

EVERYTHING'S COMING UP SILVER...

LAKE ST. CHARLES CELEBRATES IT'S 25TH ANNIVERSARY RESIDENT'S CELEBRATE WITH A "SENIOR PROM"

Songs of the 50's, 60's, 70's and 80's provided dance music and a silver star-studded stage was the backdrop for our Senior Prom. A lush buffet added to the evening. Entertainment provided by Michael Hart gave residents an opportunity to kick up their heels on Saturday, April 25, from 6:30 - 8:30 p.m.

Special thanks to Jamielee and Amanda from our Assisted Living department for planning and coordinating this event.



Blanche and Scott



Ruth



Marge and Joe



Faye



Norman



Olive and Juanita



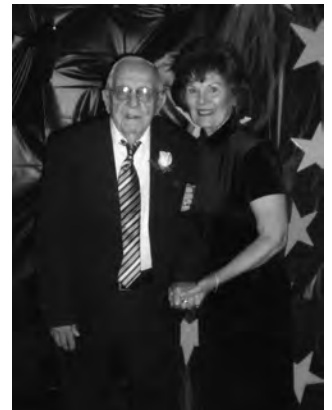
Paul



Ursula



Jeanette



Ed and Elaine

Classic Car Show

These cars speak for themselves! Congratulations to the following winners:



Resident Choice Award: John Finley of the Gateway River City Rodders with his beautiful red and black 1934 Ford Roadster.



Staff's Choice Award: Tea Anderson of the Posse of St. Louis with his colorful 1936 Ford Slant Back.



Administrator's Choice Award: Pete Nathan of the Gateway River City Rodders with his elegant black and grey 1935 Buick.



Easter Buffet Celebrates 25 Years

Director of Food Service, Debi Hendricks, stands beside the Lake St. Charles ice sculpture noting our 25th Anniversary. The buffet started with jumbo shrimp cocktail and, of course, ended with a wide selection of desserts.



Cooks Lashonda and Glenda proudly display their fruit sculpture.



Yes, Community Coordinator Scott Shave drives a "scooter" to work rain or shine...even in his tux for the Easter Celebration.

Amanda Cohea is CNA of the Year

Lake St. Charles has chosen Amanda Cohea of our Assisted Living staff as CNA of the Year.

Amanda has worked for us for 3 years. To qualify for this award the candidate must exhibit dependability, competence, and willingness to learn. Of course, an excellent relationship with our residents and co-workers is a must.

Candidates must also submit an essay about why they enjoy working with our senior residents. Words from Amanda's essay: "I have enjoyed creating the Prom for our residents as I enjoy creating memories for them. Pampering the residents and spending quality time with them is what makes this job such an important part of my life. I have made everlasting memories and friends here at Lake St. Charles." Amanda will be recognized at the annual NHC CNA of the Year banquet on June 3 at the Doubletree Conference Center in Chesterfield.



Amanda is shown with Eleanor Cullinan

Cindy Davenport Joins Leasing Department

Cindy is originally from Bridgeport, Connecticut, where she attended Sacred Heart University, earning a degree in English with a minor in Visual Arts.

She married after graduation and raised 2 sons, Jack Jr. and David. She moved to Missouri and began a 23 year career as a Admissions Coordinator in a skilled nursing environment.

Cindy has a passion for photography. Some of her photographs have been chosen for exhibit by members of the Nelson-Atkins Museum of Art and National Geographic Magazine.

Cindy replaces David Starr, who after 19 years of service, is now semi-retired. David will focus on Veterans benefits, awards and programs.



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Flying High With A Dream Come True

Maple Montgomery and her friend Genevieve Sherman went on an exciting Hot Air Balloon Ride. It was a Mother's Day present to Maple from her 6 children since it was something she had always wanted to do. Finally, the weather conditions were PERFECT — light wind, no rain, not too hot and not too cold. Both ladies had a wonderful time watching the crew set up the basket and balloon and then sailing UP, UP and AWAY. The balloon flew over the Wentzville and Lake St. Louis areas before landing almost an hour later.

Maple is 78 and Genevieve is 81, but the balloon pilot told them that his oldest passenger was 97 years old, which goes to show...you're never too old to enjoy a thrilling ride in the sky!!



Steve Medals Again!

Once again Steve Frisella came back with the gold...this year all 4 golds medals in the Special Olympics. Steve is an avid swimmer and earned his medals in the Relay, Breast Stroke, Free Style and Back Stroke. Steve has worked here for 14 years and has displayed his medals proudly every year. Congratulations, Steve!



