



The Whitlock

An Independent Living Community



Celebrating cross cultures

In honor of Cinco de Mayo, The Whitlock was pleased to host **Las Guadalupanas**, a group of young ladies from Goshen who perform traditional Mexican folk dance.

"What a lovely evening we had during our cross cultural and cross age fiesta," remarked Ann Holmes. "Their energy was contagious!" Ranging in ages 5 to 15, the girls delighted with many traditional Mexican dance steps. The evening also included delicious refreshments of customary Mexican foods.



Cinco de Mayo is widely celebrated in the United States and celebrates the victory of the Mexican Army against French forces in the city of Puebla on May 5, 1862. 🌸

Meet Carol *Resident of the Month*



Carol Carl is a serene and quietly friendly lady who enjoys living at The Whitlock for more than two years now.

Born in Battle Creek, MI, Carol is the second oldest of five children. When she was 5 years old the family moved to South Bend for her father's work. She attended schools in South Bend.

Carol married Donald Carl in 1950 and were married 63 years before his passing in 2013. "Donald and I went to school together from kindergarten through 4th grades," she said. "We re-met when I was in college." She attended Andrews University to obtain her nursing degree.

After their marriage, the couple settled in Lakeville where they raised a daughter, Diane (Becker), and son, David. Carol has 5 grandchildren and 9 great-grandchildren. She is grateful that nearly all of them live in the local area.

Carol had worked as a nursing assistant at the office of Dr. Frash in South Bend. "I did everything from the front to the back door," she said. She worked for Dr. Frash for more than 30 years before retiring. Donald worked as a machinist at Bendix Corporation/Honeywell,

The Carl family traveled a lot through the years. "We went to Mexico, Canada and many places in between," Carol said. "Sometimes we traveled with a camper and other times we just hopped in the car and drove, staying at hotels." Her favorite places are in Canada. "Canada, especially toward the west, is just beautiful," she remarked.

Carol is happy at The Whitlock where the living is comfortable and friends among residents help each other out. "The activities are fun," she said, remarking on the recent charming performance by the young Mexican folk dancers. 🌸

Introducing Board of Directors



Keeping the work alive! Each April, the Board of Directors welcomes new members joining current term members. The Board also elects its new roster of officers who will serve for the coming year. Pictured above, left to right are: Janet Holderbaum, Loretta Huff, Susan White (Treasurer), Nancy Philabaum (Secretary), Trevor Mikel (President), Sharon Bohannon (Vice President and Editor), Chad Berger, Ann Holmes, Charles Sauter and Cindy Main. Also on the Board but not pictured: Jackie Bahr, Krista Klockow, and Judy Taelman. Watch *“Whitlock Who’s Who”* in forthcoming editions to learn about the unique qualities of each personality. ☞



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Tours Available

574-546-4765

New roof to be installed in June

Be courageous! Everyone knows that buildings need to be maintained properly to stay comfortable and safe. Things will get a bit noisy soon when roofing contractors begin the work of installing a new roof on the Whitlock facility. The old roof will be removed before the new goes on and the process will take several days. ☞

Helpful health education

On June 28 at 1:30 p.m., the first of four monthly presentations will be given to residents and guests. The seminars are offered by Interim HealthCare, a national organization offering a wide range of care services. The June presentation will cover **Communicating with Your Physician — What you can do to make the most out of your doctor visit; how to prepare, questions to ask, things to discuss, what to take with you.**

Future presentations will talk about Over the Counter Medicines (July), Vitamins & Minerals (August), and Shingles (September).

Miller Insurance Group

109 W. Plymouth St.
Bremen, IN 46506
Ph: 574.546-3341
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WOODIE'S SUPERMARKET

Serving the Bremen community for over 70 years.
Free grocery delivery to Whitlock residents.
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The Whitlock Board of Directors

OFFICERS:

- ◆ Trevor Mikel, President
- ◆ Sharon Bohannon, VP
- ◆ Nancy Philabaum, Sec'y
- ◆ Susan White, Treasurer

ADMINISTRATOR:

- ◆ Steve Wirgau

BOARD MEMBERS:

- ◆ Jackie Bahr
- ◆ Chad Berger
- ◆ Janet Holderbaum
- ◆ Ann Holmes
- ◆ Loretta Huff
- ◆ Krista Klockow
- ◆ Cindy Main
- ◆ Charles Sauter
- ◆ Judy Taelman

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	Anna Albert (8) Dallie Sloane (11) Loretta Huff (25) 				10:30a Exercise 4:30p Strawberry Shortcake—Zion UCC 7p Golden Memories Orchestra 	
3	4	5	6	7	8	9
	10:30a Exercise 2p Trivia 6p Bingo	2p Devotions National Doughnut Day!	🌸 11a Walk on Wednesday 2p Games with Jane 5-7p Bremen Farmers Market—Downtown Jackson Street—Every Wednesday	10:30a Exercise 6pm Games with Jane	10:30a Exercise	
10	11	12	13	14	15	16
	10:30a Exercise 2p Trivia 6p Bingo	2p Devotions	🌸 11a Walk on Wednesday 2p Games with Jane	10:30a Exercise 6pm Games with Jane	10:30a Exercise 7p Golden Memories Orchestra (tentative)	
17	18	19	20	21	22	23
Happy Father's Day! 	10:30a Exercise 2p Trivia 6p Bingo	2p Devotions Flip Flop Day 	🌸 11a Walk on Wednesday 2p Games with Jane	10:30a Exercise 6pm Games with Jane	10:30a Exercise	
24	25	26	27	28	29	30
	10:30a Exercise 2p Trivia 6p Bingo	2p Devotions 6:30p 2018 Firemen's Festival Parade—Downtown Bremen	🌸 11a Walk on Wednesday 2p Games with Jane	10:30a Exercise 1:30p Communicating with your Physician 6pm Games with Jane	10:30a Exercise 4-7pm Bremen Firemen's Festival Cruise-In—Car & Truck Show—Sunnyside Park 	