



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



McKnight Place
 Assisted Living &
 Memory Care

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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!

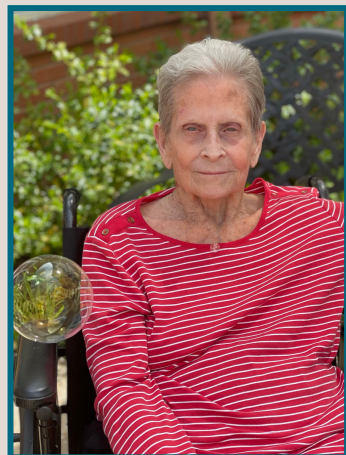
- 9th ~ Judy Spetnagel
- 9th ~ Donna Haerr
- 12th ~ Ruth Gusdorf
- 17th ~ Nancy Summers
- 18th ~ Dolly Newport



Featured Films

All features are shown in the Living Room

1st at 6:30.....	Adam's Rib
2nd at 6:30.....	Woman of the Year
3rd at 6:30.....	The Philadelphia Story
4th at 6:30.....	Brining Up Baby
5th at 6:30.....	Hester Street
6th at 6:30.....	Mamma Mia
7th at 6:30.....	The Imitation Game
8th at 6:30.....	Gentlemen Prefer Blondes
9th at 6:30.....	Mamma Mia: Here We Go Again
10th at 6:30.....	Jane Eyre
11th at 6:30.....	The Final Season
12th at 6:30.....	Shane
13th at 6:30.....	Bee Season
14th at 6:30.....	Calamity Jane
15th at 6:30.....	Wilder Days
16th at 6:30.....	Cat on a Hot Tin Roof
17th at 6:30.....	Waitress
18th at 6:30.....	Please Don't Eat the Daisies
19th at 6:30.....	Rob Hood Prince of Thieves
20th at 6:30.....	Love Me or Leave Me
21st at 6:30.....	Saving Mr. Banks
22nd at 6:30.....	Out of Africa
23rd at 6:30.....	Romance on the High Seas
24th at 6:30.....	North by Northwest
25th at 6:30.....	Mary Poppins
26th at 6:30.....	Caddy Shack
27th at 6:30.....	Annie Get Your Gun
28th at 6:30.....	Back to the Future
29th at 6:30.....	Kiss Me Kate
30th at 6:30.....	Show Boat
31st at 6:30.....	Seven Brides for Seven Brothers



Restorative Therapy



Mary Swenson



McKensy Whitchurch

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:

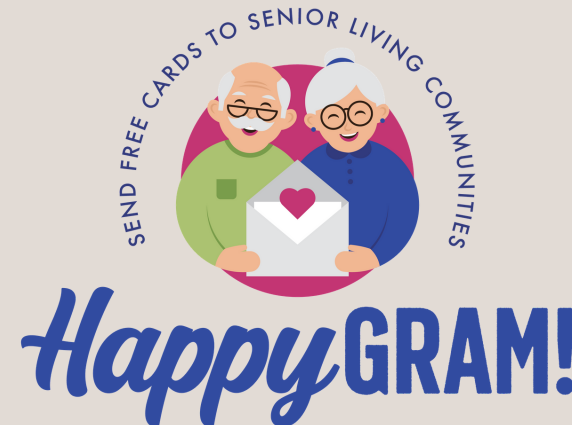
Mary Swenson COTA/L, BA
 McKensy Whitchurch COTA/L
 Restorative Therapy
 McKnight Place Assisted Living
 Three Mcknight Place
 St. Louis, MO 63124
 314-372-1252
 mpalrestorative@mcknightplace.com

