



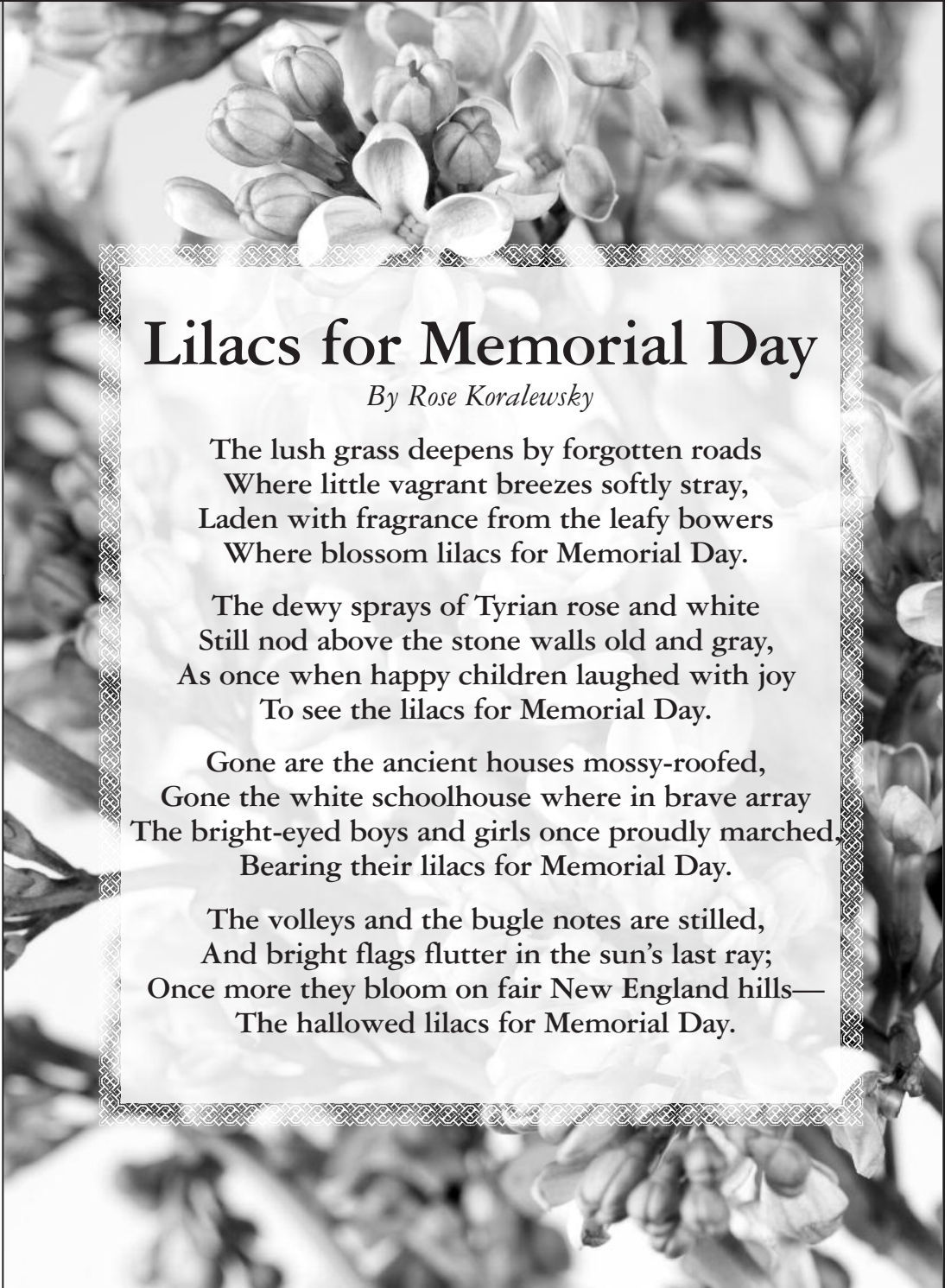
# *Saint Louis Altenheim* **INSIGHT**

May 2011

*A Life Care Residence for Gracious Senior Living*

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## Lilacs for Memorial Day

*By Rose Koralewsky*

The lush grass deepens by forgotten roads  
Where little vagrant breezes softly stray,  
Laden with fragrance from the leafy bowers  
Where blossom lilacs for Memorial Day.

The dewy sprays of Tyrian rose and white  
Still nod above the stone walls old and gray,  
As once when happy children laughed with joy  
To see the lilacs for Memorial Day.

