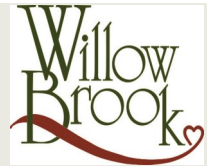


Heartbeat of Delaware Run

JANUARY/FEBRUARY 2019



Meet Your Neighbors - The Gaffeys & The Lucases



Meet Bob and Linda Gaffey!

Linda was born and raised in Ashtabula and lived there until moving to Delaware in 1971. She attended Kent State University for Elementary Education. After teaching at Big Walnut, she went on to get her Master's of Guidance and Counseling at The Ohio State University. Linda was a Guidance Counselor in Delaware at the Middle School for 13 years and the High School for 17 years. Linda currently works part time at Ohio State reviewing undergraduate applications.

Linda's father was a doctor and was from Conneaut, OH. Her mother was a nurse and came from Altoona, PA. Linda has three sisters.

Bob was born in Pittsburgh, PA. He went to Duquesne for Psychology and then studied for the ministry in Connecticut. He accepted a position as a Job Corps counselor in Pittsburgh. He then attended The Ohio State University and received his Doctorate in Psychology in 1972. He worked in a mental health center for 16 years and then opened a private practice in Delaware for 22 years. Part of his psychology practice involved doing consultations at Grady Hospital and the Delaware County Jail. At Grady Hospital, there is a picture of Bob in the lobby honoring him for 35 years of service.

Bob and Linda both volunteer. Linda volunteers at Conger Elementary and with the Delaware County Democratic Party. Bob volunteers with a men's small group.

Bob's father was a mortician, and his mother was a homemaker and active in church. He has three brothers.

Welcome, Bob and Linda!



Meet Bill and Jane Lucas!

Bill was born and reared in Madison, South Dakota. His father, George, worked as a section foreman on the railroad and his mother, Clarissa, was an R.N.

Bill was one of six children. After five sons, his parents got their girl.

Jane was born in Ravenna, OH. Her father, Sam, worked at Ohio Bell as a lineman and her mother, Girlentine "Tiny" worked for an electrical company in Kent making wires for airplanes. Jane is a twin; however, her twin brother died at an early age of meningitis. She also has two brothers.

Bill graduated high school in Madison, SD, and then earned his B.S. (1963) and M.S. (1969) in Chemistry from South Dakota State University in Brookings. He worked for Chemical Abstracts Service in Columbus from January 1969 to May 2010.

Jane graduated from Ravenna High School and worked at Riverside Methodist Hospital in Columbus for many years as a Nursing Tech.

Jane and Bill met at an apartment complex on North High Street where they both lived. They were wed on April 18, 1970, at the Church of Jesus Christ of Latter-Day Saints. Jane and Bill have two daughters: Patti (Hunter) Styles and Melinda (Craig) Beggrow. Patter and Hunter have two children: Conner, age 8, and Reese, 6. Melinda and Craig have three children: Zachary (Martine), who have a son, Clifford, who is a few months old; Teddy, who is in the U.S. Air Force; and Abigail (Travis) Eden, who have a 1-year-old son and a baby girl on the way.

Welcome to WBDR, Bill and Jane!

Ladies' Lunch Bunch

The Ladies' Lunch Bunch is a group of women who travel by bus to different restaurants the first Wednesday of the month, September through May. The group is open to all female residents including those new to the community.

We start off 2019 with a trip to Anna's Greek Restaurant, south of Powell, on Wednesday, January 2nd, and to the Liberty Tavern in Powell on Wednesday, February 6th.

We hope you will join us!

submitted by Ginny Gongaware

Men's Off-campus Lunches

The Men's Off-campus Lunches are generally on the first Wednesday of the month. All male residents (old and new) are welcome.

Their next scheduled outings are Wednesday, January 2nd and February 6th.

They meet in the Harris lobby, and departure is at 12:15 p.m.

submitted by Bob Rietz

JANUARY, AND FEBRUARY TRASH SCHEDULE

A reminder that trash is picked up from the **apartments** every Wednesday morning. Please put your trash out *after* 7:00 p.m. the night before.

Trash and recycling pick-up for the **twinsingles** will be on:

Wednesdays

January 9th
January 23rd
January 30th
February 6th
February 13th
February 20th
February 27th

Thursdays

January 3rd
January 17th

There is a schedule for the year (2019) is on Page 3 of this edition of **Heartbeat**.



First Class Mail

**FIRST CLASS
USPS POSTAGE INCREASE
January 27, 2019**

1st Class Postage will increase from 50 cents to 55 cents, effective January 27, 2019.

