



Pinecrest Press



Volume 10 Issue 3

June/July 2016

Reflections from the Desk of Fero Labash, CEO

I am pleased to share that Pinecrest Community has once again been awarded a prestigious five-Star quality rating from the Centers for Medicare & Medicaid Services (CMS). Five stars is the highest possible rating for a skilled nursing center, and this rating places us in the top 10% of skilled nursing centers in Illinois. Pinecrest is the only skilled care center in Ogle County with the five-star rating.

Pinecrest not only achieved a five-star overall rating but also achieved a five-star rating in each of the categories measured by CMS, including health inspections, staffing, RN staffing, and quality measures. This distinction is the direct result of the hard work and dedication demonstrated by our team at Pinecrest.

The CMS Nursing Home Compare Five-Star Quality Rating System is a widely used consumer tool, considered to be the gold standard for evaluating skilled care centers.

The rating system provides residents and their families with an easy-to-understand summary of three dimensions of nursing home quality: health inspection results, staffing data, and quality measure data. The goal of the rating system is to help consumers make meaningful distinctions among high- and low-performing nursing homes. You can view ratings and compare nursing homes at <https://www.medicare.gov/nursinghomecompare>.

The Five-Star rating is one tool to help families compare nursing homes, but we also recommend that you personally visit a community when making a selection. Drop in any time to see the Pinecrest difference!

One way Pinecrest has demonstrated a commitment to quality care throughout the years is

through the excellent physician coverage we offer to residents. From our early affiliation with the University of Illinois College of Medicine at Rockford to more recent work with KSB Clinic, Pinecrest far exceeds our peers in the area of physician coverage. In the month of June, we will have some changes to physicians serving Pinecrest, but rest assured that our commitment to providing excellent access to physicians remains a top priority.

Dr. Robert Bandera recently announced that he will be joining the Monroe Clinic in mid-July. Dr. Bandera has been following patients at Pinecrest for a number of years, but his move to Monroe Clinic will necessitate that he end his time as a Pinecrest-credentialed physician.

At nearly the same time, University of Illinois College of Medicine at Rockford announced that Dr. John Plescia will be assuming a new role, Director of RMED (rural medical education). Dr. Plescia will continue to see patients at KSB Clinic in Mt. Morris two days per week, but will be in Rockford the remaining time focused on his role as a guidance counselor for the RMED students and setting up rotations around the state for the RMED students. With his new responsibilities, Dr. Plescia will no longer be able to see Pinecrest residents with the exception of a small number who were established patients prior to coming to Pinecrest.

The announced changes are bittersweet for Pinecrest. While we will miss Dr. Bandera and Dr. Plescia, we congratulate them on the new opportunities they are pursuing. At the same time, I am pleased to share that Pinecrest has been presented with an opportunity to continue to offer excellent physician coverage that sets us apart from other communities.

...Continued on Page 2



Continued from page 1...

Dr. Tim Appenheimer, Medical Director of Post-Acute Care for KSB Hospital, began caring for Pinecrest residents on June 1. He joins Dr. Loyd Wollstadt, medical director, and Patricia Nordman, RN, FNP along with 13 other physicians, nurse practitioners, a chiropractor, dentists, an optometrist, a psychologist, and a podiatrist who are credentialed with Pinecrest to serve our residents.

Please join me in thanking Dr. Bandera and Dr. Plescia for their work at Pinecrest and in welcoming Dr. Appenheimer to our community!

Pictured at right from top to bottom: Dr. John Plescia, Dr. Robert Bandera, and Dr. Tim Appenheimer.



What's Cooking?

Director of Dietary Jon Kobylewski pictured at right, fills a glass of lemonade using the new beverage dispenser supplied by Pinecrest's food distributor, Martin Bros. Distributing Co.



Jon explains that the new beverage machine is more cost effective than purchasing the juices in containers as previously done.

This machine is supplied free-of-charge to Pinecrest for as long as we order the juice concentrates for the machine. There are many different juices which the machine accommodates. The current choices available are lemonade, cranberry cocktail, apple juice and orange juice. "The residents seem to enjoy the orange juice the best; they especially love the pulp."

Jon is happy with the choices, and the prices of the juice when using this system is much more cost effective than using the large cartons previously.