Gone are the ancient houses mossy-roofed,  
Gone the white schoolhouse where in brave array  
The bright-eyed boys and girls once proudly marched,  
Bearing their lilacs for Memorial Day.

The volleys and the bugle notes are stilled,  
And bright flags flutter in the sun's last ray;  
Once more they bloom on fair New England hills—  
The hallowed lilacs for Memorial Day.

## This Month in History

### May 5, 1921

Coco Chanel launches first fragrance. Chanel No. 5 is still sold somewhere in the world every 55 seconds, and was so named because Chanel always introduced her collections on the 5th day of the 5th month.

### May 8, 1945

Victory in Europe Day celebrated. German soldiers throughout Europe surrendered, leading to celebration in America and Great Britain, where it is still a public holiday. World War II did not end until August 15th, when Japan surrendered.

### May 19, 1749

King George II promotes westward expansion. Granting land to the Ohio Company, which included two of George Washington's brothers, allowed settlers in Virginia to begin moving west into the Ohio Valley.

### May 26, 1927

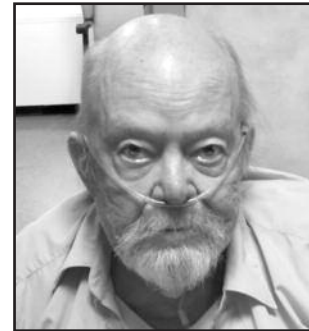
Last Model T produced. After producing 15 million of Henry Ford's iconic vehicles, production was shut down and Ford Motor Company was outfitted to begin producing the Model A.

### May 30, 1911

First Indianapolis 500 held. Paying \$1 admission, 80,200 spectators watched Ray Harroun win the 500-mile automobile race, his car outfitted with his brand new invention- a rear view mirror. 2011 marks the 100th anniversary of the Indianapolis Motor Speedway and the 95th race.

## Welcome New Residents!

Saint Louis Altenheim WELCOMES our newest neighbors:



**Andy Brown**



**Marie Brune**

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

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

<b>Sue Mueller</b>	<b>5th</b>
<b>Elsie Staelens</b>	<b>19th</b>
<b>Virginia Palazzolo</b>	<b>26th</b>
<b>Theima Baumann</b>	<b>30th</b>



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

<b>Delnita Young</b>	<b>Nursing</b>	<b>6th</b>
<b>Ibro Osmanovic</b>	<b>Maintenance</b>	<b>8th</b>
<b>Margie Bathe</b>	<b>Nursing</b>	<b>13th</b>
<b>Mara Cizmo</b>	<b>Nursing</b>	<b>30th</b>

All our May birthdays will be celebrated on Wednesday, the 11th 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...

# Joan Masella

By Thelma Urich



**Joan's Irish heritage has a lot to do with her approach to life.**

Joan Masella is a slender senior who takes an interest in the world and people around her. She is a delightful lady with a quirky sense of humor and I couldn't help but think that her Irish heritage (she is first generation American) has a lot to do with her approach to life.

She met her future husband, Joe, while in high school. They married soon after graduation, she at 19, he at age 20. They were married at the court house in downtown St. Louis. Later, they had a church wedding, with all the trimmings.

Joan was first generation Irish-American while Joe was first generation Italian-American. Joe got along well with his mother-in-law, he loved her cooking. He worked for Laclede Gas and later for Rutherford Industries who made pipe covers.

Joan and Joe had four children—two girls and two boys. Two of their children live in the area, daughter Anne and son Joe. Joan and her husband were grandparents to eight and great-grandparents to five.

Joseph did not want his wife to work outside the home, so while the children were young, Joan was a stay at home mom.

When the children became older and more independent, Joan became interested in volunteering at the Red Cross and at the St. Louis Visitor Center. Her responsibility was to help visitors to St. Louis not only enjoy their visit here, but to also expose visitors and residents alike to all that makes St. Louis such an interesting city. She led bus tours of the city and even took groups on walking tours of downtown St. Louis where there

are many historical homes and places of interest. At one time, her office was on a barge on the Mississippi at the foot of the Arch. Joan was such an asset to the Visitor Center that she was elected to serve as President of the Board.

Joan and her family loved to travel and her apartment contains treasured reminders of her trips. The whole family took a trip to Peru, South America. Joan and her husband leased every year the same cabin in Gulf Port, Mississippi for vacations. Joan and her daughter Anne went to Russia for a winter vacation to see Moscow and St. Petersburg in the snow, a very beautiful sight. Of particular interest in Moscow was the subway, which was lined with art treasures and no trash to be seen. Other trips—Caribbean cruises, river boat travel from New Orleans to St. Louis, bus tours to New England, Williamsburg—are remembered fondly and with bits of ceramics, paintings and woven samples.