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 Memory Care Daily Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Discuss and Recall Topic -LR 10:30am Queen of All Saints Mass Live Stream -PLR 11:00am Music and Movement: Toss and Talk Ball -LR 1:30pm Singing with Suzie -LR 2:00pm Afternoon Stretch -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">2</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events LR 10:30am Discuss and Recall Topic -LR 11:00am Music and Movement: Basketball Toss -LR 1:30pm Music Therapy Group -B 2:00pm Light and Lively Exercise -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -LR 4:00pm Bingo -DR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">3</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am 20 Questions -LR 11:00am Music and Movement: Baseball Bean Bag Toss -LR 1:30pm Music Therapy Group -B 2:00pm Balloon Toss -B 2:30pm Entertainment ft. Anita Rosamund -B 3:00pm Art and Relaxation/1:1 Visits -LR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">4</p>	<p style="text-align: center;">Cinco De Mayo</p> <p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Cinco de Mayo Discussion -LR 11:00am Music and Movement: Carnival Bean Bag Toss -LR 1:30pm Music Therapy Group -B 2:00pm Light and Lively Exercise -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Bingo -DR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">5</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Who Am I?: Mystery Person -LR 11:15am Chair Ballet Class -B 1:30pm Music Therapy Group -B 2:00pm Passport to Wellness -B 2:30pm Can You Picture This? -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">6</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am You Be the Judge: Court Case Discussions -LR 11:00am Music and Movement: Cornhole -LR 1:30pm Music Therapy Group -B 2:00pm Bowling and Music -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">7</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Name 10 Game -LR 10:30am United Hebrew Shabbat Service Livestream -PLR 11:00am Music and Movement: Tic Tac Toe Toss -LR 1:30pm Singing with Suzie -LR 2:00pm Light and Lively Exercise -LR 2:30pm Random Trivia -LR 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">8</p>
<p style="text-align: center;">Mother's Day</p> <p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Mother's Day Discussion and Game -LR 10:30am Queen of All Saints Mass Live Stream -PLR 11:00am Music and Movement: Bullseye Target Game -LR 1:30pm Music Therapy Group -B 2:00pm Passport to Wellness -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">9</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events LR 10:30am You Be the Judge: Court Case Discussions -LR 11:00am Music and Movement: Toss and Talk Ball -LR 1:30pm Music Therapy Group -B 2:00pm Light and Lively Exercise -B 2:30pm Feel Good Stories -B 3:00pm Art and Relaxation/1:1 Visits -LR 4:00pm Bingo -DR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">10</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Categories Game -LR 11:00am Music and Movement: Basketball Toss -LR 1:30pm Singing with Suzie -B 2:00pm Balloon Toss -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">11</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am 20 Questions -LR 11:00am Music and Movement: Baseball Bean Bag Toss -LR 1:30pm Music Therapy Group -B 2:00pm Light and Lively Exercise -B 2:30pm Weed it Out Game -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Bingo -DR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">12</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Star of the Month: Paul Newman -LR 11:15am Chair Ballet Class -B 1:30pm Music Therapy Group -B 2:00pm Passport to Wellness -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">13</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Name 10 Game -LR 11:00am Music and Movement: Carnival Bean Bag Toss -LR 1:30pm Music Therapy Group -B 2:00pm Bowling and Music -B 2:30pm Songs About Flowers -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">14</p>	<p style="text-align: center;">Armed Forces Day</p> <p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Armed Forces Day Discussion -LR 10:30am United Hebrew Shabbat Service Livestream -PLR 11:00am Music and Movement: Cornhole -LR 1:30pm Military Songs -LR 2:00pm Light and Lively Exercise -LR 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">15</p>
