

St. Louis Altenheim



Family Council Meeting

Please join us on October 10th at 6PM at St. Louis Altenheim!

Family Council gives the families a voice in their resident's care as well as giving the residents a voice through their families and loved ones.

For more information or to RSVP, please call 314-353-7225

(Please note - this is not the resident's meeting)



Happy Birthday

To Our Altenheim Family!

- | | | | |
|-------|-----------------|-------|-------------------|
| 10/1 | Rosie Hughes | 10/17 | Tracy Bell-Danzie |
| 10/6 | Roshanda Golden | 10/19 | Connor Abts |
| 10/7 | Gennifer Tyler | 10/19 | Linda Rea |
| 10/11 | Janis Dickerman | 10/25 | Betty L. Stephens |
| 10/11 | Paula Muessig | 10/28 | Neacoal Shelton |
| 10/12 | Dana Boyland | 10/31 | Vernon Adams |
| 10/14 | Laura Woods | | |



Happy Work Anniversary!

- | | | | | | |
|-------|---------------|-----|-------|------------------|------|
| 10/8 | Clavin Hadley | 1yr | 10/16 | Patricia Merrill | 1yr |
| 10/15 | Jean Bardwell | 1yr | 10/29 | Shannon Conway | 5yrs |

October 16th at 12:00PM

We'll be celebrating all October Birthdays in the Main Dining Room with cake and ice cream, as well as live music with Robert Callemeyer on the piano!

Each Monday in October at 10:30AM

Each Monday morning in October we are having Musical Mondays in the Rhine River Room with rotating musicians:

10/7 | Shine the Love

10/14 | Kevin Kerth

10/21 | Bridgette Kossar

10/28 | Bobby Schuessler



Spooktacular Halloween Dinner

Calling all pirates, princesses and poltergeists!! Please join us for a howling good time at our Halloween Happy Hour and Dinner in the Main Dining Room on October 30th at 4:30pm. Potions and sweets will be provided, no need to trick-or-treat! Ken Roberts will be providing the enchanting entertainment for the evening.





Thank you!

We want to thank everyone who joined us for our Oktoberfest celebration over the weekend. The German music, food, Mississippi River and of course the company was SPECTACULAR!



October Resident Spotlight: Rose Henry

Rose Henry was born and raised in South St. Louis. She is the proud mother of 6, Tina, Tami, John, Teresa, Jenny and Val. Her daughter Val passed away in 2002. She also has six grand-children and is a great-grandma to one. Rose became a widow at a very young age when her youngest was only 8 months old. She worked very hard to support her children and put in long hours working in accounts payable at Emerson, and driving a delivery truck for Puralator. She would often drive to Iowa and back in the same day.

Rose has many hobbies and one of her favorites was working in her yard. As others describe it, it "looked like Shaw's Garden". She also loves to sew and quilt. She taught lessons at Singer Sewing where she met a group of ladies that still gather once a month to quilt. She made her children's clothes and loved dressing them in matching outfits. She loves to cook and one of her favorites is her gooey butter cake.



Our own Lindy can attest to that because she made her recipe and it was a huge hit with her family! Rose also loved to water-ski on the Mighty Mississippi, but if you've ever had the chance to speak with her, it wouldn't take you long to figure out that her greatest strength is her heart. Rose has a heart of gold and we are truly blessed to have her with us at the Altenheim.

Suggestion Box

Please do not hesitate to write us a comment/suggestion and put it in our Suggestion Box that is just outside the doors leading to the dining room and the bird-cage. Your comments – big and small – help improve our home. Thank you in advance for your help.

This Month's Comments/Questions:

■ **"Guest rooms need heavy cleaning."**

□ *Response: Thank you. The housekeeping department has been notified and we will get that taken care of. It is important that we keep the Altenheim looking clean and beautiful.*

■ **"Nursing Department needs to be more reliable on picking up residents from the dining room."**

□ *Response: This is a collaborative responsibility for all departments. Janis, our fantastic Director of Nursing, is putting some ideas together to better manage the logistics for residents who need assistance. In the meantime, we will emphasize the importance of good communication and team work in making this happen.*

■ **"Should we always go to Walgreens on the first Tuesday of every month? (Seniors get a 20% discount)."**

□ *Response: The short answer is 'yes'. This is normal operational procedure for the outings to incorporate any discounts that we can. Walgreens is the 1st Tuesday of the month and Walmart is the 2nd Tuesday of the month.*

