



Saint Louis Altenheim INSIGHT

January 2011

A Life Care Residence for Gracious Senior Living

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The Snowbirds

By Mrs. H.C. Gardner

The snowflakes are falling;
All through still night
We heard the light touch
Of the crystals so white;
They filled the dark hollows
Along the gray ledge,
And draped the green cypress
That bends o'er its edge.

Unheeding the cool wind,
The storm, and the spray,
The wild little snowbirds
Are blithely at play;
They pick the dry seeds
From the shrubs of the door,
And merrily chirp
While the wint'ry winds roar.

O do they not miss
The thick shades of the grove?
Or is the bleak forest
The home that they love?
The wild rose and lily
Bend not to the breeze,
And the green leaves are gone
From the murmuring trees.

So happy they seem,
So careless and gay,
So free in their motions
And beautiful play;
They brighten the path
That I cheerlessly trod,
And teach me the wisdom
Of trusting in God.

This Month in History

January 4, 1847

Samuel Colt sells his first revolvers to the US Government – this sale, for 1,000 revolvers, saved his fledgling company and the resulting mass production helped make the revolvers affordable for the general public- they were especially popular with those heading West during the California Gold Rush.

January 5, 1914

Ford Motor Company improves working conditions – in a successful effort to reduce employee turnover, workers began working an 8-hour day, down from 9 hours, 5 days a week and were paid \$5 per day.

January 6, 1929

George Washington marries Martha Dandridge Custis – the wedding was a lavish affair that took place at the bride's sprawling Williamsburg estate, known as the White House.

January 22, 1968

Apollo 5 launches – this was the first unmanned flight of the Apollo Lunar Module, which would later carry the first men into space.

Welcome New Residents!

Saint Louis Altenheim WELCOMES our newest neighbors:



Larry and Myrt Zwilling

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

Happy Birthday to all our residents who share January Birthdays!

| | |
|----------------------------|-------------|
| <i>Joan Kernebeck</i> | <i>4th</i> |
| <i>Sophie Glock</i> | <i>5th</i> |
| <i>Marie Johnson</i> | <i>6th</i> |
| <i>Fransciska Tillmann</i> | <i>22nd</i> |

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

Happy Birthday to our employees who share January Birthdays!

| | | |
|-----------------------------|-----------------------|-------------|
| <i>Mary Ann Kolar</i> | <i>Administrative</i> | <i>1st</i> |
| <i>Cindy Fortune</i> | <i>Dietary</i> | <i>2nd</i> |
| <i>Lois Tucker</i> | <i>Housekeeping</i> | <i>3rd</i> |
| <i>Marianna Berkbuegler</i> | <i>Nursing</i> | <i>4th</i> |
| <i>Beli Mehmedovic</i> | <i>Maintenance</i> | <i>5th</i> |
| <i>Ruth Jennings</i> | <i>Activities</i> | <i>16th</i> |
| <i>Michael Wilson</i> | <i>Nursing</i> | <i>18th</i> |
| <i>Jannie Branscum</i> | <i>Housekeeping</i> | <i>30th</i> |

All our January birthdays will be celebrated on Wednesday, the 12th with cake and ice cream. Join us in the dining room!

Resident Profile...

Mr. & Mrs. Lasley
By *Thelma Urich*

Ralph and Virginia Lasley have been married 73 years. Virginia laughed, "they said it would never last." Boy, were they wrong. Ralph, the youngest of four children, was born and raised in Valley Park, Missouri while Virginia, the middle daughter, was born in California. Her father was a Methodist minister and was transferred to Arizona and later the family moved to Missouri, where her father was once again reassigned.

Virginia and Ralph met as teenagers at a Methodist Youth Group meeting. He was the president and she played the piano. This was the beginning of over 60 years providing music for church services. Virginia was organist and Choir Director for 60 years at Immanuel United Methodist Church, Union UMC and at the Christian Church of Affton. She also worked at Eden Seminary as Registrar.

Ralph was drafted into the Air Force and sent to Texas, but never got off the ground. He worked in the motor pool as a mechanic. After his discharge, he entered Rankin Technical Education School and studied refrigeration and air conditioning. Towards the end of his working career, Ralph also worked at Eden Seminary in maintenance. Ralph explained how well this worked out because he and Virginia could have lunch together.