Manor Resident Shares Talent with Pinecrest

Manor resident Harlan Baker has created and donated a beautiful woodcarving to Pinecrest Community.

Harlan began this carving in the fall of 2015 and recently completed it. He and his daughter, Susan, presented it to CEO Ferol Labash in April.

Harlan has been carving for many years. He numbers the pieces of art he creates and logs them in a notebook. This one, number 920, is named Elder Hammer Und Frau.

In the past Harlan has shared his creations with Pinecrest Community to be used as fundraisers for the Good Samaritan Fund. He has also

used his artwork to raise funds for the Mt. Morris Senior Center.

He is also well-known for his beautiful Santa carvings at Christmas-time.

When asked when he started carving, Harlan replied, "Oh, I was about 6, I took an old blind slat and carved a totem pole out of it. But then I didn't carve again until I was 75 or 80 years old." Harlan is a self-taught carver as no one else in his family was a carver.

We are grateful Harlan has shared his talents with Pinecrest over the years and encourage you to stop by and view "Elder Hammer Und Frau" the next time you are visiting.



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The Watoto Children's Choir Stops at Pinecrest

It had been Activity Director Janell Miller's dream for a while to have the Watoto Children's Choir perform at Pinecrest.

That dream became a reality on April 27 when the bus filled with friendly faces pulled into the Manor parking lot. Janell had been planning their visit since last year.

The children shared several stories of their childhood in Uganda and their love of God through their song and dance. The group performed for residents and staff members for about 20 minutes.

Before the performance, members

of the Watoto ministry displayed handmade crafts and jewelry for sale to benefit the ministry, and choir members chatted with residents and staff. Afterward, they enjoyed a lunch prepared by Pinecrest's dietary department and thanked them with a special song.

This performance was truly awe-inspiring. These talented young children touched many hearts with their talents and spirits.

We are grateful they were able to make Pinecrest Community a stop along their tour and look forward to hosting them in the future.



Fun Times at the 5-Star Cookout!

Pictured above are volunteer Melody Henderson (wife of board member Gary Henderson) and board member Dianne Swingel preparing to serve residents and staff at the cookout provided by Pinecrest to celebrate a five-star rating by CMS. Above right Village resident Marge Powers decides what she would like from the delicious choices along side employees Kathy Mott and Stevie Merritt.





What's Happening at the Village?

Dan Fleeger began transitioning into his new position as Director of Independent Living on Monday, May 16.



Dan will replace Howie Herman as Director on July 1 when Howie becomes Pinecrest's Director of Risk Management and Compliance as Dick Schmidt retires. Welcome, Dan!

If you would like to meet Dan, give him a call at 815-734-4103 or email him at dfleeger@pinecrestcommunity.org.

Liliana Hammer, Manager of Activities and Services, has been busy planning a summer of fun activities starting on June 15 with a trip to the Byron library to meet the author of "The Secret Life of Howard Hughes" finishing with a trip to Angelo's Pizza.

In July, a visit from WREX Chief Meteorologist Alex Kirchner is scheduled. He will be talking about tornado and severe weather safety.

Best Wishes Dick!

Dick Schmidt will be retiring from his position as Risk Manager on July 1.



Dick began working at Pinecrest in Pinecrest's maintenance department in 1988. He later became Pinecrest's Risk Manager.

Although Risk Manager is Dick's official position, he is often found in many other areas of Pinecrest always lending a helping hand and smile when needed! And if you enjoy visiting Pinecrest at Christmastime, Dick has played an instrumental role at each Christmas open house with his delicious kettle corn.

Please join us on Friday, July 1 at 2 pm in Pinecrest's activity room for a cake and punch reception to say goodbye and give well wishes to Dick!

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

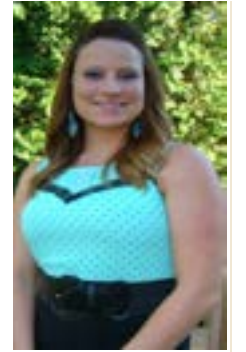
Pinecrest Grove is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on July 25.

Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis.

Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. In order to register for this event and to re-

ceive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.

