

Bent County HealthCare Center

Spring 2011 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



Queen- Juanita King- Robert

Sweet Heart Dance Loved By All

The efforts of many special people working at Bent County HealthCare Center made Valentine's Day very memorable for the special folks who live there. The day began as one kind gentleman, who is the sweet heart of many little ladies, took it upon himself to buy a rose for every elder lady in the building. This was over 40 roses which he purchased and hand delivered himself making each woman feel loved and appreciated by a special someone. Then over 30 children came to share a special snack with elders as they partnered up to decorate homemade Valentine cookies. A community member came by and shared Valentines candy with elders. But the day wasn't finished as the team primped and pampered elders with fancy clothes, hair styles, and makeup for the big evening- a Sweet Heart Dance. A Valentine's Day soup and bread bowl were served by the kitchen for an early dinner as Fred Darnell and Brian Stoker set up their equipment for the evening entertainment. The dining room was packed with elders, family and staff as the music started. Many elders spun around the dance floor even in their wheelchairs as they smiled and enjoyed the special event. A Valentine's Day Queen and King were announced and the dancing continued. Many elders shared a special dance with their loved one or a favorite staff member. Everyone had a great time and a special Valentine's Day.



Above- Barb & Russell dancing
Right top- Fred, Laura & Henry share a song
Right- Bill delivering a Valentine rose to Frances



Did You Know. . . ?

- BCHCC has one of only 5 childcare centers *within* a nursing home in Colorado?
- BCHCC has the *largest* intergenerational program in the state?
- Prairie View Village was the *first* assisted living center in southeastern Colorado?
- The Adult Day Program is the *only one* of its kind in the Arkansas Valley?
- BCHCC is the fourth largest employer in the county?
- BCHCC serves over 3,000 people each year through nursing care, assisted living, therapy, childcare and adult day programs

Bent County HealthCare Center

www.bentcountyhealthcare.com

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Barb Martin, Administrator
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Welcome to the 8th 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 bhccres@rural-com.com to be added to the email list.



Upcoming Events

- March 17 – St Patrick's Day
- April 24 – Easter
- April 29 – Santa Fe Trail Day
- May 8 – Mother's Day
- May 8 – 14th National Nursing Home Week with theme "Fulfilling the Promise"
- June 19 – Father's Day
- Elder Council Meetings – 1st Tuesday of each month
- Board of Trustees Meetings – 4th Thursday of each month

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



Book Club

The neighbors at Prairie View and the clients in Adult Day Services have taken up a new activity—audio books. Their favorites are Louis Lamour and they are requesting mystery and adventure books. If you would like to join the group, donate a book, or come and read give Candi or Marilyn a call at (719) 456-1993.



Bronco Mania Strikes Again

Bent County HealthCare Center would like to thank all the people who made another trip to a Bronco game possible for our elders. This year 37 people including staff, elders and volunteers loaded up on November 14 and traveled to Denver to watch the Broncos defeat the Kansas City Chiefs. Although the day was very long, the seats were perfect, the weather was nice and the game was good. Elders of the nursing home, assisted living, and adult day program look forward to this adventure each year. It takes a team of folks to make this event possible—donations by community members, hard work of volunteers, coordination of staff, and the participation of nurses and CNA's to make sure everybody is well taken care of. It's a lot of work and the elders are worn out at the end of the 16 hour day but everyone agrees it is worth the effort. Elders of the HealthCare Center, Prairie View Village and the Adult Day program would like to thank all who helped make this event possible as they anxiously await next year's Bronco season! To find out more about Bent County HealthCare Center's unique programs, visit us on the web at www.bentcountyhealthcare.com or call (719) 456-1340.



Left- David & Ralph have a great view of the game.



Right- Darci and Jeanette are having fun cheering at the Bronco game.

New Program—"Cocktail Hour"

A new social event called "Cocktail Hour" will begin in the near future. The regular social event will be held once a week before dinner and include special alcoholic beverages (doctor approved), festive music, and mood lighting. The idea is to increase elders' social interaction in a relaxed and fun atmosphere. A cocktail cart with all the trimmings will be available to travel to those who do not wish or cannot join the main event. This new program will be fun and enjoyable for all involved.



Winter Weather Brings Forth Teamwork

Arctic temperatures over the last month caused trouble for many in the Las Animas area and the HealthCare Center was not immune. Sporadic power outages forced the emergency generator to supply heat for the building and folks in the assisted living and adult day program huddled in front of the fire place. The next day the fire sprinkler system froze and flooded two elder rooms and a therapy room. What an ordeal! But as is customary in most small towns and other non-profit organizations, people pulled together and worked side-by-side to drain the system, mop up the water, clean up the mess, and implement an emergency fire detection procedure until the sprinklers were repaired. Members from the fire department assisted in the clean up as well as many staff and community volunteers. Thankfully the cold snap is over, and the construction on elder rooms should be completed in a couple weeks. Thank you all for your outstanding teamwork! We can look forward to milder spring weather together!