Happy Birthday to:

01/02 William Chaddock
01/03 Ann May
01/04 Carol Hallenbeck, Don Young
01/06 Phyllis Chucta
01/07 Brenda Spradling
01/08 Diane Yothers
01/09 Jennie Slider
01/18 Charlotte Yaw
01/22 Margaret Hansen
01/23 Paul Roslan,
Richard Seebode
01/25 Donna Yoxtheimer
01/26 Joan Strohl
01/28 Judith Peterson
01/31 Linda McGraw
02/02 Dorothy York
02/06 Bill McCartney
02/07 Darlene Krumlauf
02/08 Pat Pressler
02/09 Mae Camper, Richard Vail,
Robert Johnson
02/16 Russell Zinn
02/18 Ruth Hay
02/23 Rosemary Barson, Stephanie Smith
02/26 Gert Torry
02/28 Mary Thomas
02/29 Rosemary Happensack,
Tom Moore



**For all residents' and visitors' convenience,
PLEASE ...
return carts, wheelchairs,
and other items to their home
(as designated by the
signs attached to the item)
when you are finished using.**

For Your Information ...

If someone calls requesting a resident's phone number, we **do not** give out a phone number, but we do offer to transfer the call to your extension. **You** can give the caller(s) your number if you wish for them to have it.

2019 REFUSE PICK-UP SCHEDULE (See previous page for January & February)

March 6th
March 13th
March 20th
March 27th
April 3rd
April 10th
April 17th
April 24th
May 1st
May 8th
May 15th
May 22nd
May 30th (due to Memorial Day)
June 5th
June 12th
June 19th
June 26th
July 3rd
July 10th
July 17th
July 24th
July 31st
August 7th
August 14th
August 21st
August 28th
September 5 (due to Labor Day)
September 11th
September 18th
September 25th
October 2nd
October 9th
October 16th
October 23rd
October 30th
November 6th
November 13th
November 20th
November 27th
December 4th
December 11th
December 18th
December 26th (due to Christmas)

CALLING ON YOUR PHONES:

- ♦ To call staff or residents at Delaware Run, The Village, or The Home (except for twins residents at The Village), dial their 4 digit extensions.
- ♦ To call outside of Willow Brook, dial: 7-1-(AAA)-XXX-XXXX
(where A = area code and
X = phone number)

**DIAL
7**

**regardless of local or long
distance**

**(Your U.S. long-distance calls
are now free!)**



DIALING 911

(with our phone system)

There is some confusion about dialing 9 1 1 in the case of a fire, police, or medical emergency. There is **NO NEED** to dial a 7 for an outside line when dialing 9 1 1.

GUEST SUITE RATES INCREASE

Effective January 1, 2019, guest suite nightly rates at both Delaware Run and The Village will increase from \$50 per night to \$55 per night.

PLEASE REMEMBER ...

Conference rooms and common areas must be reserved in advance, through the Front Office. It is also strongly suggested that you check ahead of time to make sure nothing has changed and it is still available. Sometimes, due to the unique features, we might need to switch rooms.



GROCERY TRIP

The WBDR bus goes to Kroger almost every Friday, leaving at 11:00 a.m., departing from the Harris Lobby.

PLEASE CALL (5640) or stop at the front office in advance to reserve a seat!

HELLO FELLOW WBDR NEIGHBORS ...

The holidays are finally behind us; we have a new year before us. Let's make it a good one.

In pondering what to write about for this issue, the thought occurred to me it might be of interest to describe some of the terms used in our weekly menus. English was a foreign language for me some 66 years ago; in some cases it still is. I've seen these terms used a lot, but never really knew what they meant. And as my mother used to say, what the farmer doesn't know he won't eat. So here goes.

For instance, I had no idea what **Aioli** meant. Well, the dictionary says ... It is mayonnaise flavored with garlic, pepper or other spices.

Bisque, a thick cream soup made with shellfish, or a cream soup made of pureed vegetables.

Crostini, small pieces of toasted bread topped with a spread or food.

Chutney, a thick sauce of Indian origin containing fruits, vinegar, sugar and spices used as a condiment.

Marsala, a Sicilian wine that varies from dry to sweet and is used in cooking.

Ratatouille, a seasoned stew made of eggplant, tomatoes, green peppers, squash, and sometimes with meat.

Well, I know and understand our menus a bit better. How about you?

One more tip for the month: Have you changed the baking soda in the back of your refrigerator lately? Perhaps it's time to do that. But don't throw the stuff out. You can still use it as a cleaning agent.

That's all for now, till my next musing.

Happy New Year!

Your friend, Irene



INSURANCES ACCEPTED BY WILLOW BROOK

In the event you should need skilled nursing care, Willow Brook is in contract with:

**MEDICAL MUTUAL
ANTHEM
HUMANA
and AETNA**

And, as always, we are able to provide services to those with traditional Medicare.

WILLOW BROOK SHUTTLE

If you are planning on using the shuttle, PLEASE ... call at least one day before for all scheduled appointments.

