

SCHMITT WOODLAND HILLS

WOODLAND Views

IT'S ALL IN THE FAMILY

From time to time we are blessed to have a “happening”, something that comes out of nowhere and serves to put us in touch with our past. Something that draws us back to our roots and reminds us there is more to this business of long-term care than passing meds, taking vitals and charting the changing conditions of our residents. It reminds us of the human element of long-term care. Perhaps not the reason we got into this career in the beginning but most certainly for many of us the reason we are still in it.

It reminds us that our residents, whose care has been entrusted to us, are mothers, fathers, sisters, brothers, aunts and uncles to someone. They are loved by someone, at the very least and loved by many, more often than not. They are here at Schmitt Woodland Hills because they are loved and their loved ones wanted them in a safe, nurturing and compassionate environment. Their loved ones knew “it was more than living, it was living well” and they turned to Schmitt Woodland Hills to provide the “living well”.

Several weeks ago, we experienced one of those happenings. Out of the blue we received an old photograph. The photo was of the Annear family and it was sent to us by Philip Scholl. Son of Irma and Jess Scholl who owned and operated Scholl and Sons Orchard in Richland Center. The orchard was owned and operated by Philip's father and two of his brothers. Philip's mother, Irma Scholl was an Annear.

The photo, shown above, includes the family matriarch, Olive Annear and her four children; Hazel Marshall, Myra Anderson, Irma Scholl (Phillip's mother) and Gerald Annear. Olive Annear and three of her four children, Hazel Marshall, Irma Scholl and Gerald Annear all passed away while a resident at Schmitt

Woodland Hills. Myra Anderson was the only one who didn't pass away while a resident because she and her husband George had moved to Arizona and never returned to the area except for visits during the summer months. Ironically, Myra's daughter, Ginny Jones, was a frequent visitor to SWH when she came to visit her Aunt Hazel Marshall. Gerald Annear has a son who is a current resident at SWH.

During part of the time Philip's parents were residents at SWH he and his wife Heloisa, a native of Brazil, actually lived in Brazil. Philip met Heloisa indirectly through his parents who were in Porto Alegre, Brazil in the early 1970's as part of a joint UW-Brazil Project.

Interestingly, Philip shared that his parents were one of the early

beneficiaries of the continuum of care offered by SWH. Philip remembers that his folks were here the longest and started in an apartment. Then his Mom moved to a smaller apartment when his Dad Jess went to the Health Center because he needed more care. His Mom stayed in this small unit until she also went to the Health Center. Phillip remembers that “the three levels of care at SWH were wonderful for them because Mom was able to be independent and visit Dad as he got worse and needed extra care without going out in the snow. A fantastic place overall”.

What an honor to be able to serve three generations of the same family. The lives of these families are woven into the history of Schmitt Woodland Hills and it has obviously been more than just providing long term care to nameless individuals. We became part of their family and they certainly became part of the Schmitt family. What a privilege to be part of this family's story for three generations and counting.



From Left to Right
Front Row: Olive Annear, Gerald Annear
Back Row: Hazel Marshall, Myra Anderson, Irma Scholl

SCHOLL OBITUARY

Scholl, Irma E. RICHLAND CENTER

Irma E. Scholl (nee Annear), age 93, died on Friday, Nov. 7, 2008, at Schmitt Woodland Hills Health Care Center in Richland Center. On Dec. 3, 1914, Irma was born on a farm in Dieter Hollow, in a blizzard, eight weeks premature, delivered by her father and her arthritic grandmother because the doctor couldn't get through the snow drifts. A bread pan on the wood-burning oven door served as her preemie incubator. From the time she was conscious of the details of her birth and her close brush with death in her first hours,



she realized that she was living on borrowed time, and that life was a precious gift. After graduating from Richland Center High School, she went to the Methodist Hospital School of Nursing in Madison, and got her degree as a registered nurse. She practiced her profession in Ames, Iowa and