TOPS- Take Off Pounds Sensibly

This support group focuses on losing weight or keeping weight off in a sensible and healthy way. They offer one another support, encouragement and great ideas. The weekly meetings and weigh-ins will be held in the Prairie View dining room at 5pm every Wednesday.

Everyone is welcome to attend.



Left- Firemen using a shop vacuum to suck up water
Right- Janet is part of the mop crew

Need To Get In SHAPE?

If you haven't been into the SHAPES Center lately, we would like to encourage you to give it another try. The facility's equipment includes treadmills, a rowing machine, a stationary bike, an elliptical, a free weight machine plus specialized equipment to work your pecs, lower back, triceps and legs.

Isn't it time to get healthy and stay that way?



Membership rates for SHAPES are currently:

Single Membership:	Monthly- \$20	Quarterly- \$50	Yearly- \$180
Family Membership (2-3 people):	Monthly- \$35	Quarterly- \$90	Yearly- \$300
Group Membership (4-8 people):	Monthly- \$40	Quarterly- \$105	Yearly- \$420

**Open
Monday – Sunday
6am – 8pm**

We also have special discounts available for volunteers who volunteer 4 hours a month or more and free membership for employees.

If you would like more information about the SHAPES Fitness Center, please feel free to come by for a tour and pick up an application. You can also call (719) 456-0848 for more information or visit us on the web at www.bentcountyhealthcare.com.

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.



Kathy & Galen at the Fall BBQ

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.



Mary at Cooking Group

Memory Lane

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



George, Marilyn & Clarabeth at the Eden Fair



Wyanona & Frank at the Christmas party

Eden® Associates- Special Staff for Special Folks

The Eden® Journey we have been on for over 8 years *transforms* a typical nursing home into a **Garden of Eden**. A typical nursing home focuses only on the medical needs of residents. An Eden® home focuses on elders' spiritual, physical and mental well being as a whole package. For example, someone who is terribly lonely is not going to heal as well as someone who is happy and active. Elders have made Bent County HealthCare Center their home- either for a short time or an indefinite period of time- and we realize that we work in their home. They don't live at our work place. The many special events you have read about are organized at elders' request or with elders' best interests in mind. These events are only possible by the dedicated and untiring efforts of many staff members. Everyone from managers to nursing assistants work hard to make the lives of elders special and meaningful. These folks take care of our loved ones during the most vulnerable times in their lives and give families peace of mind that everything will be taken care of. The staff below have taken the extra step of becoming certified Eden® Associates, a specialized training in the Eden® philosophy. This means they make every effort to make a Garden of Eden for those they care for. Thank you all for your dedication and continued efforts on behalf of our loved ones.

Crystal Abdulla
Bill Allen
Duana Bourne
Phileana Brown
Loren Carter
Beverly Diaz
Vidal Fernandez
Alberta Garrett
Laura Geisinger
Rachel Grinstead
Connie Harris

Virlena Hogue
Monica Mair
Barb Martin
Miranda Martinez
Liz Milliern
Martha Montez
Jessie Montoya
Janet Morlan
Candi Patton
Kathleen Rebel
David Servaes

Darci Semler
MaryAnn Sisneros
Terri Swisher
Pete Tafoya
Dee Torres
Tammi Travis
Greg Trujillo
Kathleen Tomlin
Lorraine Valdez
Diana Vargez

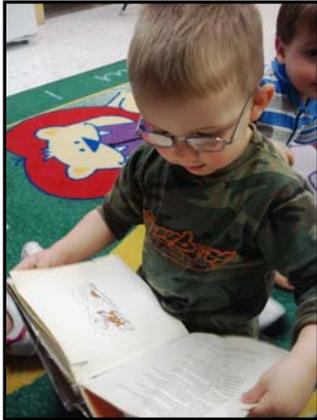
Newest Associates
Marilyn Redden
Claudia Burkipile
Vickie Dykes
Lori Vasquez
Amber VanDyke
Shirley Dalton
Brianna Rodriguez
Henri Medina
Mary Gomez



Kountry Kids Learning Center

Infant, Toddler, Preschool, After School

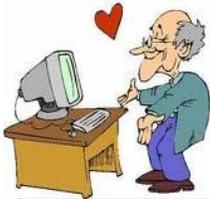
Monday - Friday 6am - 5:30pm



Above- Pace reading his favorite book
Top right- Logan painting a masterpiece



Kountry Kids has kicked off the new year teaching children who are too young to attend public school. Through a preschool education, Kountry Kids prepares these young minds for the public school arena. Children learn how to write their names, how to count, their colors, their letters, and how to get along with other children plus much more. Plus, Kountry Kids has a unique program involving the elders of the Bent County HealthCare Center and the youth in the childcare center called the intergenerational program. Children get to interact in all sorts of different ways with the elders. They have lots of grandmas and grandpas while they are at school! All of this works together to ensure school readiness and a well rounded education for our youth. The good news is Kountry Kids has room for a few more preschoolers at this time. To help your child be prepared for their next step, give Kountry Kids a call at (719) 456-1254. You can also ask about programs for infants and toddlers



