

Bent County HealthCare Center

Fall 2010 Newsletter

Mission: To provide the highest quality of care to our Elders and facilitate opportunities to enhance education, health, and wellness for our community and those we serve



Garden Sanctuary Complete!!!

Thank you to all those who donated toward our garden sanctuary including the generous grant from the Colorado Garden Show. The team of South Side Lawn and Landscaping in Pueblo (www.sslawnlandscape.com) did an outstanding job transforming the entrance of BCHCC into a beautiful garden. They worked through the rain, the snow and then the sweltering heat to create a Garden of Eden for our elders. The crew quickly became members of our Eden family as they ate meals with the elders each day. The elders loved to watch the garden come alive and made sure their new friends were included in activities and events. It was a great project with a great outcome. You should be proud to have made an investment in our Garden Sanctuary and our elders.

Bob Branson
Ila Eckenrode
Joe Bolita
Christine Howe
Kathy Edwards
Karen Plunkett
Diana Ham
Charlene Cole
Donna Doyle
Pauline Cardenas
Connie Gallegos
Dorothy Thomas
Teresa Ratzlaff-Medina
Diane Conyers
Betty Tanner
Clint Shade
Roberta Munch
Charlotte Starr
Cindy Kovalcik

Charles & Gloria Phillips
Tom & Judy Wallace
Pete & Ann Loveridge
Leo & Carole Hayward
Bill & Patsy Laycock
Ron & Linda Hoffman
Vernon & Yvette Proctor
Curtis & Catherine Tempel
Lester & Nancy Jackson
Bud & Lorraine Miller
Mike & Linda Spady
Richard & Connie Harris
John & Raeana Wadhams
Jimmy & Lila Maupin
Mark & Kim MacDonnell
Gary & Lynn Goforth
Ron & Sue Barbee
Donald & Alma Scharf
Marty & Donna Martenson

Rex & Mary Lewis
Dale & Verna Leighty
Diane Hutson
Kathleen Tomlin
Bob & Jan Blair
Dale & Kaye Hays
Willard & Frances Wight
Robert & Dottie Bryan
Miles & Barb Martin
Bill & Roxanna Deal
Gary & Alisha Hall
Cyrena Conlin
Joe Frausto
Kathleen Tomlin
Herman & Beverly Stricker
Diane Hutson
Bent County Correctional Facility



Donations are still being accepted. They can be made securely online at www.bentcountyhealthcare.com or mailed in with the form at the back of this newsletter. Donations of \$100 or more can be made in honor of a loved one and will be displayed in the gazebo.

Garden Grand Opening Tuesday September 14, 5:30pm Please Come!!



Bent County HealthCare Center

www.bentcountyhealthcare.com

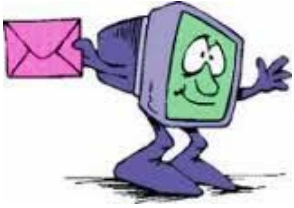
810 3rd Street
Las Animas, Colorado 81054
(719) 456-1340
(719) 456-3131 fax
Barb Martin, Administrator
Amber VanDyke, Director of Nursing

Board of Trustees

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Welcome to the 7th edition!

You are valuable to us, and we want to keep in touch. If you are a past or present elder, neighbor, family, friend, staff, volunteer, board member, or donor, you will continue to receive this newsletter unless you tell us otherwise.



PLEASE SEND US YOUR EMAIL ADDRESS!!!

This newsletter is published only twice each year. If you want to keep up-to-date on the latest news and activities, send a quick message to bchccres@rural-com.com to be added to the email list.

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Upcoming Events

- September 12 - 18 - National Assisted Living Week --- "Living Life"
- September 10 - 3:00pm 911 Remembrance Ceremony by VFW
- September 14 - 5:00pm Garden Sanctuary Grand Opening Community BBQ Pie Auction
- September 24 - 2:00pm Annual Memorial Service for all those who've lost loved ones in the last year
- November 11 - Veteran's Day
- November 25 - Thanksgiving
- December- Elder Christmas Parties (Government.) This

To receive notices of Holiday events, please subscribe to our email updates at bchccres@rural-com.com.



