

## Upcoming Wedding Fashion Show

We are planning a spectacular event on June 22, 2022 at 2:00 pm. We will be having a wedding dress and bridesmaids fashion show on trends through the years. We have dresses from the 1950's through 2022! If you have a dress that you are able to share, please contact our Activity Director, Jade at (815) 432-7768. We have volunteers from Watseka Community High School who will be modeling the fashions. The program will also include wedding bouquet trends through the years, marriage advice from our residents, and it would not be complete without a little wedding cake! We are so looking forward to June.

# The Golden Pages

IROQUOIS RESIDENT HOME NEWSLETTER

March 2022

### Activities with Residents

Our residents have been very busy with our activity department! In March, our larger celebrations included Mardi Gras, Barbie's Birthday, and St. Patrick's Day, along with residents' birthdays and smaller fun holidays. For Mardi Gras, our residents enjoyed sipping mocktails while listening to New Orleans Jazz. During Barbie's birthday, residents played games and enjoyed trivia about Barbie, then ate birthday cake and ice cream followed by taking silly pictures with our Barbie photo booth and props! On St. Patrick's day, our residents enjoyed warm Irish Soda Bread along with green river while they listened to Irish Folk songs. They also watched Riverdance step dancing and played games of luck! Additionally, we did fun programs such as setting up a temporary tattoo parlor with mocktails, and a drawing class for our residents. All in all, it has been a fun time here at IRH! We are looking forward to many fun events in the future such as Easter, Mother's Day, Nursing Home Week, and our upcoming Bridal Show.



### Welcome Spring!

Here are some tips to help you get and keep a "spring" in your step:

- Fill Your Plate With Fresh, In-Season Fruits and Vegetables.
- Be Mindful of Opportunities to Overindulge.
- Stay Hydrated.
- Get Outside and Get Moving.
- Soak Up the Sun.
- But Do Protect Skin and Eyes From Damaging UV Rays.
- Reset Your Sleep Schedule.
- Watch for Allergens (Both Indoors and Out)
- For more tips visit: [www.everydayhealth.com](http://www.everydayhealth.com)

Joyce Espinoza, RN  
Director of Nursing



## From the Desk of Linda LaVoie

I am very pleased to join the Resident Home family and support the outstanding quality care that the Resident Home represents. I have been in Senior Living for over 28 years, serving in a variety of roles including Senior Living Consultant, Business Development, Physician Recruitment, Traveling Nursing Home Administrator and most recently the Administrator of a 120 bed facility in Joliet, Illinois.

We have lots of exciting things happening here at the facility. First, the introductions of our new clinical management team and myself. We are blessed to have Joyce Espinoza as our Director of Nursing and Heather McCollugh Woods as our Assistant Director of Nursing. Joyce has been a nurse in long term care since 2007, dedicating her career to seniors. She comes to us as a compassionate leader with top clinical skills. Joyce has been a part of the Resident Home family since 2019 and became our Director of Nursing in December 2021. Heather McCulloughWoods has been a nurse for since 2005 and prior to that a Certified Nurse Aide from 1994-2005. Heather has been a member of our Resident Home Family since November 2020, becoming our Assistant Director of Nursing in December of 2021. In addition to focusing on high quality, resident centered care, Joyce will serve as our Infection Preventionist and Heather will focus on our Clinical MDS process. Together they will provide ongoing education to our team members.



Linda LaVoie, LHNA  
Iroquois Resident Home Administrator

## Gold Leaf Program

IMH has launched the Gold Leaf Program! It is the priority at IMH to provide the best care and services possible. If you would like to recognize any staff member for their service and effort, please find a leaflet and the ballot box at the front door of the Resident Home. Simply share your experience and return the completed form to the ballot box for collection by an Executive Team member. Thank you for the opportunity to care for you and your family. It is our pleasure to do so.



## Mother's Day

With anticipation for Mother's day, we have a few ideas in mind for our residents that require photos of our residents with their children if they are mothers and/or photos with their own mother, whether or not they are a mother. We are asking family members to please either email copies of these photos to [jade.jandeska@imhrh.org](mailto:jade.jandeska@imhrh.org) or as an alternative to email, you could bring in a hard copy of the photo(s) which can be dropped off at our front desk or mailed in to Jade Jandeska at 200 E. Fairman Watseka, IL 60970.



