

# Bent County HealthCare Center

Spring 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**



*Welcome to the 6<sup>th</sup> 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](mailto:bchccres@rural-com.com) to be added to the email list.

## Breakfast Time is Open Dining

When do you get up in the morning?  
When do you eat breakfast?  
What do you eat?

When you are at home, you are able to make these decisions for yourself. But in many long-term care facilities, elders are told when to get up, when to eat, and what to eat.

**BENT COUNTY HEALTHCARE CENTER IS DIFFERENT!!!**

No matter what neighborhood your loved one calls home, they can sleep as late as they want, have breakfast at their leisure and choose what to eat. It may seem silly, but it is important for our elders and your loved ones.



**Just ask them!!**

Left- Best friends having breakfast together.

## Upcoming Events

- March - fundraiser for Kountry Kids, see a teacher or family member
- April 11-17 - Week of the Young Child, "Early Years Are Learning Years"
- May 9-15 - National Nursing Home Week, "Enriching Every Day"
- June - Intergenerational Sleep Over at Prairie View, "Me & My Shadow"
- Sept 12-18 - Assisted Living Week, "Living Life"

## Bent County HealthCare Center

[www.bentcountyhealthcare.com](http://www.bentcountyhealthcare.com)

810 3<sup>rd</sup> Street  
Las Animas, Colorado 81054  
(719) 456-1340  
(719) 456-3131 fax  
Cindy Kovalcik, Administrator  
Barb Martin, Director of Nursing

## Board of Trustees

Russell Smith	President
Betty Tanner	Vice President
Kaye Kasza	Secretary/Treasurer
Charlotte Starr	Member
Tom Wallace	Member
Corliss Netherton	Member
Lisa Trigilio	Member





Candi pictured above with Anna Mae during a Spring dance.

## Prairie View Village

Candi Patton, the new Coordinator at Prairie View, has brought her excitement and energy to the Center. She has been helping the PVV neighbors organize new and fun activities over the last several months including going out to eat, shopping, hosting several parties and starting a group called **YAHTZEE MONDAYS at 2 pm**. They also have a regular exercise group with new equipment and are planning a summer intergenerational sleep over with middle school students in June. This place is hopping!!



Above- PVV and ADS folks showing off their new exercise equipment. Exercise is daily at 10:30

**To find out more about what is offered at Prairie View Village, call Candi at (719)456-1993 or visit us on the web at [www.bentcountyhealthcare.com](http://www.bentcountyhealthcare.com)**

Right- Marie and Lola waiting for the red hat party to start



The Red Hat Ladies were guests at Prairie View Village Assisted Living. About 40 people joined the fun and we have never seen so many red hats in one place. Thank you to Anna Pointon who is a Red Hat member for sharing your red hats with all those in Prairie View. It was a great event we hope to continue and make a tradition. Thanks to all who came!

## Adult Day Service

**For the 2nd year in a row, ADS has had great success at the Harvest Show winning lots of ribbons. This is a fun day the ladies plan and anticipate all year and a great way to show off their crafts. Next year the PVV Neighbors will be competing as well.**

**The Adult Day Program is a tightly knit group of friends who are able to spend the day together and still return home at night. The day is filled with engaging activities, healthy meals, and lots of fun. Transportation to the program is provided for those living in Bent County.**

**Call Candi at (719) 456-1993 for more information or to enroll.**



Left- Joy Right- Sue with their ribbons at the Harvest Show



# Kountry Kids



Above- Alan having fun in the infant room

Welcome Ms. Sonia Frederick- toddler teacher!!!

Congratulations Ms. Alice on your new baby girl!!

Kountry Kids just finished with their Qualistar rating. This is a rigorous assessment of the quality of early childhood education services the Center provides. It is a relief to have the assessment complete and the results will be back in 6 weeks.

All the classrooms are full and VERY busy. The children have been learning numbers, colors, name recognition and sign language!! Some children are working hard getting ready for kindergarten next year while others are learning to walk and talk.