Artist Wows Residents



Renowned artist, Fraser Leonard, demonstrated his contemporary artistic talents to the amazement of residents. They watched and listened to his commentary on inspiration while he created a colorful piece right in front of their eyes.

Fraser has taught art for many years and currently has a studio at the Foundry Art Centre in St. Charles. His talents also include sculpting various metals.

Memory Care

Dr. Franco Sicuro, a psychiatrist with 25 years experience, and on the staff at DePaul Hospital, presented a seminar at Lake St. Charles on May 14. The subject was "New Treatments - New Hope" relating to new therapies that treat the symptoms of Alzheimers and potentially slow or halt progression of the disease. A question and answer session followed. We thank Dr. Sicuro for his insight.

Cell Phone Recycling

Do you have an old cell phone?

Drop it in one of our boxes
and we will recycle it for you.

Proceeds go to
The Foundation for Geriatric Education
which purchases books for nursing students.

Share our newsletter...

Visit our website at
www.lakestcharlesretirement.com
and click on "newsletter."

1st Annual Bluegrass Festival

Our parking lot set the stage for 7 Bluegrass bands playing from 11 a.m. - 6 p.m. The bands playing were:

“Open Range” from Potosi, MO

“Split Rail” as our guest band

“Drive Tyme” from Poplar Bluff

“Highley Recommended” from Cedar Hill

“The Red Haired Boys” from Marine Illinois

“Lakewood Bluegrass” from St. Charles

“Somewhere in Missouri” our host band

A special thanks to our sponsors: Haislar Construction, Incredible Engravings, Kwik Kopy Printing on Duchesne, Wehrenberg Theaters, Harvest Ridge Elementary School, Walt and Willa Volz of KDHS 88.1 FM, and Lake St. Charles resident Bill Brennecke and his family.



“Somewhere in Missouri”



“Open Range”



“Split Rail”



“Drive Tyme”



“Highley Recommended”



“The Red Haired Boys”



“Lakewood Bluegrass”

BBB Presents

“Scams Impacting Seniors”

The Better Business Bureau presented an informative seminar on scams such as foreign lottery offers, fake checks, and identity theft. They also presented ideas on how to protect yourself from becoming a victim.

Presenters from the BBB were Phil Moses, Director of the Customer Connection Division and Kate McCorkle, Director of Dispute Resolution.

Some “bottom line” suggestions included:

1. Don't give out banking information or Social Security information over the phone or in the mail.
2. If it sounds too good to be true, you're right! Don't participate; avoid the offer.

To check out a business or a charity, contact the BBB at 314-645-3300 or on the internet at www.stlouisbbb.org. You can also “compliment” a company as well!



Representative Sally Faith Leads “Idea Raiser”

Our State Representative, the Honorable Sally Faith, hosted a forum for her district here at Lake St. Charles. Sessions were held at 8 a.m. and 6 p.m. to accommodate her constituents.

Topics and questions covered transportation, repairs of the Blanchette Bridge, the Page Extension progress, term limits, real estate taxes and assessments, education, social security and teacher pensions, to name a few.



Looking Good

They say that you can't judge a book by its cover. Most of the time that is true but here at Lake St. Charles Senior Living Community we are the exception. For years we have received numerous compliments on the beautiful interior of our building. As of this spring our building exterior has received a drastic makeover and we are truly...looking good.

All of our building has received new cement board siding in a stucco finish. All the balconies have been replaced with maintenance free composite flooring and aluminum spindles. All new gutter and soffit material complete our pretty package. Since we prefer to constantly keep improving our residents living experience, our next project will start soon. A local architect has designed a dramatic new front entrance to our building. We are very excited about the new design and look forward to sharing it with you soon.

Lake St. Charles Enhances Its Green Practices

We've recycled for years but now, with the help of City Councilwoman, Laurie Feldman, we're able to do “single stream” recycling.

Each hallway has its Captain volunteers to help teach new residents about the recycle bins. So now it's not only cell phones, eye glasses and newspaper; we recycle glass, steel, tin, aluminum, cardboard and some plastics.

March Madness Bracket Contest Results

We hosted our 6th annual March Madness contest for the NCAA men's basketball tournament. Participants earned points for each round with the points getting higher with each round.

