ AR  <b>1:15 PM</b> BINGO ~ AR  <b>2:00 PM</b> BIRDS &amp; SONG ~ AVIARY  <b>2:30 PM</b> PROTESTANT SERVICE ~ C  <b>6:05 PM</b> CARDINAL GAME ~ TV</p>		



## Music Programs

Music Programs for June are held in the Assembly Room and begin at 10:00 a.m. and 1:45 p.m., except for Birthday dinner celebration and Happy Hour.

**Ron Reichard** – Presents favorites from the 30s and 40s on guitar on Tuesday, the 7th.

**BENO** – She is an energetic entertainer with a big variety of songs on Friday, the 10th.

**Chad Evans** – One of our best with his keyboard and singing. He has an amazing range of variety on his keyboard on Tuesday the 14th.

**Charlie Block** – Charlie and his accordion entertain you on Thursday, the 16th.

**Jessie Cleamer** – Jessie is a great interactive entertainer with a peppy variety on Tuesday, the 21st.

**Jim Boyd** – Known as “The Entertainer,” this man is great singing while playing piano on Friday, the 24th.

**Lee Carter** – Lee has a wide variety of sounds including jazzy blues, gospel and country on Tuesday, the 28th.

**Jan Marra** – Jan brings her guitar and voice to entertain on Thursday, June 30th at 10:00 a.m

## Entertainment

**Society Presents** – Mike Farmer sings Sinatra and popular favorites on Monday, June 13th at 1:30 p.m. ~ AR

Monday  
the 13th  
1:30 p.m.

**Library Presents** – “Sweets for the Sweet – Candy and Other Sweet Treats” on Thursday, June 23rd at 10:00 a.m. ~ AR

Thursday  
the 23rd  
10:00 a.m.

## NOW SHOWING

June Wednesday Movies 1:30 p.m.  
in TV Room

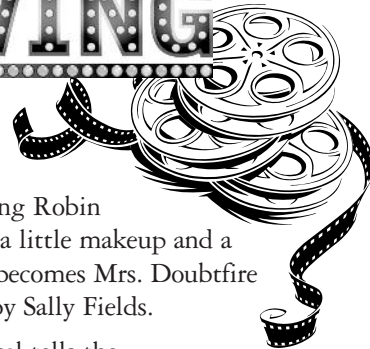
**June 1st** – “Mrs. Doubtfire,” A comedy starring Robin Williams and Sally Fields, with the perfect wig, a little makeup and a dress for all occasions, Daniel (Robin Williams) becomes Mrs. Doubtfire a devoted British nanny, for his ex-wife, played by Sally Fields.

**June 8th** – “Fiddler on the Roof,” This musical tells the life-affirming story of Tevya, a poor milkman whose love, pride and faith help him face the oppression of turn-of-the-century czarist Russia.

**June 15th** – “Father’s Day,” Comedy starring Billy Crystal and Robin Williams, Jack (Billy Crystal) and Dale (Robin Williams) have nothing in common until they team up to track down a runaway teen each believes might be his son.

**June 22nd** – “Tom Sawyer,” An adventurous film starring the young Jodi Foster, as Tom and Becky (Jodi Foster) lead the way through a wildly inventive series of tall tales and narrow escapes.

**June 29th** – “Seven Brides for Seven Brothers,” A musical starring Howard Keel, Jeff Richards, the seven Pontipee Brothers ease the loneliness of their Oregon Farm by courting seven women.



## Travel

**Joy Ride** Trip on Monday, June 6th leaving at 1:00 p.m. ~ LR

**Wal-Mart** Trip on Wednesday, June 8th leaving at 1:00 p.m. ~ LR

**Schnucks** Trip on Wednesday, June 15th leaving at 1:00 p.m. ~ LR

**Kimmswick** Trip on Friday, June 17th departing at 11:00 a.m. Ride around the historic riverfront town along the Mississippi River. We will stop at the Dough Depot for lunch. Bring \$10.00 for lunch. ~ LR

**Walgreens** Trip on Wednesday, June 22nd leaving at 1:00 p.m. ~ LR

All trips depart from the front living room.

Sign up outside the craft room on the lower lever for all trips EXCEPT Schnucks and Dierbergs. Sign up for these at the front desk!

Please see calendar for a daily schedule of entertainment and fun.