Virginia and Ralph have three children: a daughter Jerilyn, who is a clinical nurse specialist in Minnesota and mother of a son and daughter; Michael who is an architect for Disney Productions in California, and father of two daughters; and Rick, who has followed in his grandfather's footsteps and is a United Methodist minister serving a church in Fredericktown. Rick has one son, Brian, who will graduate from high school this spring and enter Missouri University in the fall.

When asked about hobbies, Ralph said he really didn't have any. He kept busy by keeping their home in good repair. Virginia reminded him of the sewing room he made for her. "It was really lovely, with a place for everything," she said. Sewing was not really a hobby, Virginia remembered. She made all of the children's clothes as they were growing up. She even made Halloween costumes. One of her most successful efforts was a Tin-Man suit for Brian. She was able to find a metallic colored cloth for the suit and used a real funnel for the hat.

When I suggested that raising three children, sewing for them, being the Church Organist and Choir Director didn't leave time for hobbies, Virginia replied, "Oh no, I like reading, particularly a good mystery. I listen to them on tape. I'm reading a James Patterson book right now, and I used to give piano lessons."

Vacations sometimes found them on a lake in Wisconsin or on the road to the Grand Canyon. Their later traveling was mainly to visit family although Virginia did some traveling for the seminary, with Ralph keeping the home fires going. Now with their children grown, with their own homes and families, and with the years catching up with Ralph and Virginia, they decided to retire to the St. Louis Altenheim.

As I said goodbye, Virginia said, "You know, we were just an ordinary family with three good children."



