



Pinecrest Press



Volume 9 Issue 6

November/December 2015

Reflections from the Desk of Feryl Labash, CEO

This month's column will be used to share excerpts from a beautiful devotion written by Pinecrest Board member Gary Henderson which he shared at a recent board meeting:

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Maybe some of you have seen the large stone with an engraved heart on it in front of the Terrace entrance in the landscaped turnaround area that says, 'What you love becomes a part of you.' My wife and my brother and I used our time, donated funds, and energy to create not only a beautiful and meaningful place for us to remember and honor my dad who passed away on June 11 but also to create a sacred place, a sacred place in which we have a strong feeling of love and loyalty, a place we are devoted to.

In the Bible there is a reference to a sacred place in which God made his presence known for the first time to Moses. Exodus 3 gives the account of Moses observing a burning bush that was not consumed by the fire.

Exodus 3:4-6 "When the Lord saw that he turned aside to see, God called to him out of the bush, 'Moses, Moses!' And he said, 'Here I am.' Then he said, 'Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground.' And he said, 'I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.' And Moses hid his face, for he was afraid to look at God."

A sacred place for the Israelites and for Moses was that place in which they experienced the Divine for the first time. God spoke to Moses and the Israelites

through signs and miracles. Even today God speaks to us in much the same way if we listen and watch not only with our eyes but with our hearts.

This is why the stone monument in front of the Terrace with a big heart on it says, "What you love becomes a part of you." It's because Pinecrest has become a part of me, a place where I had

loved ones, a sacred place, a place where I experienced the Divine just like Moses and the Israelites did for the first time at the mountain of God.

On June 11 in the last moments of dad's life here on earth and after he had closed his eyes for what we thought was the last time, he suddenly opened his eyes wide, he looked to the ceiling, and he got the biggest smile on his face as if he saw someone he knew and he raised his hand waving at the ceiling as he nodded his head up and down in acceptance. I knew in that moment that I was in the presence of something very DIVINE.

A very different, special, and indescribable feeling came over me. Dad passed on moments later.

This was not the first time I have experienced the presence of the Divine. There have been several others times that my prayers and questions were answered by God in a very immediate and obvious way. I can tell you it is incredible and life changing to know that God has spoken to you directly and answered your prayers in what is such a clear and obvious way, that you cannot question it and it brings you to your knees.

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Where is your sacred place? We all should have one or more. Is it your home, your family, the place where a loved one is laid to rest? The big stone monument in front of the Terrace represents my sacred place with very special meaning, but it is also in my heart and always will be. As the monument indicates, Pinecrest is a place where I have had loved ones cared for, and it has become a part of me, as the inscription states.

Like the Gospel, it was very good news and a spiritual gift to me to know and have personally witnessed that my dad passed on into the Promised Land a very happy person with the help and assistance of someone he recognized. Someone up there made that scene possi-

ble for me to ease my pain and suffering and strengthen my faith. It made me feel very special to have witnessed this, thus this is why I wanted to share this experience.

As Christians and stewards and board members of Pinecrest, it is our duty to spread the good news as the Gospels direct us to and pay it forward as best as we can each and every day.

If you haven't seen the monument in front of the Terrace yet, drive by and think about what is sacred to you and how you can spread the Gospel, the GOOD news, and suggest to others to consider ways they too can beautify our campus with a memorial or sacred place for their family member or loved ones.

Halloween Happenings Were Spotted All Over Pinecrest Community!

Residents and staff were busy the weekend of October 31.

On Friday, everyone enjoyed treats in the Activity Department and watched while the Terrace residents participated in their annual Halloween parade. The Terrace costumes are usually themed, and this year they were dogs and cats. There was even a dog catcher in the group, complete with a net. (Pictured below, resident Dean Macklin dressed as a dog with CNA Megan Foley as a friendly bunny.)

Staff dressed for the Halloween parade and contest. There were plenty of creative costumes including a unicorn (pictured), an anime girl (pictured), "bun in

the oven," mouse complete with trap on her tail ,and many more!

In the afternoon, Manor residents enjoyed holding up props and posing at the photo booth on lounge 5, munching on treats and listening to tales read by social worker Lynne Lovstadt. (Pictured at left, Manor residents Charlie Weller and Jack Reigle with their props.)

