



TWIN OAKS TIMES

The latest news, updates & announcements

February 2024



Twin Oaks Heritage Pointe Resident Birthdays

- Cecelia Wollbrink - 2
- Marie Kile - 3
- Kay Betz - 4
- Edna Biehl - 8
- Nancy Gannon - 9
- Connie Lewis - 12
- Russ Betz - 18
- Theresa Knipp - 25
- Jo Baird - 26



Twin Oaks Heritage Pointe Staff Birthdays

- Kathy Swanegan, Director of Admissions - 16
- Madeline Buckles, Dietary - 21
- Mike Geringer, Security - 22
- Jackson Schmidt, Dietary - 24
- Anne Harris, Receptionist - 25
- Angie Fink, Housekeeping - 27



Twin Oaks Heritage Pointe Staff Anniversaries

- Angie Fink, Housekeeping | 3 years
- Anne Harris, Receptionist | 4 years
- Keith Edgar, Dietary | 3 years



Twin Oaks Heritage Pointe New Residents

- Karen Weiss Apt. 152
- Barb Grote Apt. 252
- Villas at Heritage Pointe
- Janice Bross Villa 245



In Loving Memory

- Bud Kissner January 20, 2024
- Jerry Carter January 24, 2024
- Betty Etling January 28, 2024



Twin Oaks Heritage Pointe Anniversaries

- Don and Rachel Mrkacek - February 6th
64 years



Find us on [twinoaksseniorliving](https://www.facebook.com/twinoaksseniorliving)



A LEGACY OF Love

-From our Twin Oaks Family to yours

43 years ago, founder Mary Ann Huber, RN, saw a need for those who were aging but needed additional care. She had a vision to provide an inviting place to receive the care they need, but also have the opportunity to enjoy their friends, their families, and maintain their independence.

In 1981, Mary Ann brought her vision to life by turning her own home into a 12 bedroom boarding home, which would later become the home to Twin Oaks Estate in O'Fallon, Missouri. It wasn't long before she would enlist her family to support and continue to build her vision and legacy of the Twin Oaks family business. Together they would go on to build Twin Oaks at Heritage Pointe and now, The Villas at Heritage Pointe.

Mary Ann's vision has grown and come to life over the last 43 years and our Twin Oaks communities are more vibrant than ever.

Mary Ann just celebrated her 90th birthday this January and is now a resident in the home where it all began – Twin Oaks Estate. Happy Birthday to our fabulous founder - thank you for continuing to guide us, the future looks bright!



1971

Mary Ann (with husband Bill) proudly receiving her RN degree



1981

Mary Ann and Bill, planning future developments for what will be called "Twin Oaks Estate"



January 2024

Happy 90th Birthday Mary Ann!



A...Word from AW

Prevent Heart Disease

Making changes can be hard, but when it comes to your heart health, it is so important. Medical science says that lifestyle habits affect the health of your heart.

Is Your Heart Healthy?

- Eat well to maintain a healthy weight. Cut back on salt. Eat more fruit and vegetables.
- Choose low fat dairy products. Skip processed foods.
- Stand up and get moving. Engage in activities that get your heart pumping. Take the stairs.
- Walk the dog. Join a group exercise class.
- Quit smoking. Nicotine clogs your arteries.

Reduce your stress. Breathe deeply. Have a good laugh. Spend time with friends. Let our licensed therapy assistant come by and visit with you for a heart health assessment. Call us at (314) 330-7992.



Chief Executive Officer
Tim Blattel | 636.542.5506

Executive Director
Justin Blattel | 636.542.5406

Director of Activities
Ashley Kreitner | 636.542.5403

Director of Admissions
Kathy Swanegan | 636.542.5422

Director of Dietary
John Ruggeri | 636.542.5412

Director of Maintenance
Dave Westrich | 636.542.5085

Director of Resident Services
Michelle Palmer | 636.542.5504



KEY FEBRUARY EVENTS

February 11 | Super Bowl Showdown

We will be providing a Super Bowl buffet followed by happy hour and we'll watch the game on the big screen.

February 13 | Valentine Masquerade Luncheon

This year we are combining two of our favorite holidays - Mardi Gras and Valentine's Day for one spectacular bash!

February 20 | Winter Olympics

Pairing with our local high schools to provide some active fun! We will be doing Minute to Win It games, corn hole, chair volleyball and much more!

