

March, 2010

# among friends



A Newsletter  
for the Residents of  
Willow Brook  
Christian Village  
Delaware, Ohio  
740-369-0048

Willow  
Brook

## Meet your Neighbor

Meet Arlene Palenshus. Arlene moved to the Village in May, 2002, when she married former Village resident, the late Jim Trachsel. She later moved into the Village Commons apartments.

Arlene was born and raised in Bucyrus. Her father was a farmer and her mother a homemaker. She has two older sisters. Even though she had no brothers, she and her sisters were expected to pull their share of the chores and farm work.

After graduating from Colonel Crawford High School, she went on to attend Bowling Green State University and Columbus Business University.

She worked in various bookkeeping jobs after finishing college. She then obtained a job in the athletics department at The Ohio State University, from which she recently retired after ten years of service. She currently works at Macy's at Tuttle Crossing as a fur consultant and volunteers her time at the *Gathering Place* at Willow Brook.

Arlene has traveled to the United Kingdom, Costa Rica, Panama, Hawaii, Mexico and Canada. She has been on cruises and in every state of the Union with the except North Dakota, Idaho, Montana and Oregon. She will be traveling to Alaska later this year.

Arlene has always enjoyed sewing and reading.



Arlene Palenshus

# *News and Happenings*

**TOWN MEETING:** The next Town Meeting is scheduled for March 3rd at 2:00 in the Terrace Room.

**GIFT OF LOVE:** Willow Brook's annual *Gift of Love* reception is scheduled for April 30th in the Terrace Room. This award honors a volunteer from each Willow Brook community whose service to the residents is beyond the ordinary. This is your opportunity to nominate someone for the 2010 Award.

To nominate a Willow Brook volunteer, please complete the attached nomination form and return it to the front desk in a sealed envelope no later than April 20th.

For questions, please contact Marlene Andersen at 368-4550 or extension 1103.

**DAYLIGHT SAVINGS TIME** begins March 14th. Remember to set your clocks **AHEAD** one hour before going to bed on March 13th.

**LUNCH BUNCH:** To Doc Henderson's in Marysville on March 10th. Sign-up sheet will be available March 3rd. Bus departs at 11:00.

On March 25th, we will travel to Chihuly Illuminated at the Columbus Museum of Art. Lunch will be at Lindy's in German Village. Sign-up sheet will be available April 7th. Bus departs at 10:30.

April 14th we will go to the Olive Garden at Polaris. Sign-up sheet will be posted April 7th. Bus departs at 11:00.

April 29th to the Der Dutchman in Plain City. Sign-up sheet will be available on April 22nd. The bus leaves the Village at 11:00.

**ABRAHAM LINCOLN: A MAN OF HIS TIME, A MAN FOR ALL TIMES** a national traveling exhibition that examines Abraham Lincoln's life, accomplishments, and legacy, is coming to the Delaware County District Library. View this exhibit and over a dozen related mini-displays March 17 through April 12, 2010, at Delaware branch downtown. A full schedule of events, which includes Civil War reenactments, book reviews, performances, lectures and family activities, is posted at the Village mail counter.

**BORDERLANDS: FAITH & JUSTICE:** Seminary student Carrie Christian went on a trip to the border of Texas and Mexico to learn of the many injustices that occur along the border. She will be presenting a program on this trip on March 18th at 6:00 p.m. in the Garden Room. See attached flyer for more information.

**FOOD DEMONSTRATION:** Delaware Run Chef, Marc Dullin will be presenting a food demonstration of "French Crepes" in the Summit Room at Delaware Run on March 23 at 2:00 p.m. See attached flyer for further information.

**THE COUNCIL FOR OLDER ADULTS** provides monthly opportunities for caregivers to learn and gather support. Presentations are provided by various members of our caregiving community and focus on topics from self-care/recreational activities to informative discussions on various services available within the community. Pick up a copy of the *Communicator* from the front lobby or call Jen Spicer at the Council at 740-203-2377. The workshops are held at the Center for Older Adults, 800 Cheshire Road.

**TAX TIME:** AARP's Tax-Aide is a free annual program provided by your local AARP chapter and the Council for Older Adults. This service is provided by appointment only. Please call the Council at 740-363-6677.

**2010 CENSUS:** With the 2010 Census upon us, you should be expecting to receive your questionnaire in March by mail or hand delivery. With only 10 questions, it should only take about 10 minutes to complete. Every Delaware County resident counted means more funding and better representation for all of us. If you have questions about the 2010 Census, please contact the Bureau's call center at 800-923-8282, or their web site at [2010.census.gov](http://2010.census.gov).

**THE DELAWARE COUNTY DISTRICT HEALTH DEPARTMENT** offers a free Falls Prevention Program. This program includes expert assessments of falling hazards in your home. New classes have been scheduled at the Council for Older Adults for April, August and November. Contact Susan Sutherland or Connie Frambes at the Health Department at 740-368-1700 to enroll.

