



# Pinecrest Press



Volume 9 Issue 4

July/August 2015

## Reflections from the Desk of Fero Labash, CEO

In the last issue of Pinecrest Press, I shared concerns about Governor Rauner's proposed 9.5% cut to Medicaid for fiscal 2016 that began July 1. Such cuts would have a severe impact on Pinecrest's ability to care for our residents.

As I write this newsletter, Governor Rauner and Illinois legislators have yet to agree on a budget for the current fiscal year. Medicaid payments for over 40% of Pinecrest nursing home residents stopped in July, and will not resume until a budget is passed.

While the Illinois budget and lack of Medicaid payments could have a significant negative impact on Pinecrest, I want to use my article this month to share one very positive development on our campus.

Beginning in the late summer and early fall, Pinecrest will be replacing the shingled roofs on Pinecrest Village, Pinecrest Terrace, the maintenance garages, and the gabled roofs on the Pinecrest Manor lounges, as well as the siding on Pinecrest Village.

The replacement of the roofs and siding is the result of an insurance claim due to hail damage in 2013. While Pinecrest residents and staff are eagerly await-

ing the start of this project, we recognize that the public may see this work and question why this money is being invested in the roofs and siding when we anticipate difficulties with Medicaid funding and potential cuts to our budget.

It is important to understand that the roofing and siding project is being paid for entirely by funds from an insurance claim. Because Pinecrest is working with a public adjuster and a related roofing company, Pinecrest will not be required to pay anything beyond the insurance settlement for the project.

If Pinecrest failed to use the insurance proceeds to replace our roofs and siding, future claims for the shingled roofs and siding would not be covered. I hope this explanation helps you understand why we are undertaking this project at a time when we may be facing other cuts.

We are proud to be a part of the Mt. Morris community, and we are excited about the improvements to the appearance of our campus that this project presents. If you have questions about the roofing/siding project, I encourage you to speak with any member of Pinecrest's Board of Directors or give me a call at 815-734-4103.

## Looking for Volunteering Opportunities?

Do you love yard work, and are you looking for volunteer opportunities?

Due to the recent rains, Pinecrest's maintenance department is seeking help from skilled and energetic volunteers!

If you are interested in helping mow, mulch, or spray and pull

weeds; or if you have any questions, contact Brent Good at 815-734-4103 x236 or bgood@pinecrestcommunity.org.

Pinecrest Community appreciates all of the support we receive from our donors and volunteers and are thankful for your generosity.





## Ding-A-Ling Debut

Members of the Manor bell choir, The Ding-A-Lings, performed a 30-minute program at the Mt. Morris Library on Thursday, June 18.

The choir, which consists of 10 Manor residents, was formed in the fall of 2014 and since then has practiced weekly, performed

during a chapel service, and at the Christmas open house.

Activity Coordinator, Tricia Crumley stated "The residents were very happy with the recent Wish List donation to purchase the new bells. There weren't enough old bells for everyone to use and they were poorer quality."

We look forward to more music!

## Terrace Car Show

Terrace residents enjoyed a small private car show on Friday, June 19.

Residents and family members enjoyed the sunny day in the shade of a tent enjoying refreshments while they viewed the different vehicles.

Robert Foley won best in show as voted on by residents for his Red Chevy Pick-up. Jim Hopkins brought a 1941 International; it

was used back in the day to haul milk and livestock into Chicago stockyards, Jim Dewey displayed his 1978 Chevy Nova, Alan Scott brought a 1972 Chevelle which was a crowd favorite too, and Eric Stahlheber showed off a 1929 Model A Ford owned by Howard Stahlheber.

Michelle Brown, Director of the Terrace stated "Residents identified mostly with the Model A. Some stated their fathers owned one when they were children. We had a good crowd of people, and everyone had a good time."



## Fishing Trip

Manor men were treated to a fishing trip for Father's Day on June 19.

Several residents decided to join the activity department on this excursion, and enjoyed the beautiful rain-free weather that day!

Residents boarded the Pinecrest bus around 2 pm and enjoyed a couple hours fishing, reminiscing, and eating homemade apple pie.

Activity Director Janell Miller stated when she mentioned the trip "Several ladies asked when do they get to go fishing." Janell is currently planning a trip for the

fisherwomen of Pinecrest! A date has not been set yet, but she is certain the ladies will not let her forget to set one before the summer ends.

In addition to the fishing trip, a special menu including a hamburger barbeque bar was served on Sunday, June 21, to celebrate the special day.