Continued on page 2

SCHOLL OBITUARY *CONTINUED*

in Madison. She conveyed her sense of life as a gift from God to her husband, her four sons and many hundreds of dear friends all over America, Europe, South America and Asia, with whom she corresponded over the decades. She was an indefatigable world traveler, who arranged the itinerary and made life out of a suitcase tolerable for her husband Jesse, an agronomy professor at the University of Wisconsin. Together they visited and worked in many European countries, including some behind the Iron Curtain, China, Brazil (where they lived and worked for three years in the 1970s), Argentina and much of the rest of South America. When she and Jesse retired, they owned and operated Scholl Orchard in Richland Center for many years. Irma is survived by four sons, Stanley (Ann) of Richland Center, Philip (Heloisa) of Porto Alegre, Brazil, Dennis (Terry) of Gig Harbor, Wash. and Norman of Richland Center; six grandchildren, Samuel (Heather), Rebecca, Eric, Jessica, Julia and Marta; one great-granddaughter, Riley Marie; her sister, Hazel (Ray) Marshall of

Richland Center; many nieces and nephews; and dear friend, Harriet Hendricks. Irma was preceded in death by her husband, Jesse M. Scholl; her parents, Earl and Olive Annear; her sisters, Lola and Myra; and her brother, Gerald Annear. Funeral services will be held at 11 a.m. on Wednesday, Nov. 12, 2008, at the TOWN AND COUNTRY PRESBYTERIAN CHURCH, 345 South Cairns Avenue, Richland Center. Pastor Elaine Hanson-Hysel will officiate and burial will be in the Richland Center Cemetery. Friends may call at the PRATT MEMORIAL CHAPEL on Tuesday, Nov. 11, 2008, from 4 p.m. until 7 p.m. Friends may also call at the church on Wednesday from 10 a.m. until the time of the service at 11 a.m. In lieu of flowers, the family suggests memorials be directed to Schmitt Woodland Hills, the Town and Country Presbyterian Church, or to a charity of your choice. The Pratt Funeral Service is assisting the family with their arrangements. Online condolences are available at prattfuneralservice.com. 1- 888-303-3910

ADULT DAY CARE ADDED TO THE SCHMITT WOODLAND HILLS CONTINUUM OF CARE

Schmitt Woodland Hills held an open house and ribbon cutting ceremony on Thursday September 12th from 3:00 until 7:00 pm to celebrate the grand opening of its new Woodland Adult Day Center. This new service which is being offered to the community for adults 18 years of age and older. The adult day care center is offering programming targeting elderly, frail elderly and developmentally disabled participants. There will be group activities, individual programs and monthly trips into the community for special activities. Hours for the Center will be 9:00 am until 3:00 pm Monday through Friday.

Members of the Greater Richland Area Chamber of Commerce were on hand for the ribbon cutting ceremony. John Collins from the Richland Center City Council came to represent the City and Mayor Mike Kaufman, who was unable



The grand opening and ribbon cutting ceremony was followed by what the Woodland Adult Day Center staff had dubbed as “Free Day” on September 19th. Free Day was the Day Center’s way of inviting the public to come in and see what this new service is all about. Caregivers were invited to enroll their loved ones for

all or part of the day on the 19th so they could experience the programs being offered for themselves. Caregivers were actually given the opportunity to spend time with their loved ones and experience the programs as well. This opportunity to experience the services which will be provided was offered at no charge by the Woodland Adult Day Center.



ADC grand opening

to attend due to an out of town trip. John Collins remarked that this was a special day for him and that he was honored to be at the ceremony because his mother was a long time resident of Schmitt Woodland Hills. Special Guest Representative Tony Kurtz from the 50th Assembly District was also on hand to add his support for the new Adult Day Center.



Schmitt Woodland Hills is pleased to be able to offer this new service to the Community. Whether the participants are enrolled for a regular schedule of programs or if the service is used to provide badly need respite for their caregivers, the Adult Day Center is here to serve area residents in whatever capacity is needed.

I hope that the gift of God's Son is also a reminder to us that the greatest gifts are not material. It is never the size of the gift that matters, but the love behind the gift. Sometimes, simply the act of showing someone that they matter is sufficient.

There is a story by an unknown author that says it beautifully. It is titled, "A Baby's Hug." Perhaps you've seen it on the Internet.

After a busy morning of activity a family decided to stop for lunch at a restaurant. Erik's mother placed him in his highchair. Suddenly, Erik squealed with glee and said, "Hi," giggling and chuckling as he looked across the restaurant.

