

The



Blakely Banner

September, 2010



From the desk of Jessica Blakely, Administrator~

September 2010

Another fair and tractor pull season are behind us, the air is starting to get cooler in the evening and the kids are starting back to school. All of these are reminders that fall is just around the corner. Although each of the seasons have their attributes, fall is my personal favorite. I was even married in September, because of my love for this time of year. I love the colors, the smell of the air, the sounds of nature and of course - football. Actually, this is one time of year where you can find a combination of many different sports (football, golf, hockey, baseball, racing - just to name a few) all at any given time. Fall is a sports lover's paradise. Fall is also a time of transition and preparation. As well as a time to reflect over a year that is coming closer to its completion. Before we know it, Thanksgiving and Christmas will be upon us. For now, we can still embrace these last days of summer, get our fill of fresh fruit and sweet corn, send our kids on the bus for that first day of school and watch Friday night football. So here's to fall...oh, and happy anniversary Tom!

Jessica Blakely, LNHA
Administrator

We Remember



9.11.01

September Holidays, Events & Highlights

- Ad 'Em Up Day Sept 4
- Sew Bee It! Day Sept 10
- Cute As a Button Day ... Sept 14
- Make a Hat Day Sept 15
- Whole Grain Day Sept 16
- Eat an Apple Day..... Sept 18
- Bake Your Biscuits Day ... Sept 21
- Rice Day Sept 25

Assisted Living Week

Sept- 12-18

Healthcare Housekeeping Week

Sept- 12-18

Line Dancing Week

Sept- 13-18

Rehabilitation Services

Awareness Week Sept- 19-25

Civics Awareness Month

Coupon Month

German Heritage Month Begins

Oxymorons & Redundancies Month

Healthy Aging Month

Owner - Doug Blakely

Owner - Tom Blakely

Administrator - Jessica Blakely

Director of Marketing - Dave Buenting

Director of Nursing - Teresa Francisco

Director of Social Services - Keely Hill

Executive Chef - Chris Burchell

Director of Activities - Julie Naftzger

August Brings Hollywood Classic Tuesdays

Everyone loves a good movie. Especially if it's a Hollywood Classic! Every Tuesday in August we had a matinee with some old favorites. And of course, popcorn!! This terrific collection was complete with a booklet of rare photographs and a complete syn-opsis of all the films that spanned the 30's, 40's and 50's.

The titles included:

- *Life With Father*
- *Till The Clods Rolled By*
- *A Farewell To Arms*
- *Penny Serenade*
- *Father's Little Dividend*
- *Meet John Doe*
- *The Little Princess*
- *My Favorite Brunette*
- *Made For Each Other*
- *Snows Of Kilimanjaro*

A terrific summer trip down memory lane. The Residents loved it!

A Message From Our Social Services Director

This month, I am going to steer away from covering a topic from our resident handbook as originally planned, so I can highlight the following article from the most recent Alzheimer's Association newsletter. I have downloaded and printed several copies of the booklet to distribute to those who are interested. Please stop by my office if you are interested in receiving a copy. The information can also be accessed through www.alzheimers-illinois.org/pti/comfort_care_guide.asp I hope you will find the booklet as informative as I did. Enjoy!

Keely Hill, LSW
Director of Social Services

The Alzheimer's Association-Greater Illinois Chapter is pleased to offer a free online resource, Encouraging Comfort Care: A Guide for Families of People with Dementia Living in Care Facilities. This 21-page booklet provides useful information to families and long-term care facilities personnel about Alzheimer's disease and related dementias, particularly care issues related to the late and final stages.

For families, this guide will enable them to make informed choices about a variety of medical decisions they may face on behalf of loved ones with dementia living in nursing homes, assisted living facilities, and other types of care facilities. It will also equip families to ask good questions aimed at obtaining the best care for

their loved ones, including a handy checklist of comfort care measures to be discussed with staff members of care facilities.

Topics include what a dementia-sensitive staff does for the resident and family; how to have enjoyable visits; the role of eating in comfort care; how to know when it's time for hospice; and understanding what research says about the medical choices that might have to be made.

Encouraging Comfort Care was made possible through a generous grant from the Retirement Research Foundation to the Alzheimer's Association-Greater Illinois Chapter.

Save The Date

Hawaiian Luau at Blakely Care Center

September 25, 2010

11:00 a.m. – 3:00 p.m.

Music by Allen Siebert

Watch your mailbox for details!