Ralph and Virginia Lasley have been married 73 years

JANUARY ACTIVITIES

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|--|--|
| | | | | | | 1 10:00 a.m. Bingo ~ AR |
| 2 10:00 a.m. Worship Service ~ C 11:15 a.m. Catholic Service ~ C | 3 10:00 a.m. Jack-Pot ~ AR 10:00 a.m. Handy Shop Opens 11:00 a.m. Exercise ~ AR 1:30 p.m. Throw Away Bingo ~ AR 2:45 p.m. Skip-Bo ~ AR | 4 10:00 a.m. Music by Ron ~ AR 10:00 a.m. Handy Shop Opens 11:00 a.m. Sandwich Fixin' ~ GR 1:15 p.m. Bingo ~ AR 2:30 p.m. Keep Minds Alert ~ 2 Fl | 5 10:00 a.m. Catholic Service ~ C 10:00 a.m. Handy Shop Opens 11:00 a.m. Exercise ~ AR 1:30 p.m. Movie ~ TV "Geronimo" | 6 9:00 a.m. Wal-Mart Trip ~ LR 10:00 a.m. Music Program ~ AR 10:00 a.m. Handy Shop Opens 1:15 p.m. Bingo ~ AR 2:00 p.m. Birds & Songs ~ Aviary 2:30 p.m. Protestant Service ~ C 4:00 p.m. Happy Hour ~ DR | 7 10:00 a.m. Handy Shop Opens 10:15 a.m. Rosary ~ C 11:00 a.m. Exercise ~ HALL 1:30 p.m. Wheel of Fortune ~ AR 2:45 p.m. Guy's & Gal's Club ~ AR | 8 9:00 a.m. Bible Class ~ 3 Fl 10:00 a.m. Bingo ~ AR |
| 9 10:00 a.m. Worship Service ~ C 11:15 a.m. Catholic Service ~ C | 10 9:00 a.m. Book Mobile ~ BR 10:00 a.m. Jack-Pot ~ AR 10:00 a.m. Handy Shop Opens 11:00 a.m. Exercise ~ AR 1:30 p.m. Society Presents ~ AR 2:45 p.m. Wii Game ~ AR | 11 9:00 a.m. Schnucks Trip ~ LR 10:00 a.m. Music by Chad ~ AR 10:00 a.m. Handy Shop Opens 1:15 p.m. Bingo ~ AR 2:30 p.m. Keep Minds Alert ~ 3 Fl | 12 10:00 a.m. Catholic Service ~ C 10:00 a.m. Handy Shop Opens 11:00 a.m. Exercise ~ AR 11:45 a.m. Birthday Dinner ~ DR 1:30 p.m. Movie ~ TV "Maverick" | 13 10:00 a.m. Music by Charlie ~ AR 10:00 a.m. Handy Shop Opens 1:15 p.m. Bingo ~ AR 2:00 p.m. Birds & Songs ~ Aviary 2:30 p.m. Protestant Service ~ C | 14 10:00 a.m. Handy Shop Opens 10:15 a.m. Rosary ~ C 11:00 a.m. Exercise ~ HALL 1:30 p.m. Music by Beno ~ AR 2:45 p.m. Yahtzee ~ AR | 15 9:00 a.m. Bible Class ~ 3 Fl 10:00 a.m. Carol Bingo ~ AR |
| 16 10:00 a.m. Worship Service ~ C 11:15 a.m. Catholic Service ~ C | 17 10:00 a.m. Jack-Pot ~ AR 10:00 a.m. Handy Shop Opens 11:00 a.m. Exercise ~ AR 1:30 p.m. St. Louis Trivia ~ AR 2:45 p.m. Golf Cards ~ AR | 18 10:00 a.m. Music by Jessie & Jan ~ AR 10:00 a.m. Handy Shop Opens 1:15 p.m. Bingo ~ AR 2:30 p.m. Keep Minds Alert ~ 2 Fl | 19 10:00 a.m. Catholic Service ~ C 10:00 a.m. Handy Shop Opens 11:00 a.m. Exercise ~ AR 1:30 p.m. Movie ~ TV "Oklahoma" | 20 9:00 a.m. Walgreen Trip ~ LR 10:00 a.m. Western Program ~ AR 10:00 a.m. Handy Shop Opens 1:15 p.m. Bingo ~ AR 2:00 p.m. Birds & Songs ~ Aviary 2:30 p.m. Protestant Service ~ C 4:00 p.m. Western Supper | 21 10:00 a.m. Handy Shop Opens 10:15 a.m. Rosary ~ C 11:00 a.m. Exercise ~ HALL 1:30 p.m. Are you Smarter? ~ AR 2:45 p.m. Horse Racing ~ AR | 22 9:00 a.m. Bible Class ~ 3 Fl 10:00 a.m. Bingo ~ AR |
| 23 10:00 a.m. Worship Service ~ C 11:15 a.m. Catholic Service ~ C | 24 9:00 a.m. Book Mobile ~ BR 10:00 a.m. Jack-Pot ~ AR 10:00 a.m. Handy Shop Opens 11:00 a.m. Exercise ~ AR 1:30 p.m. Geography Jingo ~ AR 2:45 p.m. Wii Game ~ AR | 25 9:00 a.m. Dierbergs ~ LR 10:00 a.m. Handy Shop Opens 10:00 a.m. Music by Lee ~ AR 1:15 p.m. Bingo ~ AR 2:30 p.m. Keep Minds Alert ~ 3 Fl | 26 10:00 a.m. Catholic Service ~ C 10:00 a.m. Handy Shop Opens 11:00 a.m. Exercise ~ AR 1:30 p.m. Movie ~ TV "McLintock" 2:00 p.m. Dream Center ~ AR 5:00 p.m. Board Meets | 27 10:00 a.m. Library Presents ~ AR 1:15 p.m. Bingo ~ AR 2:00 p.m. Birds & Songs ~ Aviary 2:30 p.m. Protestant Service ~ C | 28 10:00 a.m. Handy Shop Opens 10:15 a.m. Rosary ~ C 11:00 a.m. Exercise ~ HALL 1:30 p.m. Music by Jim ~ DR 2:45 p.m. Rumi-Cube ~ BR | 29 10:00 a.m. Bingo ~ BR |
| 30 10:00 a.m. Worship Service ~ C 11:15 a.m. Catholic Service ~ C 2:00 p.m. Memorial Service ~ AR | 31 10:00 a.m. Jack-pot ~ AR 11:00 a.m. Exercise ~ AR 1:30 p.m. Po-Ke-No ~ AR 2:45 p.m. Penny Ante ~ AR | | AR - ASSEMBLY ROOM GR - GAME ROOM BR - BOARD ROOM H - HEALTH CARE CENTER C - CHAPEL LR - 1st FLOOR LIVING ROOM CR - CRAFT ROOM TV - TV ROOM DR - DINING ROOM | | | |



Music Programs

Music Programs for January are held in the Assembly Room at 10:00 a.m. unless another time and location is noted.

