

NHC ST. CHARLES

35 Sugar Maple Lane
St. Charles MO 63303

Seth Peimann	Administrator
Stacy Arroyo	Director of Bookkeeping
Mary Nolting	Health Info Services Director
Marniquce Campbell	Dietary Manager
Lauren Schiefelbein	Life Enrichment Director
Denise Benson	Director of Nursing
Kyra Luther	Director of Social Services
Donna Davis	Facility Rehab Coordinator
Karl Schnoor RD	Director of Dietary
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News & Notes

Issue 1 January 2025



Families & Friends Invited to Participate with Us

4th at 6:30pm BINGO TRIVIA

8th at 6:30pm Science with Lauren

9th at 4:00pm Snowball Fight

23rd at 6:30pm Fishin' Chips

30th at 4:00pm Color & Sip (mocktail)

Social Service Shopping Days

January 7th Your Shopping List is Due 1/3
January 21st Your Shopping List is Due 1/17



Pretty Nail APPOINTMENTS

We are updating the pretty nail program to hopefully be even better for you & us in 2025!

On the calendar you may notice it says A & C Hall or B & D Hall Pretty Nail Appointments.

You still need to ask Life Enrichment for an appointment time. We will only be doing residents from halls on the day it says.

Always remember you can ask your CNA during your shower time to clean and cut your nails.



VOLUNTEERS NEEDED

See Lauren Schiefelbein
The Life Enrichment Director
to fill out a volunteer application!

Welcome

Shirley James
Sharon McElfresh
Shirley McGuire
Ruby Crump
Evelyn Wall
Sue Ann Sir
Elsie Clark

In Memory.

Margaret Foley
Catherine Threnhauser
Mary Anderson
Lorraine Lind
Arthur MacLean

Partner Anniversary.

Hannah Anderson	2023
Alicia Boyland	2024
Linda Cento	2024
Samantha Emery	2006
Tanesha Jones	2019
Kuldip Kaur	2016

Home

Robert Latham
Geneva Overschmidt
Ruth Balfay
Herbert Dietrich
Jo Sue Temmen
Sharon Sifford
Margaret Caldwell
James Worman

Birthdays

1	John Dougherty
9	Sandra Hobart
11	Harriet Davis
12	Ruth Cohan
17	Carol Allen
18	Theresa Potts
21	Sandra Helmich
25	Plesanner Randle
26	Carol Balch
29	Dorothy Bizelli

Keep This Information Flyer Safe

Resident Dine In Program

with The Life Enrichment Department

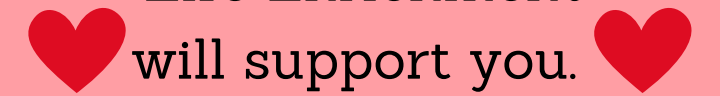
Each month during activity planning we will pick a place from below to order To-Go from. The Life Enrichment Team will make an order form. It will not be the whole menu, just a few top seller items.

Order form menu prices will be rounded up to include tax and tip. In the case of leftover money, it will be donated to the Resident Bingo Prize Fund.

Leftovers can go in the resident fridge in the ice cream parlor area. Items will need to be placed in a ziplock bag with name & date. You will have 3 days to finish, then Life Enrichment will need to clean out the fridge.

Life Enrichment partners may modify food choices to best fit your dietary needs. i.e.: mechanical diets, needing extra sauce, or assistance with cutting.

Life Enrichment will support you.



If you wish to participate in this program you will need to use your patient trust account here at NHC St. Charles or coordinate with your family to bring select cash amount to the front desk or The Life Enrichment Office.

Please Contact Lauren Schiefelbein The Life Enrichment Director with questions or if you are in need of support for this program.

Lauren.schiefelbein@nhccare.com
636-946-8887

DAY OF THE DINE IN

Lauren will go pick up our orders. We encourage you to enjoy your meal out in the main dining room with everyone who participated. We will deliver in room if preferred! If you participated in the dine in, we will remove your meal ticket from your dining table space, to let the dining servers know you are a part of the dine in program. There will be a table set up in the living room near the fireplace; Lauren and her team will set up the orders and supplies needed. We will hand you your items, please don't be grabbing off the table and please have patience with us as everyone is excited to receive their food.