His mother followed the direction of Erik's eyes to learn what had amused her son so. Her eyes met a homeless-looking, unkempt old man just across from their table.

With his hands waving at Erik, the man said, "Hello baby...you are such a big boy."

Erik's parents were startled. They didn't quite know how to respond to this situation, Erik didn't seem to care that others in the restaurant were now staring at him and the old man.

Erik's parents hurried their meal as soon as it arrived. The old man was still teasing at Erik: "Peek-a-boo...I see you." The man was anything but cute and obviously intoxicated, but Erik didn't care.

No sooner had they finished their meal than Erik's dad hurriedly went to pay the check. He told his wife to meet him in the parking lot. The old man sat poised between the mother and the door. "Lord, just let me out of here before he speaks to me or Erik," she prayed.

As she drew closer to the man, Erik's mother turned her

back trying to sidestep the man and avoid any air he might be breathing. As she did, Erik leaned over her arm reaching with both arms in a baby's "pick-me-up" position. Before the mom could stop him, Erik had propelled himself from her arms to the old man's.

Suddenly the ragged man with sorry-old shoes and a young child with a face full of giggles were in full embrace.

The baby, in an act of total trust and love, laid his tiny head upon the man's ragged shoulder. The man's eyes closed, and tears hovered beneath his lashes. His aged hands full of grime and pain, cradled the baby and stroked his back.

Erik's mother stood awestruck.

The old man rocked and cradled Erik in his arms and he looked at the mother and said, "You take care of this baby."

Somehow, she managed to say, "I will".

He handed Erik back to her and said "God bless you, ma'am' you've given me my Christmas gift."

She could say nothing more than mutter thanks. With Erik in her arms she ran to the car, crying "My God, my God, forgive me."

That day, the mother and the patrons at the diner had witnessed God's love made known through the innocence of a tiny child.

That of course, is the charm of Christmas—a day like no other. Christmas is a time for generosity. Why? Because God gave us the most generous gift possible, the gift of his son. The most important gifts are never material. They are but symbolic of our love for those to whom we give them. And that includes giving to the least and lowest, as God did when he gave His Son for us.

A NEW ADDITION FOR THE HEALTH CENTER

Tom Egge, a member of the Environmental Services Staff here at Schmitt Woodland Hills (SWH), has been a valuable part of the SWH staff since 1995. Tom has an unusual hobby. He loves aquariums and fish. Tom has 10 aquariums at home ranging in size from 15 gallons to 125 gallons. He travels to Milwaukee, Chicago and Davenport in pursuit of fish, tanks and supplies. He is also a regular visitor to fish swaps in the region.

With a nudge or two from his wife, Tom has decided it is time to down-size his collection.



He recently donated a beautiful 65-gallon aquarium to SWH, complete with colorful fresh water fish. This tank makes a beautiful addition to the 1st floor Health Center. Now the residents on both the 1st and 2nd floors of the Health Center are able to enjoy the fish.

Researchers have found that displaying tanks of brightly colored fish may curtail disruptive behaviors and improve eating habits of people with Alzheimer's disease. We thank Tom for this wonderful gift and for helping to enrich the lives of our residents.

3rd ANNUAL TOMMY P. HARVEY GOLF OUTING

A tradition which began in 2000, played out on the Viroqua Hills Golf Course on July 18, 2019 when once again we were able to squeeze our golf fundraiser between rain storms.

With the help of 82 golfers, 64 prize donors and 35 hole sponsors we were able to raise over \$20,000.00 which will be used to fund programs which support and enrich the lives of our residents. This year's proceeds will be used to construct parking garages for the residents living in our retirement apartments. The first set of garages, complete with electricity and garage door openers, is scheduled to be

completed in time to house resident vehicle before winter 2019 sets in.

A new wrinkle was added to this year's outing, Schmitt Woodland Hills held a raffle in which the main prize was to be an automobile. Because we weren't able to sell enough tickets to reach a breakeven point our automobile raffle became a 50/50 raffle. Joe Durst, from Ithaca, and a frequent visitor to Schmitt Woodland Hills was the lucky winner of the \$8,250 in prize money. Joe was shocked and so pleased when he received the phone call advising him of his good fortune.