This month at the Blakely we will be having a pig roast luau. The traditional Hawaiian method of roasting a pig calls for digging a hole in the ground and filling it with hardwood (preferably mesquite but any hardwood or fruit wood will do), then some lava rocks (if you can't find them old round rocks that haven't been exposed to water in a long time will do), and finally some banana

leaves (elephant ear leaves will do as these are a form of upland taro plant). The idea is to start the medium sized in your pit and put your rocks in the fire while standing up pieces of hardwood in between the rocks. Keep putting wood into this fire until you have a bed of 1.5 - 2 feet of red hot coals. The pig has been seasoned and is laying on layers of chicken wire, wet burlap and banana leaves twice stacked with its feet up. After moving the rocks from the center of your pit you would place the pig into the pit, place the rocks in and around the pig. Place a heavy piece of sheet metal over the hole and shovel some of the dirt over the edges of the sheet metal to seal in the heat and smoke. After some hours the pig will be ready for the festivities of your luau.

Now this is a very time consuming, yard destroying, and friend corralling undertaking, but if you have all of these things at your disposal it can be well worth the trouble. Most of us do not have all of these things at our disposal (you need at least one friend for every pound of pig that you are roasting). So I am going to tell you how you can have a pig roast luau without having a hundred pound animal, digging a pit, and....well you get the idea.

You will need your pork to roast (I personally like pork butt, which comes from the front shoulder and not as its name would imply). Then you will need to brine your meat as this is the critical step for yielding a tender and moist product. The next most important thing to remember is that your heat source be about 225 - 250 F in temperature. This cannot be over stressed as this temperature enables the roast to cook slowly without burning.



Check Us Out On Facebook

Great News! Blakely Care Center has joined Facebook in an effort to keep you better informed of our events, volunteer opportunities and of course, pictures of events passed so that you can see your loved ones enjoying the various activities that we offer.

2010 Memory Walk

This year's Alzheimer's Association Memory Walk is on Sunday, October 3 at noon. Anyone interested in joining Blakely Care Centers Team can see David or Julie. Also, "Forget-Me-Nots" can be purchased anytime in the Admissions office for \$1.00. All proceeds will be donated to the Alzheimer's Association. Watch for upcoming events to support this cause.

Brine for Roast Pork

In a large pot mix a ratio of 1 cup of salt to one gallon of water. Mix. Place the shoulder into the brine and allow to soak for 10-15 hours in a cool place.

Roasted Pork Butt

Ingredients:

- 5-7 lb. brined pork butt
- 3 Tablespoons salt
- 1 Tablespoon coarse ground pepper
- 2 Tablespoons ground cumin
- 2 medium onions halved
- 4 cloves of garlic

Procedure:

- Mix the spices together and rub all over the outside of the pork. Place on a cooking pan with the onion and garlic. Roast in a 250 degree oven for 8-10 hours. This time could be a little more depending on ovens. The internal temperature of the pork should be 190 F in order to yield the best product.



September 2010 Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:15 Coffee Hour 2:00 Bingo 3:00 Nails	2 10:15 Coffee Hour 1:15 Allen Siebert 3:00 Sept. trivia 7:00 Wheel of fortune	3 10:15 Coffee Hour 2:00 Cornhole 3:15 Visit w/ Vinny (Service Dog)	4 10:00 Coffee Hour 2:00 Armchair Travels 7:00 Game shows
5 10:00 Coffee Hour 3:00 Abiding Word 7:00 I Love Lucy	6 10:15 Coffee Hour 2:00 Bingo 3:00 Skipbo	7 10:15 Coffee Hour 2:00 Hollywood Classic Movie "Father's Little Dividend" 4:00 Crosswords 7:00 Wheel of Fortune	8 10:15 Coffee Hour 2:00 Bingo 3:00 Cards	9 10:15 Coffee Hour 2:00 Janet Deiman Presents "Swiss Transportation" 3:30 Spill & Spell 7:00 Wheel of Fortune"	10 10:15 Coffee Hour 1:30 Bowling @ Almars 7:00 Vintage CMA AWARDS	11 10:15 Coffee Hour 2:00 Bingo 4:00 Cards 7:00 Best of Johnny Carsom
12 10:15 Coffee Hour 2:00 Bible Study 7:00 Lawrence Welk	13 10:15 Coffee Hour 2:00 Bingo 3:00 Bowling Dice	14 10:15 Coffee Hour 2:00 Hollywood Classic Movie "Meet John Doe" 7:00 Wheel of Fortune	15 10:15 Coffee Hour 2:00 Bingo 3:00 Nails	16 10:15 Coffee Hour 2:00 Arts & Crafts (Bird Feeder Bags) 7:00 Wheel of Fortune	17 10:15 Coffee Hour 2:00 Name It Trivia 3:15 Visit W/ Vinny 7:00 Cards	18 10:15 Coffee Hour 2:00 Western Movie/ College football 7:00 I Love Lucy
19 10:15 Coffee Hour 2:00 Armchair Travels 7:00 Red Skelton	20 10:15 Coffee Hour 2:00 Bingo 3:00 Cornhole	21 9:00 Senior Safari Toledo Zoo 7:00 Wheel Of Fortune	22 10:15 Coffee Hour 2:00 Bingo 3:00 Cards	23 10:15 Coffee Hour 2:00 Mary Fry 3:00 Crosswords	24 10:15 Coffee Hour 2:00 Spelling Bee 3:00 Sept I.Q.	25 11:00 Hawaiian Lua
26 10:15 Coffee Hour 2:00 Movie 7:00 Lawrence Welk	27 10:15 Coffee Hour 1:30 Resident Counsel 2:00 Bingo 3:00 Nails	28 7:30 West Poe Diner 10:15 Coffee Hour 2:30 B-day Party 3:30 Trinity Church 7:00 Wheel of Fortune	29 10:15 Coffee Hour 2:00 Bingo 3:00 Nails	30 10:15 Coffee Hour 11:00 Out to eat @ Max & Ermas 3:00 Cards of choice 7:00 Wheel of Fortune		

