



December 2004

Resident Birthdays

- Helen Moore - December 2
- Ella Gantz - December 24
- Judy Roberson - December 24
- Mildred Novotny - December 30

Employee Birthdays

- Mary Depue - December 2
- Ashleigh Holmes - December 11
- Jill Putnam - December 11
- Jeff Sherman - December 16
- Dawn DeCamp - December 23
- Sheila McMullen - December 23
- Sarah Brown - December 28
- Mona Rausch - December 29
- Jared Pratt - December 30
- Jamie Cornelius - December 31

pine river review

The official newsletter of Pine River HealthCare Center, St. Louis, MI

Winter Safety Tips

Winter is just around the corner, with this comes snow, ice, and cold. Many of us look forward to seeing those first big flakes floating down, making everything look clean and beautiful.

Unfortunately with the beauty of the snow, there is hazards, particularly slipping and falls. Each year in the United States, one person in 20 receives emergency department treatment because of a fall. If you are older your chances of spending time in a hospital because of a fall greatly increases. Fractures are the most serious health outcomes associated with falls. The most common are fractures of the pelvis, hip, femur, hand, forearm, leg and ankle.

Keeping your sidewalks, steps, driveways, and porches as free as possible from ice decreases your chances, as well as others, of having a fall this winter. Rock salt or other chemical de-icing compounds are most effective on ice, after the snow has been shoveled off. Sand is another alternative that can be used to reduce the risk of slipping.

It doesn't matter if it is thick ice or thin ice; human beings are not designed to walk on ice. If you are not on ice skates, stay off the ice when possible.

Tammy Munro RN, DON



Memorial Service

We will be having a memorial service on Thursday, December 9 at 2:30 p.m. for the residents who passed away since May of this year. Heartland Hospice will be putting on the ceremony and will be sending invitations to the families who had a resident who passed away.

We will be presenting the families with ornaments as tokens of remembrance. Please mark the date on your calendar.

Thanks, Liz

Recipe Book

We would like to put a Recipe Book together of the staff, residents and family member's favorite recipes. If you have a recipe you would like to contribute please write or type it out and put who the contributor is and send it to Pine River or drop it off to the office on your next visit.

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Craft & Bake Sale

Friday, December 10th beginning at 8:30 we will be hosting our annual Craft & Bake Sale. We will also be selling lunch for \$2. We are asking for donations of baked goods and/or crafts to assist us with this fundraiser.

We are currently selling holiday plates for \$5, personalized Christmas Bulbs for \$1.50 and Fleece Blankets for \$25. They are displayed in the TV room. Please see the Activities Dept. if interested.

Attention Residents/Parties

We admitted five new residents this month, please welcome them:

Clayton Foster
Lonzo Hagen
Margaret Hughes
Ken Jessup
James McClintic

Good luck and congratulations goes out to **Dorothy Howes** and **Kristina Chwastek** who returned home this month!

Pine River Healthcare Center
1149 West Monroe Road
St. Louis, MI 48880

Resident/Family Christmas Party

Our annual Resident/Family Christmas Party will be held Saturday, December 4 beginning at 1:00 p.m. Our entertainment will start at 1:30 p.m.

We hope to see you here!

Holiday Fundraiser

It's the holidays again, and that means it's time for all the goodies!

We here at Pine River are doing a fundraiser to help with our Exotic Zoo. We are taking orders for our wonderful homemade pumpkin rolls. Leah makes them right here in our own kitchen!

If you are interested they sell for \$8 each and come frozen. They will be ready to pick up on December 17.

If needed sooner please indicate the date when ordering. You may order at the office or see Becky or Leah.



December Special Events

December 1, 2:00 p.m.

Christmas Decorating

December 2, 2:15 p.m.

Music with Virginia

December 8, 2:00 p.m.

Arts & Crafts

December 9, 2:30 p.m.

Memorial Service

December 15, 10:00 a.m.

4th Grade Ithaca Kids

December 17, 5:00 p.m.

VFW Fish Fry

December 22, 2:00 p.m.

Resident Christmas Party

December 23, 2:00 p.m.

Birthday Party

December 31, 2:00 p.m.

New Years Party