<p>9:00am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am The Music of Pete Seeger Discussion -LR 10:30am Queen of All Saints Mass Live Stream -PLR 11:00am Music and Movement: Ring Toss -LR 1:30pm Singing with Suzie -LR 2:00pm Passport to Wellness -LR 2:30pm May Trivia -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">16</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events LR 10:30am 20 Questions -LR 11:00am Music and Movement: Tic Tac Toe Toss -LR 1:30pm Music Therapy Group -B 2:00pm Light and Lively Exercise -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -LR 4:00pm Bingo -DR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">17</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am You Be the Judge: Court Case Discussions -LR 11:00am Music and Movement: Bullseye Target Game -LR 1:30pm Music Therapy Group -B 2:00pm Balloon Toss -B 2:30pm BBQ- A Cultural Evolution -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">18</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am What Am I? Mystery Object -LR 11:00am Music and Movement: Toss and Talk Ball -LR 1:30pm Music Therapy Group -B 2:00pm Light and Lively Exercise -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Bingo -DR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">19</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Name 10 Game -LR 11:15am Chair Ballet Class -B 1:30pm Music Therapy Group -B 2:00pm Passport to Wellness -B 2:30pm Roll a Garden Game -DR 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">20</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Gardening for Health -LR 11:00am Music and Movement: Basket Ball Toss -LR 1:30pm Music Therapy Group -B 2:00pm Bowling and Music -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">21</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Who Am I? Mystery Person -LR 10:30am United Hebrew Shabbat Service Livestream -PLR 11:00am Music and Movement: Baseball Bean Bag Toss -LR 1:30pm Singing with Suzie -LR 2:00pm Light and Lively Exercise -LR 2:30pm Finish the Line -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">22</p>
<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Categories Game -LR 10:30am Queen of All Saints Mass Live Stream -PLR 11:00am Music and Movement: Carnival Toss Game -LR 1:30pm Music Therapy Group -B 2:00pm Passport to Wellness -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">23</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events LR 10:30am Victoria Day Discussion -LR 11:00am Music and Movement: Cornhole -LR 1:30pm Music Therapy Group -B 2:00pm Light and Lively Exercise -B 2:30pm Lawn as a Status Symbol Discussion -B 3:00pm Art and Relaxation/1:1 Visits -LR 4:00pm Bingo -DR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">24</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Name 10 Game -LR 11:00am Music and Movement: Ring Toss -LR 1:30pm Singing with Suzie -B 2:00pm Balloon Toss -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">25</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am You Be the Judge: Court Case Discussions -LR 11:00am Music and Movement: Tic Tac Toe Toss -LR 1:30pm Music Therapy Group -B 2:00pm Light and Lively Exercise -B 2:30pm Travelllogue: New Zealand -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Bingo -DR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">26</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am 20 Questions -LR 11:15am Chair Ballet Class -B 1:30pm Music Therapy Group -B 2:00pm Passport to Wellness -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">27</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Who Am I? Mystery Person -LR 11:00am Music and Movement: Bullseye Target Game -LR 1:30pm Music Therapy Group -B 2:00pm Bowling and Music -B 2:30pm Remembering Spring Gardening -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">28</p>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Giggles in the Garden -LR 10:30am United Hebrew Shabbat Service Livestream -PLR 11:00am Music and Movement: Toss and Talk Ball -LR 1:30pm Singing with Suzie -LR 2:00pm Light and Lively Exercise -LR 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">29</p>
<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am You Be the Judge: Court Case Discussions -LR 10:30am Queen of All Saints Mass Live Stream -PLR 11:00am Music and Movement: Basketball Toss -LR 1:30pm Singing with Suzie -LR 2:00pm Passport to Wellness -LR 2:30pm Wildlife Group Up Game -DR 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">30</p>	<p style="text-align: center;">Memorial Day</p> <p>9:30am Sunrise Stretch -LR 10:00am Current Events LR 10:30am Memorial Day Discussion -LR 11:00am Music and Movement: Baseball Bean Bag Toss -LR 1:30pm Music Therapy Group -B 2:00pm Light and Lively Exercise -B 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -LR 4:00pm Bingo -DR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">31</p>	<div style="text-align: center;">  </div>	<p style="text-align: center;">Location Key</p> <p>LR Living Room PLR Piano Living Room DR Dining Room SR Sunroom C Courtyard B Bistro</p>	<div style="text-align: center;">  </div>	<p>9:30am Sunrise Stretch -LR 10:00am Current Events -LR 10:30am Discuss and Recall Topic -LR 10:30am United Hebrew Shabbat Service Livestream -PLR 11:00am Music and Movement: Cornhole -LR 1:30pm Singing with Suzie -LR 2:00pm Light and Lively Exercise -LR 2:30pm Memory Lane -B 3:00pm Art and Relaxation/1:1 Visits -DR 4:00pm Comedy Hour -LR 6:00pm Fireside Chat -LR 6:30pm Evening Movie -LR</p> <p style="text-align: right;">1</p>	