Overall winner was our Director of Recreation, Donna Blackmon. Those winners of Round 6 picking North Carolina as the Champion were residents Bill Brennecke, Gene Frost and Ken Johnson and employees Elaine Bastl and Steve Ouelette.

Looking For A Comfy Place To Lay Your Head...?

Well, look no further. Lake St. Charles offers two very nicely appointed and comfortable guest apartments for the convenience of friends and family of our residents.

One apartment is a “hotel” size which comfortably accommodates 1-2 persons. Also available is a one bedroom apartment with living room which is suited to family or someone who is just looking for a little more space.

Pricing starts at \$30/night. Check-in is generally after 2:00 p.m. and check-out at 11:00 a.m. Reservations can be made by calling our receptionist at the front desk at any time.

It is so nice to be close to our families and with gas prices, etc., being right here is a savings in itself. Don't forget our wonderful dining room where your guests can have breakfast, lunch or dinner while they are here. The prices and the food are delectable!

1965 Is Still A Good Year!

Resident Delbert Potts shows off his 3rd place Trophy for his 1965 black and white Ford Pickup Truck. The contest was part of the St. Charles Octoberfest where 145 vehicles were entered into this contest.



Eye-glass Recycling

How many old pairs of glasses do you have lying around in your “junk drawer?”

Just bring them by our receptionist desk.

We deliver them to the local Lions Club to help them meet their club's service project.

When Your Doctor Says “Assisted Living,”... What Does It Mean???

It could mean a number of things as “assisted living” has many meanings across our country. While physicians read trade journals that are national or international in coverage, that term “assisted living” takes on a variety of housing forms offered to seniors.

Specifically, “assisted living” could mean any of the following:

- you need someone close in case you fall during the night,
- you need some “balanced meals” in addition to what you’re eating,
- you need social interaction with people your age (in addition to tv and your children),
- you need help with your medications (because he isn’t sure you’re taking them the way he prescribed them)

In Missouri there are many regulations which govern what “assisted living” can and should be. However, all of the above “reasons” can be delivered in most independent living (senior housing) situations, except for the medication administration. It is the medication control which gives information to your physician which divides assisted living from independent living in a senior housing facility.

So the next time someone says, “You need assisted living,” be sure to ask WHY...just what particular services are needed for better quality of life. Then start asking senior living facilities how those particular services you need can be delivered in their center as each center determines what services they offer.

At Lake St. Charles we offer independent senior housing, wellness, wellness prevention, day care and assisted living. Next door we offer skilled nursing and rehab. In that way we can help most seniors no matter what level of service they require for enhanced living situations.



CMA Kelly Barron watches a game of checkers between Lorene (left) and Ann (right).

Special Thanks To:

Dr. Marilyn Patterson from Lindenwood University and her students for helping us with holiday decorations...

Grandchildren of Fran Ream for helping with our reindeer racing event...



Residents who made Ryan (son of Debi Hendricks) feel so appreciated upon his return from duty in Iraq... (his platoon buddies also enjoyed the care packages!)

Residents and staff who earned \$1,118 for the American Heart Association! Thank you, Roger, for coordinating the project.

Join Us For These Events...

Father’s Day, June 21. Call for details and reservations.

July 4 Bar-B-Que

June, July, August: Watch for dates of our evening concerts at sunset.

Lunch for Seniors

Our Senior Lunch is usually held the 3rd Wednesday of every month. Area residents as well as those who live here can enjoy a wonderful lunch for under \$6, followed by 10 games of bingo with prizes.

While you’re here, stop by our Estate Sale on the 3rd floor; just follow the signs. The Estate Sale is open from 1 - 3 p.m.

Lunch reservations can be made about a week or several days prior to the lunch by calling 636-947-1100.

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YOUR NEWSLETTER TEAM

"Lake Front News" is produced and published
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***Has your phone number or address changed?
If you have a change of address, phone
number or if you no longer wish to receive
our newsletter please contact Pat Finferd.
at 636-947-1100.***

FREE MEMORY TESTS

Our geriatric physicians will administer memory tests to any resident or family member free of charge. Dr. Hajjar and nurse practitioner Christina Traber will perform these tests from 3:30 to 4:30 every Tuesday in our Doctor's Office (on the second floor). Please make an appointment at our receptionist desk. The tests only take about 15 minutes.

Our medical staff is part of St. Louis University, Geriatrics Department, which ranks number eight in the nation. How fortunate we are to have one of their offices right here in our building for your convenience.