Locations

(CA) - Common Area
 (LR) - Living Room
 (AR) - Activity Room
 (RV) - Room Visit
 (CY) - Courtyard

HAPPY New Year JANUARY 2025

Locations

Common Area - (CA)
 Living Room - (LR)
 Activity Room - (AR)
 Room Visit - (RV)
 Courtyard - (CY)

Sun Mon Tue Wed Thu Fri Sat

Individualized Programming, iPad Music Program, Pet Visits and Door to Door Visits are offered weekly

Large Print Books and Independent Activity Supplies are always available in the Activity Room and the Living Room Areas
Programs, Times, and Locations Subject to Change

1 10:45 Baptist Service ~ LR
 Hanging New Calendars
 6:30 New Year's Day Happy Hour ~ AR

2 10:30 Hymns & Praise ~ LR
 2:00 A & C Hall Pretty Nail Appointments
 4:00 Resident Profiles with LED ~ LR/RV
 6:30 Coloring Group ~ AR

3 10:45 Music with Jonathan Walls ~ LR
Holiday Take Down
 6:30 Pom Pom DIY ~ AR

4 1:00 Resident Profiles with LED ~ RV
 Dog Visits with Charlie
 6:30 BINGO TRIVIA ~ LR
National Trivia Day

5 11:00 Spiritual Eldercare Video Service ~ LR
 2:00 Resident Profiles with LED ~ LR/RV
4:00 Elvis Trivia ~ LR
 6:30 Guess the Item ~ AR

6 11:00 Rosary ~ LR
2:00 ELVIS BINGO ~ LR
 4:00 Resident Volunteer Birthright Project ~ LR
6:30 Music with Elvis Impersonator ~ LR

7 11:00 Food Committee Meeting with Karl ~ LR
Elvis Reading Material ~ RV
2:00 Catholic Service ~ AR
 2:00 A & C Hall Pretty Nail Appointments
 6:30 Wii Wheel of Fortune ~ AR

8 11:00 Resident Council Meeting ~ LR
2:00 Elvis's Birthday Sing-along ~ LR
 4:00 Music & Movement ~ LR
 After Exercise Hydration & Oranges
 6:30 Science with Lauren ~ AR

9 10:30 Hymns & Praise ~ LR
 2:00 B & D Hall Pretty Nail Appointments
 4:00 Snowball Fight ~ LR
6:30 Documentary: Return of the King ~ LR

10 10:45 Music with John Scott ~ LR
2:00 Elvis's Favorite Ice Cream: Peach ~ RV
 4:00 Chair Exercise ~ LR
 After Exercise Hydration & Oranges
 6:30 Birdseed Feeder DIY ~ AR

11 2:00 Documentary: Reinventing Elvis ~ LR
 2:30 Popcorn & Drink ~ RV
 Dog Visits with Charlie
 6:30 MUSIC BINGO ~ LR

12 11:00 Spiritual Eldercare Video Service ~ LR
 2:00 A & C Hall Pretty Nail Appointments
 4:00 Pizza Making with Katelyn and Heaven ~ AR
 6:30 Bowling ~ AR

13 11:00 Rosary ~ LR
 2:00 PIZZA BINGO ~ LR
 4:00 Chair Yoga ~ LR
 After Exercise Hydration & Oranges
 6:00 Movie Night ~ LR
 6:30 Popcorn & Drink ~ RV

14 11:00 Documentary Chef's Table: Pizza ~ LR
 Reading Material ~ RV
 2:00 B & D Hall Pretty Nail Appointments
 6:30 Wii Jeopardy ~ AR

15 11:00 BINGO ~ LR
 2:00 Human Pizza Slots ~ AR
 4:00 Music & Movement ~ LR
 After Exercise Hydration & Oranges
 6:30 Art with Lauren ~ AR

16 10:30 Hymns & Praise ~ LR
 2:00 A & C Hall Pretty Nail Appointments
 4:00 Roll a Pizza ~ AR
 6:30 Pizza Box Battleship ~ AR

17 10:45 Music with Elizabeth Lakamp ~ LR
Sam's Club Pizza Lunch Time Dine In
 4:00 Chair Exercise ~ LR
 6:30 Yarn DIY ~ AR

18 2:00 Documentary Chef's Table: Pizza ~ LR
 2:30 Popcorn & Drink ~ RV
 Dog Visits with Charlie
 6:30 BINGO TRIVIA ~ LR

19 Movies on Daily Independent Activity Packets Offered

20 11:00 Rosary ~ LR
 2:00 CHEESE BINGO ~ LR
 4:00 Chair Yoga ~ LR
 After Exercise Hydration & Oranges
 6:00 MLK Movie Night ~ LR
 6:30 Popcorn & Drink ~ RV

21 11:00 Documentary ~ LR
 Reading Material ~ RV
2:00 Catholic Service ~ AR
 2:00 A & C Hall Pretty Nail Appointments
 6:30 Wii Wheel of Fortune ~ AR

22 11:00 BINGO ~ LR
2:00 Lutheran Service ~ LR
 4:00 Music & Movement ~ LR
 After Exercise Hydration & Oranges
 6:30 Activity Planning ~ AR