ALSO, if you need transportation to WBCH to visit a family member who is there short-term, please call Bob (or Keith) to schedule.

Available:

Mondays, 9:00 a.m. to 1:00 p.m.,
Tuesdays, Wednesdays, and Thursdays,
9:00 a.m. to 4:00 p.m.

Call Keith Veters or Bob Mason
at: (740) 602-6028

Hospital Admissions

Please... notify us (Dyana Welch at 5640, John Regalsky at 5641) if you (or your spouse) go to the hospital, whether it's to the emergency room and/or admission to the hospital. And also let us know when you (they) return! We will pass this along to Josie and Carol Roden.

This notification can save you a considerable amount of money! If you are the sole occupant of your residence and you move temporarily to a hospital, nursing home, assisted living, or other health care facility, your monthly service fee may be waived for up to 60 days in a calendar year.

This information assures proper follow-up for nursing and is also needed to account for people during emergencies.

BON APPETIT!

The Water's Edge Restaurant

Willow Brook at Delaware Run

Sunday Buffet 11:30 a.m.—1:30 p.m.

Omelet Bar 2nd Saturday, 8:30—10:30 a.m.

Weekdays 12 noon-1:30 p.m. & 5:30 p.m.-7 p.m.

Reservations: (740) 201-5770

Café 100

at Willow Brook at Delaware Run

Daily (Monday through Sunday)

Grill Open 7:00 a.m.—5:00 p.m.

Market Open 7:00 a.m.—7:00 p.m.

The Courtyard Restaurant

Willow Brook Christian Village

Sunday Buffet 11 a.m.—1 p.m.

Omelet Bar 3rd Saturday, 8—10 a.m.

Weekdays 12 noon - 1:30 p.m. & 5:30 - 7:00 p.m.

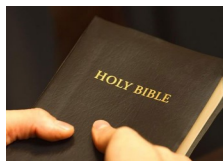
Reservations: (740) 368-4550



BOX LUNCHES

can be picked up on Saturdays,
from 10:00 a.m. to 2:00 p.m.

Please order by 12:00 noon on Friday.



THE SEARCH RETURNS

Rev. Bill McCartney is
happy to announce that the


BIBLE SEARCHERS class will resume, starting on Wednesday, January 9. The meeting place is the usual one—The Summit Annex. And the time is the usual 10:00 a.m.

The class focus through May will be on the early Christian church, starting with the Book of Acts, essentially the history book of the early Church. The initial session will review our work this past year, with our understanding of how we approach God's Word. We'll also preview the scope of our work on the New Testament books from Acts through Revelation.

Yes! Of course! "NEW" Bible Searchers are welcome to join the class.

Guidelines for To-go/Delivery Meals

- Carry-out and home delivery meal service is available during normal restaurant hours.
- Carry-out and delivery meals can be placed by calling the reservation line (5770).
- All orders for lunch should be in by 11:00 a.m. and for dinner by 4:30 p.m.
- When ordering meals, please leave full name and phone number, along with all food items you wish. If ordering for multiple meals or days, please be very specific which items are desired for each meal period.
- Lunch deliveries will be made between 11:15 and 11:45 a.m. and dinner deliveries between 5:15 and 5:25 p.m. OR 6:30 and 7:00 p.m.
- A delivery charge of \$2.00 per order will help to cover the costs of our e-friendly disposable products.



AUDIOLOGIST AT WBDR

Debra Weisleder, audiologist from Delaware Speech & Hearing Center, is available at WBDR on the 2nd Tuesday of each month from 9 to 11:45 a.m. AND a trial for additional hours on the 4th Thursday of each month from 1:00 to 3:00 p.m., both days in the Wellness Office.

Deb can provide the following services:

- Hearing aid clean & listening check
- Basic hearing aid troubleshooting
- Minor repairs, including tubing change, changing wax filters
- Batteries and other basic supplies
- Otoscopy to check for ear wax
- Hearing screening
- Consultation

If you need supplies, such as batteries, etc., you can call the front office in advance, and Deb will have your supplies laying out on the counter outside of the Wellness Office, for your pick-up.

If you need to see Deb, please call the front office (5640) to make an appointment. When making an appointment, please let us know, briefly, the reason for your visit.

While walk-ins are welcome as time permits, those with appointments will take precedence over walk-ins.

TO YOUR GOOD HEALTH!

•Wellness Nursing Schedule

Phone: (740) 201-5640 (ext 2636)

Carol Roden, R.N.

Tuesdays, 2:00 to 5:00 p.m.

Wednesdays & Thursdays, 9:00 to Noon

•Audiologist Schedule

Debra Weisleder, AuD, CCC-A

(Joan Hazlett, MA, CCC-A, back-up)

2nd Tuesday of each month

9:00 to 11:45 a.m. AND 4th Thursday of each month 1:00 to 3:00 p.m.

by appointment (5640)

Fees handled between resident and Delaware Speech & Hearing Center

•Licensed Massage Therapist Schedule

Hannah Ike

Every Friday

9:00 a.m. to 4:00 p.m.

by appointment (5640)

Fees handled between resident and Hannah.

