

# 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	Director of Recreations
Denise Benson	Director of Nursing
Kyra Luther	Director of Social Services
Donna Davis	Facility Rehab Coordinator
Karl Schnoor RD	Director of Dietary
Edward Oketch	Director of Environmental Services

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# News & Notes

Issue 2 February 2025



BLACK  
HISTORY  
MONTH



## Families & Friends Invited to Participate with Us

**2/9 @ 6:00 SUPER BOWL SUNDAES**

**2/15 @ 2:00 Galentines Day**

**Marinara Sauce Fountain with Snacks**

## Social Service Shopping Days



February 4th Your Shopping List is Due 1/31  
February 18th Your Shopping List is Due 2/14

Karl's Morning Omelet Price Increase \$5

Next One February 6th



## Home

Sue Ann Sir  
Shirley McGurie  
Elsie Clark  
Evelyn Wall  
Betty Isaak  
Junia Schaffer  
Margaret Caldwell  
Josephine Hudson  
Betty Drehr

## Welcome

Issolina Russo  
Melvin Broeker  
Edward Post  
James Worman  
Sally Holbrook  
Patricia Sims  
Dorothy Cissell

## In Memory.

Rose Ransweiler  
Edna Claus

## CST Small Groups @ 3:30 Tuesdays & Thursdays

Cognitive Stimulation Therapy is a support group for people experiencing memory challenges.

**Sessions aim to actively stimulate and engage people with dementia.**

Residents that do not support the group, may be redirected to independent activities in the area.

CST involves sessions of themed activities with consistent warm-up activities.

**Research shows that people who show up for CST can continue to improve or at least maintain improvements for longer.**



*Lauren is a  
Certified  
CST Facilitator*

## Partner Anniversary.

Tyler Maness	2012
Rachel Jackson	2017
Justin Borgstede	2019
Matthew Orso	2024
JDence McKinney	2024
Ashley Fey	2024

## Birthdays

3	Sarah Houba
6	William Ward
12	Sandra Persons
23	Sally Holbrook
24	Marilyn Leonard

## Ceramics with Dot

Please understand this is a 15-person class. **You cannot attend back-to-back.** If you participated in the past December one, you will need to wait until the next one 4/9. See 2025 schedule or Lauren.

## 2025 Schedule

2/6 @ 2:30 Valentines Theme  
4/9 @ 2:30 Easter Theme  
6/16 @ 2:30 Mixed Ceramics  
8/22 @ 2:30 Mixed Ceramics  
12/4 @ 2:30 Christmas Theme

**Locations**

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



**Locations**

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

**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**

**HAPPY GROUNDHOG DAY**

**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

**RESIDENT SAM'S CLUB DINE IN**  
 January's Rescheduled for February 21st

Come to activity planning 2/19 to help pick next month's DINE IN

**HAPPY valentine's DAY**

**1** 2:00 Afternoon Movie: The Six Triple Eight ~ LR  
 Popcorn & Drink Cart ~ RV  
 Dog Visits with Charlie  
 6:30 BINGO TRIVIA ~ LR

**2 11:00 Spiritual Eldercare Video Service ~ LR**  
 2:00 A & C Hall Pretty Nail Appointments  
 4:00 Science Experiments with Katelyn ~ LR  
 6:30 Shuffleboard ~ CA

**3 11:00 Rosary ~ LR**  
 Black History Month Reading  
 Material: Rosa Parks ~ RV  
 3:30 BINGO ~ LR  
 6:30 Movie Night: The Help ~ LR  
 Popcorn & Drink Cart ~ RV

**4 11:00 Food Committee Meeting with Karl ~ LR**  
**2:00 Catholic Service ~ LR**  
 2:00 B & D Hall Pretty Nail Appointments

**5 10:45 Baptist Service ~ LR**  
 Independent Bingo  
 2:00 Parachute ~ LR  
 4:00 Seated Exercise ~ LR

**6 10:30 Hymns & Praise ~ LR**  
 2:30 Valentines Ceramics with Dot ~ 15 Person Class ~ LR  
 4:00 Trivia ~ LR  
 6:30 Bowling ~ CA