23 10:30 Hymns & Praise ~ LR
 2:00 B & D Hall Pretty Nail Appointments
 4:00 National Pie Day: Baking Class ~ LR
 6:30 Fishin' Chips ~ AR

24 10:45 Music with Tom Winter ~ LR
 2:00 Ice Cream Cart ~ RV
 4:00 Chair Exercise ~ LR
 After Exercise Hydration & Oranges
 6:30 Sing-a-long ~ LR

25 2:00 Afternoon Movie ~ LR
 2:30 Popcorn & Drink ~ RV
 Dog Visits with Charlie
 6:30 MUSIC BINGO ~ LR

26 11:00 Spiritual Eldercare Video Service ~ LR
 2:00 A & C Hall Pretty Nail Appointments
 4:00 Parachute ~ LR
 6:30 Shuffleboard ~ AR

27 11:00 Rosary ~ LR
 2:00 BINGO ~ LR
 4:00 Chair Yoga ~ LR
 After Exercise Hydration & Oranges
 6:00 Movie Night ~ LR
 6:30 Popcorn & Drink ~ RV

28 11:00 Documentary ~ LR
 Reading Material ~ RV
 2:00 B & D Hall Pretty Nail Appointments
 6:30 Wii Jeopardy ~ AR

29 9:30 Cheerleaders ~ CA
 11:00 CHINESE NEW YEAR BINGO ~ LR
MEAL OF THE MONTH
 2:00 Balloon Swat ~ AR
 3:30 Cheerleaders ~ CA
 6:30 Let's Bake: Fortune Cookies

30 10:30 Hymns & Praise ~ LR
 2:00 A & C Hall Pretty Nail Appointments
 4:00 Color & Sip ~ LR
 6:30 Chit Chat ~ AR

31 10:45 Music with Tom O'brien ~ LR
 2:00 Birthday Cake ~ RV
 Thanks Caris Hospice
 4:00 Chair Exercise ~ LR
 After Exercise Hydration & Oranges
 6:30 Rock Decorating ~ AR

TV Tunes played in the Living Room Daily Gather with friends and enjoy the music!

National Pizza Week



Individualized Programming, iPad Music Program, Pet Visits and Door to Door Visits are offered weekly



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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			1 Mail Delivered Fill Bird Feeders Dog Visits with Charlie	2 Mail Delivered Video Calls Dog Visits with Charlie 3:00 CST GROUP SESSION	3 Mail Delivered Video Calls Dog Visits with Charlie	4 Mail Delivered iPad Music Program
5 Massage Therapy Bird Visits with Scotty B	6 Mail Delivered Dog Visits with Charlie Cat Visits with Cinder	7 Mail Delivered Flower Delivery Dog Visits with Charlie 3:00 CST GROUP SESSION	8 Mail Delivered Fill Bird Feeders Dog Visits with Charlie	9 Mail Delivered Video Calls Dog Visits with Charlie 3:00 CST GROUP SESSION	10 Mail Delivered Video Calls Dog Visits with Charlie	11 Mail Delivered iPad Music Program
12 Massage Therapy Bird Visits with Scotty B	13 Mail Delivered Dog Visits with Charlie Cat Visits with Cinder	14 Mail Delivered Flower Delivery Dog Visits with Charlie 3:00 CST GROUP SESSION	15 Mail Delivered Fill Bird Feeders Dog Visits with Charlie	16 Mail Delivered Video Calls Dog Visits with Charlie 3:00 CST GROUP SESSION	17 Mail Delivered Video Calls Dog Visits with Charlie	18 Mail Delivered iPad Music Program
19 Massage Therapy Bird Visits with Scotty B Activity Planning	20 Mail Delivered Dog Visits with Charlie Cat Visits with Cinder	21 Mail Delivered Flower Delivery Dog Visits with Charlie 3:00 CST GROUP SESSION	22 Mail Delivered Fill Bird Feeders Dog Visits with Charlie	23 Mail Delivered Video Calls Dog Visits with Charlie 3:00 CST GROUP SESSION	24 Mail Delivered Video Calls Dog Visits with Charlie Activity Planning	25 Mail Delivered iPad Music Program
26 Massage Therapy Bird Visits with Scotty B	27 Mail Delivered Dog Visits with Charlie Cat Visits with Cinder	28 Mail Delivered Flower Delivery Dog Visits with Charlie 3:00 CST GROUP SESSION	29 Mail Delivered Fill Bird Feeders Dog Visits with Charlie	30 Mail Delivered Video Calls Dog Visits with Charlie 3:00 CST GROUP SESSION	31 Mail Delivered Video Calls Dog Visits with Charlie	

