

Employee of the Month: Layana McClerking

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McKnight Place

Assisted Living & Memory Care

3 MCKNIGHT PLACE ST. LOUIS, MO 63124
(314) 993-3333

Laura Ritthamel, LNHA
Executive Director
(314) 372-1250
lritthamel@mcknightplace.com

Victoria Hodge, RN
Assistant Director of Clinical Services
(314) 372-1255
vhodge@mcknightplace.com

Tina Bardle, MSW, LCSW
Director of Social Services
(314) 372-1251
tbardle@mcknightplace.com

Lesley Pedroli
Director of Leasing
(314) 372-2297
lpedroli@mcknightplace.com

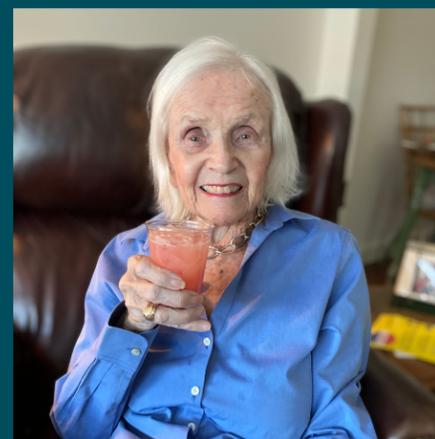
Samantha Hinson, MT-BC
Director of Activities
(314) 372-1256
shinson@mcknightplace.com

Jeff Leonard
Director of Facilities
(314) 372-1249
jleonard@mcknightplace.com

Peggy Rodgers
Office Manager
(314) 372-1254
prodgers@mcknightplace.com

Anthony Lyons
Executive Chef
(314) 372-1259
alyons@mcknightplace.com

Samuel Sanderson
Director of Housekeeping & Laundry
(314) 372-1247
ssanderson@mcknightplace.com



FEBRUARY 2021



Dear Residents & Families,

Happy February! I hope you are having a happy, safe, and healthy new year! We are happy to return to sending out monthly newsletters. While we are not returning to a full calendar of events due to Covid-19 precautions, we are still offering lots of fun activities in-room. We hope you enjoy the other helpful information included in this newsletter!

We are also excited to have added three new faces to our management team over the last few months. Please welcome Victoria Hodge, Assistant Director of Clinical Services, Tina Bardle, Director of Social Services, and Samuel Sanderson, Director of Housekeeping and Laundry. Their contact information is located in this newsletter. Please reach out to them with any questions or concerns you may have!

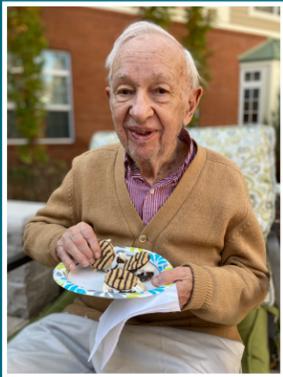
Sincerely,
Laura Ritthamel, LNHA
Executive Director

Resident Spotlight: David Mendelson

David Mendelson was born February 25, 1925 in St. Louis, Missouri. He graduated from University City High School in 1942, where he played clarinet in the marching band, ran track, and was senior class president. David attended Washington University for one year and was drafted by the Army in 1943 and trained as an anti-aircraft machine-gunner. The Army sent him to the University of California at Berkeley engineering program, then moved him into the pre-med program. The Army then sent him to medical school at University of Arkansas Little Rock in January 1945. He was discharged from the Army and transferred to Indiana University Indianapolis Medical School in September 1946 where he graduated in 1948.

David then did a post-graduate program at St. Louis Children's Hospital and one at Children's Memorial Hospital in Chicago. He worked at Barnes Hospital in Neurology-Psychiatry before he was drafted for a second time in 1951 by the US Air Force as a medic during the Korean War and stationed at Keesler Air Force Base in Biloxi, Mississippi. It was there that he met Mary Lavis, an occupational therapist who had enlisted after graduating from Washington University OT School. After discharge in 1953, he was a Fellow in Neurology at the University of Minnesota, finishing that in 1956. He stayed in Minneapolis as Director of Education at Minneapolis General Hospital. Mary followed him there after her discharge from the Air Force and they were married in 1956. Their first child, Lorine, was born the following year in Minneapolis; the other 3 children, David, Helen, and Jonathan were born after they moved to St. Louis. It was there he worked part-time as an Associate Professor at St. Louis University medical school then went into private practice in neurology in 1959 until retirement in 1995.

In his free time, David enjoyed playing squash, swimming, bicycling, skiing, bird watching, fishing, mushroom hunting, cooking, and traveling extensively. At McKnight Place, Dr. Mendelson is a friend to all and enjoys reading the newspaper and playing pool. McKnight Place Assisted Living and Memory Care is proud to name David Mendelson our February 2021 Resident of the Month!



Please take a minute to like us on Facebook! Check out our site for helpful information, highlights throughout the week, pictures, articles, and more!



Virtual & Window Visits

If you would like to set up a time to Zoom or FaceTime with your loved one, please contact Samantha Hinson, Director of Activities, at (314) 372-1256 or shinson@mcknightplace.com



To set up a window visit, please contact Peggy Rodgers, Office Manger, at 314-372-1254 or prodgers@mcknightplace.com

WEEKLY THEMES:

February 1-7
Chinese New Year:
Year of the Ox

February 8-14
Let Me Call You
Sweetheart

February 15-21
Presidential History

February 22-28
Mardi Gras Traditions

HOLIDAYS:

February 2nd
Groundhog Day

February 14th
Valentines Day

February 15th
Presidents Day

February 16th
Mardi Gras

RELIGIOUS HOLIDAYS:

February 17th
Ash Wednesday

February 26th & 27th
Purim

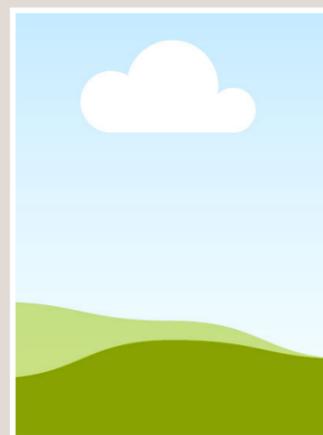
Restorative Therapy

Happy New Year! As we begin 2021 we have resumed the Restorative Therapy program. Thank you to the many families who have been patient and understanding during this difficult time. We are so grateful for all your support!

One of the goals for 2021 is to promote an OVERALL health approach. This includes physical and mental health. The Restorative Therapy program will focus on maintaining health and quality of life through facilitating participation and engagement in meaningful, necessary, and familiar activities. Each resident has a unique set of needs and wants. Because of the individual uniqueness the sessions will look different for each resident. The overall focus will incorporate strength, endurance and balance in order to maximize the resident's highest level of independence.

The exercise machines will be utilized on a very minimal basis in order to maintain social distancing.

If you would like more information about the Restorative Therapy Program you can reach Mary Swenson, COTA/L, BA at 314-372-1252 or mpalrestorative@mcknightplace.com



Happy Birthday!

- 4th ~ Richard Williams
- 16th ~ Peggy Wilson
- 17th ~ Mary Ellen French
- 19th ~ Dick Johnson
- 20th ~ Frances Kroeger
- 25th ~ David Mendelson