SPONSORS

*3rd Tommy P. Harvey Memorial Golf Fundraiser
2019*

Lunch and Dinner Sponsor

Cura Hospitalities Services

Golf Cart Sponsors

Combined Insurance, West Bend Insurance
East Side BP and Richland Mobil Mart

Beverage Cart Sponsors

Poppy CPA
Wertz Floor & Home

Hole in One Sponsors

Fillback Family of Dealerships
Wallace, Cooper & Elliott Insurance

Game Sponsors

Walsh's Ace Hardware
Schmitt Woodland Hills Board of Directors
Richland Family Prescription Center

Golf Hole Sponsors

Aegis Therapies, Aflac, Agrace, Badgerland Flooring, Barnett Electric, CLS, Computer Connections, Compeer, Dalco, Fillback Ford, Genuine Telcom, Jones Chevrolet/Napa Auto Parts, Kraemer's Water Store, Kraemer Bros., MMA, Northwest Resp., Pinnacle, Richland Patterns Inc., Senior Preferred HMO, Sleepy Hollow Auto, The Peoples Comm. Bank, Subway, UBS The Foersterling Group, United Heartland, Walsh's Ace Hardware, WCCU, Wertz Plumbing and Heating, Wipfli, Wis. United Methodist Foundation.

Thank you for supporting our event

PRIZE DONORS

*3rd Tommy P. Harvey Memorial Golf Fundraiser
2019*

Grand Raffle Prize Donors

50/50 Draw—Ford Focus Draw

Concrete Pizza Oven—Tri-State-Basement-Repair
and Vesuvius Grill Co.

\$300 Gift Cert. — J. Jay Walsh Jewelers

\$100 Cash — Jackie Carley—in mem. Ellen Jorgenson

Golf Course Raffle Prizes, Flight Prizes & Cash Donors

Added Touch, All America Do-It-Center, Anonymous, Tami Arellano Massage, BL Signs, Blue Dog Cycle, Jackie Carley, Center Café, Compeer, Court & Main, Country Garden, DeAnne's Design's, DQ Viroqua, Goplin Insurance, Green Bay Packers, Linda Harlan-Post, Hillsboro Brewing Co., Honker's, Hotel Hillsboro, Jim Husnick, K&K Furniture, Kelly's Coffee, Kickapoo Creekside, Kickapoo Corners, Los Amigos, Dave Martin, Mellem's Fish House, Mel's Micro Brewery, Milwaukee Brewers, Mr. G's, Ocooch Books & Libations, Old Towne Inn, Jim & Heidi Olson, Pacifico Mexican Grill, Pamela's Fine Jewelry, Papa Murphy's, Pizza Hut, Prairie Du Chien Country Club, Prem Meats, Pure Concepts, Quail Run Golf Course, Red Door Gallery, Richland Locker Co., Richard Wastlick, Rachel Schultz, Russ Shannon, Sears, Jan Starr, Steve and Carol Stevenson, Subway, Sunny Side Bakery, SWH Dev. Dept., Mary Lou Tessmer, The House on the Rock, The Phoenix Center, The Shoe Box, Town & Country TV, Turbo's, Viroqua Hills Golf Course, Viroqua Public Market, Westby House, Whiskey Row, WRCO.

Thank you for supporting our event

2019 Christmas Social and Tree of Continued Caring Lighting

**Monday, December 9, 2019
2nd Floor**

**Music Program and Tree Dedication
7:00PM**

Refreshments will be served

Memorial and Honor Lights can be purchased for \$5 each

*Names of honorees and donors will be published in
the Woodland Views and displayed in the lobby*

Tree of Continued Caring

Please return to:
Schmitt Woodland Hills Tree of Continued Caring
1400 W. Seminary Street, Richland Center, WI 53581

Name of Donor: _____

Address: _____

City/State/Zip: _____

Phone Number: _____ Email: _____

Lights in Memory of: _____

Lights in Honor of: _____

Please make checks payable to SWH.
Thank you for your support. Donations \$5.00 per light.
(please use separate sheet of paper if more room is required)

16th ANNUAL ALZHEIMER'S WALK

The Alzheimer's & Dementia Alliance of Wisconsin would like to thank everyone for participating in the 16th Annual Richland County Alzheimer's Walk on September 22, 2019. Once again, the event was held at the UW Platteville Richland campus. It was a great day for families, co-workers and organizations to come and show their support.

