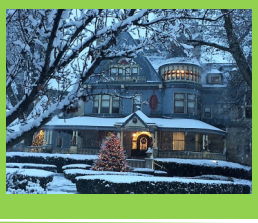
ELMHURST

It's a Great Life in Our Neighborhood



News from Under the Elms Elmhurst, The House of Friendship MAY, 2017 - Vol. 17 - Issue 5

State Bestows 2017 Deficiency-Free Award Following Survey

Department chiefs at Elmhurst include, seated, Terri Conaway, housekeeping; Paula Pervall, office manager; and Janice Bippus, director of nursing. Standing from left, are Melissa Mansuetto, assistant program director; Scott Levy, maintenance; Samantha Kestner, program director; Chef Michael Travis; Paula Coats, head resident assistant; and Executive Director Jamie Crow.

Once again, Elmhurst, The House of Friendship senior assisted living residence in Wheeling, has received a deficiency-free designation for 2017 from the West Virginia Department of Health and Human Resources, Office of Health Facility Licensure and Certification, according to Jamie Crow, executive director.

The deficiency-free rating was awarded Elmhurst following a two-day licensure survey conducted by representatives of the state in March. Michael Barickman, president of the Elmhurst board of directors, commended Crow and the staff for its diligence in maintaining the quality of service Elmhurst has been providing its residents for 127 years.

We're On-the-Go

Spring Takes Us Outdoors, Trips To Oglebay, & DQ

Jamie's Corner

Jamie Crow
Executive Director

Elmhurst board of directors are pleased to announce a new, lower rate for our one and 2-bedroom suites at $3500 and $4000, respectively. The new rates are in line with area costs of these types of assisted living accommodations.

Residents are invited to participate in a new Grief Support program conducted by Sarah Barickman, community outreach representative from Altmeyer Funeral Home. These sessions offer residents a wonderful opportunity to come to terms with the changes in their lives - the loss of loved ones, the change in lifestyle, and the move to a new neighborhood. All of these events can be cause for a type of grief. This program is aimed at helping participants deal with grief and move forward with their live through understanding and sharing at each session. I encourage residents to join Sarah and engage in a dialogue that will be meaningful.

We're looking forward to Meg and Sarah, our WVU students, return this month.— **Jamie**

Participants Cite Benefits of Chair Yoga Classes

Enthusiasm among the residents for the new chair yoga program has been so great that the participants now meet weekly, rather than every other week, according to Melissa Mansuetto, assistant program director who leads the yoga. Classes began in March.

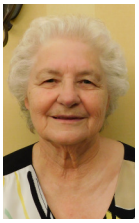
Naomi Hupp says she feels a positive difference in her legs from the yoga. Eleanor Peyton describes feeling more relaxed due to faithful participation in the yoga sessions.

Dorothy Sullivan, (inset photo) an avid walker, says the yoga classes make her feel "peppier." Henry Hupp notices the more strength in his shoulders. He is an enthusiastic fan of weekly classes and encourages more residents to join the fun.

Residents learned some moves that they may do on their own. Join the fun at our next session. You'll be glad you came.

Happy Birthday, April celebrants Garnett Bush, Eleanor Peyton, Alberta Kirchner, and Janice Bippus.

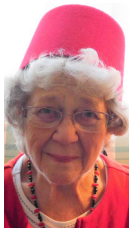
We Welcome Our New Residents



Francie Amato and Ruth Vensel (pictured at right).

Silly Hat Day

Participating in our Silly Hat Day are, from left to right:
Eleanor Peyton
Rose Saines
Blanche Wakim
Janice Bippus
Jamie Crow
& Sam Kestner.



Happy May Birthday Celebrants

Lorena Ketterman May 8 Margaret Deter May 29

Chef Michael Travis May 10

April Scrapbook...Good Times, Good Folks

Easter Dinner Was Lovely & Delicious

The culinary staff outdid themselves for our superb Easter dinner. Kudos!

We Create Yummy Chocolate Treats

Just in time for holiday baskets.

Remembering Mom

Dorothy Sullivan: Dorothy grew up on a farm and recalls that her mother was always in the kitchen. "My dad would bring anyone in from the road for a meal. My mother didn't mind at all." The farmhands also enjoyed meals with the family. The family favorite: fried chicken. "I had the best mom in the world," she said.

Henry Hupp's mother was a great talker. "She talked a lot, but we all listened and she always made sense," Henry said. She got along well with her grandchildren, too.

