



Saint Louis Altenheim INSIGHT

August 2011

A Life Care Residence for Gracious Senior Living

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Summer

By Jane Hillsman



Summer is a sonnet, recited by a rosy-faced boy
wearing patched overalls
and a faded shirt.

Summer is an artist's palette...
startling swatches of gold and crimson
and purple and green
splashed with a lavish brush
on the canvas of the countryside.

Summer is a sagging hammock
blown lazily to-and-fro
by the faintly fragrant breeze,
still bearing the imprint of the weary ones
who sought its sanctuary
in summers long since forgotten.

Summer is the sweet fulfillment of the promises
of spring...
the hovering hummingbird extracts the last drop
of sweetness
from each quiescent blossom,
the juicy peach sways on a high branch
and the heavy-laden rose bush
waves its languid greeting to each passerby.

Summer is a symphony
composed of the chirping of crickets,
the chattering of a squirrel
and the stentorian ker-plunk of the bullfrog,
and Mother Nature's baton gives direction to
the dissonance
as the tinkle of a cowbell
ads its gentle benediction to the day.

This Month in History

August 5, 1914

First electric traffic signal.
Stepping onto the street along with other pedestrians, bicycles, horses, streetcars and automobiles was a harrowing experience but the first electric traffic signal on a Cleveland, Ohio street corner helped to alleviate some of the congestion, as the four pairs of red and green lights signaled when to "stop" and "go."

August 15, 1969

Woodstock music festival opens.
More than 400,000 people rushed onto Max Yasgur's dairy farm in New York for "Three Days of Peace and Music" featuring performances by Jimi Hendrix, Santana, the Who, Janis Joplin, Joan Baez, and many more.

August 25, 1944

Paris liberated.
German commander General Dietrich von Choltitz refused an order from Adolph Hitler to destroy Paris' landmarks and signed a formal surrender, allowing Allied forces to enter Paris and liberate the city after more than 4 years of German occupation.



Welcome New Residents!

Saint Louis Altenheim WELCOMES our newest neighbors:



Ann & Dave Chopin

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

Happy Birthday To Our Resident With An August Birthday!

Therese Santen 25th

Happy Birthday To Our Employees Who Share August Birthdays!

<i>Chasity Washington</i>	<i>Dietary</i>	<i>2nd</i>
<i>Marie Shelton</i>	<i>Dietary</i>	<i>6th</i>
<i>Ruth Holmes</i>	<i>Dietary</i>	<i>7th</i>
<i>Judy Brumitt</i>	<i>Administrative</i>	<i>8th</i>
<i>Annie King</i>	<i>Dietary</i>	<i>9th</i>
<i>Natasha Langford</i>	<i>Nursing</i>	<i>16th</i>
<i>Sharon Glon</i>	<i>Dietary</i>	<i>21st</i>
<i>Charlotte Aubuchon</i>	<i>Nursing</i>	<i>25th</i>
<i>Cherry Wallace</i>	<i>Nursing</i>	<i>26th</i>

All of our August Birthdays will be celebrated on Wednesday the 10th 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...

Ann Bono

By Thelma Urich



Since she has been a resident for almost two years, everyone recognizes Ann Bono. She is friendly, interested in others, and takes part in the activities. She is the tiny lady with a very fancy walker decorated with a large bow made from gold ribbon. So while everyone knows of Ann, not everyone knows Ann Bono and that is why we visited with her.

Ann's parents Sam and Vita came here from Palermo, Sicily. Sam worked for Great Lakes Carbon, later known as Laclede Gas Company. After Ann and her sister Mary and brothers Charles and Frank grew up, Vita went to work in the garment industry in downtown St. Louis. Charles and his wife Peggy helped Ann remember some of the incidents of her life. As a typical brother, he had to tease his sister over some of the events, but always with love.

Ann went to school at St. Leo's Catholic School at 23rd and Mullamphy. After graduating, Ann spent almost two years candling eggs to separate the good eggs from those that were not very fresh. The good eggs were sent to the military bases for the soldiers. She wasn't sad to leave this job, but the reason for leaving was not a happy one. Her fiancé Sam was wounded overseas in the European Theatre of action and was sent to a military hospital in El Paso, Texas to recover. Ann went to Texas to help care for him, doing the little things to make his convalescence easier, things that busy nurses did not have the time to do. To make it possible for her to stay in Texas, the hospital got her a job distributing medicine. Ann was there until the war was over and she accompanied Sam back to St. Louis. They

married at St. Leo's.

In St. Louis Ann worked for the Samuel Shoe factory making shoes. She then went to work in the dress industry on Washington Avenue. She worked there until she retired at 65. Ann said that although she didn't know how to sew, she was able to identify mistakes others made in putting a garment together.