The event helped raise over \$14,592.00 in needed funds to benefit people with Alzheimer's disease and their caregivers, right in Richland County, many of whom are struggling to make ends meet while they care for and pay for the care of a loved one with Alzheimer's disease. The raffle, silent auction, brat stand donations and volunteer time was a show of compassion and reinforces the high level of support and compassion our community has for those impacted by Alzheimer's and dementia in Richland County. It is important to note that all of the money raised through this event stays right here in Richland County to help Richland County Residents.

The Schmitt Striders, Schmitt Woodland Hills' walk team was once again the number one fundraising team for the event.

*Some of the Schmitt
Striders team
from left to right:
Joanne Amell,
John Tews, Bonnie
Richardson, and
Ellen Alvin.*



*Bonnie Tydrich,
Honorary Family
Chairperson
(front row left)
With some of the
Walk organizers
and participants.*



The Team was able to raise over \$4,000.00 in support of the event.

This year's walk had a special connection for Schmitt Woodland Hills. Bonnie Tydrich, whose husband Lyle is a Schmitt Woodland Hills resident who has been diagnosed with Alzheimer's, was the Honorary Family Chairperson for this year's event. Bonnie gave a powerful talk at the event about her experiences as a caregiver for her husband during his Alzheimer's journey.

The Walk website will stay up until mid- November to collect more funds. So, if you didn't get a chance to walk or if you'd like to contribute additional donations, go to support.alzwwisc.org.



SUMMER ACTIVITIES

Gone Fishin'

Though we just had a small group, we had an awesome time getting out for some fishing this summer at North Park Pond! We reeled in 4 fish, but no one felt like cleaning them, so we threw them all back.



Participants: Bernie Dyer, Betty Gilman-Harvey, Environmental Services staff person Peggy Hampton and volunteer Avaya Pyfferoen



Bernie with a nice bass!

It's Planting Season

Health Center residents enjoying the fresh air and sunshine while planting our wheelchair accessible planters.



VETERAN'S DAY



(Left to right) Front row: Bernie Dyer, Fred Mohrmann, Donald Parduhn, Robert Hanson; Second row: Eugene Sommer, Melvin Paulson, Kenneth Ramsden, Gaylord Deets; Third row: Tom Egge, Dean Braithwaite, Fuzz Spangler; Not pictured: Donald Rodgers, James Walmer

Campfire, S'mores, & Music!



Our residents enjoyed a beautiful evening this summer, with 3 campfires, s'mores, music, and a bubble machine! We were even entertained with a little dancing from some staff members! Thanks to all those who contributed to make this a fun event!



WESTVIEW WALKWAY RENOVATIONS

The Westview Walkway received a badly need facelift this summer in time to be enjoyed by residents, family members and staff as well. The work included new concrete surfaces in the gathering area, a new platform for the wheel chair swing, tuck pointing and repair of the brick stairwell, new umbrellas and patio furniture.

The new concrete was part of the Landscaping and Fountain Renovation Project and the new patio umbrellas were the result of a memorial gift from the family of Madalene McCauley. The new umbrellas are commercial grade and can withstand winds up to 25 miles per hour with the umbrellas fully deployed. The old pergolas were removed and enough money was raised through the summer months to erect a new gazebo in the spring of 2020.



Above: The umbrellas provide shade for those using the patio

This new renovated space will provide a great area for activities and events plus a wonderful green space for residents and families to enjoy. Many staff members used the new space as a prime location to enjoy lunch or a break.



Karaoke Night on the Westview Walkway

TRISHAW RIDES

Our residents enjoy Trishaw rides and now with 5 pilots, we have rides almost every day. This summer our pilots logged over 515 miles and with the nice weather the rides continued well into the fall season.



Bill Bartlett with our newly certified Tri-Shaw pilots: Colleen Pulvermacher, Karen Fairbrother, Micah Walters, & Christine Schmitt



Resident June McKittrick (96) & brother Gayle Smith (98) of Viroqua enjoyed a wonderful visit on a Trishaw ride piloted by Jim Husnik



Right: When Gladys Aken turned 102, her wish was to go for a bike ride. Thanks to our volunteer pilot, Jim Husnik her wish came true. Along with her daughter Sandy, they went for a ride and stopped at "Our House" to visit some old friends.