•Central Ohio Geriatric

Peter Hucek, M.D.

Monday through Friday

9:00 a.m. to 4:30 p.m.

Closed for Lunch, 12:30 to 1:30 p.m.

Phone (740) 201-1845

Fax (740) 201-1802

•Blue Sky Therapy

Monday and Friday, 8:00 a.m. to 2:00 p.m.

Tuesday and Thursday, 12:30 to 4:30 p.m.

Wednesday, 11:30 a.m. to 4:30 p.m.

Phone (740) 201-3370

Fax (740) 201-3376



**WBDR TOWN MEETING
WEDNESDAY, FEBRUARY 13TH,
2:00 - 4:00 P.M.
3RD FLOOR SUMMIT ROOM**

**information
technology**

The Willow Brook
IT staff is here to address
your issues with WIFI
connectivity.

However, televisions, stereos, computers,
or printers (unless connectivity to the WIFI
issues) need to be addressed elsewhere.

If you need assistance using,
fixing, or replacing your
computer equipment,
stop at the Front Desk for contact info.

If you have Spectrum
equipment issues,
stop at the Front Desk for phone numbers.
Thank you!

A WORD FROM OUR WELLNESS NURSE . . .

In the interest of keeping our residents well and able-bodied, I strongly discourage using our gracious, volunteer resident drivers for any ill or mobility challenged doctor's office visits. If your family is not available to take you, please schedule appointments within our now extended shuttle hours (see page 4), or by calling Amy Santarelli at ext 5650 or (740) 201-1846. Thank you!



**Does Willow Brook
have a Facebook page?**

Yes, we do!

Go to Facebook.com/
WillowBrookChristianCommunities.

"Like" our page, and you'll be able to see all the latest news about Willow Brook. You'll find photos and information about events, activities, job openings and tidbits about residents and staff. Stay in the know! Questions? See Erin MacLellan or Joel Hornsby in Community Relations, 740-201-5789 or 740-201-5781.

**AFTER COMPLETING YOUR
SERVICE REQUEST,
please leave it at the Front Desk for entry
(slide under window if office closed)!**



***A word from the CEO ...
Greetings, everybody!***

The 2018 Second Mile Award at Delaware Run went to Patsy Fontaine, assisted living personal care attendant. Patsy has been with Willow Brook for three+ years. She is a humble servant, fully committed to the welfare of her residents. She is esteemed highly by those residents, their families, and her peers. When you see her, give her your enthusiastic congratulations. Recipients from the other two Willow Brooks were:

- Shirley Dresback, Courtyard server at Willow Brook Christian Village
- Jim Korpieski, maintenance at Willow Brook Christian Home

And, again, I want to express my deepest gratitude for your generosity with the Staff Christmas Gift Fund. In total from all three campuses, residents and family members gave \$121,600. Absolutely astounding! This resulted in a \$350 bonus for each staff member. Checks were passed out at the staff Christmas party on December 7. You brought a lot of smiles to a lot of faces! Also, you should know that 14 staff leaders opted out of the bonus, thus leaving more for the workers. Your generosity (and theirs) amazes me! Thank you!

The winners of the Christmas tree decorating contest announced at last Friday's Christmas party are:

- The Village: *We Three Kings* in Billiards Room
- The Home: *The Music of Christmas* in the Cardinal Room
- Delaware Run: *Candyland Way* in the memory care courtyard

With love to all,
Larry Harris, CEO

THURSDAY TALKS

Thursday Talks, are held in the 3rd Floor Summit Room, at 4:00 p.m.

**No Schedule Received
(watch the Delaware Runner)**

*submitted by Chuck Nitschke, Chair,
Thursday Talk Committee*



Merry
Christmas
and
Happy
New Year!

**A HUGE
THANK YOU
FROM ALL OF
THE STAFF AT
WILLOW BROOK
COMMUNITIES
FOR YOUR GENEROSITY
IN GIVING!**



**DO YOU HAVE
AN EMAIL
ACCOUNT?**

If you have an active email account and you haven't received recent emails from Willow Brook at Delaware Run administration, please email John Regalsky at jregalsky@willow-brook.org. John will make certain to communicate this to all parties to get it added to the phone list and the distribution list!

Alzheimer's Support Group

The Alzheimer's support group meets at 10:00 a.m. the second Thursday each month in the 3rd floor conference room.

Multiple Sclerosis Support Group

The Multiple Sclerosis support group meets at 6:00 p.m. the first Thursday each month in the Private Dining Room.