Welcome Back Barb!!

Barb Martin is back at the helm as Interim Administrator. We are glad to have her dedication and expertise lead us into the next step of our Eden Journey.

Big Changes in Survey Process

Big changes are coming in all nursing homes over the next several months in the form of a new survey process from CMS (Centers for Medicare and Medicaid Services-AKA the Federal process will take two years to complete across Colorado and will virtually change the way every nursing home completes the Quality Assurance (QA) program for the elders who live in their home. At BCHCC, we are currently revamping the QA process to mirror the new survey process. In short, the training and the changes we complete will



impact every facet of the nursing home including elders, elder families, employees, volunteers and the community who participate in our programs. The survey process will be used to assess, identify and address vulnerable areas in the facility's systems and facilitate staff education. It will replace the traditional survey process which has been cumbersome and was not always objective. The changes you may see as elders or family members will include more interviews into how well your care (or care for your loved one) is provided. These interviews will be conducted routinely by the nursing home staff and when the survey occurs, will be conducted by the survey team. It is important to familiarize all of us with this survey process so that we can all be aware of the regulations and ways to improve care routines to meet those regulations. With your help, your loved one will receive the best care possible. So, if you get a call and someone asks if they can interview you, please help us out by being honest and reflective. As I have always said, this community is our Quality Assurance team, and we look forward to reviewing any comments or concerns you may have. Thank you!

ME & MY SHADOW

On June 24 and 25, Prairie View Village Assisted Living Center hosted the “Me & My Shadow” program. The program paired 9 teens and pre-teens with 9 elders in the assisted living and adult day program for two days and one

overnight adventure. The elders and their shadows participated in a variety of one-on-one and group activities including tie dying t-shirts, doing make-overs, planting flowers, dancing, and talking. They exchanged stories, discovered one another’s interests, shared experiences and made new memories.

One elder participant said, “It was a perfect blending of elders and young people. It was awesome to be part of this and I hope it will be a yearly program.” 82% of elders who participated said they felt happier being around a young person and 82% said they would like to be around young people more often.

One teen participant said, “I am so glad I came and participated in this wonderful event. I have learned that just because you may be from different generations, you can always bond by common interests.” 100% of teens who participated said they enjoyed the “Me & My Shadow” program. 100% said they feel more comfortable around seniors and 100% said they have more respect for seniors. 88% are considering volunteering with seniors.



Above- Sue and Chelsea enjoy the BBQ

The event was made possible by grant funds from the Colorado Health Foundation and Las Animas True Blue. “Me and My Shadow” was considered a huge success and it is our intention to host this event each year. The cost of hosting the program was minimal compared to the life-long experience this created for the teens and the joy it brought elders. Several teens have already signed up as youth volunteers and others have visited their elder “shadow.”

Bent County HealthCare Center and Prairie View Village are proud to offer the largest intergenerational program in Colorado. We also appreciate the investments from other organizations who see the value in programs like these that build relationship between generations.



Bottom Row- Makayla, Alisse, Troy, Kendall, Lucy, Shayna, Shelby, Chelsea, Shahana, Middle Row- Lola, Mildrred, Kitty Ann, Dolores, Joy, Verlena, Russell, Kim, Carolyn, Juanita, Alisha, Marie, Candi, Marilyn

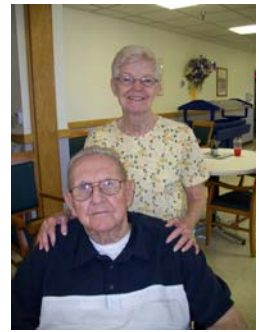
The teens, elders, volunteers and staff who participated in “Me and My Shadow”

Neighborhood News.....