Left: It was a lovely day for a fall ride. Two of our volunteers were able to enjoy the weather with Trishaw pilot Jim Husnik. Pat Gethings helps out with activities and the beauty shop and Bev Cook runs our Handy Shop several days a week and helps out in other departments as well.



Left: Resident Carolyn Freeman and Trishaw pilot Colleen Pulvermacher stopped at the farmers market to shop. Nothing like fresh produce.

JACKIE'S JOURNAL: PLANNING FOR YOUR FUTURE

In late 2013 and 2014 Schmitt Woodland Hills initiated a capital campaign to raise money to support the construction of a new 50-bed skilled nursing facility and the renovation of other major portions of the building. During the campaign, one of the phrases we used to garner support for our mission was to **"Help us to be here when you need us"**.

This mantra has been with us ever since those busy days of the expansion project. As an organization, Schmitt Woodland Hills has always had one eye on the future, trying to anticipate what the needs of our aging population was going to be. Why? So, "we could be there when you needed us".

In 2017 we purchased a new Dodge mobility van. The driver behind this acquisition was an anticipation of the need for more transportation services within our House Calls division. We felt that the trend toward people staying in their homes longer would increase the need for transportation services and open the door to escorted services to local destinations for many seniors and less-abled individuals.

In 2019 we opened the Woodland Adult Day Center, to provide respite services for care givers and a formal structured program for seniors and disabled individuals within our community. We listened to various agencies throughout the community, saw a need and responded by creating a program to serve the needs of caregivers and

adults with special needs right here in Richland County. The Woodland Adult Day Center grew out of our desire to be here with the services the community needs when they needed them.



At this time, Schmitt Woodland Hills is laying the ground work for a **dementia care wing** as part of the renovation of our Westview Assisted Living Community. We have already completed some major redecorating of the 3 wings in Westview. Updated colors and décor have certainly brightened the surroundings for our residents. We have obtained the State approved plans for the addition of two new 2-room suites and the addition of showers in most of the assisted living accommodations.

A key part of this renovation will be the addition of a 6-unit dementia care wing located in the current south wing of Westview. This wing will feature specially trained staff and physical surroundings designed to provide for the needs of those suffering from the more extreme forms of dementia. It is our hope to have this wing open to clients in early 2020. Watch for more details as the plans continue to unfold.

Remember, we are always striving to **"be here when you need us"**. Your support for our Westview renovation will be greatly appreciated!

Jackie Carley, Executive Director



Table Viewing & hor d'oeuvres

12:00—1:00

Seating & Buffet

1:00—2:00

\$50

Auction

2:00

Schmitt Woodland Hills Christmas Gala

Saturday, December 14, 2019

12:00—3:00 pm

2nd Floor Lounge and Dining Room

Menu

Salad

Mushroom Asiago Chicken
Beef Medallions and Red Wine Sauce
Baby Red Mashed Potatoes
Seasoned Green Beans
Assorted Desserts & Wine

Once again we will host our Christmas Luncheon Gala and auction. Table captains will decorate their tables with their own tableware and provide a centerpiece to be auctioned off. Other great items will also be auctioned in our silent auction.

If you are interested in being a table captain or guest for this event, please contact Bill Bartlett or Barb Harvey for availability.

“CARING PEOPLE MAKE A DIFFERENCE” BY SHARON MOORE

It was a very warm, humid evening when the CNAs brought the health care residents to the music activity in a small room located in the old health center at Schmitt Woodland Hills. One older resident, Stella, who was a very active 105-year-old, seemed a bit unhappy as she was being wheeled into the evening group. Several fans were circulating the sticky, summer air as I started to play old and familiar tunes on the keyboard. These songs were slower and more relaxing since I felt these melodies would be appreciated in such a small, cramped space.

Suddenly, Stella glared at me and said, “Why don’t you play something peppy?” Immediately I was shocked at her comment. Then I chuckled to myself, thinking about how amusing it was that a 105-year-old lady wanted to listen to “something peppy.” So, I stopped playing and asked Stella what she would like to hear. Without skipping a beat, she exclaimed, “Turkey in the Straw!” Being very relieved that I knew how to play her favorite selection, I smiled and replied, “Sure, I can do that, Stella.”