Puzzle Corner ! ? ! ?

Word Search

Autumn

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

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|----------------|---------------|---------------|----------------|
| ACORN | EQUINOX | NOVEMBER | SEPTEMBER |
| APPLE | FALL | OCTOBER | SHORTER DAYS |
| BIRD MIGRATION | FARMING | ORANGE LEAVES | SQUASH |
| BLOWING LEAVES | FEAST | PIE | SWEET POTATOES |
| BLUSTERY DAY | FROST | PUMPKIN | THANKSGIVING |
| CANNING | HALLOWEEN | RAKE | TURKEY |
| CHESTNUTS | HARVEST | RED LEAVES | WINDY |
| CHILLY | HAYSTACK | SCARECROW | YELLOW LEAVES |
| COLD | HICKORY NUTS | SCHOOL | |
| CROPS | LONGER NIGHTS | SEASON | |

Sudoku !

The objective of sudoku is to enter a digit from 1 through 9 in each cell, in such a way that:

Each horizontal row contains each digit one time.
 Each vertical column contains each digit one time.
 Each subgrid or region contains each digit one time.

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

Senior Day at Wood County Fair

It was fair time again and on August 5, 2010 we ventured next door to the fairgrounds to enjoy Senior Day. The Residents were able to see the animals, the 4H exhibits, the beautiful quilts and of course, the fair food.



“With These Hands....”

Every year Blakely Care center is invited to place a display at the Wood County Fair. This year we thought long and hard about what „defined” us. “who” we are, and “what message” we wanted to get across. Then, in looking at our Residents, it was clear. These Residents hands held stories of times past and lessons yet to learn. We then took a small sample of our Residents and had them paint their hands and leave hand prints on a piece of fabric. This piece of fabric, once done, was a representation of “who” we are. The following is the saying that accompanied our “hand” made quilt in the display case.

“With These Hands”

The Residents at Blakely Care Center

With these hands we have raised children, protected our country,
worked on the family farm, worked at the university,
typed 65 words a minute, and taught Sunday school.

These hands have served food and done dishes.

These hands have wiped the sweat from our brows
and the tears from our eyes and have held our grandchildren.

These hands tell the story of our lives
and are very special to the ones who love us.

These hands hold life’s little lessons in them.

We have treasured our lives and continue to enjoy the things
we still do with these hands like bake,
and plant flowers, play games

and these hands still snap fingers to the music we love.

These hands still hold our grandchildren
and these hands still wear the rings of the loves of our lives.

They are tired and wrinkled.

These hands still have stories to tell and lessons to teach.

These hands are special. These hands define me and tell my story.



September Birthdays



Staff:

Residents:

Alton Smith	9-01
Thelma Whitman	9-05
Clarence Euler	9-06
Evelyn Weimer	9-13
Janice Phipps	9-16
Ralph Steele	9-17
Mary Goslak	9-21
Bill Woodbury	9-25



Doug Blakely	9-24
Terry Brashear	9-11
Christopher Burchell	9-16
Mary Lay	9-07
Julie Naftzger	9-02
Ryan Paquette	9-05
Riley Sharninghouse	9-29
Robin Vroman	9-07
Kim Wittenmyer	9-25

Blakely's Goes Back in Time on a Canal Ride...

It's been quite a few years since we have gone to Grand Rapids on a mule drawn Canal ride so we thought it was high time we ventured to Grand Rapids and went on one. It was very interesting to the Residents to learn about that way of travel, seeing the old time outfits and receiving their very own boarding pass. It was hot day, but a pleasure of an outing!



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