



May 2021
Employee of the Month:
Michael Orzel,
Activity Assistant



McKnight Place
 Assisted Living &
 Memory Care

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 Director of Housekeeping & Laundry
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MAY 2021



Dear Residents & Families,

It has been a pleasure getting to know the residents and families here at McKnight Place Assisted Living and Memory Care over the last several months. In March, Jami Martin, LPN, joined us as Assistant Director of Nursing. Together we have been working hard to ensure the continued safety of both our residents and staff.

We have enjoyed seeing the return of family members to the facility, and the opportunity to meet many of you face-to-face. In order to ensure that this can continue, we ask that you continue to practice all safety precautions, especially while inside of the facility. This includes hand hygiene and wearing a mask covering the nose and mouth at all times while visiting inside McKnight Place.

As the weather continues to get warmer, please continue to take your loved ones out to get some sunshine and Vitamin D or encourage them to visit the courtyard. Getting outside is a great way to relieve depression and the feeling of being alone, as well as enjoy the spring flowers.

Sincerely,
 Victoria Hodge, RN
 Director of Nursing



Resident Spotlight: Donna Haerr

Donna Haerr (nee Bonar) was born May 9, 1930 in Bloomington, Illinois and was an only child to her father, Donald, who was a Salesman, and mother, Edna, who was a housewife.

She attended Bloomington High School and then attended the University of Illinois where she studied biochemistry. After graduation, she was employed in a hospital laboratory in Chicago and then Peoria, IL when she met her future husband, Al Haerr in 1956. They married in 1957 and honeymooned in Key West, FL and Cuba. Al was an advertising executive and later a management consultant. Donna and Al enjoyed travelling Europe, especially visiting the museums, attending operas and symphonies.

Donna enjoyed the arts throughout her life and as an active volunteer, she was instrumental in the work of Lakeview Art Museum, Peoria Symphony Orchestra and Peoria Opera Company. She was the volunteer lead in raising funds that brought a theater to the Peoria Civic Center convention facility.

Later in her life, she entered the workforce as a development director at WCBU, the public radio station in Central Illinois. She went on to establish the Community Foundation of Central Illinois in 1988 with only \$2,540.39 in the portfolio. Through her years of service at the community foundation, assets grew to multi millions. She started the Women's Fund at the Community Foundation, recognizing the power of giving from the area women. Today, the Community Foundation has assets over \$21,000,000 and annual grants given in excess of \$1,500,000. In 1994, she was honored by the Association of Fundraising (AFP) with the Ian T. Sturrock Outstanding Fundraising Executive Award in Central Illinois.

Donna and Al have four children, Debbie, Mark, DeeDee and Eric. Donna has four grandchildren, and her first great-granddaughter, Gianna Elizabeth.

Throughout her life, Donna has enjoyed bridge, knitting, exercise and volunteering. At McKnight Place, Donna enjoys knitting, art classes, movies in the theater, bridge club, and music concerts. McKnight Place Assisted Living and Memory Care is proud to name Donna Haerr our May 2021 Resident of the Month!



Make sure to like us on Facebook!
Check out our site for helpful information, highlights throughout the week, pictures, articles, and more!



Introducing...



Katie Voss, MT-BC

We are very excited to introduce our new music therapist, Katie!
Katie earned a Bachelor of Music in Music Therapy from the University of Iowa. She completed her clinical internship at the University of Iowa Hospitals and Clinics, and is now a Board Certified Music Therapist. Katie has a passion for working with older adults and is excited to re-vamp our music therapy program. Katie will be providing daily music therapy groups, as well as offering private music therapy sessions.

Individual music therapy sessions can help reduce stress and create positive changes in mood, offer a sense of control through successful experiences, provide opportunity for memory recall and reminiscence, and provoke cognitive stimulation.

For more information, please contact Katie at kvoss@mcknightplace.com.



Visits and Outings

For in-apartment visits, please schedule in advance by contacting Peggy Rodgers, Office Manager, at 314-372-1254 or prodgers@mcknightplace.com. Visits can take place between the hours of 9am and 7pm daily.

