

Locations
 (CA)– Common Area
 (MD)—Main Dining Area
 (CW)— C Wing
 (RV)- Room Visits
 (CY)- Court yard



March



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 (RV)- Room Visits
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>9:45 Hymns & Message ~ MD 10:30 Joel Osteen Service ~ MD 2:00 Exercise ~ MD</p>	<p>2</p> <p>10:00 Rosary ~ MD 10:00 Music W/ Walter ~ CW 10:45 Music W/Walter ~ MD 1:30 Adult Coloring ~ MD 2:45 Bingo ~ MD</p>	<p>3</p> <p>10 Music Therapy ~ CW 10:30 Activity Planning ~ MD 1:30 Pretty Nails A/D ~ CA 2:00 Catholic Mass ~ MD 2:45 Movie/ Home Alone ~ MD</p> <p>Social Services Shopping Day</p>	<p>4</p> <p>9:45 Exercise W/ Lauren ~ CW 10:30 Bingo ~ MD 1:30 Ice Cream Cart ~ RV 1:30 Tai Chi in Therapy Gym 3:00 Sensory Box W/ Harvest Ridge ~ MD</p>	<p>5</p> <p>Omelets with Karl 10:00 Hymns & Praise ~ MD 1:00 Bluegrass Band– Seldom Fed ~ MD 2:00 Resident Volunteer ~ MD 3:30 Creative Painting ~ CW Door to Door Reading Material -RV 6:30 Evening Bingo ~ MD</p>	<p>6</p> <p>10:30 Music W/ Euelentop Group ~ MD 1:30 Books to You ~ MD 2:30 Reminisce ~ CW 3:30 Exercise ~ MD</p>	<p>7</p> <p>9:00 Word Games ~ CW 10:30 Bingo ~ MD 1:00 Bingo Store ~ MD 2:00 Learn about: Developing and Maintain Vision ~ MD 6:00 Movie/ The New Lion King ~ MD</p>
<p>8</p> <p>9:45 Non-Denominational Hymns & Service ~ MD 10:30 Joel Osteen Service ~ MD 1:00 Landscape Painting Demo W/ Justin ~ MD 3:00 Exercise ~ MD</p>	<p>9</p> <p>10:00 Rosary ~ MD 10:45 Learn About Screen Printing ~ MD 1:30 Color Time ~ CW 2:45 Bingo ~ MD</p>	<p>10</p> <p>10:00 Music Therapy ~ CW 10:30 Trivia ~ MD 1:30 Pretty Nails B/C ~ CA 2:00 Catholic Mass ~ MD 2:45 Movie/ The Tuxedo ~ MD</p>	<p>11</p> <p>9:45 Exercise W/ Lauren ~ CW 10:30 Bingo ~ MD 1:30 Ice Cream Cart ~ RV 1:30 Tai Chi in Therapy Gym 3:00 Precious Memories Choir ~ MD</p>	<p>12</p> <p>10:00 Hymns & Praise ~ MD 10:45 Resident Council - MD 2:00 Resident Volunteer ~ MD 3:30 Creative Watercolors ~ CW Door to Door Reading Material -RV 6:00 Pet Visit ~ RV</p>	<p>13</p> <p>10:00 Music W/ David Green ~ MD 2:00 Travel to Switzerland ~ MD 3:30 Exercise ~ MD Shopping List Due to Social Service</p>	<p>14</p> <p>10:30 Bingo ~ MD 1:15 Bingo Store ~ MD 2:00 Adult Coloring ~ MD</p>
<p>15</p> <p>9:45 Hymns & Message ~ MD 10:30 Joel Osteen Service ~ MD 2:00 Exercise ~ MD</p>	<p>16</p> <p>10:00 Rosary ~ MD 10:00 Music W/ Walter ~ CW 10:45 Music W/Walter ~ MD 1:30 Adult Coloring ~ MD 2:45 Bingo ~ MD</p>	<p>17</p> <p>10:00 Ridge Crest Baptist ~ CW 10:30 Ridge Crest Baptist ~ MD 1:30 Pretty Nails B/C ~ CA 2:00 Catholic Mass ~ MD 2:45 Movie/ the Luck of the Irish With/ Green Chocolate Fountain ~ MD St. Patrick's Day Social Service Shopping Day</p>	<p>18</p> <p>9:45 Exercise W/ Lauren ~ CW 10:30 Bingo ~ MD Pasta House Dine in 1:30 Tai Chi in Therapy Gym 2:00 Love on a Leash ~ RV 3:30 Travel to Italy ~ MD</p>	<p>19</p> <p>10:00 Hymns and Praise ~ MD 10:30 Food Committee ~ MD 2:00 Resident Volunteer ~ MD Door to Door Reading Material ~ RV 3:30 Creative Painting ~ CW 6:00 Pet Visits ~ CA/RV</p>	<p>20</p> <p>10:30 Queens of Swing ~ MD 2:00 Ceramics W/ Susie ~ MD 3:30 Exercise ~ MD</p>	<p>21</p> <p>9:00 Fireplace songs W/ Justin ~ CW 10:30 Bingo ~ MD 1:00 Bingo Store ~ MD 2:00 Exercise ~ MD 6:00 Movie/ The New Aladdin ~ MD</p>
<p>22</p> <p>9:45 Non-Denominational Hymns & Service ~ MD 10:30 Joel Osteen Service ~ MD 1:00 Paint Along W/ Justin ~ CW</p>	<p>23</p> <p>10:00 Rosary ~ MD 10:45 Clean Glasses Day ~ MD 1:30 UNO ~ CW 2:45 Bingo ~ MD</p>	<p>24</p> <p>10:30 Leukemia & Lymphoma Hunt For A Cure Easter Egg Stuffing ~ MD 1:30 Pretty Nails A/D ~ CA 2:00 Catholic Mass ~ MD 2:45 Movie/ Radio ~ MD</p>	<p>25</p> <p>9:30 Stand Up Games ~ CA 10:30 Bingo ~ MD 1:30 Tai Chi in Therapy Gym 1:45 Lutheran Service ~ MD 2:00 Ice Cream Sandwiches ~ RV 3:30 Chit Chat W/ Lauren ~ CW</p>	<p>26</p> <p>10:00 Hymns & Praise ~ MD 2:00 Resident Volunteer ~ MD 3:30 Creative Watercolors ~ CW Door to Door Reading Material -RV 3:00 Book Club ~ MD 6:30 Evening Bingo ~ MD</p>	<p>27</p> <p>10:30 Three Rivers Bee Keepers ~ MD Meal of the Month 2:30 Monthly Birthday Party w/ Caris ~ MD 2:30 Music with Kati & Kids ~ MD</p> <p>Bee Theme Day</p>	<p>28</p> <p>10:30 Irish Dancers ~ MD 1:30 Bingo Store ~ MD 3:00 Bingo ~ MD</p>
<p>29</p> <p>9:45 Hymns & Message ~ MD 10:30 Joel Osteen Service ~ MD 2:00 Exercise ~ MD</p>	<p>30</p> <p>10:00 Rosary ~ MD 10:45 Easter Egg Stuffing ~ MD 1:30 Adult Coloring ~ MD 2:45 Bingo ~ MD</p>	<p>31</p> <p>10:00 Music Therapy ~ CW 10:30 Trivia ~ MD 1:30 Pretty Nails B/C ~ CA 2:00 Catholic Mass ~ MD 2:45 Movie/ Popeye ~ MD</p>				
<p>Programs, times, and locations subject to change</p>			<p>Individualized programming and Door to Door Visits are offered weekly.</p>		<p>Large Print Books and Independent activity supplies are always available in the Common Area.</p>	



