

VOLUME 2 · ISSUE 1

JANURARY · FEBRUARY · MARCH 2014

THE TRUCARE Tribune



| A Man of Few
| Words: Mr. Ilse

| Life Long Living
| & Activities

| Talking Heart to
| Heart

Life Long Living Activities at the Pavilion

April Fool's Day

April 1st



Resident Birthday Party

April 17th
1:30pm

Gardening

Wednesdays at 3:00pm

Cooking Club

April 21st at 2:30 pm

Easter Egg Hunt

April 17th
3:00 pm



Catholic Service

Every Sunday at 9:30 am

**For a full activities calendar
visit our webpage:**

[www.tlc-columbus.com/
newsandevents](http://www.tlc-columbus.com/newsandevents)

At TLC-Columbus.com,
your loved ones are
never far away.



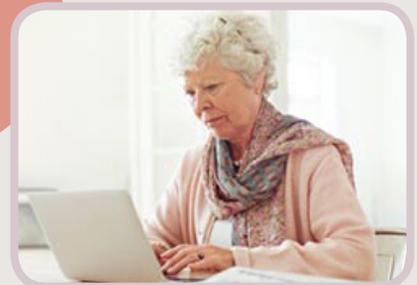
We are so excited to announce the launch of TruCare Living Center-Columbus's new website. Our new place on the web includes monthly calendars with upcoming

events and activities, up to date photo galleries, and downloadable versions of our quarterly newsletters.

One of our favorite features is "Email a Resident" designed to keep you and your loved ones connected during their stay. Just a moment out of your day will truly brighten your loved one's day. Let them know how the grandkids are doing in school, tell them about a recent trip you took or just let them know you're thinking about them today. We guarantee your small effort will bring smiles to their face.

Visit us online at www.tlc-columbus.com

**Email a
Resident**



From our Kitchen

Apple Dumplings



*An Apple a day,
Keeps the doctor away.*

Ingredients:

- 1 Apple
- 1 8-Count tube of crescent rolls (8 oz)
- 1 stick of butter, melted
- 3/4 cups sugar
- 1/2 teaspoon cinnamon
- 1 1/2 tablespoons flour
- 6 oz Sprite

Directions:

1. Core, peel, and slice apple into 8 slices
2. Open can of crescent rolls, unroll and place one apple slice on the wide end of one crescent and roll it up.
3. Place into a greased 8x8 pan, continue with the other rolls.
4. In a small bowl combine melted butter, sugar, cinnamon, and flour, mixing until just combined. Spoon over each crescent.
5. Pour Sprite into empty space in the middle of the pan. (NOT over the crescent!)
6. Bake at 350 for 35-40 minutes, or until golden brown.
7. Serve warm with whipped cream or vanilla ice cream.



Easter Celebration

Our Private Dining room is available for a family dinner with your loved one. Call our front desk to make a reservation for the holiday.

THE ESSENCE OF *Springtime*

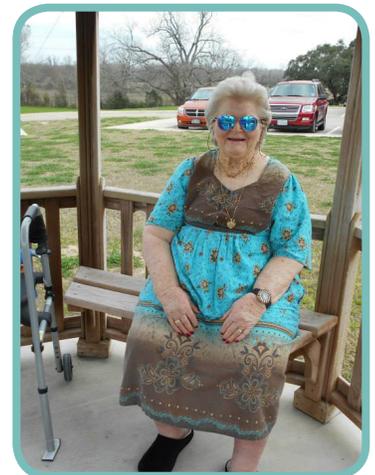
After a seemingly long winter, Trucare residents and staff alike are enjoying warmer days and extended hours of sunshine. The flowers in bloom put a smile on our faces as we enjoy time in our courtyards before hotter days of the summer season set in.

The TruCare Gardening group will be planting at our facility through the month April on Wednesday afternoons at 3:00pm. Visit www.tlc-columbus.com/newsandevents for a full calendar of our spring activities.



Photoed Above: Rose Mejia, Janet Coleman, Alma Rangel and Stephanie Shorter

Members of the local community braved the winter weather to participate in the second annual Zach's Hope Color Walk/Run. All proceeds raised from the event went towards childhood cancer research.



Right:
Valentine's
Queen, Mary
Vogelsang.

Below:
Sweethearts,
Mr. and Mrs. Gill





Mardi Gras Mambo

Laissez les bons temps rouler —or let the good times roll! On March 4th we did just that with a Mardi Gras celebration in true southern fashion. The dining hall was decorated in purple, green, and gold and brightly colored beads adorned the necks of all in attendance. Party goers enjoyed Cajun jambalaya and king cake.

Entertainment was provided by local musician, Butter Bartek. Some residents could have danced the night away while others enjoyed tapping their feet to the jazzy tunes, but a great time was had by all!





January Birthdays

Veronica Chaloupka	1/1
Bernice Kuhn	1/3
Alexander Escamilla	1/4
Casstalla Harris	1/5
Janice Gregory	1/9
Leola Johnson	1/11
Josie Peikert	1/21
Leonard Wostarek	1/23
Frances Pekar	1/25

February Birthdays

Jannie Milner	2/8
Gloria Baines	2/12
Charles Daniels	2/14

March Birthdays

Dorris Childs	3/2
Juanita Chollett	3/27

Join us the third Thursday
of each month at 1:30 pm
for the Resident Birthday
Bash

Are You Planning Ahead?