The center has received a grant for more storage space in the classrooms, new playground equipment, and a new keyless entry system for the back door. These projects will improve the quality and safety of the center. Stop by to see!

## SHAPES Fitness Club

**Want to Get in Shape for the BIGGEST LOSER CONTEST??**

Our in-house fitness center is complete with state-of-the-art equipment to work every muscle grouping the body.

Memberships are available  
Monthly (single) \$20  
Monthly (family) \$35

**Open Monday-Sunday  
6 am - 8 pm**



Above- Logan painting at the easel

**Kountry Kids Learning Center**

Open 6:00 am to 5:30 pm Monday-Friday

Call Myrna at (719) 456-1254 to schedule a visit today!

## Therapy Clinic

There are a couple of new faces in the therapy department- Cheryl Brewer, Therapist and Kim Chavez, Office Manager. Welcome aboard!

The goal of the clinic is to do more community education and outreach. Our certified physical, occupational and speech therapists can help bring relief and a speedy recovery.

Call (719) 456-0848 for more information or to make an appointment.

Pictured Left- Cheryl, Kim, Lorraine, Melody



# 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. The Healing Garden provides excellent care during the recovery process including in-house therapy. Our goal is to help elders return to their prior level of functioning and return home.

**What's New—** We had a wonderful time at our Christmas party this year. The entertainment was from the elementary choir, the Baptist choir and Santa! We always have a great time dancing and eating. We are looking forward to spring when the garden starts growing.



## 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—** We have been up to lots of fun in our neighborhood. We had a New Year's Eve pajama party complete with fireworks, drinks and smores.

## Memory Lane

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

**What's New—**This neighborhood has a new activities person just for them. This has been great for our elders who are active and mobile. New activities have been dominoes, ring toss, bowling, reading and many more. We have seen a decrease in falls and injuries and an increase in laughing and smiling.

## Say Hello to Our Newest Furry Friend!!

This big handsome fellow is named Sandy. He belongs to Bob and Marian Branson. His house is right outside their window. They can watch him play outside and he can see when they get up each morning. He is a nice addition to our Memory Lane neighborhood.



Left- Marian, Bob and Sandy

## Don't' Forget Midnight

Blackie is the big black bunny that lives near the big playground out front. He has a new friend who lovingly feeds him every morning with scraps from the kitchen. Do you think he's spoiled? Nah!!!



Cosme feeding Blackie

## Requesting Donations!!!

Our programs are looking for donations of assorted items. Do you have any of these things lying around your house that you would be willing to donate to the HealthCare Center?

- ★ Children's books
- ★ Children's clothing- infant & toddler sizes
- ★ Patio furniture
- ★ Garden pots
- ★ Garden seeds
- ★ Garden tools
- ★ Formal dresses in larger sizes
- ★ Toiletries (shampoo, soap, conditioner, lotion)
- ★ Quilt top needing quilted & finished

## 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!!!



## Volunteers Needed

# Volunteers!



Anyone who has time on their hands and wants to do something worthwhile should consider volunteering.

***The only limit is your imagination!***

All current volunteers who have ideas for new activities or anyone interested in volunteering should give Misty a call at (719) 456-1340.



## Who's in Charge?

The ELDERS of course!!! This is their home. We get the privilege of working for them. Of course they get a voice in what happens in their home.

**Elder Council meets the 1<sup>st</sup> Tuesday of every month.**

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## Off Road Warriors??

Winter snows have brought muddy roads and the chance for lots of fun--- Just ask Herman, Bill, and David.

Why is your pickup so dirty? Ooooh, you've been playing in the mud. Pretty cool that mud boggin' is part of your job!!! Looks like Herman had fun and that's what counts.



Left- Bill and Herman in David's MUDDY pickup

Love those smiles boys!



