



June 2010

Seasonal Allergy Solution

Whether you are allergic to tree pollen, ragweed, or grass pollen, there may be no escaping pollen grains during allergy season. Ragweed pollen may produce one billion allergenic pollen grains, and these grains can travel up to 400 miles away from the plant. When dealing with outdoor pollen, it is best to stay indoors when pollen counts are high. Try to keep doors and windows shut. Remember, pets can bring pollen into the home.

Inside this issue:

Updates	1
Prostate Cancer	1
Spring Fling	2
Employee Spotlight	2
Mark Your Calendar	2

A Word From the Administrator



Donna Coad, BS, LHNA
hilladmin@nhmspr.com

Updates

I would like to thank everyone who helped make our Spring Fling a success. It was a nice day and several residents ventured outside to enjoy the festivities.

By the end of the second week in June, we hope to relocate the majority of the residents

who are not currently on Medicare, to the East Wing (Memory Lane). After that, our plans are to be updating the rooms on the Bloedel Wing with new paint, window shades, valances, etc. Until we get the updates completed, we plan to limit the Bloedel rooms (that are Medicare certified rooms) to our Medicare admissions. Since we still have some empty beds on the East Wing for non-Medicare admissions, our updating should not affect our ability to admit any new residents.

When you are visiting Hilltop, take a look at the mural on the East Wing (Memory Lane). The EIU students have finished it, and it definitely distinguishes the hall as Memory Lane. They have also been working in the Beauty Shop and hope to start another mural on the West Wing (Nature’s Way) very soon.

I hope you plan to join us for the Summer Jam on the Lawn on June 27th from 1pm to 3pm. Be sure to bring your lawn chairs. It sounds like it will be an enjoyable Sunday afternoon.



Marnie Henderson, RN, BS
hilldon@nhmspr.com

Prostate Cancer Awareness

ence of prostate cancer. These symptoms include:

- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination

Not everyone experiences symptoms of prostate cancer. Many times, signs of prostate cancer are first detected by a doctor during a routine check-up.

Some men, however, will experience changes in urinary function that might indicate the pres-

You should consult with your doctor if you experience any of the symptoms above.

Early detection is the key as in any other cancer prevention. Contact your primary care physician with any questions or concerns.



Employee Spotlight

Jeanie Weber,
Business Office

Jeanie has been with Hilltop for 19 years, working in the business office. She is married and has two children and one grandson.

She enjoys reading and watching I Love Lucy re-runs. Jeanie also belongs to a card club and enjoys playing cards one time a month with friends.

Quote of the Month

"In seeking happiness for others, you find it for yourself."

Anonymous

For More Information:

Carrie Hooten

Marketing/Admissions

217-345-7066

hillcr@nhmspr.com



Hilltop's Spring Fling was a huge success!

Hilltop's staff, residents and the community enjoyed another Spring Fling day. The day was filled with games, inflatables and food. Thank you to everyone who took time to help make this event such a success. Also, another thank you to the community for attending our event.

Our annual Spring Fling is a way to help celebrate National Nursing Home Week, which was May 9-15. Mark your calendars for next year, which will be in May again. No date is scheduled yet, but we will keep you updated!



Congratulations to Irene Carter, Activities Director, who successfully completed Living Design's Aviculture Training. This training enables her to easily care for the birds and aviary in our facility.

This role is especially important to our residents. To our residents, the birds are their companions who listen when they talk, delight them with their antics and sing their hearts out.

MARK YOUR CALENDAR!

Sunday, June 27 1pm- 3pm

Oldies Summer Jam by Hootenanny Band

Bring your lawn chairs. Hot dogs, chips and drinks available for a donation. Donations will be accepted if you choose to help pay towards the band expenses.

For more information on activities for Hilltop, contact Irene Carter.