The Village residents dressed in costumes at a party in the lobby. (Village resident Bonnie Stremmel with our CEO-Sheriff.) There were many treats including poisoned cupcakes and spider eggs!



Staff members decorated pumpkins to be displayed and participated in a costume contest.

On Saturday, Karen Larson's piano students held a recital in the morning, and in the evening residents handed out candy to many area children eager to fill their bags.



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Congratulations on 25 Great Years!

Mary Zimmermann began working at Pinecrest Community as a CNA December 31, 1990. At the annual Good Samaritan Banquet in September she was honored with other employees celebrating 25 years of service.

Mary lives in Lanark on 5 acres in a farmhouse built in the 1800's. She has 8 children and 16 grandchildren. When her children were younger, they loved to visit with the residents; and the residents enjoyed visiting with them.

Some of Mary's fondest memories of Pinecrest are the holidays. "Working second shift and seeing the residents' eyes brighten as the carolers came through lifting their spirits as familiar songs were sung."

According to Mary, Pinecrest has been her second family. She loves being there for residents, being a part of their lives and their every day care. Mary stated they have given back to her more than she could ever give to them, and she "is proud to work in a nice, clean and compassionate facility that is a loving home to both residents and staff."

It is that positive and giving attitude that makes Mary a special part of Pinecrest's family.

Thank you for your caring and commitment, Mary!



Honoring Veterans

On November 11, Pinecrest Manor hosted a program to honor Veterans for their service.

Residents gathered to talk about their line of service and their years in the military.

Ten men who served joined us including Harlan Baker, top right, and Gilbert Lowe and Jack Reigle, middle right. Jack Reigle shared stories of how he came home on leave from Germany to marry his wife, then they both returned to Germany. Many wives of former veterans joined the celebration as well.

After reminiscing about their years of service, everyone enjoyed homemade apple pies. The apples were donated by former board member Gary Melvin. Thank you, Gary, for your gift and thank you to all who served in the military to help keep our country safe!





Report from Howie Herman, Director of Independent Living

Pinecrest Village residents enjoyed a trip to Pegasus Special Riders just east of Oregon, Ill. on October 14.

Pegasus offers therapeutic horseback riding experiences for children and adults with special needs.

Village resident Lois Steffen volunteers at Pegasus and suggested other residents would enjoy seeing the facility. What a great place! Pictured at right, Muriel Miller and Mary Green enjoy one of the horses at Pegasus Special Riders.

Village residents are encouraged to suggest locations for outings. If you know of a hidden gem nearby we might like to visit contact, Liliana Hammer, Manager/ Services & Activity Coordinator for the Village.



Have you or a friend wished you could come for the winter (or any time during the year) and live at Pinecrest Village for a few months and with no long-term obligation? This might be a good time to finally give us a try! Call Howie Herman, Director of Independent Living, for more information, 815-734-4103, or e-mail him at hherman@pinecrestcommunity.org

Social Isolation Can Occur During the Cold Winter Months

Long, cold winter days often find us avoiding leaving the comfort of our homes no matter our age. Whether it be the risk of dangerous driving, fear of falls on icy sidewalks, or the unbearable cold, more and more people choose to stay indoors. Being stuck inside because of winter weather can put seniors at risk of social isolation.

A blog posted by Sara Stevenson in February 2014 states that research reports show the feeling of extreme loneliness can increase a person's chance of dying early by 14%. Stevenson cited University of Chicago News that "Feeling isolated from others can disrupt sleep, elevate blood pressure, increase morning rises in the stress hormone cortisol, increase depression, and lower overall subjective well-being."

According to the US Census Bureau the probability of living alone increases with age. The likelihood of women living alone for 65-74 year olds is 32% and 13% for men.

At Pinecrest Village, whether you are in your apartment with a spouse, or live alone, you are surrounded by a loving caring community. Daily group dining, exercise classes, afternoon coffee time, planned activities, group outings, and daily Chapel services in the Manor allow our residents flexible options for socialization.

In addition to the many socialization opportunities at Pinecrest, our residents can take solace in the fact that they never have to worry about snow shoveling, icy sidewalks, and malfunctioning furnaces. Pinecrest's maintenance staff handles all of those things. Driving on snow-drifting roads to get groceries sound scary? You don't have to worry, just take the weekly shopping shuttle and leave the driving to us. Just too cold to go outside? Sullivan's Grocery Store and Snyders Pharmacy delivery options have you covered! Just call either store and your items will be delivered to you.

