



New Year Poem

I tasted all that is *sweet, but I found nothing sweeter than *good health. And I tasted all that was *bitter*, but nothing was more bitter than being in *need of people*. And I carried both, iron, and rocks, but nothing was heavier than debt.

I discovered therefore that *life* is comprised only of two days: *A day for you* and a day *against* you! So when it is for you, be not reckless; and when it is against you, *be patient*.

Because both days will expire!!

If you can't be a *bridge* to connect people, then don't be a *wall to separate* them. If you can't be a *light* to brighten people's good deeds then don't be *darkness* covering their efforts. If you can't be the *water* to help people's *crops sprout*, then don't be a *pest* destroying their crops. If you can't be a *vaccine to give life*, don't be a virus to terminate it.

If you can't be a *pencil* to write anyone's *happiness*, then try to be a *nice eraser* to remove their *sadness*. We can only be each others keeper.

May you have a happy new year and a prosperous 2021.

-Edward Oketch, Environmental Services

NHC
HEALTHCARE
ST. CHARLES

BE ON THE LOOKOUT! BY EMAIL OR PHONE

FOR YOUR REAL TIME PATIENT AND FAMILY EXPERIENCE SURVEY

Here at NHC, we strive for EXCELLENCE in all areas of our care whether it is Nursing, Therapy, Dining, Social Services or Recreation. We would love to hear about your experience. Responding to your survey by email or phone is a fast and easy way to share your experience!

By responding to the survey you will:

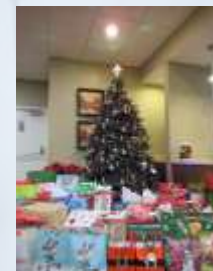
- Have your voice heard
- Recognize exceptional partners
- Evaluate your care and center experience
- Identify areas of excellence

PLEASE BE ON THE LOOKOUT FOR
YOUR SURVEY FROM
CONNECTSURVEY@SURVEYNRC.COM

We had a blast shooting reindeer (partners) to give them special powers to help power Santa's sleigh!



Thank you to all who donated to our secret Santa. You made this year very special!



New Nail Polish Needed

We will be offering "Kits" to our residents for residents to use. Should you find yourself with NEW nail polish we would love to be able to offer it to our residents. See recreation with questions.

Our Christmas tree was dedicated to our residents this year. We hung ornaments with photos of every resident we had the chance to love in 2020. If they were able to be with us on Christmas, they received their ornament. If not, those who remained on the tree will for ever be in our hearts. Partners and residents alike had the chance to share wonderful memories and stories of those on our tree.

All about January Birthday's



January's birth stone is a garnet which promotes balance and peace. The January babies flower is a carnation. People born between Dec 22-Jan19 are a Capricorn and Jan20-Feb 18 are Aquarius. Capricorns are loyal, honest, and fearless. Aquarius are communicative, unique, open minded and logical. You may share a birthday with David Bowie (Jan 8), Muhammad Ali (Jan 17), Betty White (Jan 17, or Oprah Winfrey (Jan 29). Fun January holidays include bubble bath day on January 8 and Chocolate Cake day on January 27th.



Partner Anniversaries

Bill Chick -2018	Sydney Boclair -2020	Kuldip Kaur-2016
Sam Emery-2006	Tanisha Jones-2019	Edward Oketch-2006
Thomas Thuo-2017	Kelvin Watson-2004	Kemaya Jacob -2020

Welcome

Lynne and Dino Bova

Judith Wagstsaff Robert Thorne

Helen Presley Roberta Hessel

Beverly Toland Marie Fuller

Geraldine Stagner Alice Meyer

Grace Pettyjohn Robert Smythe

Maxine McGrath Carl Schmidt

January Birthdays

Lillian Wallut	1/05
Wanda Percy	1/27
Robert Granzow	1/29
Catherine Kemp	1/30
Amanda Donnelly	1/31

Home

William King	Carolyn Shelton
Walter Koch	Harry Hahn
Bonnie Viviano	Maxine McGrath
Josephine Eisele	Linda Baker

In Memory

Margaret Picker Wanda Trent
 Richard Breuger Don Ohara
 Dale Jacobson Dale Barron
 Frances Warzonkoski
 Dorothy Kaemmerer

NHC St. Charles HealthCare

35 Sugar Maple Lane
St. Charles, MO 63303

Seth Peimann	Administrator
Stacy Arroyo	Director of Bookkeeping
Mary Nolting	Health Info Services Director
Marnique Campbell	Dietary Manager
Nichole Bouchard	Director of Recreation
Pam Swihart	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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Jubilant January

*Nail Days Are Coming
Back!! We Will Be Doing
One Hall A Week
Wednesday Mornings!*

*1/19 @ 10:30 New
Reminisce Zoom
Program with
Shelly Shay*

*Social Services
Shopping Days
5th and 19th*

*Special Martin Luther
King Jr. Reading
Material 1/17*