Since Joan's lengthy trips are a thing of the past, she has become an armchair traveler, enjoying a good book, testing her skill with mysteries, delving into history and sharing her thoughts and experiences with others. You will enjoy getting to know Joan as I did when we visited one Friday afternoon.

# MAY ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY								
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>								
<p><b>10:00 AM</b> WORSHIP SERVICE  <b>12:35 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> WHEEL OF FORTUNE ~ AR  <b>1:45 PM</b> GOLF CARDS ~ AR</p>	<p><b>10:00 AM</b> MUSIC BY RON ~ AR  <b>11:00 AM</b> SANDWICH FIXIN' ~ GR  <b>1:15 PM</b> BINGO ~ AR</p>	<p><b>10:00 AM</b> CATHOLIC SERVICE  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:00 PM</b> WALMART ~ LR  <b>1:30 PM</b> MOVIE ~ TV  <i>"Fun in Acapulco"</i></p>	<p><b>12:00 PM</b> CINCO DE MAYO ~ DR  <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</p>	<p><b>10:15 AM</b> ROSARY ~ C  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:30 PM</b> GUY'S &amp; GAL'S ~ GR  <b>2:45 PM</b> MEHIVILLE SINGERS ~ AR</p>	<p><b>9:00 AM</b> BIBLE CLASS ~ 3FL  <b>10:00 AM</b> BINGO ~ AR  <b>12:10 PM</b> CARDINAL GAME ~ TV</p>								
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>								
<p><b>10:00 AM</b> WORSHIP SERVICE  <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  <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</p>	<p><b>10:00 AM</b> CATHOLIC SERVICE  <b>10:00 AM</b> EXERCISE ~ AR  <b>11:45 AM</b> BIRTHDAY DINNER ~ DR  <b>1:00 PM</b> GARDEN CLUB ~ 6FL  <b>1:00 PM</b> SCHNUCKS ~ LR  <b>1:30 PM</b> MOVIE ~ TV  <i>"Mamma Mia"</i></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</p>	<p><b>10:15 AM</b> ROSARY ~ C  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:00 PM</b> 20 QUESTIONS ~ AR  <b>1:45 PM</b> MUSIC by BENO ~ AR</p>	<p><b>9:00 AM</b> BIBLE CLASS ~ 3FL  <b>10:00 AM</b> BINGO ~ AR  <b>8:10 PM</b> CARDINAL GAME ~ TV</p>								
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>								
<p><b>10:00 AM</b> WORSHIP SERVICE  <b>12:10 PM</b> CARDINAL GAME ~ TV  <b>2:00 PM</b> LIEDERKRANZ SINGER ~ AR</p>	<p><b>10:00 AM</b> JACK POT ~ AR  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:00 PM</b> MILLIONAIRE GAME ~ AR  <b>1:45 PM</b> BUNKO ~ 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</p>	<p><b>10:00 AM</b> CATHOLIC SERVICE  <b>10:00 AM</b> EXERCISE ~ AR  <b>1:00 PM</b> WALGREENS ~ LR  <b>1:30 PM</b> MOVIE ~ TV  <i>"The Bucket List"</i>  <b>5:00 PM</b> BOARD MEETS ~ BR</p>	<p><b>10:00 AM</b> MUSIC BY STEPHANIE ~ 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</p>	<p><b>10:15 AM</b> ROSARY ~ C  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:00 PM</b> THROW AWAY BINGO ~ AR  <b>1:45 PM</b> LRC DICE GAME ~ AR</p>	<p><b>9:00 AM</b> BIBLE CLASS ~ 3FL  <b>10:00 AM</b> BINGO ~ AR  <b>8:10 PM</b> CARDINAL GAME ~ TV</p>								
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>								
<p><b>10:00 AM</b> WORSHIP SERVICE  <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> PO KE NO ~ AR  WII GAME ~ AR</p>	<p><b>10:00 AM</b> MUSIC BY LEE ~ AR  <b>1:15 PM</b> BINGO ~ AR</p>	<p><b>10:00 AM</b> CATHOLIC SERVICE  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:00 PM</b> DIERBERGS ~ LR  <b>1:30 PM</b> MOVIE ~ TV  <i>"In Love and War"</i>  <b>2:00 PM</b> DREAM CENTER ~ AR</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</p>	<p><b>10:15 AM</b> ROSARY ~ C  <b>11:00 AM</b> EXERCISE ~ AR  <b>1:00 PM</b> PENNY ANTE ~ AR  <b>1:45 PM</b> MUSIC by JIM ~ AR</p>	<p><b>9:00 AM</b> BIBLE CLASS ~ 3FL  <b>10:00 AM</b> BINGO ~ AR  <b>7:10 PM</b> CARDINAL GAME ~ TV</p>								
<b>29</b>	<b>30</b>	<b>31</b>	<table border="0"> <tr> <td><b>AR</b> - ASSEMBLY ROOM</td> <td><b>DR</b> - DINING ROOM</td> </tr> <tr> <td><b>BR</b> - BOARD ROOM</td> <td><b>GR</b> - GAME ROOM</td> </tr> <tr> <td><b>C</b> - CHAPEL</td> <td><b>LR</b> - 1st FLOOR LIVING ROOM</td> </tr> <tr> <td><b>CR</b> - CRAFT ROOM</td> <td><b>TV</b> - TV ROOM</td> </tr> </table>				<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
<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><b>10:00 AM</b> WORSHIP SERVICE  <b>2:10 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> HOLIDAY BINGO ~ AR  <b>12:00 PM</b> BAR-B-QUE LUNCH  <b>3:15 PM</b> CARDINAL GAME ~ TV</p>	<p><b>10:00 AM</b> PROGRAM ~ AR  <b>1:15 PM</b> BINGO ~ AR</p>												