Pinecrest Community would like to encourage everyone to help combat social isolation this winter. Give a friend a call, stop by for a visit, or drop a friendly note in the mail!

Pinecrest is offering all Village residents the opportunity to invite a friend for lunch and socialize. Residents may stop by the front office and ask Lili to send a pre-printed postcard to a friend and invite them to dine on us! Once your postcard has been mailed, you'll want to give your friend a call to schedule a date and make your reservation with Lili. Since seating in the dining room is limited, we recommend you reserving your date early! Don't worry if the date you chose isn't available, we are offering this free lunch for a friend opportunity from now through February.



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



The first weekend of November the Oregon High School Drama Club in association with PAG performed a Fall Production for the first time, an idea that was thought up by a student (Kelsey Handschuh) and made a reality.

Kelsey ended up producing the entire student filled cast and crew! All of the students that participated put on three shows of *Fairy Tale Courtroom* after countless hours of work and rehearsals right here in the Grove.

The kids put on a great show and almost sold out the theater all three nights. Great job everyone!

The Community Center will be hosting the evening events on December 5 for the annual Christmas on the Village Square celebration again this year. From 5-7 pm there will be entertainment, a light show, Santa, and face painting. This event is free to the public and all are invited to attend!

For more information on all of the Christmas on the Village Square events, visit mtmorrisil.net or "like" Mt. Morris Christmas on the Village Square on Facebook. This family friendly event has programs that begin as early as 9 am and is free for the whole community!



Color Me a Memory Artwork to Be Displayed and Program Expands

Pinecrest Terrace residents who participate in the Color Me a Memory program will have their artwork displayed in the Terrace lobby during the annual Christmas open house on December 5.

We encourage everyone to stop by to view the beautiful artwork and read about the residents who created it and the memories and stories they shared while doing so. The artwork will be on display from 2:30—4 pm on Saturday, December 5, during the annual Christmas Open House.

You will find the artwork outside of the Terrace entrance in the lounge. The Terrace will not be hosting an open house, but please after viewing the artwork, head upstairs to the Manor and partake in some holiday festivities!

Activity Director Janell Miller is excited to announce the expansion of the Color Me a Memory program to now include Manor residents. Recent donations have made it possible for Janell to purchase supplies to start this program in the Manor.

Volunteers will begin working with the Manor residents at the end of November. Manor residents already participate in the many art based activities offered in the Activity Department, and also on their own. We have several painters living at Pinecrest Manor who practice their skills in their room and create beautiful works of art.

If you would like to volunteer or support this program, contact Janell Miller at 815-734-4103 x218.





Report from Diana Verhulst, Director of Advancement

"The Parable of The Persistent Friend"

Christ tells his followers in Luke to be persistent when asking or praying for something needed. In Chapter 11, vs. 5-8, He says: "Which of you shall have a friend, and shall go unto him at midnight, and say unto him, 'Friend, lend me three loaves: For a friend of mine in his journey is come to me and I have nothing to set before him.' And he from within shall answer and say, 'Trouble me not: the door is now shut and my children are with me in bed; I cannot rise and give thee.' I say unto you, though he will not rise and give him, because he is his friend, yet because of his importunity, he will rise and give him as many as he needeth."

"The Persistent Friend"

It has been a change-filled year for me and my family, and I'm sure, for many of you, too. As our respective worlds turn, some of what happens is wonderful, some is sad, and some is just frustrating. Overriding my darker days, the best thing that happened for me was becoming the wife of Robert Verhulst in a fun-filled September wedding.

As newly married women sometimes do, I one night enquired of Bob what he thought his best assets were as my husband. He thought for a few minutes then said emphatically: "I've got your back." He's right. Knowing I have this sturdy faithful man beside me is more than a blessing – it's a lifesaver.

Any of us may face a whole new set of challenges in 2016. For some, it will be the death of someone dearly loved. For others, it may be a personal health crisis. Yet for others, it may be a financial blow from which there is no recovery. As the holidays approach, I like to think of Pinecrest's donors having our residents' backs. Because of the Good Samaritan Fund and your faithful giving, residents at Pinecrest need not fear they will be homeless or hungry if they run out of money.

