

HAPPY
FATHER'S
DAY

Elmhurst

HAPPY
FATHER'S
DAY

The House of Friendship, A Nonprofit Serving Older Adults Since 1890

News from Under the Elms

June, 2021

Vol. 21 - Issue 6

304.242.0240



Birthdays Are Special at Our House

May birthday celebrants, at left, Carol Burns, Penny Mourat, Ila McConaughy, Patty Hensel, Flo Monteleone, and Doris Flor, enjoyed our new in-house birthday luncheon.



Virtual 5K Walk/Run 2021

Planning for Our Future

Details Coming Soon



Balloon Ball Is a Blast!



We keep fit in many ways. A fast-paced game of balloon baseball really gave us an upper body workout! Swing, batta batta! You're out!



Jamie's Corner

Jamie Crow
Executive Director



Dear Friends,

Thanks to everyone for the kind words as I recuperate from knee surgery. I will be back in the office soon.

Our Virtual 5K plans are just about ready to launch, so get ready to run or walk for Elmhurst!

See you soon.- *Jamie*

Junior League Treats Us



Our residents enjoyed treat baskets on Easter thanks to the Junior League of Wheeling. What a lovely gesture!



June Birthdays

Residents

Mary Sacco	6/6
John Lucas	6/17
Judy McNabb	6/20
Ruth Sampson	6/21
Penny Goodwin	6/21
Charlene Goodwin	6/21
Sally Holmes	6/23

Staff

Anna Knierim	6/3
Laura Dolenc	6/9
Kathy Boehm	6/14



St. Mike's 8th grade brought us painted "kindness" rocks for each resident. We will hide them throughout the house for them to find and keep the one they do. Our St. Mikes friends "rock" for giving us a fun treasure hunt.



We love to reminisce...just look at this large group that recalled the 1950s. Bomb shelters, cars with fins, old TV shows, foods, and more!

May Scrapbook...Gardens, Games, & Good Times



Gardening...
The residents' standing garden is blooming! Housekeeping staff and Joan Block, far left, set new plants into the patio garden. Jeanne Hicks stopped by to survey the scene while another group of residents officially opened the patio on a warm May afternoon.

★ Salute the Flag
June 14 ★



MANY THANKS to the Burns family for the donuts and cupcakes...Tammy Slater for staff treats...Barbara Fisher, Marti Snyder, & Kristin Long for donating books...to Anna Moore for the baby goats' visit...and to the Monteleone's for sharing birthday cupcakes with everyone.



Let's Make a Deal... Wild & Crazy fun as we played the popular TV game in costume to win prizes. Contestants, from top to bottom, include Bertha Sacco, Flo Monteleone, Ruth Sampson, Joan Block, Rachael Davis, Russ McMahon, Millie Scaffidi.



Carol Burns, Millie Scaffidi, Joan Block and Jeanne Hicks head to Amish country in our new van.



Resident Shares Healthy Dental Care Tips for Life

Elmhurst residents went back to class, recently, when Charlene Goodwin, RDH, EdD, a former associate professor of dental hygiene, shared her tips for healthy teeth and gums. Residents learned the history of dental care, tooth and gum problems, how to brush effectively, and enjoyed humorous personal anecdotes that she experienced during her career as a dental hygienist.

“Why do we have teeth?” she asked her attentive audience. To smile and chew food were two main reasons, she explained. Healthy teeth help maintain a healthy jawbone needed for chewing, she explained.



Charlene Goodwin

We learned that brushing after eating is important. We must rid the mouth of germs that cause decay. Bacteria, a live substance, eats the food we eat and unless we brush it away, it causes acid which “eats” the tooth, and may get under the gums, loosening teeth. The enamel on a tooth is the hardest substance in the body, she noted.

The toothbrush, invented by the Chinese using eucalyptus tree fibers, should have soft bristles. Toothpaste should contain fluoride which helps prevent decay and also osteoporosis. As we age, gums recede, exposing the tooth roots. Sensitive teeth and gums can benefit from an anti-sensitivity type toothpaste. It also may be rubbed onto the tooth root surface for pain.

Annually, denture-wearers should ask their dentist to check for rough spots on the dentures and also check gums for signs of oral cancer. When not in the mouth, dentures should be kept in a cup of water to avoid them drying out. When brushing over a sink, place a towel and several inches of water in the basin near the drain so that if you drop the dentures, they will float and not break. Using a mouthwash such as ACT for dry mouth, helps your mouth stay lubricated...but do not swallow it!

Charlene presented each resident with a dental health bag that featured a toothbrush, mouthwash, toothpaste, and denture cleaning items, provided by her personal dentist, Dr. Heather Taylor, of Glen Dale.

- Consider a Gift for the Future -

Elmhurst greatly appreciates every monetary gift. If you are interested in discussing planned giving opportunities,