## Music Programs

Music Programs for May 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 3rd.

**Chad Evans** – One of our best with his keyboard and singing. He has an amazing range of variety on his keyboard on Tuesday, the 10th.

**Charlie Block** – Charlie and his accordion entertain you on Thursday, the 12th.

**BENO** – She is an energetic entertainer with a big variety of songs on Friday, the 13th.

**Jessie Cleamer and Maryann** – They are great interactive entertainers with their peppy variety on Tuesday, the 17th.

**Stephanie Trick** – She plays a range of jazz and classical favorites on Thursday, the 19th.

**Lee Carter** – Lee has a wide variety of sounds including jazzy blues, gospel and country on Tuesday, the 24th.

**Jim Boyd** – Known as “The Entertainer,” this man is great singing while playing piano on Friday, the 27th at 1:45 p.m. ~ AR

## Entertainment

**Society Presents** – the "Southbound Duo" Erik and Bill playing a variety of sounds from Country to Golden Oldies on Monday, May 9th at 1:30 p.m. ~ AR

Monday  
the 9th  
1:30 p.m.

**Library Presents** – How Does Your Garden Grow on Monday, May 26th at 10:00 a.m. ~ AR

Thursday  
the 26th  
10:00 a.m.

## NOW SHOWING

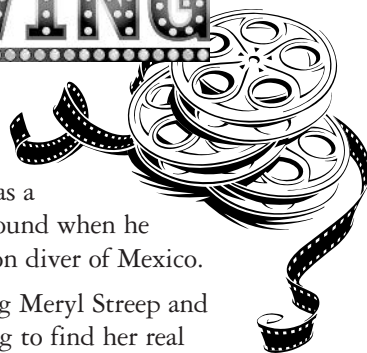
### May Wednesday Movies:

**May 4th** – “Fun in Acapulco,” A comedy starring Elvis Presley as Mike. Mike gets a job as a lifeguard and singer at a local hotel. Clashes abound when he runs into the rival lifeguard, who is the champion diver of Mexico.

**May 11th** – “Mamma Mia,” A musical starring Meryl Streep and Pierce Brosnan. The story of a bride-to-be trying to find her real father told using hit songs by popular 70’s group ABBA.

**May 18th** – “The Bucket List,” A drama starring Jack Nicholson and Morgan Freeman. Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die.

**May 25th** – “In Love and War,” A drama starring Sandra Bullock and Chris O’Donnell. A true story behind Earnest Hemmingway’s classic World War I novel “A Farewell to Arms” explores the romance that develops after Hemmingway is nurtured back to health by a nurse following an injury on the battlefield.