The Healing Garden

What We Do-- The Healing Garden is a special place for people who are recovering from joint replacement surgeries, injuries or illness. The typical stay at the Healing Garden is 4-6 weeks.

What's New— Happy 60th Anniversary to Bob and Mary Ward!



Picketwire Avenue & Santa Fe Place

What We Do-- Picketwire Avenue is “home” to elders requiring long-term care. We help each elder maintain an optimal level of health and independence.

What's New— Our deepest sympathies to the family of Maxine Freemyer. Maxine volunteered for the HealthCare Center for 28 years. Her gift of caring for and loving others will be deeply missed.



Memory Lane

What We Do-- We provide specialized care for elders with Alzheimer's and other memory loss diseases.

What's New— Happy 95th Birthday to Erva Thaxton!



Do you have a loved one who is lonely?

Does your loved one eat healthy meals or exercise?

Do you worry about your parents or grandparents when you are at work?

Adult day services at the HealthCare Center can alleviate your worries and help your loved one be healthy and happy. This is a day program with lots of activities, healthy food, and professional staff. We are open 5 days a week and can transport your loved to and from the program- even from the La Junta area!

Call Candi at (719) 456-1993 to find out if your loved one would benefit from the Adult Day Program. Medicaid is accepted pending approval.

Right- Lilly Mae and Dolores headed on a shopping trip



**Do you want to make a positive impact in your community?
Do you want to make a difference in someone's life?**

VOLUNTEER!!!!!! We currently have an opening on the Board of Trustees for the HealthCare Center. Major Duties and Responsibilities include:

- Knowledge of the organization and personal commitment to its goals and objectives
- Annual financial contribution to the organization
- Regularly attend board meetings and important related meetings
- Volunteer for and willingly accept assignments and complete them thoroughly
- Be well prepared for meetings, review and comment on minutes and reports
- Work closely with the president, and other staff
- Play a role in fundraising activities
- Encourage the Board's role in strategic planning
- Play a role in the performance of the organization
- Play a role in monitoring financial planning



For more information contact Barb Martin or any Board Member listed on Page 1.

Volunteers Honored

The volunteers of Bent County HealthCare Center were honored at a brunch in April. There were 42 of the 100 plus volunteers present. One volunteer said this facility is "the best in the valley." We are honored by the compliment and know that our "home" is only as good as our volunteers-- meaning we have the best volunteers in the valley. Thank you all for your dedication and hard work!

To be a volunteer contact Vickie Dykes at (719) 456-1340.



Welcome Vickie Dykes
New Activities Director

Pictured Left- Volunteers who attended the volunteer brunch.

Eden Stories...



Father & Son Reunited

Bent County HealthCare Center is celebrating the reunion of two veterans – father and son; George Moreland, a Viet Nam Era veteran, and his son Richard, currently stationed in Lee, Virginia. Richard has been in the Army for 18 years, served two tours in Iraq, and had lost touch with his father. They hadn't spoken for over a year and hadn't seen each other for more than five years.

When George joined our HealthCare family, he mentioned his son and said he was worried because he hadn't heard from him in a long time. The phone number he had was disconnected. George's health has been deteriorating in the last few years, and the care team felt a phone call from his son would cheer George up and improve his condition.

The Resident Services Assistant immediately contacted the American Red Cross in Colorado Springs and then an organization which helps find veterans. By 3:00 pm the same day, Richard Moreland called his dad. Father and son spoke for over 30 minutes, and tears of joy and happiness radiated from George's face. After talking to his father and realizing how much he missed him, Richard decided to rent a car and drive this way so he could spend some time with his father. Richard stayed with his father for several days. It was a blessed reunion which included phone calls to granddaughters too! The care team was crying and celebrating, giving high fives, hugging George, and all were so happy. George just kept thanking everyone. His worries have been relieved and he has

something to live for. Richard said that we were doing a great job here and stated, "THANKS FOR SAVING MY DAD'S LIFE." They stay in close contact these days.