## FLAGS

E	L	O	R	E	D	N	A	B	S	E	I	R	T	N	U	O	C
R	D	G	J	G	A	W	G	I	W	S	M	N	P	S	V	N	E
O	E	S	R	A	T	S	Y	I	C	F	E	L	O	P	O	I	R
H	L	N	G	A	L	F	O	R	S	C	U	P	X	D	B	E	E
P	H	K	N	O	N	Q	R	T	S	N	W	Z	I	D	G	D	M
A	J	M	B	A	P	S	S	E	V	Y	E	U	C	R	L	F	O
M	I	M	L	B	B	O	R	R	M	U	G	C	X	E	T	B	N
E	Y	E	L	H	P	C	K	A	N	A	M	D	I	Q	L	S	Y
S	T	U	H	T	O	L	C	W	B	Z	E	F	D	R	G	E	D
J	E	M	P	E	K	A	E	P	S	S	L	R	U	V	B	V	L
Y	R	D	C	P	F	E	I	D	I	L	B	F	T	O	R	A	O
U	E	X	A	O	G	B	T	G	G	E	M	H	K	S	N	W	F
G	W	T	Q	R	T	W	N	C	Z	E	E	S	R	D	A	G	L
R	O	J	U	R	A	S	M	P	E	T	T	O	E	S	V	M	U
O	L	B	Y	L	O	P	C	F	S	P	L	I	I	S	L	O	T
U	R	U	X	B	A	N	E	I	H	O	S	K	H	N	I	Q	T
N	T	W	R	O	S	S	O	K	C	A	J	E	Z	W	D	A	E
D	R	A	Y	L	A	H	G	H	J	D	E	S	R	E	V	E	R

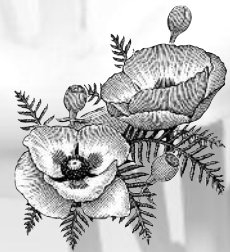
Banderole	Ensign	Jack	Salute
Banner	Fabric	Lower	Semaphore
Bars	Field	Mast	Stars
Blue	Flag	Parades	Streamer
Burgee	Flutter	Peak	Stripes
Ceremony	Fold	Pledge	Symbols
Cloth	Furl	Pole	Waves
Colors	Ground	Raises	White
Countries	Guidon	Respect	Wigwag
Crescent	Halyard	Reversed	
Designs	Hoist	Rope	
Emblem	Honor	Ross	

### Our Deepest Sympathy

*It is with great sadness that we mark the passing of our dear friends and neighbors.*

*We extend our deepest sympathy and condolences to their families*

- Marie Klefler
- Lenore Hunter
- Dorothy Sanchez
- Mary Ann Lee
- Andy Brown



### Memorials & Gifts

In Memory  
of Robert McNicholas  
Laura & Bruce Calloway

In Memory  
of Lenore Hunter  
William & Louise Bullock  
Eugene & Janet Taft  
Ann Eggebrecht

Krapf-Waldstein  
Annual Donation

Ruf Annual Distribution

Aviary Bird Maintenance  
Altenheim Society

## Employee Service Recognition

### June Service Anniversaries

Reagan Moore	Nursing	1st
Tiffany Thomas	Nursing	3rd
Michael Wilson	Nursing	7th
Lois Tucker	Housekeeping	11th
Annie King	Dietary	16th
Annette Fields	Nursing	17th
Melvin Schulte	Dietary	18th
Mara Cozmo	Nursing	28th
Ibro Osmanovic	Maintenance	30th



## Charlie's Turkey and Vegetable Salad

- 8 oz. smoked turkey breast, diced
- 1 c. red potatoes, diced and cooked
- 1 c. fresh broccoli florets
- ½ c. thinly sliced yellow squash
- ½ c. grated carrots
- ¼ c. thinly sliced sweet red pepper
- ¼ c. thinly sliced green onion
- ½ c. mayonnaise
- 1 tsp. lemon juice
- ¼ tsp. parsley
- 1 tsp. Dijon mustard
- ½ tsp. dill weed
- 1/8 tsp. garlic powder

*In a medium bowl, combine turkey, potatoes, broccoli, squash, carrots, pepper and onion. In small bowl, combine mayonnaise, mustard, lemon juice, dill parsley and garlic powder. Fold mayonnaise, mixture into turkey and vegetable mixture. Cover and chill at least an hour.*

# Sketching June

By W.Fraser

*June is tinted violet pink  
Lined and signed with deep green ink;  
Splurges of color everywhere-  
Wild love calls that pierce the air.  
Honey bees evicting squirrels,  
Vapors sweet and grapevine curls,  
Winged things in the mulberry tree;  
Gardens growing prolifically.  
June is beauty fully grown-  
Morning dew when the sun comes on;  
Life sustained at its highest peak-  
June is the middle of a year-long week.*

### CROSSWORD ANSWERS from page 7