## Travel

**Wal-Mart** Trip on Wednesday, the May 4th leaving at 1:00 p.m. ~ LR

**Schnucks** Trip on Wednesday, May 11th leaving at 1:00 p.m. ~ LR

**Walgreens** Trip on Wednesday, May 18th leaving at 1:00 p.m. ~ LR

**Dierbergs** Trip on Wednesday, May 25th 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.*

# Cinco De Mayo Wordsearch

```

n e z d n v t h r e n c a v s n v o q
c e p u l a d a u g n s a r a p e g i
c a c i r g c y r o t c i v l z a s t
a l s n g c o z i o p a r a d e a c a
f c a a a n a c i t a e o d z r b p a
t n o p e d a r e d s i u q r a m i t
a o a o n r t c e r e s e d t u f a n
m d i l b a n a i v t n o a f j r g e
a u o e p c o a h o e n l l t o a u t
r n l o a a m i s n z l m d d t n a t
a e a n f g c a c j a a t o a i c s a
c m t a d h t h r d x c r n l n e f c
a o s p o u i r e i z f i a a e c r o
s h e r a l c p m e a p l x g b i e s
c h i l a q u i l e s c u o e o e s a
a z f d s e l t p l x d h n e m z c o
o h a l b i t p o r f i r i o d i a z
l s e l a a b t a l d e c p a p a s l
t u a n b n i a l o r e t o d a f z a
    
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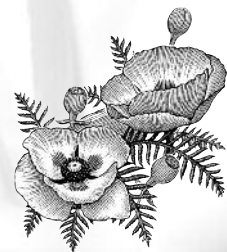
benitojuarez	chorizo	maracas	aguafrescas
porfiriodiaz	tacos	sarape	Loreto
ignaciozaragoza	chilaquiles	fiesta	Guadalupe
napoleon	flan	dance	parade
maximilian	piñata	battle	soldiers
marquisderadepont	mariachi	victory	patriots
batalladepuebla	france	veracruz	enchiladas
menudo	mexico	food	flautas
mole	mexicanhatdance	celebracion	

### Our Deepest Sympathy

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

*We extend our deepest sympathy and condolences to her family.*

**Virginia Fournier**



### Memorials & Gifts

**In Memory of Mary Grace**

Thomas & Karen Nobel

**In Memory of Louise Paglusch**

Fred & Shirley Wehrenberg

Aviary Bird Maintenance  
Altenheim Society

## Employee Service Recognition

### May Service Anniversaries

<i>Sharon Glon</i>	<i>Dietary</i>	<i>29 years</i>
<i>Shirley Evans</i>	<i>Nursing</i>	<i>12 years</i>
<i>Chasity Washington</i>	<i>Dietary</i>	<i>4 years</i>
<i>Leona Boucher</i>	<i>Nursing</i>	<i>2 years</i>
<i>Delinda Chaney</i>	<i>Nursing</i>	<i>1 year</i>
<i>Theresa Woodley</i>	<i>Marketing</i>	<i>1 year</i>



## Señor Charlie's Guacamole Dip

- 2 large avocados
- ¼ c. finely chopped onions
- 2 medium tomatoes, diced and drained
- 1 Tbsp. oil
- 4 tsp. lemon juice
- 2 Tbsp. chili or jalapeño peppers chopped (no seeds)
- ¾ tsp. salt & dash of pepper

*Cut avocados in half. Scoop avocados from shell; save shell. Mash avocados. Add all ingredients. Fill shells with avocado mixture. Serve on lettuce leaf with taco chips.*

# In the Arms of May

*By Nora M. Bozeman*

*The arms of May are flower filled  
With blossoms April showers spilled.  
Bright, rainbow-colored gifts of spring  
Arrived at her awakening.*

*The arms of May are sunshine kissed;  
Her days could charm a pessimist.  
Her flower fashions now unfold,  
Revealing shades of pink and gold*

*The arms of May hold springtime scenes  
Of grass and leaves of lushest greens.*

*Oh, let me be a stowaway  
And linger in the arms of May.*

### CROSSWORD ANSWERS from page 7

n	e	z	d	n	v	t	h	r	e	n	c	a	v	s	n	v	o	q
c	e	p	u	l	a	d	a	u	g	n	s	a	r	a	p	e	g	i
c	a	c	i	r	g	c	y	r	o	t	c	i	v	l	z	a	s	t
a	l	s	n	g	c	o	z	i	o	p	a	r	a	d	e	a	c	a
f	c	a	a	n	a	c	i	t	a	e	o	d	z	r	b	p	a	
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m	d	i	l	b	a	n	a	i	v	t	n	o	a	f	j	r	g	e
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s	h	e	r	a	l	c	p	m	e	a	p	l	x	g	b	i	e	s
c	h	i	l	a	q	u	i	l	e	s	c	u	e	e	o	e	s	a
a	z	f	d	s	e	l	t	p	l	x	d	h	n	e	m	z	c	o
o	h	a	l	b	i	t	p	o	r	f	i	r	i	o	d	i	a	z
l	s	e	l	a	a	b	t	a	l	d	e	c	p	a	p	a	s	l
t	u	a	n	b	n	i	a	l	o	r	e	t	o	d	a	f	z	a