For outings with your loved one, please schedule in advance by contacting the receptionist at 314-993-3333. Outings should take place between the hours of 10am and 4pm daily.

Happy Birthday!

- 9th ~ Judy Spetnagel
- 9th ~ Donna Haerr
- 12th ~ Ruth Gusdorf
- 17th ~ Nancy Summers
- 18th ~ Dolly Newport



Featured Films

All features are shown in the Theater

1st at 1:30.....	For the Love of the Game
2nd at 1:30.....	Guys and Dolls
3rd at 3:15.....	In Love and War
5th at 1:30.....	Du Barry Was a Lady
7th at 1:30.....	A Hole in the Head
8th at 1:30.....	Monster-in-Law
9th at 1:30.....	Les Miserables
10th at 3:15.....	Rudy
12th at 1:30.....	Forever Darling
14th at 1:30.....	Radio
15th at 1:30.....	The Devil Wears Prada
16th at 1:30.....	Meet Me In St. Louis
17th at 3:15.....	My Week With Marilyn
19th at 1:30.....	The Long Long Trailer
21st at 1:30.....	Please Don't Eat the Daisies
22nd at 1:30.....	A Dog's Purpose
23rd at 1:30.....	The Greatest Showman
24th at 3:15.....	An Affair to Remember
26th at 1:30.....	Room Service
28th at 1:30.....	GiGi
29th at 1:30.....	Gravity
30th at 1:30.....	Fiddler on the Roof
29th at 3:15.....	Steel Magnolias

Restorative Therapy



Mary Swenson

Restorative Therapy is designed to assist individuals in the maintenance or practice of skills already learned. These may include, but are not limited to, walking, transfers, range of motion, activities of daily living, and the use of adaptive equipment. The program promotes strength and endurance through various forms of exercises. At times this may include the use of the machines in the therapy gym. Please contact one of the Restorative Therapist for further information on machine/gym use.

In addition to the physical benefits Restorative Therapy promotes overall health and well-being through active involvement in social participation. Social participation and quality of life are intimately related. Social engagement improves longevity and emotional well-being (Anderson & Anderson, 2003; Friedman & Martin, 2011). At times it will be beneficial to have restorative therapy sessions in a small group setting.

If you would like more information about the Restorative Therapy Program you can reach Mary or McKensy at:



McKensy Whitchurch

Mary Swenson COTA/L, BA
 McKensy Whitchurch COTA/L
 Restorative Therapy
 McKnight Place Assisted Living
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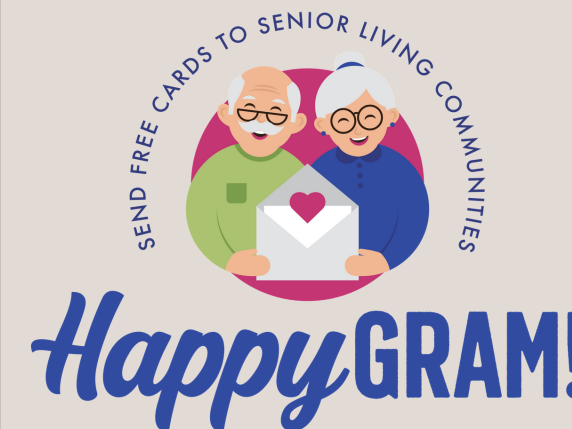
Documentary Series

Ken Burns' American Lives
 Tuesdays and Thursdays at 1:30pm

4th.....	Lewis and Clark Pt. 1
6th.....	Lewis and Clark Pt. 2
11th.....	Frank Lloyd Wright
13th.....	Horatio's Drive
18th.....	Not For Ourselves Alone: The Story of Elizabeth Cody Stanton & Susan B. Anthony
20th.....	Thomas Jefferson
25th.....	Unforgiveable Blackness: The Rise and Fall of Jack Johnson Pt. 1
27th.....	Unforgiveable Blackness: The Rise and Fall of Jack Johnson Pt. 2

HappyGrams



Send notes and pictures to loved ones as McKnight Place Assisted Living and Memory Care!



