



Shalimar Gardens

Assisted Living and Memory Support Community

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Hello from the Activity Staff

I am writing this letter to you because our Executive Director, Ina Carroll is out on Medical Leave at this time. Her recovery is going well and we all look forward to her return.

Fall and winter have been busy at Shalimar. We have done some painting and redecorating with wonderful results. Our beautiful Christmas decorations are now on display throughout our building and we are all full of the Christmas Spirit!!

Fall was a busy time for Shalimar Residents. Our Craft Fair was a huge success. We had twelve vendors from the surrounding area. Our residents and their family members enjoyed the shopping experience. Gary & Mary Gillespie held a delightful luncheon at their home in Wahoo for 40 Shalimar residents. We split the groups in half and went two separate days. We enjoyed Mary's wonderful "home cooking" and Midwest hospitality. We visited the Scheer Pheasant Farm in Arlington and a driving tour to the Marianna Home for Retired Priests in Cedar Bluffs. We finished the month with our Oktoberfest featuring the wonderful Wayne Miller on the accordion.

Our yearly Bridal Show was a special treat. Twelve gorgeous gowns from our local Bridal Shop, Black Tie and White Satin, were modeled by two employees and two Midland Students. The ladies were lovely

and the residents enjoyed looking at the latest styles. Midland University Senior Nursing Students conducted two very informative seminars. Metro Community College students spent the month and part of October interviewing our residents about their life histories and volunteering with one to ones and helping with Craft Projects. We even managed to fit in a trip to Council Bluffs to enjoy one of the local Casino's. We ended November with several family members visiting us to share in our Thanksgiving meals and our Merry Maker Association Performer Hillbilly Hal Cottrell, sponsored by First State Bank of Fremont. Hal had us all stomping our feet to the beat.

We are in the midst of the "Magic Month" of December. We have already visited the Mormon Trail Center in Omaha to see the incredible display of Gingerbread Houses. We visited Village Point in Omaha to view their Christmas Display and took a Christmas Light Tour of Fremont. We are looking forward to our Annual Family Christmas Party "Bash" with special guests Santa Claus and Tim Javorsky on Saxophone to entertain us.

We hope you all had a Blessed Holiday Season and we look forward to a Happy and prosperous 2012!!

Cheri Cruthoff
Life Enrichment

*Gary & Mary Gillespie House
This is Group #2 who went to Mary's on the second day. Sitting outside enjoying the sunshine.*



embrace the future. *Shalimar Gardens*

NURSES CORNER

SHINGLES

What is shingles?

Shingles is a painful skin rash. Shingles usually appears in a band, a strip, or a small area on one side of the face or body. It is also called herpes zoster.

Shingles is most common in older adults and people who have weak immune systems because of stress, injury, certain medicines, or other reasons. Most people who get shingles will get better and will not get it again.

What causes shingles?

Shingles occurs when the virus that causes chickenpox starts up again in your body. After you get better from chickenpox, the virus "sleeps" (is dormant) in your nerve roots. In some people, it stays dormant forever. In others, the virus "wakes up" when disease, stress, or aging weakens the immune system.

You can't catch shingles from someone else who has shingles. But there is a small chance that a person with a shingles rash can spread the virus to another person who hasn't had chickenpox and who hasn't gotten the chickenpox vaccine

What are the symptoms?

Shingles symptoms happen in stages. At first you may have a headache or be sensitive to light. You may also feel like you have the flu but not have a fever.

Later, you may feel itching, tingling, or pain in a certain area. That's where a band, strip, or small area of rash may occur a few days later. The rash turns into clusters of blisters. The blisters fill with fluid and then crust over. It takes 2 to 4 weeks for the blisters to heal, and they may leave scars. Some people only get a mild rash, and some do not get a rash at all.

How is shingles treated?

Starting antiviral medicine right away can help your rash heal faster and be less painful. So if you think you may have shingles, see your doctor right away.

Kimberli Martin, Director of Healthcare
Source: Web MD



Gene Whiteaker and his two 5th Grade Readers.



Marcella Hildenbrand and her two St. Patrick's 5th Grade Readers. The students began coming to Shalimar on a monthly basis in October. Our Resident's just love their visits.



Ethel Borgmeyer and Darlene Meduna touring the Gingerbread Houses at the Mormon Trail Center in Omaha.



Ray Bohling and Lucille Scott in the background touring the Gingerbread Houses.

Resident's Birthdays

January

- 12th Ethel Borgmeyer
- 13th MaryLee Tegt
- 17th Esther Roeber
- 22nd Marguerite Allen
- 30th Arlie Breitbarth

February

- 7th Mary Johnson

March

- 17th Lucille Scott
- 23rd Roland Rasmussen
- 25th Anna May Luebker
- 25th Paul Steffen
- 26th Ardath Randall

Veteran's Day Celebration

Each of our Veteran's talked a little bit about their time spent In the Armed Services. They each answered two questions: Where they liked being stationed the most and What their favorite job to do was while they were in. The answers were very interesting.

Those pictured: L to R. Roland Rasmussen/Marines; Max Earl/Merchant Marines; Gilbert Cave/Navy; Don Watchorn/Navy; Leonard Dahlheim/Navy; Gene Whiteaker/Navy; Paul Steffen/Navy; Ken Sears POW 44-45/Air Force; Bob Hilgenkamp/Army and Max Christensen/Army came in later he had to work.



Metro Community College Students spent the afternoon helping the Shalimar Craft ladies make their Pumpkin Faces.

L to R Eloise Pittman, Mary Johnson, Marie Ruzicka, Virginia Rasmussen, Esther Roeber, and Lucille Scott are pictured here.



Activity Assistant Cheri Cruthoff with the children from the 1st Baptist Daycare. They showed off their Halloween costumes and we treated them to some candy and cake.

Some of the Resident's joined in on dressing up for Halloween. L to R—Marie Ruzicka, Eloise Pittman and Mildred Hindmarsh.



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