Ann was now alone, and had also lost her sister Mary who was 44 years old when she passed away. Ann said she had no hobbies, but she did love to travel. She liked taking the train to New York. She also introduced her mother to flying by taking her to California to visit her sister, Fanny. Ann loves to listen to music and loves to dance.

Although she said there is no way she would ever marry again, when she was introduced to Frank Bono, Ann said he was so handsome she was instantly in love. They were married in St. Aloysius Church and were very happy until Frank's death ten years later.

Ann has four nieces, named Vita, Gina, Tina, and Tammy and two nephews, Bobby and Frank Jr, to lavish her love on and is loved in turn by them and the rest of her family. We had a lovely visit and were so glad we had a chance to get to know Ann Bono.

Ann loves to listen to music and loves to dance.

AUGUST ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	10:00AM JACK POT ~ AR 11:00AM EXERCISE ~ AR 1:15PM WII GAME ~ AR 2:00PM GOLF CARDS ~ AR 7:10PM CARDINAL GAME ~ TV	10:00AM MUSIC BY RON ~ AR 11:00AM SANDWICH FIXIN ~ CR 11:00AM EXERCISE ~ AR 1:15PM BINGO ~ AR 2:00PM SUNDAE SOCIAL ~ AR 7:10PM CARDINAL GAME ~ TV	10:00AM CATHOLIC SERVICE 11:00AM EXERCISE ~ AR 1:10PM CARDINAL GAME ~ TV 2:00PM BASEBALL PARTY ~ TV	10:00AM PROGRAM ~ AR 11:00AM EXERCISE ~ AR 1:15PM BINGO ~ AR 2:00PM BIRDS & SONG AVIARY 2:30PM PROTESTANT SERVICE ~ C 4:00PM HAPPY HOUR ~ DR 6:10PM CARDINAL GAME ~ TV	10:15AM ROSARY ~ C 11:00AM EXERCISE ~ AR 1:15PM WHEEL OF FORTUNE ~ AR 2:00PM GUY'S & GAL'S ~ AR 6:10PM CARDINAL GAME ~ TV	9:00AM BIBLE CLASS ~ 4FL 10:00AM VOL. BINGO ~ AR 4:00PM CATHOLIC SERVICE 6:10PM CARDINAL GAME ~ TV
7	8	9	10	11	12	13
10:00AM WORSHIP SERVICE 12:10PM CARDINAL GAME ~ TV	9:00AM BOOK MOBILE ~ BR 10:00AM JACK POT ~ AR 11:00AM EXERCISE ~ AR 1:15PM SUMMER JINGO ~ AR 2:00PM SKIP-BO ~ AR	10:00AM MUSIC BY CHAD ~ AR 11:00AM EXERCISE ~ AR 1:15PM BINGO ~ AR 7:15PM CARDINAL GAME ~ TV	10:00AM CATHOLIC SERVICE 11:00AM EXERCISE ~ AR 11:45AM BIRTHDAY DINNER 1:00PM WALMART ~ L 1:30PM MOVIE ~ TV RM <i>"National Lampoons Vacation"</i> 7:15PM CARDINAL GAME ~ TV	10:00AM MUSIC BY CHARLIE ~ AR 11:00AM EXERCISE ~ AR 1:15PM BINGO ~ AR 2:00PM BIRDS & SONG AVIARY 2:30PM PROTESTANT SERVICE ~ C 7:15PM CARDINAL GAME ~ TV	10:15AM ROSARY ~ C 11:00AM EXERCISE ~ AR 1:15PM ST. LOUIS TRIVIA ~ AR 1:45PM MUSIC BY BENO ~ AR 2:00PM BUNKO ~ AR 7:15PM CARDINAL GAME ~ TV	9:00AM BIBLE CLASS ~ 4FL 10:00AM VOL. BINGO ~ AR 3:10PM CARDINAL GAME ~ TV 4:00PM CATHOLIC SERVICE
14	15	16	17	18	19	20
10:00AM WORSHIP SERVICE 1:15PM CARDINAL GAME ~ TV	10:00AM JACK POT ~ AR 11:00AM EXERCISE ~ AR 1:15PM TRIVIA ~ AR 1:30PM TWILIGHT SINGERS ~ AR 2:00PM LRC DICE GAME ~ AR 6:05PM CARDINAL GAME ~ TV	10:00AM MUSIC BY JESSIE ~ AR 11:00AM EXERCISE ~ AR 1:15PM BINGO ~ AR 6:05PM CARDINAL GAME ~ TV	10:00AM CATHOLIC SERVICE 11:00AM EXERCISE ~ AR 1:00PM SCHNUCKS ~ L 1:30PM MOVIE ~ TV RM <i>"Travelogue, Tropical Vacation"</i> 6:05PM CARDINAL GAME ~ TV	10:00AM PROGRAM ~ AR 11:00AM EXERCISE ~ AR 1:15PM BINGO ~ AR 2:00PM BIRDS & SONG AVIARY 2:30PM PROTESTANT SERVICE ~ C 4:00PM LUAU SUPPER ~ DR	10:15AM ROSARY ~ C 11:00AM EXERCISE ~ AR 1:15PM THROW AWAY BINGO ~ AR 1:20PM CARDINAL GAME ~ TV 2:00PM PENNY ANTE ~ AR	9:00AM BIBLE CLASS ~ 4FL 10:00AM VOL. BINGO ~ AR 3:10PM CARDINAL GAME ~ TV 4:00PM CATHOLIC SERVICE
21	22	23	24	25	26	27
10:00AM WORSHIP SERVICE 1:20PM CARDINAL GAME ~ TV	9:00AM BOOK MOBILE ~ BR 10:00AM JACK POT ~ AR 11:00AM EXERCISE ~ AR 1:15PM PO-KE-NO ~ AR 2:00PM YAHTZEE ~ AR 7:15PM CARDINAL GAME ~ TV	10:00AM MUSIC BY LEE ~ AR 11:00AM EXERCISE ~ AR 1:15PM BINGO ~ AR 7:15PM CARDINAL GAME ~ TV	10:00AM CATHOLIC SERVICE 11:00AM EXERCISE ~ AR 1:00PM WALGREENS ~ L 1:15PM CARDINAL GAME ~ TV 2:00PM DREAM CENTER ~ AR	10:00AM LIBRARY PRESENTS ~ AR 11:00AM EXERCISE ~ AR 1:15PM BINGO ~ AR 2:00PM BIRDS & SONG AVIARY 2:30PM PROTESTANT SERVICE ~ C 7:15PM CARDINAL GAME ~ TV	10:15AM ROSARY ~ C 11:00AM EXERCISE ~ AR 1:15PM ARE U SMARTER? ~ AR 1:45PM MUSIC BY JIM ~ AR 2:00PM UNO CARD GAME ~ AR 7:15PM CARDINAL GAME ~ TV	9:00AM BIBLE CLASS ~ 4FL 10:00AM VOL. BINGO ~ AR 4:00PM CATHOLIC SERVICE 6:15PM CARDINAL GAME ~ TV
28	29	30	31			
10:00AM WORSHIP SERVICE 1:15PM CARDINAL GAME ~ TV	10:00AM JACK POT ~ AR 11:00AM EXERCISE ~ AR 1:15PM WII GAME ~ AR 2:00PM RUMI CUBE ~ AR	10:00AM PROGRAM ~ AR 11:00AM EXERCISE ~ AR 1:15PM BINGO ~ AR 7:00PM BAND CONCERT ~ AR 7:10PM CARDINAL GAME ~ TV	10:00AM CATHOLIC SERVICE 11:00AM EXERCISE ~ AR 1:30PM MOVIE ~ TV RM <i>"Mary Poppins"</i> 7:10PM CARDINAL GAME ~ TV			