**7 10:45 Music with Brian Clark ~ LR**  
 Around the World: Greece Reading Material ~ RV  
 2:00 Ice Cream Cart ~ RV  
 4:00 Chair Exercise ~ LR  
 6:30 Crafts with Heaven ~ AR

**8 2:00 Afternoon Documentary: The Greeks ~ LR**  
 Popcorn & Drink Cart ~ RV  
 Dog Visits with Charlie  
 6:30 MUSIC BINGO ~ LR

**9 11:00 Spiritual Eldercare Video Service ~ LR**  
 2:00 B & D Hall Pretty Nail Appointments  
**6:00 SUPER BOWL SUNDAES ~ LR**

**10 11:00 Rosary ~ LR**  
 Black History Month Reading  
 Material: Jackie Robinson ~ RV  
 3:30 BINGO ~ LR  
 6:30 Movie Night: Fatherhood ~ LR  
 Popcorn & Drink Cart ~ RV

**11 11:00 Documentary: A Real Bugs Life ~ LR**  
 2:00 A & C Hall Pretty Nail Appointments  
 3:30 CST Small Groups ~ AR  
 6:30 Wii Jeopardy ~ AR

**12 11:00 Resident Council Meeting ~ LR**  
 Independent Bingo  
 2:00 The Picnic Game ~ AR  
 4:00 Music & Movement ~ LR  
 6:30 Art w/ Lauren ~ AR

**13 10:30 Hymns & Praise ~ LR**  
 2:00 B & D Hall Pretty Nail Appointments  
 3:30 CST Small Groups ~ AR  
 4:00 Trivia ~ LR  
 6:30 Fishin' Chips ~ AR

**14 10:45 Music Duo with Sterling & ~ LR**  
 Around the World: The Legend of St Valentine Reading Material ~ RV  
 2:00 Ice Cream Cart ~ RV  
 4:00 Chair Exercise ~ LR  
 6:30 Let's Decorate Cookies ~ AR

**15 2:00 Music with Walter ~ Galentines Day Snack Treat ~ LR**  
 Dog Visits with Charlie  
 6:30 BINGO TRIVIA ~ LR

**16 11:00 Spiritual Eldercare Video Service ~ LR**  
 2:00 A & C Hall Pretty Nail Appointments  
 4:00 Sing-along~ LR  
 6:30 Guess the Item ~ AR

**17 11:00 Rosary ~ LR**  
 This Day In History Reading  
 Material: MLK Jr~ RV  
 3:30 Presidents BINGO ~ LR  
 6:30 Movie Night: Shirley ~ LR  
 Popcorn & Drink Cart ~ RV

**18 11:00 Documentary: A Real Bugs Life ~ LR**  
**2:00 Catholic Service ~ AR**  
 2:00 B & D Hall Pretty Nail Appointments  
 3:30 CST Small Groups ~ AR  
 6:30 Wii Wheel of Fortune ~ AR

**19 9:30 Cheerleaders ~ CA**  
**11:00 BINGO ~ LR**  
 2:00 Crafts with Katelyn ~ AR  
 3:30 Cheerleaders ~ CA  
 4:00 Seated Exercise ~ LR  
 6:30 Activity Planning ~ AR

**20 10:30 Hymns & Praise ~ LR**  
 2:00 A & C Hall Pretty Nail Appointments  
 3:30 CST Small Groups ~ AR  
 4:00 Trivia ~ LR  
 6:30 Coloring & Coffee ~ AR

**21 10:45 Music with Paul Gibbs ~ LR**

**SAM'S CLUB PIZZA LUNCH TIME DINE IN**

Around the World: Germany Reading Material ~ RV

**22 2:00 Bible Study with St. John Paul II Prep School Students ~ LR/CA**

Dog Visits with Charlie  
 6:30 MUSIC BINGO ~ LR

**23 11:00 Spiritual Eldercare Video Service ~ LR**  
 2:00 B & D Hall Pretty Nail Appointments  
 4:00 Baking Class~ LR  
 6:30 Crafts with Heaven~ AR