**THE OHIO STATE UNIVERSITY** provides a tuition-free opportunity through Program 60 for you to start or continue your higher education on a noncredit/non-degree basis. You must be 60 or older and an Ohio resident to participate. For additional information, call 614-292-8860 or go to [www.ced.osu.edu/CED\\_pro60\\_reg.html](http://www.ced.osu.edu/CED_pro60_reg.html).

**ASSISTED LIVING ACTIVITIES:** The following are among the many activities planned for the assisted living for January. As always, you are most welcome to join us. Unless otherwise stated, all events will be held in the assisted activity room.

March 1st at 1:30 - Gingersnap Senior Dancers

March 8th at 5:30 - Sweet Adeline singers during dinner hour

March 11th at 1:30 - BINGO! for Independent residents

March 16th at 1:30 - Willow Brook Singers

March 22nd at 1:30 - DelChimers Bell Choir

March 29th at 1:30 - String Quartet

**ST. PATRICK'S DAY BUFFET:** The culinary team is planning a special dining event for St. Patrick's Day, March 17th. Watch for flyers for date, menu, seating times and price.

***HAPPY BIRTHDAY TO THE FOLLOWING RESIDENTS!***

***March 3 - Ginny Walker***

***March 11 - Dick Teller***

***March 12 - June Hoyt***

***March 15 - Joy Partlow***

***March 20 - Garnelle Lloyd & Virginia Ritchey***

***March 23 - June Midden***

***March 24 - Betty Stein***

***March 26 - Doris Spratt***

***March 30 - John Ott***

Events that are held on a regular, monthly basis are listed below  
Special events and activities are listed on the monthly calendar.

*Monthly re-occurring events:*

**Sundays:**

Church of Christ Worship at 4:00 in the assisted activity room

**Mondays:**

Bridge at 1:30 in the Delaware room

**Tuesdays:**

Tai Chi at 9:00 in the Terrace room

Coffee & donuts 9:45 in the Terrace room

Parkinson's Exercise Class 11-12 in the Terrace room

Willow Brook Singers at 1:00 in the Terrace room

Wellness office open from 9-12

**Wednesdays:**

The Bank open from 10-12

Wellness office open from 1-4

**Thursdays:**

Wellness office open from 9-12

Men's coffee at 9:30 in the Garden room

Bible study at 10:30 in the assisted activity room

Antique "What's It" at 11:00 in the Garden room

Games at 2:00 in the Delaware room

**Fridays:**

Coffee & donuts to benefit employee scholarship fund at 9:30 in the Garden room

Grocery run to Kroger at 10:00

The Bank open 10-12

## ***Thank You***

*“My heartfelt thanks for all the calls and cards I received for my 92nd birthday. They all made me realize once again how fortunate I am to live here at Willow Brook, especially during this cold, snowy winter.” -MARY KAY COCHRAN*

*“Our heartfelt thanks for your cards, visits and encouragement during my recent surgery and Mary Jo’s birthday. We love you all.” -HARRY & MARY JO HUMES*

*“Once again I have been overwhelmed by your kindness on my birthday and I thank you very much. You are a special group of people and we feel blessed to be among you.” -SHIRLEY JACKSON*

*“We really did appreciate all the beautiful cards and other verbal “well wishes” we received for our 69th wedding anniversary. Thanks a bunch.” -WAYNE & GARNELLE LLOYD*

## ***Meet a Staff Member***

Meet Mindy Jones. Mindy is the Nurse Manager for Passages at Willow Brook. She began her employment with Willow Brook in 1998 as a floor nurse in the assisted living unit.

Mindy grew up in Marion and graduated from Ridgedale High School. Her father worked for the railroad and her mother works for Moral Chemicals. She has one younger brother, Scott. After graduating from high school, she went to work as a nursing assistant. It was from that job that she knew she wanted to go into nursing and she later graduated from Tri-Rivers School of Nursing as an LPN.

Mindy and her husband, Greg, have been married twenty years and have two boys, Billy (13) and Daniel (11). They attend River Valley schools.

Mindy has enjoyed traveling the east coast and has been on several Caribbean cruises.

She enjoys gardening, reading and watching the boys play sports.



## *From your Executive Director*

A sincere thank you to our maintenance department. Their dedication to our safety has been repeatedly tested this winter!

Please take a few minutes and complete a nomination form for the “Gift of Love Award.” This award recognizes a volunteer for their exceptional service to our residents. Nomination forms are available at the front office.

Please join me in welcoming Jim Bartha to the Willow Brook team. Jim has been selected for the position of Life Enrichment coordinator. His role will be to coordinate and lead activities in the independent living areas for both the Village and Delaware Run. He will be serving each campus about 20 hours a week.

A special thank you to all the donors who made the rehabilitation room renovations possible. The project is near completion. The flooring was replaced with a hard-wood-look vinyl plank. The wall paper was removed for a warmer color. Lastly, we now have a kitchen area to be utilized for occupational therapy. Please stop in and take a look! We are excited to show it off!

See you at the Town Meeting on March 3rd.

*Warm wishes,*

*Nicole*