Ron Reichard – Presents favorites from the 30s and 40s on guitar on Tuesday, the 4th.

Chad Evans – One of our best with his keyboard and singing. He has an amazing range of variety on his keyboard on Tuesday, the 11th.

Robert Callmeyer – Robert and his piano entertain during the birthday celebration on Wednesday, the 12th at 11:45 a.m. ~ DR

Charlie Block – Charlie and his accordion entertain you on Thursday, the 13th.

BENO – She is an energetic entertainer with a big variety of songs on Friday, the 14th at 1:30 p.m.

Jessie Cleamer & Jan – Great interactive entertainers with their peppy variety on Tuesday, the 18th.

Lee Carter – Lee is new to us with a wide variety of sounds including jazzy blues, gospel and country on Tuesday, the 25th.

Jim Boyd – Known as “The Entertainer”, this man is great singing while playing piano on Friday, the 28th at 1:30 p.m. ~ DR

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

Entertainment

Altenheim Society Presents – The Sounds of Bob Arttime, a variety of big band favorites on Monday, the 10th at 1:30 p.m. ~ AR **Monday the 10th 1:30 p.m.**

St. Louis Public Library Presents – “Happy New Year Resolutions and Traditions” on Thursday, the 27th at 10:00 a.m. ~ AR **Thursday the 27th 10:00 a.m.**

NOW SHOWING

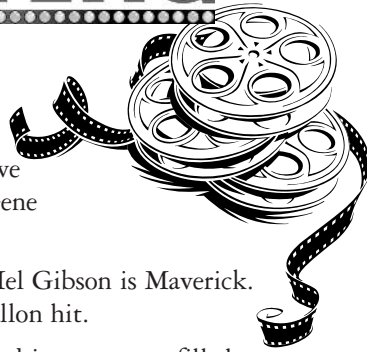
January Wednesday Movies Are:

January 5th – Geronimo, An American legend comes to breathtaking life in this explosive western. Starring Jason Patric, Robert Duvall, Gene Hackman and Wes Studi as Geronimo.

January 12th – **Maverick**, Old west gambler Mel Gibson is Maverick. Also starring James Gardner in a hilarious 10 gallon hit.

January 19th – **Oklahoma**, Soaring melodies and joyous songs fill the western skies in a celebration of the American spirit. Starring Gordon MacRae and Shirley Jones.

January 26th – **McLintock**, Starring John Wayne as cattle baron George McLintock and Maureen O’Hara as his wife, he tamed the west but could he tame her?



Travel

January Excursions...

Wal-Mart Trip on Thursday, the 6th leaving at 9:00 a.m.

Schnucks Trip on Tuesday, the 11th leaving at 9:00 a.m.

Walmart’s Trip on Thursday, the 20th leaving at 9:00 a.m.

Dierbergs Trip on Tuesday, the 25th leaving at 9:00 a.m.

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!

Winter Winds

| | | |
|-----------|----------|---------|
| AVALANCHE | GLOVES | SHOVEL |
| BATTEN | GROUND | SHUDDER |
| BLIZZARD | HAIL | SKATE |
| BLOW | HARM | SKID |
| BREAK | HOWL | SKIS |
| BUNDLE | HUDDLE | SLED |
| CHAINS | ICED | SLIDE |
| COATS | PARKAS | SNOWS |
| COLD | PLOWS | SOAKED |
| ENDURE | PRAY | STOP |
| FALL | PROBLEMS | STORM |
| FIRE | RAGE | STUCK |
| FLAKES | ROADS | TRAFFIC |
| FURS | SHAKE | WARMTH |
| FURY | SHELTER | WINTER |

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

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.