However, that wasn’t the only unexpected moment of the evening, as a grand surprise was awaiting me. When I started to play, “Turkey in the Straw” – so did Stella! She raised her left hand, mimicking the holding of a fiddle against her chin, while her right arm was swaying back and forth across her front, pretending that she was drawing the bow of a violin. I was surprised and ecstatic to see that Stella was so involved in this moment. I also was amazed since I had no idea that Stella previously played the violin when she was younger! Throughout the song, Stella was grinning from ear to ear, and her entire demeanor had completely changed from what it was

before. As I was playing, I glanced down and could see her right foot tapping away, keeping a steady rhythm along with the melody. I also noticed that other residents started clapping their hands, smiling, and tapping their toes. The room didn’t seem warm and sticky anymore. Instead, it was filled with fun, lively energy, and it is a moment I will never forget.

Throughout the summer, both Stella and I continued playing “Turkey in the Straw” together whenever she joined me in the music activity time. She never had to ask – I just knew that song created a special connection for us, and I looked forward to seeing her beaming smile and energy whenever I played the tune.

Even though Stella isn’t with us any longer, my experience with her left a lasting impression on me. Through music, I was able to form a special bond with her, which I also feel I do with other residents as well. In fact, I strongly believe that when we truly care for our residents and focus on creating a lasting difference in their lives, we are also blessed. I truly feel blessed by my memories and experiences with Stella, and I feel that the experiences we share with others will always be with us and will live forever in our lives.

Won’t you please help us to continue to make memories like this. Make a year-end gift to Schmitt Woodland Hills so that we can continue to enrich the lives of residents like Stella. Please use the gift form on the back page of this newsletter.

*Sharon Moore
Activity Aide - Activity Department
Schmitt Woodland Hills*

“CARING PEOPLE MAKE A DIFFERENCE ESSAY CONTEST”

2019 ESSAY CONTEST INFORMATION WINNER RECEIVES \$500

All full and part-time Schmitt Woodland Hills staff who work a minimum of 15 hours per week were invited to write an essay. All essays were to be entitled “Caring People Make a Difference,” and need to be submitted via email to swhhr@mwt.net. The essays will tell a story of how our organization has made a significant difference to an individual or to a group of individuals. The essays will be judged by a four-person panel (Jackie Carley, Abbey Ewing, a resident and a Board member) and awarded points on style, quality of writing, and how compelling your story is.

The deadline for submission was 3 p.m. September 15, 2019. Winners will be announced at the Thursday November 14, 2019 In-service Meeting. The winner will receive a \$500.00 prize and will be given the opportunity to read their essay at this In-service.

Anyone submitting an entry automatically agrees that it may be used in radio, electronic and print public relations materials. This contest is an attempt to give our compassionate care givers an opportunity to tell their story and our story. Beautiful stories happen here nearly every day. Stories of how caregivers touch the lives of our residents and their families. This is a perfect way to recognize our caregivers and help us tell our story.

NEW PARKING GARAGES FOR APARTMENT RESIDENTS

After several false starts there is finally evidence that the new parking garages for the apartment residents is going to become a reality before the snow flies. At one time, there were a few garages that were used by the apartment residents to shelter their vehicles. But this old structure was more akin to a lean-to than a garage. This structure was torn down in 2014 to make room for the new Health Center.

Construction on the first unit has begun and will be ready for occupancy in the very near future. The first unit will house five separate garages, all with concrete floors, electricity and garage door openers with remote access. We expect this unit to be ready in time to shelter our resident's automobiles from the worst of this winter's unpredictable weather. This first unit will be located just beyond the Westview Walkway at the bottom of the asphalt parking area that runs along the west side of the new building.

There is a "phase two" for this project as well. A second set of garages will be constructed on the current site of our maintenance garage behind the Dietary Department and the loading dock. The existing maintenance garage will be re-located to an area just off the circle drive at the north entrance.



The construction of these new garages is being funded totally through donated funds. A former resident remembered us in her will with a wonderful gift, several apartment residents made significant contributions to the project along with many other donations and memorial gifts made this project possible. We wish to thank all our supporters who continue to believe in our mission and bless us in so many ways.