AR - ASSEMBLY ROOM **DR** - DINING ROOM
BR - BOARD ROOM **GR** - GAME ROOM
C - CHAPEL **LR** - 1st FLOOR LIVING ROOM
CR - CRAFT ROOM **TV** - TV ROOM



Music Programs

Music Programs for August are held in the Assembly Room and begin at 10:00 a.m. and 1:30 p.m., except for Birthday dinner celebration and Happy Hour.

Ron Reichard – Presents favorites from the 30s and 40s on guitar on Tuesday, the 2nd.

Chad Evans – One of our best with his keyboard and singing. He has an amazing range of variety on his keyboard on Tuesday, the 9th.

Robert Callmeyer – Robert and his piano entertain during the birthday celebration on Wednesday, the 10th at 11:45 a.m. ~ DR

Charlie Block – Charlie and his accordion entertain you on Thursday, the 11th.

BENO – She is an energetic entertainer with a big variety of songs on Friday, the 12th.

Jessie Cleamer – Jesse is a great interactive entertainer with a peppy variety on Tuesday, the 16th.

Lee Carter – Lee has a wide variety of sounds including jazzy blues, gospel and country on Tuesday, the 23rd.

Jim Boyd – Known as “The Entertainer,” this man is great singing while playing piano on Friday, the 26th.

