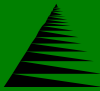


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MARCH 2011



SAVANNA'S RIVER CITY READER

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A joint publication of Big Meadows and Pinnacle Place

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On February 16 the YAC (Young Christian Adults) group from Immaculate Conception Church in Fulton visited the residents of Big Meadows. The group led the residents in a game of heart darts that was enjoyed by all and prizes were awarded to everyone. Root beer floats were served and the group brought Valentines made by the kindergarten and preschoolers with treats for everyone. The group is planning another visit in April to help the residents celebrate Easter.

*Pictured below left to right playing heart darts are: Lonnie Westmorland, Louise Herron, Irene Hebler, James Bradley, Shirley Geladas, Mary Tuscan, and Robert Funderburk.



Reminder:



**Don't forget to set all
 of your clocks one
 hour ahead!**

On March 12 before
 bed.

*Daylight saving time begins
 March 13*

Activities Professional Week

Thursday, February 24 we had donuts and coffee in celebration of National Activities Professional Week. Jaime Barnhart has been at Big Meadows for 6 years and Becky Voss has been with us since September 2010. We have the most outstanding activity staff around and we thank them for making our residents' lives better.



Big Meadows Super Bowl Chili Cook-Off



Friday, February 4th, 2011 employees were encouraged to bring their own homemade chili recipe to be tasted and judged...

- 1st Place- Jaime Barnhart (pictured to the right)
- 2nd Place- Michele Boyer (pictured to the left)

Congratulations Ladies!

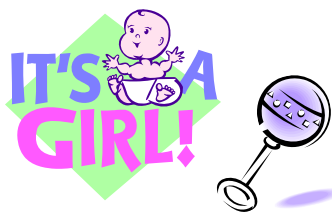


February 16 we held a baby shower for Andrea Zmich. Andrea is the receptionist at Big Meadows. She is due March 4 and is expecting a girl, Eden Grace Zmich. Andrea is pictured below with an outfit, her gifts & cake and diapers & wipes. Bottom right is Edna Michealsen, Susan Frederick, and PJ Broderick enjoying some cake while Andrea opens her gifts.

Valenting's Lunch

Monday February 14th Big Meadows' residents celebrated Valentine's Day with their spouse at the annual Valentine's Day Couples Meal.

Pictured top to bottom: Jackie and Robert (Hooch) Walker, Tereasa and Everette Poore, Vince and Georgia Franco, Helen and Earl Klipper, and Jackie and Fred Smith.



Big Meadows Announcements

March Birthdays

Resident:

27 Dorothy Holling

Staff:

5 David Corona

7 Michael Haecker

7 Rita Cauley

24 Jennifer Heisler



Community Coffee

Our next community coffee will be held Wednesday, March 9 at 9:30 a.m. in the dining room. Be sure to invite your friends and family and come out to enjoy coffee, donuts, juice, and friendly conversation.



Congratulations

To Andrea Zmich on the birth of her baby girl. Eden Grace was born February 23 at 5:49 a.m. She weighed 8 pounds 6 ounces and was 18 inches long. Mom and baby are doing well. Eden will be welcomed home by big brother Ashton.



 **The West Carroll High School Choir will be here March 3 to perform solo and ensemble pieces that will be performed at State. Come on out to listen to the choir.**

Mardi Gras

On March 8, residents will get in the Mardi Gras spirit with a Mardi Gras themed meal, craft, and paczki social.



The West Carroll Drama Club will be here March 17 to perform scenes from their Spring Musical "Pajama Game." Residents will have an opportunity to attend the play on March 20.



Caregiver Support Group

Thursday, March 31 will be the next caregiver support group meeting. It will take place in the chapel at noon, lunch will be provided.

Easter Egg Hunt

Big Meadows will be holding an Easter egg hunt on April 22nd. If you would like to make a donation of plastic eggs or small, wrapped candy for the eggs, please drop off in the front office by the 18th. Thank you.



Sun**Mon****Tue****Wed****Thu****Fri****Sat**

6 D 2:00 Church Service
(New Hope Assembly)
A 3:00 Beat That Dice
L 4:00 Today In History

7 A 10:30 Exercise
L 11:00 Today In History
D 2:00 Bingo

8 8:00 Men's Breakfast
C 10:00 Rotary
A 10:30 Exercise
1:00 Spa Time
A 2:00 Farkle
3:00 Big Meadows Shopping
L 4:00 Today In History
A 6:00 Paczki Social
Mardi Gras

9 9:30 Community Coffee
A 10:30 Exercise
1:00-2:00 I: J Visits
A 2:00 Uno
L 4:00 Today In History
A 6:00 Last Chance Dice

