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Northern Hills Retirement Community

We're All About You!

Rejuvenating Lives

Volume 83

Fall 2006

LETTER FROM THE DIRECTOR

September was Football month at Northern Hills and being a Husker fan I got to wear my team colors quite a few times during the month. I know I'm outnumbered in Hawkeye and Cyclone country but remember, "You can take the boy out of Nebraska but you can't take Nebraska out of the boy". I hope the USC Trojans were kind to us.

Since we have gone to a quarterly newsletter format a lot more happens between newsletters but I don't have any more space. I'll try to be precise. Changes have occurred at both NHIA and NHAL. Jennifer Cousineau is the new housekeeping supervisor at our assisted complex. Dennis and Joan VanNyhius are the new night/weekend managers at the retirement apartments and Lynne Fleckenstein has taken over as our Life Enrichment coordinator. All have passed the Northern Hills inspection test and are doing a fantastic job. Replacing key personnel is always scary but we have a great staff.

Our "Family Fun Night" is still going strong. Residents, staff and family look forward to good food, good music, and of course, fun! Our mission at Northern Hills has always been to make life enjoyable and age doesn't matter. We want families to know that we are a lifestyle, not just a place to live.

Winter, ugh! We will soon be blanketed with snow and cold. Its can be stressful for those that try to drive on ice, worry about snow removal, or have to be alone during the holiday seasons. Let our staff at Northern Hills take the worry out of winter. Some of you already have!

Gary

The Corner Market

SUCCESS!

Thanks to everyone who joined us for our annual Family Night on Monday, September 19. The weather was cold our hearts were warmed by participation from staff and volunteers. Your hard work made the night memorable for our residents and their families. We appreciate you!

We want to help you celebrate!

The Sioux City Journal publishes birthday and anniversary photos in the special Living Section every Sunday. Let us help you celebrate by putting your photo in the paper along with a short story about your life and family. Forms are available in the Marketing Office or online at www.siouxcityjournal.com/announcements. Questions? Please call Angie 239-9400.

Exciting things are happening at Northern Hills!

If you're like me and it seems like there's a new face here every time you turn around ... you're right! Phyllis Wiltgen, Daisy Geidl and Orpha Smith are the newest faces in our assisted living building. Ruby Haldiman, Esther Mieras, and Earl & June Hebert have recently joined us at the independent living apartments. Take time to introduce yourselves to these folks and help make their move even more pleasant.

Life is RICH!

Introducing NHRC's new Life Enrichment Coordinator Lynn Fleckenstein.

Welcome to Northern Hills!!!

I am the new Life Enrichment Coordinator for the Northern Hills Retirement Community and I bring to this position over twenty-two years of medical management and ten years of media broadcasting experience. The most important piece of experience I bring with me is that of a family member. My mother was a resident of the Northern Hills Assisted Living Community for almost five years. During that time, I learned how important it is for our seniors to feel involved in social, physical, mental and outside activities.

My mother's love of Northern Hills and the great management, staff and residents drew me to this position. I feel I have many wonderful and innovative ideas that will enrich our residents' lives and make Northern Hills a forerunner in regional and area retirement communities.

September is homecoming month here at Northern Hills and we have many activities surrounding this theme. The residents have been wearing their school colors, Iowa Hawkeye garb and will be sporting "Go Big Red" regalia and Cyclones colors. We will culmi-



Lynn and Ray-mona
on GO BIG RED Day!

nate our month with voting and selecting our very own Independent and Assisted Living Homecoming Kings and Queens. In addition, we are also having tailgate parties, girl's pajama parties, outside trips to Ponca State Park, the Grandview Rose Garden and Trinity Heights. We also enjoy many trips to area shopping areas, Sunday church services, lunches and dinners out. Our facility activities are wide and varied including Sing-alongs, musical performance programs, art classes, cooking classes, exercise programs, playing cards and bingo, travelogues, manicures, movies and much more.

Our residents enjoy a well rounded line up of activities and I am proud to be their facilitator to make their wants and dreams come true.

*Wishing you a great fun filled day,
Lynn Fleckenstein
Life Enrichment Coordinator*

Fall into FUN!

September 23rd is the official first day AUTUM and with the change in seasons, there are great things in store at Northern Hills.

October - "A Bountiful Harvest"

Look forward to a month full of activities that will make you excited to get out and see the fall foliage with a "leaf peeper tour" and nostalgic for the cold nights when snuggling under a favorite quilt your mom made was the best way to keep warm! Quilt Show October 11th - 15th.

November - "A Month of Elegance"

Get ready for the holidays with a ladies luncheon and specialty fashion show. But don't feel left out fellas we're planning a special lunch JUST FOR YOU!

December - "Weihnachtsmarkt" or Christmas Market

Each year, Christmas markets spring up around Germany in the weeks before the holidays, signaling the beginning of Advent. The centuries-old tradition is a feast for the senses. Here, communities meet to celebrate the holidays and spread the warmth of the season in the cold month of December. Picture busy street markets brimming over with beautiful decorations, gingerbread men and fanciful handcrafted nativity scenes. This year a market will spring up at Northern Hills ... be sure to visit!



Christmas Market - Frankfurt, Germany

OCTOBER

- 02, 1926 - Helen Kehrberg
- 03, 1916 - Metta Devine
- 03, 1909 - Leone Lane
- 06, 1924 - Ruth Rose
- 14, 1918 - Evelyn Klagge
- 16, 1921 - Ruth Campbell
- 17, 1916 - Eva Frazier
- 22, 1915 - Billye Ashcraft
- 26, 1917 - Vivian Jonas
- 28, 1919 - Merlin McLarty

NOVEMBER

- 01, 1928 - Evangalene Jenness
- 01, 1917 - Lora Wenzel
- 04, 1920 - Mary Murphy
- 08, 1921 - Pearl Wobbema
- 09, 1924 - Margaret Everist
- 11, 1914 - Clara Porsch
- 18, 1909 - Goldie Lane
- 24, 1913 - Marion DiLorio

DECEMBER

- 01, 1910 - Kathryn Searls
- 02, 1921 - Campbell
- 03, 1918 - Dolores Scheck
- 28, 1915 - Dorothy Cleveland
- 30, 1916 - Bill Devine
- 30, 1931 - Dorothy Hardon

Birthdays

senior living.

Open House



Northern Hills Retirement Community will be hosting an open house on Sunday, October 8th from 2-4pm in the Independent Living Facility Lobby. Enjoy a fabulous dessert and sundae bar and register for door prizes. Tours



of Independent and Assisted apartments will be available. See you there!

Flu shots




Northern Hills has teamed up with Tri-State Nursing to provide flu shots to our residents, their families and the community. \$25.00 or Medicare part B will pay for the service. The vaccine will be available mid October. Please watch your activity calendar or call Angie at 239-9400 for more information.


Get Soaked!

Dora Kalman and her daughter in law Susie



Erica Lovis enjoys the music!




Erica's little cutie Emma

Family Night 2006


Monday,
September 19th

Cold weather won't stop us from the fun! Our first indoor Family Night EVER!




Who's that downing around?


THE BAND
The Funk Kings



Kay & Co.



Lough often ... Love much ... and Live well Dolly!



Lynn gets ready to Get soaked!

People of all ages enjoyed the entertainment

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