Bent County HealthCare Center is an "Eden® Alternative" home, and this reunion is a good example of what that means. We are creating a GARDEN OF EDEN for those who live here and we share the joy of our elders when we can enhance their lives and bring a smile to their face.



Above- Richard and George Moreland



How Does Your Garden Grow?



With Dahlias!!! 85 year old gardner, Cosme Gallegos, has dressed up the garden sanctuary and the front door with his meticulously cared for and amazingly large flowers. Known as the "Dahlia Man," Cosme has been growing these beauties for many years. His green thumb and special touch has added a bit of happiness to all who enter the building.



Above- Cosme Gallegos

New Programs- Celebration of Life's Journeys & "MOST"

Celebration of Life - The Beginning of our Journey will start with a journal presented to elders which can serve as a guest book when family and friends visit. Staff and elders will also write little stories and special events and pictures can be added to the pages as well. The Middle of the Journey will focus on Making Dreams Come true and involves Elder's requests for future activities and trips with our new Activity Director, Vickie Dykes. The End of the Journey will help us build on old traditions such as our Annual Memorial Service to be held September 24th at 2:00. We invite family and friends to join us as we honor those Elder's who have passed away since our last Service. Our Eden Journey celebrates each milestone on life's journey.

"MOST" - We are changing the new Advance Directive that just came into law called **Medical Orders** for **Scope of Treatment** or "MOST". Resident Service staff will be meeting with Elder's and legal representative's to ensure the Elder's voice is heard in choosing their treatment plan. This program is important as the Colorado population ages and from 2000 to 2030, the 65+ populations will triple (400,000 to 1.2 million). This population will be in frequent contact with healthcare services and their needs and desires about medical treatment, especially in emergency or end-of-life situations, are very important.

We will also build new traditions. Watch for our new area soon to be dedicated as our Chapel and set apart for staff and Elder's to spend time in prayer or meditation.

Thank you for being a part of our Journey and Celebration of Life.

Kountry Kids

Kountry Kids has begun a new school year! Preschool has officially begun and the toddler and infant rooms are busy, busy, busy with all sorts of learning.

New intergenerational programs- activities between elders and children- will begin soon. If you would like your child to participate in these special activities, give Myrna a call at (719) 456-1254. We have programs for infants, toddlers, preschoolers, and school age children.



Above- Luciano playing ball

Have Mending?

Mending is available for elders and their families by two volunteers- JoAnne Miller and Zola Six. Mending is picked up regularly. If you have a mending project, mark the item with the elder's name and leave it with the laundry. Hems, buttons, and tears are no problem for these wonderful ladies!!!

Reminder

You are always welcome to visit your loved ones in the HealthCare Center. You are encouraged to eat meals with them as well. However, the kitchen staff are requesting advance notice if you are planning a visit and a meal at the facility. This ensures enough food is prepared for our elders AND our guests. Regular meals cost \$4.50.

For lunch call before 9:00am
For supper call before 3:00pm

Kitchen Direct Number is (719) 456-0695





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We hope this newsletter has informed you about important upcoming events, programs, and current projects. Our goal is to provide valuable and helpful information about Bent County HealthCare Center to elders, neighbors, families, friends, volunteers, donors, foundations, community members, staff, and board members.

To get an email version, update contact information, or to be removed from the mailing list, please contact Alisha at (719) 456-0106 or email bhcrcres@rural-com.com

I love what you are doing and I want to help. Please accept my donation in the amount of:

\$25 \$50 \$75 \$ Other Amount

\$100 Garden Sanctuary Donation ---In Honor Of: _____

My Name: _____

My Address: _____ City, State, Zip: _____

Phone: _____ Email: _____

Or Donate securely online with a credit card at: www.bentcountyhealthcare.com

Please make checks payable to: Bent County HealthCare Center