10 A 10:30 Exercise
11:00 Dusty's
A 1:30 Ball Toss
A 2:00 Movie
L 4:00 Today In History
A 6:00 Dice Time

11 A 10:30 Exercise
L 11:00 Today In History
D 2:00 Bingo
L 3:00 Red Bird Country

12 A 10:30 Exercise
L 11:00 Today In History
A 1:30 Play Nine
A 2:00 Movie Time

13 D 2:00 Church Service
(Church On the Hill)
A 3:00 Remember When
L 4:00 Today In History

14 A 10:30 Exercise
L 11:00 Today In History
D 2:00 Bingo
D 2:30 Potato Chip Social
National Potato Chip Day

15 C 10:00 Rotary
A 10:30 Exercise
C 12:00 KFC Order In
1:00 Spa Time
A 2:00 Kismet
L 4:00 Today In History
A 6:00 Dice 21

16 A 10:30 Exercise
11:00 Sunrise
1:00-2:00 I: J Visits
A 2:00 Irish Dice
L 4:00 Today In History
A 6:00 Trivia Time

17 A 10:30 Exercise
L 11:00 St. Patrick's Day
Trivia
A 1:30 Ball Toss
A 2:00 Leprechaun Races
L 4:00 Today In History
A 6:00 Green Social
St. Patrick's Day
(wear Green)

18 A 10:30 Exercise
L 11:00 Today In History
D 2:00 Bingo
D 2:30 Outing Sign Up

19 A 10:30 Exercise
L 11:00 Dinner Music
w/Becky
A 1:30 Wii
A 2:00 Movie Time

20 D 2:00 Church Service
(Harlem Burner)
A 3:00 Skunk Dice
L 4:00 Today In History

21 A 10:30 Exercise
L 11:00 Today In History
D 2:00 Bingo

22 C 10:00 Rotary
A 10:30 Exercise
L 11:00 Karaoke
1:00 Spa Time
A 2:00 Phase 10
3:00 Big Meadows Shopping
L 4:00 Today In History
A 6:00 Sing A Long
National Sing Out Day

23 9:00 Scenic Ride Lock
and Dam
A 10:30 Exercise
11:00 Pizza Ranch
A 2:00 Bible Study
L 4:00 Today In History
A 6:00 Bowling Dice

24 9:00 Scenic Ride
Thomson
A 10:30 Exercise
11:00 King Buffet
A 2:00 Movie
L 4:00 Today In History
A 6:00 Card Bingo

25 A 10:30 Exercise
L 11:00 Today In History
D 2:00 Bingo

26 A 10:30 Exercise
L 11:00 Today In History
A 1:30 Resident Choice
A 2:00 Movie Time

27 D 2:00 Church Service
A 3:00 Pig Dice
L 4:00 Today In History

28 A 10:30 Exercise
L 11:00 Today In History
D 2:00 Bingo
D 2:30 Resident Council

29 C 10:00 Rotary
A 10:30 Exercise
11:00 Taco Bell Order In
1:00 Spa Time
A 2:00 Yaltzee
L 4:00 Today In History
A 6:00 Help Your Neighbor

30 A 10:30 Exercise
11:00 Country Kettle
1:00-2:00 I: J Visits
A 2:00 1,2,3 Cards
2:00 Dairy Queen
L 4:00 Today In History
A 6:00 Don't Go To Jail

31 A 10:30 Exercise
11:00 McDonald's
A 2:00 Beat That Dice
L 4:00 Today In History
A 6:00 Surprise Game

March 2011
Big Meadows Activity Calendar

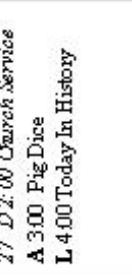
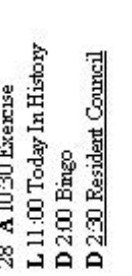
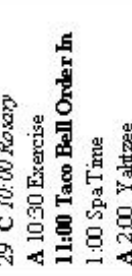
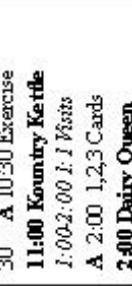
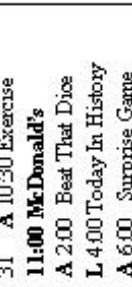
5 A 10:30 Exercise
L 11:00 Today In History
A 1:30 Wii
A 2:00 Movie Time

4 A 10:30 Exercise
L 11:00 Today In History
D 2:00 Bingo
D 2:30 Leisure Interest and
Outing Committee

3 A 10:30 Exercise
11:00 Brothers
A 1:30 Ball Toss
A 2:00 Arts and Crafts
(Centrepieces)
L 4:00 Today In History
A 6:00 Irish Cooking
w/Becky

2 A 10:30 Exercise
1:00-2:00 I: J Visits
D 2:00 Birthday Party
w/Scott Kazanski
L 4:00 Today In History
A 6:00 Ship, Captain, and
Crew

1 C 10:00 Rotary
A 10:30 Exercise
12:30 Senior Center
A 2:30 Pig Dice
L 4:00 Today In History
A 6:00 Peanut Butter Lover
Social
National Pig and Peanut
Butter Lovers Day



Pinnacle Place Announcements



Wellness Program-Medication Safety

Sandi Harper, Wellness Nurse, will present a program on Medication Safety on Monday, March 14th at 2:30 p.m. in the Gathering Room. This Medication Safety presentation will touch on storage, disposal, side effects and several other important points. Tenants, families and the community are welcome to this informational program. We will draw for a Door Prize for those attending. Refreshments will be provided. January Door Prize Winners were Dorothy Carroll & Ruth Sturtevant.