Mildred Merlotti
James King



Memorials & Gifts

In Memory of Mildred Merlotti

Eugene & Pauline Belossi

Joe Schmeling
& Deborah Daniels

Bird Aviary Maintenance

Altenheim Society

Ballmann Family Foundation

Mary Jane Conrades

Betty Westbrook

Employee Service Recognition

January Service Anniversaries

Mary Lou Recker
Administration
6 years

Charlie Cagle
Dietary
14 years

Beli Mehmedovic
Maintenance
12 years

Ruth Jennings
Activities
16 years



Charlie's Seafood Fettuccini

- 2 Tbsp. butter or oleo
- 4 tsp. flour
- 1 1/2 cup half and half
- 1/4 cup grated parmesan cheese
- 1 pkg. Louis Kemp crab delights
- 6 oz. cooked fettuccini
- 1 Tbsp. fresh parsley

Melt butter; stir in flour. Gradually add half and half. Stir until thickened. Add Parmesan cheese; cook and stir until smooth. Fold in crab delights. Heat for three minutes. Stir occasionally. Toss with fettuccini. Sprinkle with parsley. Serve.

Volunteers Needed!

The Altenheim Society is a group of volunteers dedicated to the enhancement and well being of the Altenheim and our residents. The group is looking for volunteers to join the organization, please inquire by calling Saint Louis Altenheim at

353-7225,

ask for Ruth Jennings, Director of Activities.

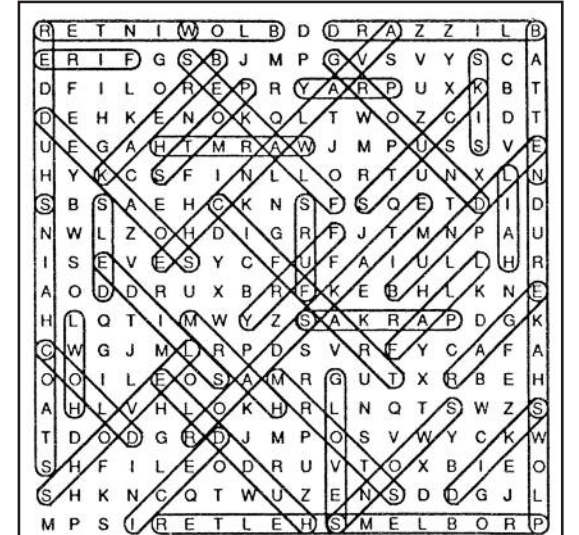
Wintry Mile

by Grace Noll Crowell

*Walk a mile in the winter twilight,
Mark its whiteness and breathe its cold,
Reach your hand to the sunset embers,
Warm them there, and when you are old
There will be times when you recall it:
A beautiful, perfect, shining while,
That will glow in your heart like a
splendid diamond –
You will remember that winter mile.*

*You will recall the clean cold stinging
Of winter wind on your throat and lips;
The life of your heart in its youthful gladness,
The tingle of blood to your fingertips;
You will have drawn to your heart forever
This hour, the snow, the light in the west –
Walk awhile in the winter twilight,
Store its treasures within your breast.*

WORD SEARCH ANSWERS from page 7



SAINT LOUIS

Altenheim

5408 South Broadway
St. Louis, Missouri 63111

RETURN SERVICE REQUESTED

January



NONPROFIT ORG.
U.S. POSTAGE
PAID
ST. LOUIS, MO
PERMIT NO. 5881

**Dated Material
Please Expedite**

- Services and Features**
- Care with compassion and dignity
 - Secure housing
 - Delicious meals three times daily
 - Private rooms
 - 24-hour nursing care
 - Religious services
 - Beauty/barber shop
 - Staff physician
 - Beautifully appointed living room areas with fireplaces
 - Library
 - Guest rooms for friends and family
 - Reserved resident parking
 - Housekeeping services
 - Respite Care – for short term stays

We are updating our mail lists. If you would like to discontinue receiving the Altenheim newsletter please call us at (314) 353-7225. Otherwise, you will continue to receive the newsletter. Thank you.

ATTENTION READERS

If you, a family member or a friend would like more information on Saint Louis Altenheim please call **Theresa Woodley at 314-353-7225**, or visit our web site at **www.altenheim-stouis.com**. We would be delighted to provide you with a personal tour. Be sure to ask about the Altenheim's **Respite Care**. This is an excellent way for loved ones to stay with us a few days or a week while family is out of town or on vacation.

SAINT LOUIS
Altenheim