

VOLUME 2 · ISSUE 2

THE TRUCARE Tribune



Resident Spotlight:
Virginia Varley

Life Long Living
& Activities

Life Long Living
at TruCare

UPCOMING EVENTS

Pretty Nails

Saturdays
at 10:00 am



August Birthday Bash with live music by JC Cooper

August 21st

Bake Sale
September 19th

NFL Party
September 5th



September
Birthday Party
Sept 18th

Pet Therapy with Adah

September 8th at 2pm

Cooking Club

September 23rd at 3pm

A Full activities calendar is available at the front desk, or online at tlc-columbus.com/newsandevents
Family and Friends are always welcome!

Never Too Old for Video Games

Video games are not just for the kids anymore--resident's of TLC have joined the Wii craze. Many of them never thought they would add 'video games' to their list of hobbies.

Several times a week TruCare's parlor transforms into a bowling alley, well, a virtual bowling ally. Laughter is shared amongst residents and staff as they engage in friendly competition.

We have not only found that bowling tournaments are great social events, but also great exercise! We call it "Wii-habilitation".



Life Long Living at TruCare Living Centers



Residents enjoy loading up in the van to go out on the town-- whether it's a shopping trip, a lunch outing, or a ride through the countryside.

Walmart is a favorite destination of many TruCare residents.



Out on the Town



Each month residents, staff, family and friends come together to celebrate all of the Birthdays for the month.

Guests enjoy cake and ice cream as well as live musical entertainment provided by JC Cooper.

Some residents sit back and enjoy the music while others find their way to the dance floor.



Golden Retrievers are known as a "man's best friend"-- loyal and dependable.

This beautiful Golden, and certified therapy dog, visited friends up and down our halls.



Therapy Dog

Birthday Bash

From our Kitchen to Yours



Fresh
Strawberry-Spinach
Salad

Ingredients:

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon sea salt, plus a pinch or two more
- 1 cup fresh strawberries, sliced
- 5 cups baby spinach leaves, washed and dried
- 3 tablespoons shallot, minced
- 1/2 cup sheep's milk feta, crumbled
- Fresh-ground black pepper to taste

Directions:

Place the spinach leaves into a medium-sized bowl. Drizzle half the dressing over the leaves, and turn to coat with your fingers. Gently toss in the strawberries, shallot, and feta. Drizzle on a bit more dressing to taste. Taste the salad and add more dressing or salt as needed. Finish with several twists of fresh-ground black pepper and serve.

Boost Your Breakfast

Boost your breakfast by adding a side of fresh berries for energy and antioxidants.



Culinary Delights

TruCare Cooking Club

Many memories can be made around a table when many different people and flavors come together. TruCare's Cooking Club is about just that-- the friendships that are formed when cooking and sharing a meal together.

Sometimes sweet and sometimes savory, cooking club makes treats from chocolate chip cookies to Pig in the Blankets. The aroma from the kitchen is sure to catch the attention of passersby, so it is a great way to make new friends!



Summer is Gone... but the heat isn't.



Ice Cream Social
September 22nd at 2:00 pm

July 4th Celebration

Remembering the 70th Anniversary of the D-Day Invasion

During World War II, the Battle of Normandy, which lasted from June 1944 to August 1944, resulted in the Allied liberation of Western Europe from Nazi Germany's control. Codenamed Operation Overlord, the battle began on June 6, 1944, also known as D-Day, when some 156,000 American, British and Canadian forces landed on five beaches along a 50-mile stretch of the heavily fortified coast of France's Normandy region. The invasion was one of the largest amphibious military assaults in history.

We honored 7 of our residents that served during, or directly supported the efforts of, the Battle of Normandy. They were all recognized for the service in their respective branch of service and other specific accomplishments during their service to their country.

Also in attendance was another local hero who still resides in Weimar. He was a POW held in captivity for 14 months during the Korean War. He is 1 of 2 surviving POWs from this area.