Betty Snyder: Everybody went to her mother's house for Mothers' Day. Betty would do the dishes and make sure the kitchen's lineoleum floor was swept afterwards Her mom loved to clean and, according to Betty, the three-story house sparkled from top to bottom.

"My mother liked everything spiffy," Betty said, acknowledging that she inherited that affinity for a spic and span house.

Her mother, Anna Marie, made the family's bread from scratch. People walking by the family's home in East Wheeling often enjoyed the aroma of bread baking as it wafted through the windows. Betty's mother lived to be 102!

Residents were delighted with a Saturday morning visit and entertainment from contestants in the West Virginia Miss America and Miss America Teen pageants.We had a wonderful visit.

Save the Date

Saturday, July 29

Shrimp Boil

On-the-Lawn Fundraiser

We Will Remember

Memorial Day, May 29

We filled 150 Easter treat bags delivered to our partners-in-education youngsters. Our egg hunt was cancelled due to rainy weather.

Kurt Zende, manager of the Centre Market, gave us the history and latest scoop about this historic, happening district in the city. A roadtrip to visit the area is in our future!

Our SMPS T-K kids blow us kisses as they leave after presenting an Easter program. Always lots of fun when this class stops by to visit.

May Activities' Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Exercise: Mon., Weds., Thurs. 10 a.m. Transportation: Tues., Fri. 8:30 - 4:30 Weds. 8:30 - Noon	1 Assigned Seating 1:30-3:30 BINGO (MPR)	2 Amazing Raise 10:00-10:30 Chair Yoga Video (MPR) 2:00 Stretch, Wii (MPR)	3 1:30 Wheeling Island Casino 2:00– Name That Tune (MPR) 6:15 Shanghai	4 1:30 Highlands Trip	5 10:00 Sweets with Jamie 1:00 SMPS 8th Grade Seussical, The Musical(FR) 2:00 Sombrebro Pass Game (MPR)	6 6:30 Movie
7 6:30 "Victoria" (FR)	8 Free Seating 12:00 Brunch 1:30 BINGO (MPR)	9 10:00-10:30 Chair Yoga Video (MPR) 11:30 Lunch with Books 2:00-3:00 Fishing with Janice (MPR)	10 10:30 Activity Bucks Store (Family Room) 3:00 Butch Ackerman, Singer 6:15 Shanghai	11 11:00 Later Alligator Lunch 2:00 YAHTZEE (MPR) 2:00 Grief Support Group (Board Room)	12 10:00 SMPS TK Talent Show 2:00 Stretch/Wii (MPR)	13 6:30 Movie
14 MOTHER'S DAY 6:30"Victoria" (FR)	15 Assigned Seating 11:00 Birthday Lunch 2:00 Talk with Travis (Living Room)	16 10:00-10:30 Chair Yoga Video (MPR) 2:00 Stretch/Wii (MPR)	17 2:00 Paul Milovac Performs (MPR) 6:15 Shanghai	18 1:30 Buy, Plant Flowers	19 National Pizza Party Day 10:00 Koffee Klatch (2nd Floor) Noon Pizza Party Lunch 2:00 Crazy 8s (MPR)	20 6:30 Movie
21 6:30 "Victoria" (FR)	22 Free Seating 9:00 St. Mike's TK Grads 1:30 OV Mall Trip	23 10:00-10:30 Chair Yoga Video (MPR) 11:30 Lunch with Books 2:00 Parachute Simon Says (MPR)	24 10:30 Activity Bucks Store (Family Room) Topics: Bekah Karelis, Tales of Wheeling 6:15 Shanghai	25 10:30 Corn Hole (MPR) 2:00 Wine, Cheese Tasting (MPR)	26 Noon Lunch Memorial Day Picnic 2:00 Stretch/Wii (MPR) 3:00 WPHS Bluegrass Band (Front Porch)	27 1:30 Bingo with Meg (MPR) 6:30 Movie
28 6:30 "Victoria" (FR)	29 Assigned Seating 1:30 Movie "MEMORIAL DAY"	30 10:00 Chair Yoga Video (MPR) 2:00 Stretch/Wii (MPR)	31 2:00 Roundtable (MPR) 6:15 Shanghai	MPR = Multi Purpose Room FR = Family Room	Social Hour Wednesday, 3:45 3rd Floor Activity Room	BIBLE STUDY Thursdays 4:00 Exercise Room Protestant Communion First Thursdays