Meet our new Doctor and Nurse Practitioner



Walter Lin, MD, MBA is the founder of Generation Clinical Partners, a medical practice focused on partnering with skilled nursing and assisted living facilities to take better care of their frail elderly residents. Dr. Lin has been recognized for his innovative work in post-acute care with such honors as the LeadingAge Missouri Visionary Award and co-recipient of the Signature Healthcare Foundation Senator Paul Simon Award.

Dr. Lin is an active member of the Public Policy Steering Committee and Practice Management Section for The Society for Post-Acute and Long-Term Care Medicine (AMDA). He also serves on the Board of Directors of Missouri Association of Long Term Care Practitioners.

Dr. Lin trained in internal medicine at Yale and earned his Doctor of Medicine from the University of California, San Francisco, Masters of Health and Medical Sciences from the University of California, Berkeley, Masters of Business Administration from the Wharton School of Business and Bachelor of Arts and Sciences from Stanford University.



Amy, Nurse Practitioner, began her healthcare career as a CNA at Barnes Jewish Extended Care on the skilled rehab unit while in Nursing school. While working with the geriatric population, she saw the long-term care environment needed strong nurses and leadership to improve care and outcomes, since many of the residents are unable to advocate for themselves.

She graduated from the University of Missouri-St. Louis with her Bachelor's degree in 2009. She remained a nurse at Extended Care until transferring to Barnes Jewish St. Peters Hospital to gain more knowledge and experience. She worked there for 5 years and during that time returned to the University of Missouri-St. Louis to further her education and career. She graduated in 2014 with her Master's of Nursing as an Adult-Geriatric Nurse Practitioner.

She joined IPC-TeamHealth in 2015 and worked in collaboration with Dr. Nair at NHC St. Charles and at the Villages of St. Peters with Dr. Martin. In 2017, she was given the opportunity to join the NP team serving NHC Advantage members in St. Louis, including NHC St. Charles. She was promoted to leadership positions in her practice organization, AllyAlign, which included teaching and educating about value-based care initiatives to clinicians around the country. She joined Dr. Lin's practice, Generation Clinical Partners, in January of 2020 and has returned to NHC St. Charles to assist Dr. Lin in providing PCP services to the residents.

Amy is married and has a blended family with 5 children (Kylie, 17, Lara, 17, Kaya, 15, Kaleb, 12, Karson, 12). She loves animals and has three cats and a dog. She enjoys traveling and spending quiet time at her family's property near Mark Twain Lake.

Welcome to the NHC St. Charles family!