New Program- Elders on Email

That's right. Elders will now have the capability to send and receive email as well as webcam using Skype. Would you like to keep in touch with your loved one more often? Would you enjoy a face-to-face visit? The purpose of this program is to help families stay in touch more often. This system uses a large touch-screen computer designed for easy use by seniors and other folks who have trouble using a standard keyboard, mouse, or other computer features. Elders and families who are interested in getting started will receive one-on-one help by staff. Give Vickie Dykes or Phileana Brown a call at (719) 456-1340 if you or someone in your family is interested.

Please Remember

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 \$4.25.

Kitchen Direct Number is (719) 456-0695



Buddy Program

Everybody needs a good friend. The Buddy Program makes sure every elder in the building has a special friend who visits with them every day and makes sure they have someone around who cares about them. If you are interested in having a "buddy" at the HealthCare Center, give Vickie a call at (719) 456-1340. You can never have too many friends!

Eden Stories...



Intergenerational- Building Relationships Between Young and Old

Many grandparents and grandchildren have special relationships. Often you will hear a grandparent say, “If I would have known how much fun grandkids were, I would have had them first.” While parents keep track of children’s chores, homework, friends, activities, grades, misbehavior and attitude, grandparents are able to love and accept their grandchildren unconditionally.

Intergenerational programs focus on deepening the special relationship between children and elders. Bent County HealthCare Center and Kountry Kids Learning Center work hard to create intergenerational opportunities unique in Colorado in our Eden® home. Recently, children and elders joined together to design, paste, and build special valentines and later in the week decorated special valentine cookies. Elders smiled and giggled at these little people’s energy and the children talked and worked with their special “grandparent.” The children expressed their creativity while the elders assisted and encouraged.

It is in our Eden® home where this very special and unique intergenerational program exists. Partnerships of this sort between long-term care facilities and childcare centers are rare. Of the 225 nursing homes in Colorado, only 5 others have licensed childcare centers under the same roof. Of these, only 3 others have organized intergenerational activities between the children and elders. The Directors of these programs know they have something unique and special and wonder why more nursing homes don’t see the truth- children and elders need one another. Many of the nursing homes state, “We are a nursing home.” Yes, well Bent County HealthCare Center is a nursing home also, but we are *much much* more and we are making a difference in the lives of your loved ones!



Marie and Jayden working hard together



Jeanette and Marcus deep in conversation



Clarabeth and Liliiana sharing a giggle

New Program- Massage Therapy

Twice a month, Amber Hall a state licensed and nationally certified massage therapist, visits the HealthCare Center to bring her healing touch to the elders free of charge. She treats six elders for approximately 30 minutes each, either in their bed or wheelchair or in her treatment room. She states the importance of touch and how clinical touch is very different from therapeutic touch. A therapeutic touch brings a sense of comfort plus the added benefits of the tissue massage. It is a very comforting and healing experience for the elders. Amber has set up a treatment room in the building to accommodate extra sessions for anyone who is interested in her services. Please call her at (719) 469-6749 to set up an appointment for you or your loved one.



Christmas Recap

December is a magical time at Bent County HealthCare Center with so much activity and special family visits. This year over 200 people joined the festivities which began with the Parade of Lights, followed by a fun visit by Santa Claus. Then the parties began. Elders in the nursing home feasted on a special meal prepared by the great kitchen staff and served by many staff volunteers. Then the presents from the large Christmas tree were passed out and the elders' excitement was contagious as they opened their gifts- generously donated by staff and board members. This is especially exciting for elders whose families live far away and cannot be near during the holidays. Vickie Dykes, Activities Director, states, "This event and the Prom are the two largest events of the year."

A similar event was held at Prairie View Village with a Gingerbread house theme, games, great food and family. Each elder received as a special gift, fleece jackets with their name embroidered on the front plus gifts donated by staff. Thank you all for your generous support!



Above- Honaker family
Below- Ralph with his family



New Program- Aroma Therapy

The use of essential oils can be used to decrease anxiety, reduce pain, eliminate headaches, induce sleep and give an increased sense relaxation and happiness. These benefits could possibly decrease the amount of medications used to treat similar conditions. Aroma therapy is used throughout the HealthCare Center. Individual diffusers are placed in elders' rooms to decrease agitation. Large diffusers are placed in common areas to increase the overall atmosphere. Special pampering shampoos, conditioners, and body washes are used during baths. All these enhance the environment of the elders' home.

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!!!

Does your loved one need a place to go during the day that will make sure they are taken care of, give them something to do yet have fun?

Adult day services may be able to 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!

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.





Bent County HealthCare Center

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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 bhccres@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 \$100 \$ Other Amount

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