Jack Regal, pictured top left, Bob Wilson, top right. Pictured bottom left, maintenance worker Phil Platz discusses fishing strategies with a resident.

Thank you Moe and Nancy Kielsmeier for allowing us to use your property!



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## Meet Board Member, Dr. Ed Baker

Board member Dr. Ed Baker stated his Grandma Baker helped him gain his strong work ethic. **"She was influential, working with him in her turkey business, 4-H, and FFA projects." This work ethic shows in his life's accomplishments and volunteer work.**

Dr. Ed Baker was born and raised in Mt. Morris on a farm just 2 miles south of Pinecrest.

He attended a two-room country school for 6 years and then attended Mt. Morris schools, graduating in 1965.

After high school he attended the University of Illinois and received his Bachelor of Science in Biology in 1969. While at U of I, Dr. Baker lived in Farm House Fraternity.

He attended the University of Missouri medical school and received his Medical Degree in 1973.

His family practice residency was at University of Illinois Rockford from 1973—1976.

He belonged to a board certified family practice in Macomb, Illinois with six other physicians until 2005.

From 2005—2011 he worked for Western Illinois University in the student health center.

In 2012 Dr. Baker retired to his **"home" farm with his wife Molly** whom he has been married to for 45 years. Together they have 4 children and two grandchildren, with another on the way.



*Pictured above is Dr. Baker with his wife, Molly, at the 2014 Good Samaritan Banquet fundraiser.*

Since being back he has remodeled the house and restored three barns.

There are strong family ties to Pinecrest for Dr. Baker. His father, father-in-law, and uncle were all residents in the Manor until they passed; his mother and mother-in-law live in the Village apartments; and an aunt and uncle are Manor and Terrace residents.

Although Dr. Baker is officially retired, he keeps busy by being active in the community. He joined **Pinecrest's Board in 2013.**

In addition to volunteering at Pinecrest he is a lay leader at Disciples United Methodist Church in Mt. Morris, occasionally helping with Sunday chapel service at Pinecrest. He is a member of the Mt. Morris Kiwanis, board member of the Mt. Morris Senior Center, and continues his IL medical license by attending CME courses.

When asked what he likes about **Pinecrest, he stated he is "grateful for Pinecrest's healthcare staff and administrative staff and the level of care Pinecrest gives to seniors."**





## Report from Howie Herman, Director of Independent Living

Exercise, at any age, has benefits; a strong, healthy body helps us maintain our balance, avoid injury, improve our sleep, posture, and mobility. Lili Hammer, Manager of Village Services/Activities, leads three exercise classes each week encouraging residents to stretch, maintain arm and hand strength, improve balance, and support leg and core strength.

After hearing from a friend about Aging Backwards, Lili showed a short film about book author Miranda Esmonde-White and her exercise techniques. Ms. Esmonde-White is an advocate of healthy aging and she is best known for her PBS fitness show, Classical Stretch, which has been airing for over 15 years.

About 20 Village residents watched the film and now

residents are beginning to use several of the Ms. Esmonde-White's techniques. **Keep moving!**

### Out and About

Village residents recently enjoyed lunch at Conover Square Coffee and Chocolates in nearby Oregon. Conover Square, originally a piano factory, was renovated many years ago as a shopping venue, and now contains a variety of shops offering food, antiques, crafts, jewelry, a salon, a pottery shop, a museum, and a model train display.

Trips to area restaurants and attractions are enjoyed regularly by Village residents. Consider joining us this summer or fall for one of our trips! Call Lili Hammer to find out where we are going next! Call Lili at 815-734-4103, ext. 238.



## A Home Within a Home!

Several new magical residents have moved into Harold and Georgian Root's Village cottage this past month and Harold designed an environment that's just their size!

house he had sketched but never completed. He found his old plans for the bird house and scaled it down to make the home for the fairies.

Georgian had wanted a fairy garden for quite some time and Harold, who often used the Village woodworking shop in the past, took to his own woodshop in his garage to create a mystical wonderland.

Harold added grass, a stone wall (he casted and painted himself), steps, a stream, fence, bridge, and trees he created with branches he found outside his home.

Harold began working on a home for Georgian's fairy collection two or three months ago. He first created a beautiful corner shelf and hanging light to illuminate the display. He molded the base and started working on the many details. The house he built was from his own original plans for a bird

If you look closely in the window, you can see a candle which lights up, and the fire-pit lights up too. There are too many details to mention about this beautiful little dwelling, but it is certain no detail was forgotten!