1. Visit Happygram.org
2. Select "Missouri," then "McKnight Place Assisted Living and Memory Care"
3. Fill out the form with your name, your loved one's name, a message, and optional picture!

Your HappyGram will be printed and delivered the next business day!

May Assisted Living Daily Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>10:30am Queen of All Saints Catholic Church Service Livestream -TH 11:30am On this Day in History -GC 1:30pm Musical Matinee -TH 2:30pm May Trivia -GC 3:15pm Color and Chat -GC 4:00pm Pastimes Card Game -GC</p>	<p>3</p> <p>10:00am On This Day in History -GC 10:30am Categories Game -GC 11:15am Stretch Yoga Class 1:30pm You Be the Judge Court Case Discussions - GC 2:30pm Exercise with Jason -2AR 3:15pm Movie Matinee -TH 4:00pm Afternoon Trivia -GC</p>	<p>4</p> <p>10:00am On This Day in History -GC 10:30am Exercise Class -GC 11:15am Music Group -3AR 1:30pm Documentary -TH 2:30pm Giant Crossword Puzzles -GC 3:15pm Space Day Discussion and Trivia -GC 4:00pm Afternoon Trivia -GC</p>	<p>5</p> <p>Cinco De Mayo 10:00am On This Day in History -GC 10:30am Exercise Class -GC 11:15am Music Group -3AR 1:30pm Movie Matinee -TH 2:30pm Picture Bingo: Cinco De Mayo -GC 3:15pm Cinco de Mayo Trivia and Games -GC 4:00pm Happy Hour & Entertainment with Mike (3rd Floor Residents) -GC</p>	<p>6</p> <p>10:00am On This Day in History -GC 10:30am Exercise with Charlie -TH 11:15am Music Group -3AR 1:30pm Documentary -TH 2:30pm Poetry Reading -GC 3:15pm Jeopardy Trivia -GC 4:00pm Happy Hour & Entertainment with Katie (2nd Floor Residents) -GC</p>	<p>7</p> <p>10:00am On This Day in History -GC 10:30am Exercise Class -GC 11:15am Music Group -3AR 1:30pm Movie Matinee -TH 2:30pm American Trivia -GC 3:15pm Name 10 Group Game -GC 4:00pm Happy Hour & Entertainment with Samantha (1st Floor Residents) -GC</p>	<p>8</p> <p>10:30am United Hebrew Shabbat Service Livestream -TH 11:30am On this Day in History -GC 1:30pm Movie Matinee -TH 2:30pm Group Game: Weed It Out -GC 3:15pm Bingo -GC 4:00pm Color and Chat -GC</p>
<p>9</p> <p>Mother's Day 10:30am Queen of All Saints Catholic Church Service Livestream -TH 11:30am On this Day in History -GC 1:30pm Musical Matinee -TH 2:30pm Mother's Day Word Game -GC 3:15pm Color and Chat -GC 4:00pm Mother's Day Discussion -GC</p>	<p>10</p> <p>10:00am On This Day in History -GC 10:30am Name 10 Group Game -GC 11:15am Stretch Yoga Class -TH 1:30pm What Happened Here? -GC 2:30pm Exercise with Jason -2AR 3:15pm Movie Matinee -TH 4:00pm Afternoon Trivia -GC 6:30pm Music Lecture -TH</p>	<p>11</p> <p>10:00am On This Day in History -GC 10:30am Exercise Class -GC 11:15am Music Group -3AR 1:30pm Documentary -TH 2:30pm Giant Crossword Puzzles -GC 3:15pm Who Am I? Mystery Person -GC 4:00pm Afternoon Trivia -GC</p>	<p>12</p> <p>10:00am On This Day in History -GC 10:30am Exercise Class -GC 11:15am Music Group -3AR 1:30pm Movie Matinee -TH 2:30pm Picture