Yoga will be starting a new summer session on June 30. The summer yoga session will run for 8 weeks, on Thursday evenings (unless otherwise noted) for one hour, from 6-7 pm. The session is \$64 or a \$10 weekly drop in rate. Visit <http://www.practiceyogawithjen.com> for more information.



The Fountain is in! Each spring the maintenance department reinstall the pond fountain which was removed in October the previous year.

At left, the maintenance team is preparing the fountain. In addition to adding beautiful aesthetics to the pond, the fountain helps circulate the water and prevent algae.



New Welcome Center Made Possible By a Generous Donation

Renovation of the front reception area began in early May. This renovation was made possible from a donation from the Renz family in memory of Rev. James E. Renz and was designated for

the project.

Windows were removed, and a new larger desk was installed. A counter top was installed with two heights — a lower one is for the convenience of those residents in wheelchairs.

The new, open welcome center will be more inviting for visitors and residents.

Pictured at left, employee Tim Bachman removes an old window, and the now open space.



Dementia Support Group Information

The "Support Group for families dealing with Dementia," meets the second Thursday of every month at 1:30 p.m. in the Manor Chapel.

The group discusses topics of interest for families coping with the effects of dementia on a loved one, and offers emotional support.

On Thursday, July 14, 1:30 p.m. at Pinecrest Manor Chapel, Attorney David Smith of Oregon, Illinois, will make a presentation regarding steps family members of the dementia patient may want to consider. The public is invited to attend.

For more information about the Support Group, you may contact Chaplain Rodney Caldwell at phone: 815-734-1711.

Thank You Local Churches For the EXTRA Support!

In response to Kevin Kessler's talk at the District Conference, local Brethren churches have been raising extra funds to help Pinecrest Community deal with the effects of the State of Illinois budget stalemate.

The Mt. Morris Church of the Brethren held a pancake breakfast in May to benefit the Good Samaritan Fund. Seventy-eight participants attended this free-will donation event, enjoyed a delicious meal, and raised \$1,278.42!

The Dixon Church of the Brethren asked members for a different Lenten discipline this year. Instead of giving up chocolate, or devoting more time to prayer, members set aside money each week for a special offering and were able to donate \$1,427.50 to Pinecrest in late March!

Pinecrest Community is very grateful for the church member's dedication and generosity. Thank you all for your great efforts!



Celebrating St. Patrick's Day

The luck of the Irish was all around this past March 17!

Many residents and staff enjoyed dressing up that day. Pictured at left sporting their St. Patrick's Day spirit is Materials Manager Glenda Hitchcock; Manor resident, Homer Sell; and volunteer Sylvia Saunders entertaining residents on the bagpipes.





Report from Diana Verhulst, Director of Advancement

Pay It Forward

"There is no wrong way to perform an act of kindness." — **Catherine Ryan Hyde**, author of the book **Pay It Forward**

Forward

On Friday, June 13, I happened to be walking through Pinecrest Manor when a young woman flagged me down.

The woman, whose name is Christine, had been giving out a scholarship at Oregon High School, as had I, the week prior.

As we talked in the hallway, she told me about how her 10-year-old son had been moved by the story behind the James E. Renz Pinecrest Memorial Scholarship, which recognizes each year a college-bound senior who has demonstrated community volunteerism, and a commitment to study in the fields of healthcare, social work, or the works of divinity. Before announcing the winner, I always tell how Pastor Renz, a 49-year leader on the Pinecrest Board of Directors, radically changed his life after having taken the wrong fork, and dedicated himself to helping others, particularly those addicted to alcohol or drugs.

Sometimes, you wonder when you're giving such background talks if anyone is listening. If you're delivering the message with impact. Or if you should say less rather than more. This time, I learned for sure that someone was listening. A 10-year-old boy and his mother.

After the awards ceremony, mother and son were at a restaurant ordering dinner when Christine noticed her

son staring intently out the window. Suddenly, he darted toward the entryway of the restaurant, much to her astonishment. The young boy had spied two elderly women approaching from the parking lot with great difficulty, and had run to get the door for them. Christine said he told her the Jim Renz story reminded him that it's important to help others every day, even in small ways.

As it happened, Christine was in the Manor visiting her grandmother when she saw me, and shared her son's story. She spoke grateful words for the quality care her loved one is receiving at Pinecrest.