Like the parable of The Persistent Friend in the Gospel of Luke, I'm going to keep knocking on your door. As your persistent friend, I must let you know that without your help, we would be a ship adrift.

Or simply put: We've got their backs. Please have ours.

Season's Blessings To You and Yours,

Diana Verhulst



Thank You For Your Service, Donna Cornelius

On Friday, October 30, Donna Cornelius, who began working as a CNA at Pinecrest Community on October 29, 1985, was honored for her 30 years of service to Pinecrest Community and congratulated on her retirement.

together to wish Donna, pictured at left, a happy retirement and enjoy cake and refreshments.

Thank you, Donna, for your dedication and hard work!

You will be missed.

After a few words of appreciation, residents and staff joined

Planning on Sharing a Holiday Meal?

Jon Kobylewski, Director of Dining Services, has asked that families and guests of residents planning to share a meal with a loved one in the Manor please make reservations for Christmas by December 18.

The solarium is reserved on a first sign-up basis.

Sign-up sheets are located outside the West and Wing 4 dining rooms. Write your name and number of guests attending on the sign up sheet. Thank you!



Annual Christmas Open House

Pinecrest Community's annual Christmas Open House will be held Saturday, December 5, from 2:30 - 4pm in the Manor.

Join us in the Manor for entertainment by Mary and Laura Bacon and performances by the resident choir and bell choir, Dick Schmidt's homemade kettle corn, Cliff's donuts, cookies and cider and coffee, and of course visits with Santa.

Entertainment will be in the Chapel, snacks in the Activity room, and photos with Santa will be offered for \$1 per picture, one picture per person please in the Wing 5 lounge. Residents will receive one photo free of charge.

Stop by the Terrace lobby and view the residents' artwork and don't forget about the annual craft and vendor sale in the Village. After our open house, the Grove Community Center will be open with Christmas on the Village Square activities from 5-7 pm.

Craft/Vendor Fair and Bake Sale

Pinecrest Community's annual Christmas Craft and Vendor Fair and Bake Sale will be held on Saturday, December 5, from 10 am-3 pm in Pinecrest Village at 408 S. McKendrie.

Crafters and vendors this year include: Maple Lane Farms, Thirty-one, Scentsy, Papatrzi Jewelry, Gold Canyon Candles, Crafts by Vera, Hidden Talent, Oragami Owl, Christy Kuntleman Crafts, and Longs Design and Décor.

Baked goods always include a variety of delicious breads, cookies, candies, cupcakes, and more!

Stop by and do a little Christmas shopping and grab yourself a sweet treat. Don't forget to purchase a few raffle tickets and enter for your chance to win a great prize donated by our crafters and vendors.

All proceeds from this event benefit the Good Samaritan Fund. This event is made possible by hard working housekeeping staff who dedicate their time each year to ensure its success. Thank you Glenda Norman, Sue Hicks, and Char Cain!



Color Me a Memory 5K Color Run

About 75 participants joined us on the brisk fall morning of October 17 to participate in our first 5K color run/walk to benefit the Color Me a Memory program.

Racers enthusiastically awaited the color toss (above left), and then took off through the streets of Mt. Morris. Dave Johnson, from Maggie's Idle Hour, provided D.J. equipment and music at the event and several other sponsors provided T-shirts, the color, and snacks for the runners. This event raised about \$1500 for the program. Participants shared that they are eager for next years!

Pinecrest Community is thankful for all of the support of the volunteers, participants, and sponsors.

Sponsors of this event were: KSB Hospital, Bates Financial Advisors, Inc., Exelon Generation, Maggie's Idle Hour, White Pines Roller Rink, Main Street Bistro and Gift, Mt. Morris Chiropractic, Sullivan's Foods, 102.3 The Coyote, Sterling Federal Bank, and Sandy and Dick Noser.

All proceeds from this event benefit the Color Me a Memory art communication program. This program launched this past April to benefit Terrace residents and is being expanded to include Manor residents.





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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.

If you no longer wish to receive this mailing, please send a request for removal to:
Pinecrest Community, Attn: Amy Sikyta, 414 S. Wesley Ave., Mt. Morris, IL 61054 or email asikyta@pinecrestcommunity.org. You may also call Pinecrest at 815-734-4103.