Thank you for giving us a peek at your wonderful talents, Harold!



## **What's Happening at The Grove Community Center, by June Jacobs, Manager/Services & Activity Coordinator**

### **PAG Performance**

"The Odd Couple" was performed to positive reviews on July 24, 25, 26th and July 31st and August 1st, 2nd.

Many community members attended this comedy and look forward to PAG's next performance!

PAG will be doing a cooperative performance with Oregon High School students the first weekend of November 2015.

To keep up-to-date on future performances, and auditions, check PAG's website [www.performingartsguild.com](http://www.performingartsguild.com) or Pinecrest Grove's Facebook page.

### **Craft & Vendor Fair**

The 2015 Craft and Vendor fair will be held in conjunction with the annual pie baking competition/fundraiser on Saturday, September 19 at the Grove Community Center from 9 am—2 pm. You won't want to miss this day of shopping and pie!

There are many crafters and vendors registered already, including Scrubs by Vera (bibs, towels, scrubs and more), No Ordinary Jelly, Make-up Eraser, and Knitting and More. For more information contact June at 815-734-2103.



### **Did You Know?**

Did you know that Pinecrest Grove has a computer lab which is open to the public free of charge?



All are welcome to utilize this resource on a first-come first-served basis. There are 5 computers available for use, and printing is available for a minimal fee. When the room is not rented for private use, the lab is open Monday-Friday 6:30 am until 8 pm and 7—11 am on Saturday. If you would like to use a computer, stop at the office and ask the attendant to open the lab for you.

## **Safety First!**

Due to recent consultation with the Illinois Department of Public Health (IDPH), Pinecrest is implementing new restrictions on electrical outlet modifications in resident rooms. Please note that the following items cannot be used in Pinecrest Manor resident rooms:

- Power strips
- Extension cords
- Non-surge protected outlet adaptors.

Please refer to the photo at right for examples of items that are not permitted.

We would greatly appreciate it if you would share this information with family members or friends who might bring items into Pinecrest resident rooms.

If you have a question about whether an item is

permitted, please check with Dave Baker, Supervisor of Physical Plant Services, or Brent Good, Director of Plant Operations. Our maintenance staff is committed to helping you find a solution for residents' electrical needs that is permissible with IDPH. Please do not hesitate to ask for our assistance.





## Report from Diana Roemer, Director of Advancement

### Virtual Communicating Available at Pinecrest

Do you know someone at Pinecrest you wish you could have a face-to-face visit with, yet you live far away? We've got a solution for you!!

At Pinecrest, we have two brand new Chromebooks on portable carts which provide us with the ability to put you in touch with your loved one or friend – and you can see them —through a web-chat. We use the program called "Hangouts." It's like Skype, or FaceTime – more commonly known programs – but designed through Google. Because we have Chromebooks, Hangouts is the program we must use.

All you need to use Hangouts is a "Gmail" account. What's that you ask? A Gmail account is an email account provided by the Internet company Google. The service was launched in 2004 and became available to anyone on Feb. 7, 2007. It is part of the Google Apps suite of products. You sign up for a Gmail account the same way you would any other email service. You can go here, <https://goo.gl/6VEmWU> to create your account, or simply go to Google, type "Mail" in their search box and you're off! You don't need a Chromebook to use Hangouts, just a webcam on your smartphone, tablet, or laptop and the ability to download the program.

Here's some more information from the web: Google+ Hangouts is a free video chat service from Google that enables both one-on-one chats and group chats with up to ten people at a time. While somewhat similar to Skype, FaceTime, and Facebook Video Chat, Google Hangouts focuses more on "face-to-face-to-face" group interaction as opposed to one-on-one video chats, and utilizes sophisticated technology to seamlessly switch the focus to the person currently chatting.

Google Hangouts can be accessed via laptop and desktop computers as well as with Android mobile devices (Android "Gingerbread" v2.3 and later) and, in the near future, iOS-powered mobile devices. In addition to video chatting, Google Hangouts users can share documents, scratchpads, images and YouTube videos with other users. Google+ Hangouts also offers a "Hangouts on Air" feature for broadcasting live video conversations that are accessible to anyone with a web browser.

The best part about it is —it's free! Both the Gmail account and use of Hangouts!

This service is provided at Pinecrest as courtesy of a grant from the Community Foundation of Northern Illinois. If you'd like to try to "Hangout" with a loved one, get in touch with me and I'll help you get things set up.