Entertainment

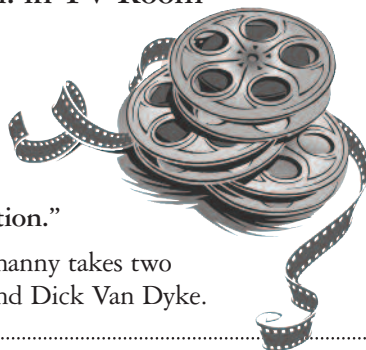
Cardinal Baseball – Party on Thursday, August 3rd at 1:10 p.m. ~ TV	Wednesday the 3rd 1:10 p.m.
Happy Hour – August 4th at 4:00 p.m. ~ DR	Thursday the 4th 4:00 p.m.
Twilight Singers – Concert on Monday, August 15th at 1:30 p.m. ~ AR	Monday the 15th 1:30 p.m.
Tropical Luau – Special guest The St. Louis Ukulele Band performing in the dining room Thursday, August 18th at 4:00 p.m. ~ DR	Thursday the 18th 4:00 p.m.
Dream Center – Wednesday, August 24th at 2:00 p.m. ~ AR	Wednesday the 24th 2:00 p.m.
Library Presents – “Sew What” – Quilting stories & sewing songs on Thursday, August 25th at 10 a.m. ~ AR	Thursday the 25th 10:00 a.m.
Concert – Band Concert Tuesday, August 30th at 7:00 p.m. ~ AR	Tuesday the 30th 7:00 p.m.

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

August 10th – “National Lampoons Vacation,” The Griswold family's cross-country drive to the Walley World theme park proves to be much more arduous than they ever anticipated, starring Chevy Chase.

August 17th – “Travelogue, Tropical Vacation.”

August 31st – “Mary Poppins,” A magical nanny takes two children on a journey starring Julie Andrews and Dick Van Dyke.



Travel

Wal-Mart Trip on Wednesday, August 10th 1:00 p.m. ~ LR

Schnucks Trip on Wednesday, August 17th at 1:00 p.m. ~ LR

Walgreen's Trip on Wednesday, August 24th at 1:00 p.m. ~ LR

All trips depart from the front living room.

Sign up outside the craft room on the lower level 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.

Luau Word Search

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

- | | | | |
|-----------|-----------|--------------|-----------------|
| alii | oahu | maui | king kamehameha |
| atoll | surfboard | molokai | luau |
| hawaii | aloha | pearl harbor | mauna kea |
| honolulu | coconut | uss arizona | nihau |
| kahoolawe | hibiscus | archiepegalo | poi |
| lanai | islands | haole | volcano |
| macadamia | kauai | hilo | |
| mauna loa | lei | jungle | |

Memorials & Gifts

In Memory of Mabel Bailey
Betty & John Hartmann
Floreine Johnson



Employee Service Recognition

August Service Anniversaries

<i>Katby Clark</i>	<i>Administrative</i>	<i>22 years</i>
<i>Beth Behrns</i>	<i>Administrative</i>	<i>17 years</i>
<i>Patricia Murphy</i>	<i>Nursing</i>	<i>10 years</i>
<i>Charlotte Aubuchon</i>	<i>Nursing</i>	<i>10 years</i>
<i>Rose Murphy</i>	<i>Nursing</i>	<i>9 years</i>
<i>Azra Konjbodzic</i>	<i>Housekeeping</i>	<i>8 years</i>
<i>Ronald Rubr</i>	<i>Dietary</i>	<i>7 years</i>
<i>Raymond Miles</i>	<i>Dietary</i>	<i>7 years</i>
<i>Sbarbona Smith</i>	<i>Nursing</i>	<i>3 years</i>
<i>Mark Holloway</i>	<i>Maintenance</i>	<i>3 years</i>
<i>Juanita Smith</i>	<i>Dietary</i>	<i>2 years</i>



Hankie Pankies

- | | |
|-----------------------|----------------------|
| 8 oz. ground beef | ½ tsp. oregano |
| 8 oz. sausage | ½ tsp. garlic powder |
| 8 oz. Velveeta cheese | 2 loaves party rye |

Brown ground beef and sausage in skillet, stirring until crumbly. Drain. Add cheese. Stir until melted. Stir in oregano and garlic powder. Cool for several minutes. Spread on bread slices. Arrange slices on rack in broiler. Broil until cheese is bubbly. Place on serving platter. Serve hot.

So Many Common Folks

By Fred Toothaker

*It takes a lot of common folks,
the kind who say "Hello,"
To make a world worth living in,
where friendships overflow;
And they must do some laughing,
as contented people do,
For sun to shine and roses bloom
where weeds and thistles grew.*

*It takes a lot of common folks
with faith in one another,
To mould a world where every man's
defender of his brother;
And they must be the kind of folks
whose greeting is a smile,
The ordinary "howdy" folks
to shape a world of worthwhile.*

*That's why there are so many of
the common folks around
To make this world a place in
which so many smile abound;
And just as long as we can have
our share of gentle folks,
We'll have a world invested with
the strength of mighty oaks.*

PUZZLE ANSWERS from page 7