Bingo: Flowers -GC 3:15pm You Be the Judge Court Case Discussions - GC 4:00pm Happy Hour & Entertainment with Katie (3rd Floor Residents) -GC 6:30pm Wheel of Fortune -TH</p>	<p>13</p> <p>10:00am On This Day in History -GC 10:30am Exercise with Charlie -TH 11:15am Music Group -3AR 1:30pm Documentary -TH 2:30pm Poetry Reading -GC 3:15pm Jeopardy Trivia -GC 4:00pm Happy Hour & Entertainment with Samantha (2nd Floor Residents) -GC 6:30pm Comedy Night: The Carol Burnett Show -TH</p>	<p>14</p> <p>10:00am On This Day in History -GC 10:30am Exercise Class -GC 11:15am Music Group -3AR 1:30pm Movie Matinee -TH 2:30pm Group Game: Scattergories -GC 3:15pm Discussion Topic: Remembering Spring Gardening -GC 4:00pm Happy Hour & Entertainment with Mike (1st Floor Residents) -GC 6:30pm Travelogue: New Zealand -TH</p>	<p>15</p> <p>Armed Forces Day 10:30am United Hebrew Shabbat Service Livestream -TH 11:30am On this Day in History -GC 1:30pm Movie Matinee -TH 2:30pm Armed Forces Day Trivia and Music -GC 3:15pm Bingo -GC 4:00pm Color and Chat -GC</p>
<p>16</p> <p>10:30am Queen of All Saints Catholic Church Service Livestream -TH 11:30am On this Day in History -GC 1:30pm Musical Matinee -TH 2:30pm "M" for May Trivia -GC 3:15pm Color and Chat -GC 4:00pm Listen and Learn: Songs About Flowers- GC</p>	<p>17</p> <p>10:00am On This Day in History -GC 10:30am Categories Game- GC 11:15am Stretch Yoga Class -TH 1:30pm Lots of Laughs- Giggles in the Garden -GC 2:30pm Exercise with Jason -2AR 3:15pm Movie Matinee -TH 4:00pm Afternoon Trivia -GC 6:30pm Music Lecture -TH</p>	<p>18</p> <p>10:00am On This Day in History -GC 10:30am Exercise Class -GC 11:15am Music Group -3AR 1:30pm Documentary -TH 2:30pm Giant Crossword Puzzles -GC 3:15pm Discussion Topic: BBQ- A Cultural Evolution -GC 4:00pm Afternoon Trivia -GC 6:30pm Group Game: Scattergories -GC</p>	<p>19</p> <p>10:00am On This Day in History -GC 10:30am Exercise Class -GC 11:15am Music Group -GC 1:30pm Movie Matinee -TH 2:30pm Picture Bingo: Dogs -GC 3:15pm Who Am I? Mystery Person -GC 4:00pm Happy Hour & Entertainment with Samantha (3rd Floor Residents) -GC 6:30pm Wheel of Fortune -TH</p>	<p>20</p> <p>10:00am On This Day in History -GC 10:30am Exercise with Charlie -TH 11:15am Music Group -3AR 1:30pm Documentary -TH 2:30pm Name 10 Group Game -GC 3:15pm Jeopardy Trivia -GC 4:00pm Happy Hour & Entertainment with Mike (2nd Floor Residents) -GC 6:30pm Comedy Night: I Love Lucy -TH</p>	<p>21</p> <p>10:00am On This Day in History -GC 10:30am Exercise Class -GC 11:15am Music Group -3AR 1:30pm Movie Matinee -TH 2:30pm Brain Quest: America -GC 3:15pm You Be the Judge Court Case Discussions - GC 4:00pm Happy Hour & Entertainment with Katie (1st Floor Residents) -GC 6:30pm Evening Chat: Travel Talk -GC</p>	<p>22</p> <p>10:30am United Hebrew Shabbat Service Livestream -TH 11:30am On this Day in History -GC 1:30pm Movie Matinee -TH 2:30pm Group Game: Invention or Imagination -GC 3:15pm Bingo -GC 4:00pm Color and Chat -GC</p>