Our local Boy Scout Troop 312 and VFW post 6113 supported our ceremony with a flag detail that took charge of raising and lowering our building's ceremonial American flag.

We also had Taps played live by one of the members of the VFW post. It was a very moving moment. At the conclusion of the ceremony, all of our guests and residents were invited inside for refreshments and punch.

As the Master of Ceremonies again this year, I tried to bring the maximum amount of honor and awareness to our residents who served our country proudly. We had a memorable day, with honor and appreciation shown to all of our residents and guests who served.

Scott Michael, PTA, DOR
Dir of Rehab, TLC-Columbus





Resident Spotlight

Virginia Varley is our resident of the Month. Ms. Varley grew up in Sheridan, Texas. A small town in Colorado County and was born October 8, 1942. She's made TLC her home since March 2009.

She is very active in the facility and activity department. She is one of the top bowlers on the Wii game and most of the time you will find her putting puzzles together in the front lobby. She is a delightful resident and she helps make the activities very exciting.



SOCIAL SERVICES CORNER

The following checklist will help you identify your care needs. With this information, your health care provider can help you customize a care solution. You can print this checklist and check the box next to any items that you have recently observed.

Do you or your loved one...

Mental

- Feel forgetful, confused or lost
- Mix up or forget to take medications
- Miss doctors' appointments
- Overlook things that pose a safety concern
- Struggle to pay bills or buy food
- Receive a lot of junk mail
- Write checks or withdraw money to make payments to unfamiliar people or companies
- Act secretive while on the phone

Physical and Medical

- Sleep more often or have less energy
- Notice a change in eating habits
- Have difficulty walking, dressing, eating or bathing
- Have trouble cleaning or maintaining a household
- Fall more often or bruise more easily
- Need medical attention or additional personal care
- Take medication that you think needs to be adjusted
- Need daily/weekly treatments, such as dialysis or IV therapy
- Use medical equipment, such as an oxygen tank

Emotional and Social

- Feel lonely or depressed
- Feel frustrated or stressed
- Take less interest in things previously enjoyed

• Nursing Notes •
Making a Difference



While walking along a beach, an elderly gentleman saw someone in the distance leaning down, picking something up and throwing it into the ocean.

As he got closer, he noticed that the figure was that of a young man, picking up starfish one by one and tossing each one gently back into the water.

He came closer still and called out, "Good morning! May I ask what it is that you are doing?"

The young man paused, looked up, and replied "Throwing starfish into the ocean."

The old man smiled, and said, "I must ask, then, why are you throwing starfish into the ocean?"

To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."

Upon hearing this, the elderly observer commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"

The young man listened politely. Then he bent down, picked up another starfish, threw it into the back into the ocean past the breaking waves and said, "It made a difference for that one".

(Adapted from The Star Thrower by Loren Eiseley 1907 – 1977)

So many times over the years I have been told that it takes a special person to do what we do in the nursing home. I would have to agree. Whatever position is held in the nursing home, the work is different from anyone else's. Our employees act as a companion, a friend and an ally. They use

patience, empathy, kindness instead of fancy tools. They complete tasks that others are not lining up to do.

Prairie Grove Health and Rehab would like to thank each of the front line workers for "making a difference" each and every day one resident at a time.



Nursing Spotlight

Mary Dancy

Mary Dancy was born and raised in Eagle Lake, Texas. She comes from a large family being the youngest of three children, and now having five daughters and ten grandchildren, who she spends most of her time with when she is not working. Mary's hobbies include yard work, puzzles, and playing computer games.

Mary has been with TLC since November 2012 and brings 25 years of experience. Mary is very hard working and dependable. She is the true meaning of "teamwork", always willing to lend a helping hand wherever needed. Mary is adored by residents and staff alike, and is known for always wearing a smile on her face. Thank you, Mary Dancy for all of your hard work and dependability!



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LIVING CENTERS
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