**24 11:00 Rosary ~ LR**  
 This Day In History Reading  
 Material: Harriet Tubman ~ RV  
 3:30 BINGO ~ LR  
 6:30 Movie Night: The Piano Lesson ~ LR  
 Popcorn & Drink Cart ~ RV

**25 11:00 Documentary: A Real Bugs Life ~ LR**  
 2:00 A & C Hall Pretty Nail Appointments  
 3:30 CST Small Groups ~ AR  
 6:30 Wii Jeopardy ~ AR

**26 11:00 BINGO ~ LR**  
**2:00 Lutheran Service ~ AR**  
 4:00 Music & Movement ~ LR  
 6:30 Science w/ Lauren ~ AR

**27 10:30 Hymns & Praise ~ LR**  
 2:00 A & C Hall Pretty Nail Appointments  
 3:30 CST Small Groups ~ AR  
 4:00 Trivia ~ LR  
 6:30 Paper Dolls ~ AR

**28 10:45 Music with Bill Lawton ~ LR**  
 Around the World: France Reading Material ~ RV  
 2:00 Ice Cream Cart ~ RV  
 4:00 Chair Exercise ~ LR  
 6:30 Crafts with Heaven ~ AR

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

# Dog Egg Hunt

ALZHEIMER'S ASSOCIATION®  
Fundraiser



1000+ Treat Filled Eggs &  
Special Prize Ticket Eggs  
Gift Baskets & Certificates for Raffle  
Dog Toy Pick Through  
Sponsor Table Booths

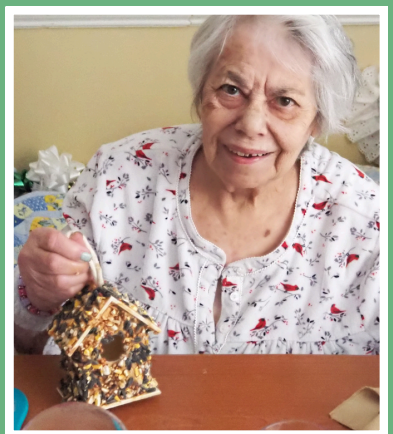
2 - 4PM

SAVE THE DATE

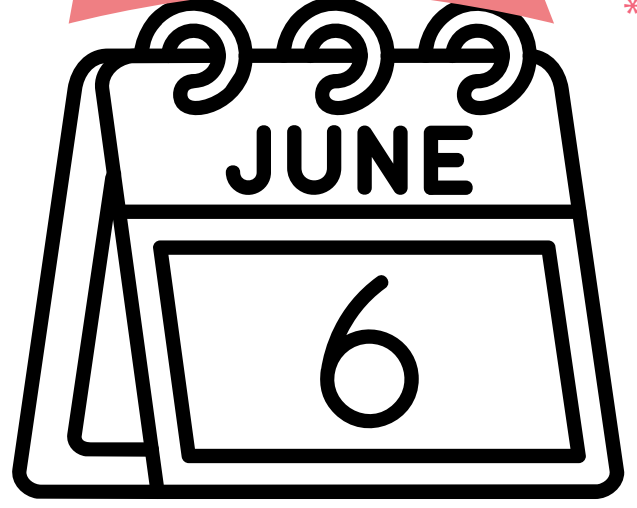


Science with Lauren

Salt "picks up" ice because when it comes into contact with ice, it lowers the freezing point of the water around it, causing the ice to melt and creating a saltwater solution that can then adhere to surfaces, effectively "picking up" the ice; this phenomenon is called freezing point depression and is why salt is used to melt ice on roads and sidewalks.



SAVE THE DATE



Hot Dogs & Hamburgers  
\*\* Special Activity TBD \*\*  
Pie Walk  
Snow Cones  
Country Band  
Yard Games



Family Picnic  
4-7PM