*Administrator, DyAnn Lauzon,
discusses Advance Directives.*

An advance directive is stating your wishes on your terms. Whether you are 25 or 85, documenting your wishes today means your family won't have to make heart-wrenching decisions later. Advance directives are documents that state your choice for health care, or name someone to make those decisions if you are unable to make your wishes known.

Nearly a decade ago, the Texas legislature passed the Texas Advance Directives Act, which clarifies the rights of adult patients to make important legal decisions about their health care in advance. Texas law provides for four types of advance directives, which are as follows:

Directive to Physicians and Family or Surrogates

This directive allows you to specify for the provision, withdrawal or withholding of medical care in the event of a terminal or irreversible condition which must be certified by one physician.

Medical Power of Attorney

This directive allows you to designate another person as your agent for making health care decisions if you become incompetent. You do not have to have a terminal or irreversible condition for a medical power of attorney to be used.

Out-of-Hospital Do-Not-Resuscitate

This directive allows competent adults to refuse certain life-sustaining treatments in non-hospital settings where health care professionals are called to assist.

Declaration of Mental Health Treatment

This directive allows a court to determine when you become incapacitated, and when that declaration becomes effective. You may opt not to consent to electroconvulsive therapy or to the use of psychoactive drugs. This declaration expires in three years, unless you are incapacitated at that time.

State your wishes, they are on your terms! Documenting your wishes today is one of the greatest gifts you can give yourself, but more importantly your family.

DyAnn Lauzon, Administrator

A MAN OF FEW WORDS: A Memorial to Mr. Ilse



Jim Henry Ilse of Columbus, Texas was a man of few words but lived a life of many actions that touched many peoples' lives. He touched people

in a way that they did not realize the impact he had on them until after his recent passing. He may not have talked much talk, but he certainly walked the walk when it came to helping out anyone who was in need and he helped those who didn't really need anything because that is what people do for each other. This is a man who literally would give the shirt off his back for anyone. I may have known him for only 40 years as my father-in-law but I have had several people come to me and tell me stories about his benevolent character and his Godly ways.

Jim Henry, Papa Jim or Uncle Buddy was born and raised in Columbus in a time where there wasn't much to have. That did not stop him from giving, even as he was growing up. One man in my Sunday School Class where I teach the Older

Adult males said that he played football with Jim Henry in high school and even at 16 he could tell that Jim Henry was a Godly person. There was more than one time that he would come by the house after Dianne (his daughter) and I were married that he would pull a wrinkled up \$100 bill out of his billfold or giving us fish he just caught in the river and give it to us because we just might need it. I learned many things from him. One of my sons summed it up this way, "He taught you without him really teaching you." He did it by doing and as you watched you did it his way because it just seemed the way it should be done. Many skills have been passed down to his grandkids and they will continue his legacy.

Jim Henry was a Christian, a hard worker, a dedicated husband, a loving father to his only child Dianne, a great father-in-law, a friend to many and his passing still resonates throughout this town and his helping hand will guide us for generations to come.

Written By: John Jones

Nursing Notes: Is it Depression or Dementia?

Symptoms of Depression

- Mental decline is relatively rapid
- Knows the correct time, date, and where she is
- Difficulty concentrating
- Language and motor skills are slow, but normal
- Notices or worries about memory problems

Symptoms of Dementia

- Mental decline happens slowly
- Confused and disoriented; becomes lost in familiar locations
- Difficulty with short-term memory
- Writing, speaking and motor skills are impaired
- Doesn't notice memory problems or seem to care

If you notice signs of depression or dementia, schedule an appointment with your primary care physician.



Heart disease is a term that covers many types of diseases. This will include diseases of your heart vessels, heart arrhythmia problems, infections and heart defects. Sometimes you may hear the term cardiovascular disease which is interchangeable. This refers to conditions that involve blocked blood vessels that can lead to a heart attack, chest pain or stroke. Many types of heart disease can be prevented or treated with healthy lifestyle choices.

Symptoms of heart disease can include chest pain, shortness of breath, pain, numbness or coldness in your legs or arms. You may not be diagnosed with heart disease until you have had a heart attack, heart failure, or a stroke. One of the major causes of problems with the heart is atherosclerosis or a buildup of fatty plaques in your arteries. It is usually caused by an unhealthy diet, lack of exercise, being overweight and smoking.

Heart disease risk factors include: your age, your sex (men are at greater risk), family history, smoking, poor diet, high blood pressure, high cholesterol, obesity, lack of exercise, high stress, poor hygiene and diabetes. The greater the number of risk factors in your life,

the greater the risk of heart disease.

Patients that develop heart disease have a greater risk of heart failure, heart attack, stroke, aneurysm, peripheral artery disease or sudden cardiac arrest.

When you visit your doctor you need to have a list of your risk factors, any physical diagnosis you may have, and be prepared to discuss your diet, smoking, and exercise routine. He may choose to do blood tests, chest x-ray, EKG, holter monitoring, or an echocardiogram. When serious problems are detected he may do a cardiac catheterization, heart biopsy, CT scan or MRI.

There are medications that you can take that help to control your heart disease. It is essential that you take medications exactly as prescribed by your physician. More importantly you must make lifestyle changes. This will include eating a low-fat and low-sodium diet, exercise 30 minutes a day, quit smoking and limit your alcohol intake. You must take responsibility for your health.

If you would like to learn more about the many types of heart disease, I am including a web site reference to the Mayo Clinic:

www.mayoclinic.com/health/heartdisease

Do something
today that your
future self will
thank you for.



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LIVING CENTERS
— COLUMBUS —

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