SOME NEEDLES OF JOY BY GARY TETZ

Things I Think...

My acupuncturist might be the most joy-filled person I've ever encountered. Her joy radiates and envelops, filling the room with a contagion of positivity.

Even the fact that she's wielding sharp objects destined to cause me pain doesn't seem to reduce her joy-scattering capabilities. My mood still improves whenever I'm in her presence. It's a spooky, magical power she holds, and I am helpless to fight it.

As a side note, torturing me with needles seems to perversely magnify her joy, which replenishes her reserve, which then radiates back to me in a self-perpetuating cycle. So it turns out I'm actually both reluctant donor and grateful beneficiary.

I've suspected that she was just born that way, and I once expressed envy for her genetic joyfulness. But, it turns out it is something she intentionally and diligently practices, every day.

That a state of innate happiness is a skill that can be acquired, not just a capricious gift of nature for a fortunate few, is something I've come to grudgingly embrace. And now it has been proven to be effective for the caregivers

of family members with dementia, according to a recent Northwestern University/University of California study.

Participants who learned how to focus on positive emotions reported reduced anxiety and depression, along with improved health and positive attitudes, after only six weeks.

The intervention focused on developing skills in seven areas: noticing positive events, gratitude, mindfulness, positive reappraisal, personal strengths, attainable goals and acts of kindness.

It's just the latest in a growing body of evidence that these intentional practices can make a huge difference in dealing with emotional and physical stress, so maybe it's time for formal happiness training programs in senior care facilities.

From nursing aides to administrators to melancholy Canadians like me, we can all learn to be joyful. Without the needles.

Gary Tetz
McKnight's Long Term Care News Columnist & Blogger

WHAT IS TRANSIENT GLOBAL AMNESIA AND WHY IT IS SCARY?

Transient global amnesia is a sudden, temporary episode of memory loss that can't be attributed to a more common neurological condition, such as epilepsy or stroke.

During an episode of transient global amnesia, your recall of recent events simply vanishes, so you can't remember where you are or how you got there. In addition, you may not remember anything about what's happening in the here and now. Consequently, you may keep repeating the same questions because you don't remember the answers you've just been given. You may also draw a blank when asked to remember things that happened a day, a month or even a year ago.

The condition most often affects people in middle or older age. With transient global amnesia, you do remember who you are, and you recognize the people you know well. Episodes of transient global amnesia always improve gradually over a few hours. During recovery, you may slowly begin to remember events and circumstances. Transient global amnesia isn't serious, but it can still be frightening.

SYMPTOMS

Transient global amnesia is identified by its main symptom, which is the inability to form new memories and to recall the recent past. Once that symptom is confirmed,

ruling out other possible causes of amnesia is important.

These signs and symptoms must be present to diagnose transient global amnesia:

- Sudden onset of memory loss, verified by a witness
- Retention of personal identity despite memory loss
- Normal cognition, such as the ability to recognize and name familiar objects and follow simple directions
- Absence of signs indicating damage to a particular area of the brain, such as limb paralysis, involuntary movement or impaired word recognition

Additional symptoms and history that may help diagnose transient global amnesia:

- Duration of no more than 24 hours and generally shorter
- Gradual return of memory
- No recent head injury
- No evidence of seizures during the period of amnesia
- No history of active epilepsy

Along with these signs and symptoms, a common feature of transient global amnesia includes repetitive questioning, usually of the same question — for example, “What am I doing here?” or “How did we get here?”

Mayo Clinic

NEW TRAILER LIGHTENS THE LOAD



Peggy Hampton looks after our flowers and grounds. It requires moving a lot of dirt and rock. She needed a trailer to do the job and so our staff, residents and Facebook friends came thru with the funds to buy her one. It made Peggy very happy and it's great to see her smiling again.

72nd WEDDING ANNIVERSARY



Schmitt Woodland Hills residents Lila and Francis “Fuzz” Spangler celebrated their 72nd wedding anniversary on September 17, 2019. The Spanglers have made their home at SWH since 2015.



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Sometimes you will never know the value of a moment until it becomes a memory—Dr. Suess

The gift of your energy, passion and time make a difference in the lives of our residents!

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