### Local Craftsman Shares Talent with Pinecrest

Emory Cragg stopped by Pinecrest Manor in late May to donate a handcrafted birdhouse to be used in the Manor Garden.

Emory's wife, Ginny, briefly recovered on Wing 4 earlier this year; and the Craggs decided they "wanted to show appreciation for the excellent care Ginny received."

Emory has been crafting birdhouses for years in the garage of his Oregon, Illinois home, and has even made birdhouse replicas of area buildings. He has also entered

local birdhouse building competitions.

Pinecrest's birdhouse has two levels and a door that opens for easy cleaning.

When Emory visited in May he spoke of his intentions to possibly create a birdhouse modeled after the original Mt. Morris Brethren Home.

Visit the Manor garden to view this beautiful home!



## Good Samaritan Banquet

Change those calendars! Due to a scheduling conflict the Good Samaritan Banquet will be held Saturday, September 26 at Pinecrest Grove Community Center.

Enjoy live entertainment by singer/pianist Chris Thomas, great food, and fellowship while supporting a great cause.

Invitations will be mailed to past participants and Good Samaritan Supporters. Tickets are \$75 each. Please respond with your choice of entrée by September 18.

All are welcome to attend. If you do not receive an invitation, contact Amy at 815-734-4103 x277 or [asikyta@pinecrestcommunity.org](mailto:asikyta@pinecrestcommunity.org).

All proceeds benefit the Good Samaritan Fund.

## Annual Pie Baking Contest

The annual pie baking contest will be held on September 19 in conjunction with the Grove's annual Craft & Vendor Fair.

There is still plenty of time to register for the annual pie baking contest, but you won't want to wait too long! The deadline to register your delicious creation is September 14, sorry, no exceptions.

The rules are simple:

1. No pies that require refrigeration will be accepted
2. All pies must be submitted in disposable pie tins
3. Bakers must supply two pies; one for judging and slice sale and the second to be auctioned off
4. All Pies must be dropped off at the Grove Community Center by 9 am September 19
5. Registration forms must be received no later than September 14.

If you're not a baker, you can still enjoy this annual affair by purchasing a slice, or bidding on a whole pie! The slice sale will begin at noon and all slices will be sold for \$3 each. All proceeds benefit the Good Samaritan Fund.

The live pie auction will begin at 1pm and end when the last pie is sold. This year, winners will be awarded cash prizes in the following order:

### Adult Bakers

First Place: \$300  
Second Place: \$150  
Third Place: \$50

### Youth (under 18)

First Place: \$50  
Second Place: \$30  
Third Place: \$20

Prizes for the adult category are sponsored by Kunes Country Auto Group of Oregon. Prizes for the youth category are sponsored by Rochelle Community Hospital. Thank you sponsors for your support!



## Color Me a Memory 5K

A 5K will be held on October 17 to raise awareness and funds for the **Color Me a Memory** program which was launched in April.

This program has garnered a positive response from staff, volunteers, and residents who participate in the program.

**Color Me a Memory** was recently featured in an article by Sauk Valley papers. A link to the complete article can be found on our Facebook page.

More information on the 5K will be available in our next edition of Pinecrest Press, on Facebook and at [www.pinecrestcommunity.org](http://www.pinecrestcommunity.org).



Pictured above middle, Lily Stuttzman, Terrace resident, paints during **Color Me a Memory** with volunteer Susan Davis, left, and CNA Cheryl Price, right.





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**Our Mission —**

Pinecrest Community is a not-for-profit continuing care retirement community organized exclusively for charitable and benevolent purposes that:

- ◆ Provides high quality residential and health services as expressions of Christian ideals and values.
- ◆ Invites and welcomes all people, without discrimination.
- ◆ Promotes an active retirement and healthy lifestyle with respect, dignity and security for the whole person.
- ◆ Recognizes a responsibility to work in concert with other providers and the community to improve the quality of life and health services for older adults.

**Pinecrest Press** is published bi-monthly by Pinecrest Community Marketing Department, 414 S. Wesley Ave., Mt. Morris, IL 61054. 815-734-4103. If you have suggestions for articles, you may contact the department directly. See contact information below.

Pinecrest Press would like to "Go Green" in the future. If you would like to join our efforts by receiving this newsletter by email, contact Amy Sikyta: [asikyta@pinecrestcommunity.org](mailto:asikyta@pinecrestcommunity.org).

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