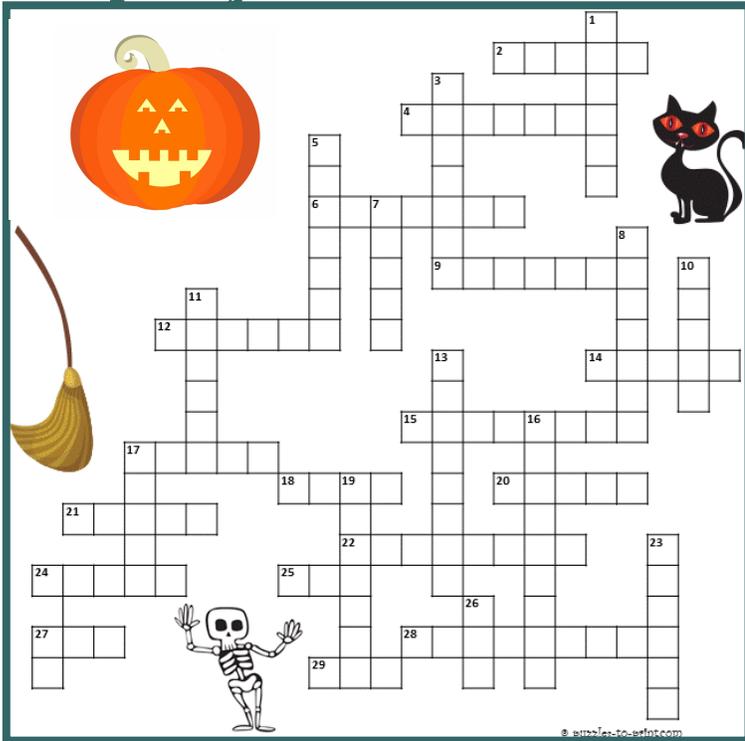
■ **" Are employees allowed to wear headphones plugged into their cell phones while working?"**

□ *Response: No! This will be addressed again with all employees. If you see this, please let a Director, the Administrator (extension 105), or the Grievance Officer (extension 104) know as soon as you possibly can.*

■ **" The dining room carpets need to be cleaned (more than vacuum) along with a thorough clean of tables, chairs, windows, and the items on the tables."**

□ *Response: Thank you for bringing this to our attention. A walk-through was conducted of the dining room with some opportunities seen for improvement. The floors are done by an outside company to accommodate a deeper, commercial clean. The maintenance team is responsible for smaller area cleaning that can be facilitated with a non-commercial carpet shampooer. The cleaning of table items and windows are being addressed with team members along with a process to maintain on an on-going basis.*

Spooky Crossword Puzzle



ACROSS

- 2. Frightening
- 4. He hates garlic
- 6. Frankenstein had one
- 9. The Count
- 12. Where a vampire sleeps
- 14. ___ or treat
- 15. Scare
- 17. A skeleton is just a bunch of these
- 18. Mr. O'Lantern
- 20. What the pot might call the kettle
- 21. ___ stories

- 22. A boney sort of fellow
- 24. Found in Egypt
- 25. Lives in the belfry
- 27. Whooo? Whooo?
- 28. Playground for ghosts
- 29. What a spider spins

DOWN

- 1. When something makes our skin crawl, it's this
- 3. ___ house
- 5. Makes a popular pie
- 7. When ghosts come out to play

- 8. Fire burn, and ___ bubble
- 10. Samantha for example
- 11. Evil or mischevous creature
- 13. Comes out on full moon nights
- 16. October 31st
- 17. Witch transportation
- 19. Disguise
- 24. Might be full, half or new
- 26. He swallowed the canary

Sudoku

8		1	5			4	
	4			9			1
			1				3
				1		4	
		2	4	3	6	9	
	6		2				
7				9			
	9		5				6
		6		7	5		8

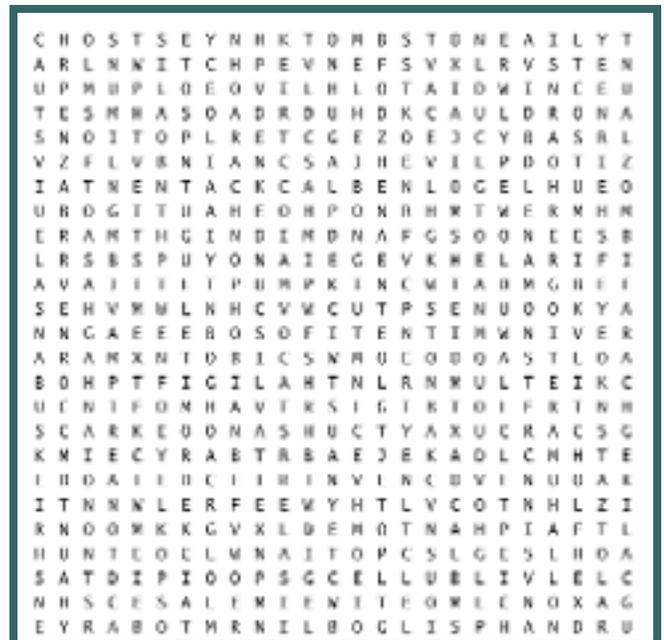
ARACHNOPHOBIA

- BAT
- BLACK CAT
- COSTUME
- COVEN
- EVIL
- EYE OF NEWT
- GARLIC
- GHOST
- GOBLIN
- HAUNTING
- HEX
- HOWL
- MIDNIGHT
- MONSTER
- MOON
- NIGHTMARE
- OCCULT
- PHANTOM
- POTION
- PUMPKIN

Coloring Page



Wicked Word Search



- RAVEN
- SALEM SHRIEKS
- SILVER BULLET
- SPOOKY
- TOMBSTONE
- VAMPIRE
- WICKED
- WITCH
- ZOMBIE