

# Twin Oaks at Heritage Point



*Twin Oaks at Heritage Point*

In October 2011, CEO Tim Blattel took me on a tour of Twin Oaks at Heritage Point. Twin Oaks is a 50-resident Assisted Living home located in Wentzville, with an attached 60-resident Independent Living home.

Most residents live in private apartments; however, semi-private rooms are available. Each apartment has two rooms, a kitchenette with a microwave and refrigerator, and a bathroom with a walk in shower. The call system has enhanced features, such as pendants that residents can wear if they choose. All apartments are equipped with a telephone system that is interconnected to the staff phone system. Residents can also make room-to-room calls. There are no restrictions on personal furnishings and decorations.



*Resident Apartment*



*Resident Apartment*



*Resident Apartment*



*Living Room*

They have bundled cable television programming that provides residents with 50 channels at a minimal cost. They also have a dedicated channel that runs internal announcements, including the activity calendar, birthdays, the menu, and special events. They record special events and play on the dedicated channel for residents who were unable to attend. There is an overhead paging system, but it is only used minimally. I did not hear any pages while I was there.

Bathing assistance is provided based on residents' needs and choices. There is a spa with a jetted tub for residents who prefer a bath over their shower. They also offer aromatherapy and massages.

Residents set their own schedule. They get up and go to bed when they choose. Many activities are available. One of the favorites is the semi-monthly trip to the gambling boat. They recently held their Fall Festival, which included many activities. Residents made crafts and sold them at the festival. There was a large turnout from the community. Some residents do volunteer work, such as folding towels. There is one resident who teaches an art class for other residents.

Residents can have their own pets if they choose. Currently, one resident has a cat. They don't have any community pets; however, they are planning to build a dog run and get a dog. There are community computers with internet access. They have a gift shop in the Independent Living part of the building, where the assisted living residents can also shop. There is a residential type laundry area for residents who choose to do their own laundry.

They have open dining and a large salad bar at lunch. While we were in the dining room, I noticed several very young workers. I learned that students from local high schools work there as part of a work experience program. They have one employee who was a former participant in the program.

Residents receive special treatment on their birthdays. During mealtime, dietary staff members bring them a cake. Housekeeping staff members give balloons and sing to them. Nursing staff members leave mints and a birthday wish on their pillow.

They have consistent staffing assignments and direct care aides participate in resident assessments. When new residents move in, the resident council welcomes them and provides them with a welcome box. They are full and have a waiting list.

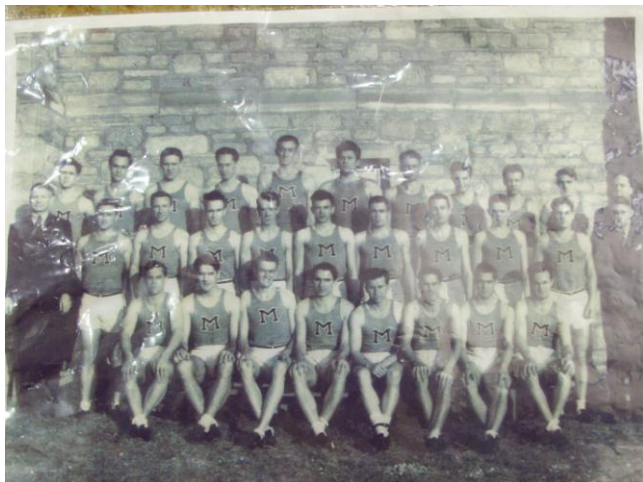


*New bus in front of Heritage Pointe*

After the tour, I was informed that they had purchased a new bus and it had just been delivered. I met residents Lawrence Nichoalds and Bill Ulrey who had come to inspect the new bus. Mr. Nichoalds and Mr. Ulrey were both wearing World War II caps. I asked them about their service and ended up in a very interesting conversation.

Mr. Nichoalds told me that he was orphaned when he was only five years old. He went on to explain that orphans were gathered up in those days and hired out as workers. He worked for a farmer for \$4.75 per week plus board. He had a rough childhood. Orphans had a bad reputation and mothers did not want their children playing with orphans.

He went to Hannibal High School where he became involved in track and field competition. He went to state competition three years in a row. He set a state record in the mile run. Because of his talent, he received an athletic scholarship from the University of Missouri. However, before he was able to complete his college career, World War II broke out and he was drafted into the army in 1942. On Valentine's Day 1942, right before being shipped out, he married the one and only girl he ever dated.



*1941-42 University of Missouri track team (resident Lawrence Nichoalds is fourth team member from left in center row)*



He qualified for OCS and was able to run track during his training. He again broke records. However, he did not make the grade and was transferred to an infantry unit. He was shipped to Africa, where he rode in a 40 and 8 box car pulled by a steam engine. He explained that the car was called "40 and 8" because it held 40 men or eight horses. He rode the train to Casablanca, where he boarded a British ship to Italy, where his unit provided ground support for the 3<sup>rd</sup>, 36<sup>th</sup> and 45<sup>th</sup> Divisions. They liberated Rome from the Germans on June 24, 1944. The 3<sup>rd</sup> Division had 300% turnover during the battle. They then marched north from there and boarded a LST (Landing Ship, Tank) to France. Mt. Vesuvius erupted the night they left. The sky was so lit up from the volcano that he was able to count the ships in the area.

One day while riding in a transport truck, the truck stopped and someone asked if anyone knew how to type. Since he learned to type in high school, he was taken off the truck and given a job as a clerk typist working a lithograph machine. He did all the printing and typed and delivered orders for the 433<sup>rd</sup> Battalion.

He was gone for almost four years and was discharged from Jefferson Barracks on December 20, 1945. He was awarded four bronze stars. He did not tell me specifically what he did to earn them; however, I have learned that they are awarded for bravery, acts of merit, or meritorious service.



*Resident Nichols and his World War II memorabilia*

After returning from the war, he took a job driving a truck. He was very proud of the fact that he received an award for driving over a million miles without an accident. He retired from truck driving in 1982. In his retirement, he enjoyed breaking and training Belgium horses.



*Resident Nichols and photos of his prized Belgium team*



*Resident Nichols and a shoe worn by one of his Belgium horses*

When I asked about life at Twin Oaks, he said they are “awful good to us, couldn’t be any better.” He went on to say that the staff members are very friendly and everybody tries their best.

Mr. Ulrey is from Lincoln County. He was also drafted during World War II. He was drafted a month after his 18<sup>th</sup> birthday. A month later, he was examined and was in the Army. He was a bazooka man in the infantry in the 20<sup>th</sup> Armor Division. He served in France, Belgium, Germany, and Austria.



*Resident Bill Ulrey*



*Resident Bill Ulrey's World War II*

He Rode in a half-track with a Quad-50 (a weapon mounting consisting of four .50 caliber M2 Browning machine guns) and followed tanks. He told me that they sometimes fought without a break for 24 to 30 hours. He was discharged from Jefferson Barracks on April 19, 1946.

After returning from the war, he worked for General Motors. He then went to MOOG and worked there until he retired in 1988. He was also married and has four children, who he is very proud of.



*Photo display of resident Ulrey's family*