Her story reminded me of the movie "Pay It Forward," (2000) in which a young boy attempts to make the world a better place after his teacher gives him that chance. The student, Trevor, dies in his final quest to "pay it forward," but hundreds of those who paid it forward because of him show up at his funeral. Author of the book *Pay it Forward*, Catherine Ryan Hyde, was so moved by the movie's success she established a charitable foundation of the same name to help grow the philosophy.

And I believe that philosophy HAS grown. I see it here all the time, at Pinecrest.

How many times have you heard the phrase, "pay it forward"? That is what we are doing with the Jim Renz scholarship every year. And it's what Christine's son did when he opened the door for those two elders.

"Pay it Forward" actor Kevin Spacey challenged his students to believe that big change is possible.

"The realm of possibility exists in each of you," he lectured. And so it does.

Congratulations!

Carson Buck received the James E. Renz Pinecrest Memorial Scholarship at the Oregon High School Awards Ceremony on May 10.

Carson plans to study physical therapy at Loras College.



Century 2 Club

Fifty guests including Century 2 Club members, board and staff, enjoyed a prime rib luncheon in honor of Club members on April 28.

During the luncheon, new members were presented with a membership pin by Ferol Labash, CEO, and entertained by Mary Ley on her harp. Afterwards, Mary played guitar and sang.

If you have questions about becoming a member, please contact Diana Verhulst 815-734-4103.





Thank You to All Who Made the Golf Play Day a Success!

Fifty-one golfers enjoyed beautiful weather during the annual Good Samaritan play day on Friday, May 20.

This annual event raised over \$5,000 for the Good Samaritan Fund.

Golfers enjoyed a barbeque lunch then 18-holes of golf. Raffles were held for White Sox Tickets, Cardinals Tickets, one night stay at White Pines, one night stay with two buffets at Jumer's resort, and one night stay with 18 holes of golf with cart at Oak Terrace Resort and Spa. Thank you to those organizations who donated those wonderful prizes!

No golfer was able to walk away with the \$1,000 prize for a hole in one sponsored by Williams-Manny Insurance. But each golfer received a door prize from one of the following gift-in-kind sponsors: 4imprint, Wrigley, Pinecrest Activity Department, AMC Theater, Johnson Oil, Edgewood Golf Course, Casey's, Mt. Mor-

ris Superwash, Hidden Timber Gardens, Mississippi River Museum, Sterling Federal Bank, Mendards, Chicago Cubs, Chicago White Sox, St. Louis Cardinals, Oak Terrace Resort and Spa, Jumer's Casino, White Pines Inn, Janet Lawson-Avon, Jen's Artisan Breads, Oregon Healthcare Pharmacy, Oregon Pizza Hut, Arch Vending, Printing By Laura Medlar, Midwest Dental, Sunset Golf Course, Union Savings Bank, Oregon Snyders Pharmacy, Infinity Rehab, and Father & Son Pizza of Oregon.

Thank you to our hole sponsors: 1st Farm Credit, Country Financial, KSB Hospital, Martin Bros. Distributing Co., Inc., RSM McGladrey, Transamerica, and Williams-Manny Insurance. Thank you to our Supporters: Applied Computer Technologies, and our Friends: Burkardt's LP Gas and Dick Noser.

Mark your calendar for next year's event on May 19, 2017!



Lindhorst to Perform at Banquet

John Lindhorst will perform during the 2016 Good Samaritan Banquet on August 13.

John is a singer, song-writer, teacher, and business owner. He has taught in Illinois, Hawaii, and California and has enjoyed an amazing music career spanning 40 years.

John currently owns Ukulele Station America in Oregon, IL.

This annual fundraising ban-

quet is open to anyone interested in attending and is always a great time.

Invitations will be mailed, but tickets are available to all wishing to attend.

If you would like to receive an invitation, or purchase a ticket, please contact Amy at 815-734-1712 or asikyta@pinecrestcommunity.org.

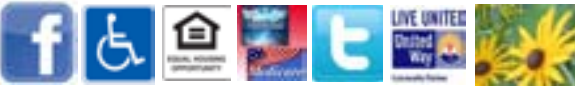




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Our Mission —

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.

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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.

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