## APRIL 2022 ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					<b>April Fool's Day</b> 9:00- Morning Stretches 9:30 - Pamper Boutique 11:00 - Small Group 12:30 - Church 1:15 - Reminiscing - April Fools Day 4:15 - Facedown 6:00 - Twister Toss	<b>National Peanut Butter and Jelly Day</b> 9:30 - Bingo 10:45 - Weekend Word Search 12:00 - Whiteboard Games 1:30 - PB&J Social 2:00 - Movie Matinee
3	4	5	6	7	8	9
12:00 - TV Church in Back Activity Room 12:15 - Construction Paper Chicks 1:30 - Fill Easter Eggs 2:30 - Movie Matinee	10:00 - Morning Stretches 11:00 - Small Group 12:30 - Bible Study with Kara 2:00 - Card Games with Kara 4:15 - Fill Easter Eggs 6:00- Bedtime Bingo	<b>National Dandelion Day</b> 9:00 - Morning Stretches 9:45 - Morning Devotions with Joan 10:00 - Bingo! 11:00 - Small Group 12:30 -Dandelion Painting 3:00 - Fill Easter Eggs 4:15 - Men's Group 6:00- Uno	<b>National Walking Day</b> 10:00 - Morning Stretches 11:00 - Small Group 12:30 - Walk to the Park 3:00 - Fill Easter Eggs 4:15 - Nail Boutique 6:00- Left Center Right	10:00 - Morning Stretches 11:00 - Small Group 1:15 - Name That Tune! 3:00 - Fill Easter Eggs 4:15 - Wii Bowling 6:00- Left Center Right	<b>National Zoo Day</b> 9:00- Morning Stretches 9:30 - Animal Painting 11:00 - Small Group 12:30 - Church 1:15 - Movie: We Bought a Zoo (D+) 3:00 - Fill Easter Eggs 4:00 - Facedown 6:00 - Twister Toss	9:00 - Morning Stretches 9:30- Bingo! 12:00 - Whiteboard Games 1:00 - Make Peep-Mobiles 1:45 - Movie Matinee
10	11	12	13	14	15	16
<b>Palm Sunday</b> 12:00 - TV Church in Back Activity Room 12:15 - Fill Easter Eggs 1:45 - Palm Sundaes 2:45 - Movie Matinee	<b>National Barbershop Quartet Day</b> 10:00 - Morning Stretches 11:00 - Small Group 12:30 - Bible Study with Kara 2:00 - Card Games with Kara 3:00 - Youtube: Barbershop Quartet 4:15 - Fill Easter Eggs 6:00- Bedtime Bingo	<b>National Grilled Cheese Day</b> 3:00 - Grilled Cheese Social 3:30 - Bingo! 4:30 - Men's Group 6:00- Uno 6:00 - Fill Easter Eggs  (Dylan to do Grilled Cheese Social, Bingo, Mens Group, Eggs) (Bella does 1:1 and Uno)	<b>National Scrabble Day</b> 9:45 - Morning Devotions with Joan 10:00 - Morning Stretches 11:00 - Small Group 12:30 - Scrabble 1:30 - Fill Easter Eggs 3:00 - Scrabble 4:00 - Whiteboard Games 6:00- Left Center Right	<b>International Laughter Day</b> 10:00 - Morning Stretches 11:00 - Small Group 12:30 - Bus Ride 2:00 - Fill Easter Eggs 4:15 - Quarter After Laughter 6:00- Bunco	<b>Good Friday</b> <b>Wear Pastels!</b> 9:00 - Watch Easter Egg Hunt 12:30 - Church 1:15 - Coffee Hour Fellowship 2:00 - Name that Tune 3:00 - Make Beaded Jewelry	9:00 - Morning Stretches 9:30- Bingo! 12:00 - Whiteboard Games 1:00 - Make Peep-Mobiles 1:45 - Movie Matinee
17	18	19	20	21	22	23
<b>Easter</b> 12:00 - Easter Church Service on TV 1:30 - Deviled Egg Demonstration/Snacking 2:45 - Movie Matinee	10:00 - Morning Stretches 11:00 - Small Group 12:30 - Bible Study with Kara 1:30 - Card Games with Kara 3:00 - Watercolor Painting 4:00 - Bowling 6:00- Bedtime Bingo	<b>National Garlic Day</b> 9:00 - Morning Stretches 10:00 - Bingo! 11:00 - Small Group 12:30 - Resident Council 1:30 - Cheesy Garlic Bread Social 3:00 - Wii Bowling 4:30 - Mens Group 6:00 - Uno	9:45 - Morning Devotions with Joan 10:00 - Morning Stretches 11:00 - Small Group 12:30 - Nail Boutique 3:00 - Yahtzee 4:00 - Whiteboard Games 6:00 - Left Center Right	<b>Queen Elizabeth's Birthday</b> 10:00 - Morning Stretches 11:00 - Small Group 12:45 - Bus Ride 2:00 - Tea and Biscuits for the Queen's 96th Birthday 3:00 - All the Queen's Horses Documentary 4:15 - Draw a Corgi 6:00- Bunco	9:00 - Morning Stretches 10:00 - Pamper Boutique 11:00 - Small Group 12:30 - Church 1:15 - Coffee Hour Fellowship 3:00 - Yahtzee 4:00 - Facedown 6:00 - Twister Toss	9:00 - Morning Stretches 9:30- Bingo! 12:00 - Whiteboard Games 12:45 - Wii Bowling 1:45 - Movie Matinee
24	25	26	27	28	29	30
12:00 - TV Church in Back Activity Room 12:15 - Bowling 1:30 - Watercolor Painting 2:45 - Movie Matinee	10:00 - Morning Stretches 11:00 - Small Group 12:30 - Bible Study with Kara 2:00 - Surprise Guest (Vern and Vern) 4:15 - Quarter After Laughter 6:00- Bedtime Bingo	<b>National Pretzel Day</b> 9:00 - Morning Stretches 10:00 - Baseball Bingo! 11:00 - Small Group 1:15 - Name that Tune 2:00 - Soft Pretzel Social 3:00 - Whiteboard Games 4:00 - Wii Baseball 6:00- Uno	<b>Administrative Professionals Day</b> <b>Babe Ruth Day</b> 9:45 - Morning Devotions with Joan 10:00 - Morning Stretches 11:00 - Small Group 1:30 - Wedding Shower for Kaylea 3:00 - Wii Baseball 4:30 - Mens Group 6:00- Left Center Right	<b>Great Poetry Reading Day</b> <b>Malah Comfort Dog Coming in Morning</b> 10:00 - Morning Stretches 10:20 - Whiteboard Games 11:00 - Small Group 12:30 - Bus Ride 2:00 - Poetry Discussion 3:00 - Bowling 4:15 - Trivia 6:00- Bunco	9:00 - Morning Stretches 10:00 - Pamper Boutique 11:00 - Small Group 12:30 - Church 2:00 - Monthly Birthday Party	<b>Bernadine's and Joan's Birthdays</b> 9:00 - Morning Stretches 10:00 - Bingo! 12:30 - Whiteboard Games 1:45 - Movie Matinee