Welcome New Tenants
Robert Hartman
Dale Longmire

March Birthdays

Dale Longmire 15th
Velma Kreuder 19th

Irish Toasts

May your blessings outnumber
the shamrocks that grow, and
may trouble avoid you wherever
you go.

May your home always be too
small to hold all your friends.

May your right hand always
Be stretched out in friendship
And never in want.

May you have warm words on a
cold evening,
A full moon on a dark night,
And the road downhill all the
way to your door.

Poison Prevention Week

March 20-26-2011

For more information:
www.poisonprevention.org

Every 8 seconds someone needs a poison center...Could you be next?

Almost anything can be poisonous if it's used the wrong way, in the wrong amount, or by the wrong person. Think Poison Prevention.

Always read labels and follow directions.

Keep medicines and household products in their original containers.

Don't mix chemicals.

Talk to your doctor or pharmacist before taking over the counter medications.

HAPPY ST. PATRICK'S DAY

PINNACLE PLACE SUPPORTIVE LIVING FACILITY
CARE * COMPASSION * COMFORT * COST





**Pinnacle Place Supportive Living Facility
Social Calendar**

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 6 10:00 Prayer Service	 7 10:30 Exercise 5:15 Bingo	1 9:45 Fruits & Veggies 10:30 Exercise 2:30 Cards	2 10:30 Exercise 2:30 Bowling Dice	3 10:00 Bible Study 2:00 Tenant Choice	4 10:30 Tai Chi 2:30 Cards	5 5:15 Movie & Popcorn
13 10:00 Prayer Service 	14 10:30 Exercise 2:30 Wellness Prog-Med Safety 5:15 Bingo	15 9:45 Fruits & Veggies 10:30 Exercise 2:30 Cards	16 10:30 Exercise 2:30 Spinner * 	17 10:00 Bible Study 2:00 St Pat's Day Social WEAR GREEN	18 10:30 Tai Chi 2:30 Cards	19 5:15 Movie & Popcorn 
20 10:00 Prayer Service	21 10:30 Exercise 5:15 Bingo	22 10:30 Exercise 2:30 Cards	23 10:30 Exercise 2:30 Scrabble	24 9:00 Shop 10:00 Bible Study 2:00 Scenic Ride	25 10:30 Tai Chi 2:30 Cards	26 5:15 Movie & Popcorn
27 10:00 Prayer Service	28 10:30 Exercise 5:15 Bingo	29 9:45 Fruits & Veggies 10:30 Exercise 2:30 Cards	30 10:30 Exercise 2:30 Fact or Fiction	31 10:00 Bible Study 2:00 Road Trip Fun		 



**Pinnacle Place Supportive Living Facility
Menu**

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Tuna Salad Baked Ham	2 Patty Melt BBQ Chicken	3 Cod Filet Pork Chop	4 Chicken & Noodles Beef Stroganoff	5 Hot Dog Baked Mostaccioli	
6 Hamburger Roast Pork	7 Fish Sandwich Chicken	8 Hot Ham & Swiss Cheese Meatloaf	9 Tacos Pollock	10 Vegetable Soup Turkey	11 Cheeseburger Chicken & Dumplings	12 Spiral Pizza Bake Country Fried Steak
13 Sloppy Joe Chicken	14 Bratwurst Swiss Steak	15 Tacos Baked Ham	16 Tomato Soup Roast Beef	17 Irish Stew Corned Beef & Cabbage	18 Chicken on Bun BBQ Ribs	19 Reuben Sweet & Sour Shrimp
20 Pizza Roast Beef	21 Italian Wed Soup Chicken Pot Pie	22 Chili Dog Spaghetti & Meatballs	23 Vegetable Barley Soup Pepper Steak	24 BLT Shepherds Pie	25 Beef Noodle Casserole Roast Pork	26 Chicken Noodle Soup Salmon
27 Bacon Cheeseburger Sweet & Sour Chicken	28 BBQ Pork on Bun Swiss Steak	29 Fish Sandwich Scalloped Potatoes & Ham	30 Chicken Rice Soup Salisbury Steak	31 Goulash Pork Chop		



Please make substitution requests to the cook 2 hours in advance of meal times if possible. Substitutes: Grilled Cheese, Hot Dog, Soup, Waffle, Cereal, Eggs, etc. Please let the cook know in advance if you will be having guests for meals. Snacks & Beverages available in the dining room.

Place
1125 N. 5th Street
Savanna, IL 61074



Big Meadows
1000 Longmoor Ave.
Savanna, IL 61074



is right around
the corner

Finally!