<p>23</p> <p>10:30am Queen of All Saints Catholic Church Service Livestream -TH 11:30am On this Day in History -GC 1:30pm Musical Matinee -TH 2:30pm Who Am I? May Birthdays -GC 3:15pm Color and Chat -GC 4:00pm You Be the Judge Court Case Discussions - GC</p>	<p>24</p> <p>10:00am On This Day in History -GC 10:30am Who am I? Mystery Person -GC 11:15am Stretch Yoga Class -TH 1:30pm Victoria Day Discussion -GC 2:30pm Exercise with Jason -2AR 3:15pm Movie Matinee -TH 4:00pm Afternoon Trivia -GC 6:30pm Music Lecture -TH</p>	<p>25</p> <p>10:00am On This Day in History -GC 10:30am Exercise Class -GC 11:15am Music Group -3AR 1:30pm Documentary -TH 2:30pm Giant Crossword Puzzles -GC 3:15pm Discussion Topic: A Lawn as a Status Symbol -GC 4:00pm Afternoon Trivia -GC 6:30pm Evening Chat: Movie Talk -GC</p>	<p>26</p> <p>10:00am On This Day in History -GC 10:30am Exercise Class -GC 11:15am Music Group -3AR 1:30pm Movie Matinee -TH 2:30pm Picture Bingo- Hollywood Stars -TH 3:15pm Star of the Month- Paul Newman -GC 4:00pm Happy Hour & Entertainment with Mike (3rd Floor Residents) -GC 6:30pm Wheel of Fortune -TH</p>	<p>27</p> <p>10:00am On This Day in History -GC 10:30am Exercise with Charlie -TH 11:15am Music Group -3AR 1:30pm Documentary -TH 2:30pm "Garden of Weedin" Trivia -GC 3:15pm Discussion Topic: Gardening for Health -GC 4:00pm Happy Hour & Entertainment with Katie (2nd Floor Residents) -GC 6:30pm Comedy Night: The Andy Griffith Show -TH</p>	<p>28</p> <p>10:00am On This Day in History -GC 10:30am Exercise Class -GC 11:15am Music Group -3AR 1:30pm Movie Matinee -TH 2:30pm Name 10 Group Game -GC 3:15pm What am I? Mystery Objects -GC 4:00pm Happy Hour & Entertainment with Mike (1st Floor Residents) -GC 6:30pm After Dinner Trivia Game -GC</p>	<p>29</p> <p>10:30am United Hebrew Shabbat Service Livestream -TH 11:30am On this Day in History -GC 1:30pm Movie Matinee -TH 2:30pm Brain Games Trivia -GC 3:15pm Bingo -GC 4:00pm Color and Chat -GC</p>
<p>30</p> <p>10:30am Queen of All Saints Catholic Church Service Livestream -TH 11:30am On this Day in History -GC 1:30pm Musical Matinee -TH 2:30pm Brain Quest: Presidents -GC 3:15pm Color and Chat -GC 4:00pm Discussion Topic: The Music of Pete Seeger -GC</p>	<p>31</p> <p>Memorial Day 10:00am On This Day in History -GC 10:30am True or False? Game -GC 11:15am Stretch Yoga Class -TH 1:30pm Memorial Day Discussion - GC 2:30pm Color and Chat -GC 3:15pm Movie Matinee -TH 4:00pm Which War Was It? Trivia -GC 6:30pm Music Lecture -TH</p>		<p>Location Key</p> <p>GC Garden Cafe 2AR Activity Room, 2nd Floor 3AR Art & Music Room, 3rd Floor TH Theater GL Grand Living Room RL Resident Lounge</p>		<p>1</p> <p>10:30am United Hebrew Shabbat Service Livestream -TH 11:30am On this Day in History -GC 1:30pm Movie Matinee -TH 2:30pm May Day Discussion -GC 3:15pm Bingo -GC 4:00pm Color and Chat -GC</p>	