



## Resident Birthdays

Leon Blattel - 5  
Lou Blattel - 9  
Mary Kawa - 11  
Ginny Compton - 13  
Ken Starke - 17  
Susie Premer - 22  
Don Jasper - 24  
Joe DeVincent - 30



## Staff Birthdays

Seth Applegate, Dietary Aide - 11  
Ashley Kreitner, Director of Activities - 17  
Abhijot Bajwa, Dietary Aide - 26  
Jake Kreitner, Admin. Asst. Financial Director - 29



## Staff Anniversaries

Mike Podolsky, Maintenance | 15 yrs | May 4  
Ashley Kreitner, Dir. of Activities | 15 yrs | May 11  
Delaney Wehde, Activities | 4 yrs | May 19  
Bobby Boss, Dietary Aide | 2 years | May 23  
Benji Boss, Dietary Aide | 2 years | May 23  
TJ Blattel, Dietary Aide | 2 years | May 30  
Ally Kidd, Dietary | 11 years | May 31



## Wedding Anniversaries

Andy & Connie Lewis | 55 years | May 29th



## Twin Oaks at Heritage Pointe Leadership Team

### Chief Executive Officer

Tim Blattel | 636.542.5506

### Executive Director

Justin Blattel | 636.542.5406

### Director of Activities

Ashley Kreitner, LMSW | 636.542.5403

### Director of Admissions

Kathy Swanegan, RN | 636.542.5422

### Director of Dietary

John Ruggeri | 636.542.5412

### Director of Housekeeping

Angie Alonzo | 636.542.5403

### Director of Maintenance

Dave Westrich | 636.542.5085

### Director of Resident Services

Michelle Palmer | 636.542.5504

## Easter Open House!

We had a great turnout for our first Easter Open House and had so much fun spending the day with our residents and their families! We enjoyed a delicious brunch, pictures with the Easter Bunny, and were blessed with sunny skies for our Easter Egg Hunt!

Look for an email soon with the link to all the pictures taken that day!

## KEY EVENTS

**Mother's Day Brunch for all Residents:** Thursday, May 1<sup>st</sup> from 11 am - 1 pm with music by Bryan Foggs at 1pm in the Assisted Dining Room.

**Cardinal's Ball Game!** Wednesday, May 7th. Leaving at 10:30 am.

**Mother's Day High Tea & Games: Reserve your spot!** Friday, May 9<sup>th</sup> at 10 am in the Independent Dining Room.

**Independent Living trip to Grant's Farm:** Friday, May 16<sup>th</sup>. Leaving at 9 am.

**North Pointe High School Presents: Enchanted Forest Senior Prom!** Friday, May 16<sup>th</sup> from 6-8pm in the Assisted Dining Room.

*Please check the Activity Calendar for our full listing of events!*

## A...Word from AW

### Seniors Need Proper Nutrition

As we age, eating right can make a difference in our health and how we feel, and encourage a sense of well-being. Focus on variety, amount, and nutrition. Choose from all five food groups including fruits, vegetables, grains, protein and dairy.

Although getting good nutrition is very important, it's also important to stay hydrated. Try to start and end each day with a cup of water. Dehydration in seniors is ranked in the top ten reasons for Medicare hospitalizations.

The home health professionals at AW Health Care can help you order your medicines, medical supplies, groceries and necessary household items and have them delivered to you using your computer, smart phone or other device. We can also take you to the store to pick up needed medicines, household items and food. We can also help with meal preparation so you get the nutrition you need and kitchen clean up! Call us! (314) 330-7992



# EASTER Fun!!



Congratulations to our Champions, the "Pin Droppers" for their win at our Wii Bowling Tournament!



### Mother's Day Prayer

Dear Lord, We thank you for the gift of mothers, for their love, guidance, and care. Please bless them with Your grace, strength, and wisdom as they continue to nurture and support their families. Surround them with Your love and peace, and let them know how deeply they are appreciated and cherished. In Jesus' name, we pray. Amen.