## Kings and Queens Galore!!!

Erva Thaxton and Maxine Freemyer were elected to represent BCHCC as Silver King and Queen at the Arkansas Valley Fair in August 2009. Some contestants performed talents such as singing and dancing. Maxine handed the judges some of her fresh popped popcorn she is famous for. Erva volunteered at the golf course for 16 years so his gift to the judges was paper weights made of golf balls on tees. Our home was proud of our two representatives. Thanks to all who went and supported the Silver King and Queen of BCHCC and thanks to the family members who worked frantically to get the story boards ready.

Manual and Donna were the King and Queen at our recent Valentine Day celebration. Congratulations to all our royalty!!!



Left- Ken, Geneva & Erva Thaxton & Maxine  
Right- King Manual & Queen Donna



## Garden Sanctuary Update



April showers bring May flowers... and benches, and railing, and a waterfall and new plants, and. . .

Our garden sanctuary is nearly complete. The finishing touches will be added this spring when the weather warms. The elders are so excited to see what it looks like when the plants start blooming.

The garden has been a wonderful addition to our home and something we are very proud of. The crew of Southside Lawn and Landscaping in Pueblo did a fantastic job and worked during some of the worst winter weather. They became part of our family and we hope to have them back someday.

There is still time to donate to the project "IN HONOR OF" your loved one. Please use the donation form at the end of this newsletter or contact Alisha at (719) 456-0106.

Entrance to building before and after---  
WOW!!!!

## Thank You For Your Support in 2009!!!

Betty Tanner  
 Russell Smith  
 Charlotte Starr  
 Kaye Kasza  
 Tom Wallace  
 Mike Kester  
 Bob Branson  
 Earl Munsell  
 Lucille Dillon  
 Johnnie Casebolt  
 Bonnie & Jimmie Hogue  
 Dana Orr  
 Lillian Laney  
 Donna Lucas  
 Dennis Netherton  
 Barbara Dean  
 Anita Pointon  
 Terry Trujillo  
 Dorothy Oviedo  
 Jeanette Taliaferro  
 Ralph Deatherage  
 Cosme Gallegos  
 Yolanda Stout  
 Dorothy Simmons  
 Peggy Cloutman  
 David Whattler  
 Steve Bourne  
 Rhonda Foulk  
 Nancy Long  
 Kim MacDonnell  
 Donna Honaker

Barbara Martin  
 Kathleen Tomlin  
 Lorraine Valdez  
 Yolanda Gallegos  
 Liz Millern  
 Diane Hutson  
 Cindy Kovalcik  
 Candi Patton  
 David Foulk  
 Crystal Abdulla  
 Connie Harris  
 Briana Rodriguez

Uptown Music & Video  
 Carmens  
 Stoughs Flower Shop  
 First National Bank  
 Veterans Auxillary  
 CRMR Foundation

Steve Christ  
 Rita Barreras  
 Takashi Tokogama  
 Lynn Lewis  
 Gale Tempel  
 David & Doris Adley  
 Albeth Rumsey  
 Ruth Grenard  
 Ada Beth Finkner  
 Ruth Goettling  
 Patty Minks

The Colorado Trust  
 Colorado Garden Show  
 Nathan B. & Florence R. Burt Foundation  
 Union Pacific Foundation  
 Colorado Council on the Arts  
 Jared Polis Foundation  
 Las Animas High School True Blue  
 American Heart Association  
 Edmund T. & Eleanor Quick Foundation  
 Colorado (CDPHE) EMS Provider Program  
 Virginia Hill Foundation  
 Qualistar Early Learning  
 Southeast Colorado RETAC  
 Anschutz Family Foundation

(This list does not include donations made for the Garden Sanctuary. Those donors will be listed in the future.)

*Thank You* 



Above- Simmons ladies at Halloween  
 Below- Rusty & Rocky and Carolyn & Duana enjoying the Christmas party



## Happy New Year!



Above- Florence and Manual wish everyone a Happy New Year!!! Their party was a hit with snacks, non-alcoholic drinks and entertainment.

We are excited about all the fun things sure to happen in 2010!! Come by and see us and join in the fun!!!



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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 [bchccres@rural-com.com](mailto:bchccres@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: \_\_\_\_\_

Please make checks payable to: Bent County HealthCare Center