

VOLUME 3 · ISSUE 2



# The Trucare Tribune

National Nursing Home Week Issue:

**BRING ON THE  
Fiesta!**

| From our Kitchen:  
Perfect Guacamole

| Life Long Living  
& Activities

| Spotlight on  
Nursing

# *Life Long Living*

## Activities at TruCare

Cinco De Mayo Party  
May 5<sup>th</sup> at 3:00 pm

Nurses Day  
May 6<sup>th</sup>



Walmart Trip  
May 7<sup>th</sup> at 2:30 pm

Resident Council  
May 18<sup>th</sup> at 2:30 pm

Ice Cream Social  
May 28<sup>th</sup> at 2:30 pm



Nursing Home Week  
May 10<sup>th</sup>- 16<sup>th</sup>

A Full activities calendar is available at the front desk, or online at [attlc-columbus.com/newsandevents](http://attlc-columbus.com/newsandevents)  
Family and Friends are always welcome!

*"Age is merely the number of years the world has been enjoying you."*

YOU'RE INVITED TO OUR MONTHLY  
**BIRTHDAY BASH**  
*Third Thursday Every Month*

*Resident Birthdays*

**April:**

Edward Zatopek  
Madeline Williamson  
Lawanda Stolle  
Adrine Miller

**May:**

Donald Cedars  
Mary Vogelsang  
Juanita Garcia

**June:**

Raymond Hopkins  
Marcella Ricicar  
Felix Soto  
R. Barten

# NATIONAL NURSING HOME WEEK: BRING ON THE FIESTA

During May, The Pavilion Rehabilitation and Long-Term Care Center will celebrate National Nursing Home Week. This is an event that brings the community of residents, rehab patients, families, and care center staff together-- and this year will be a Fiesta like no other. That's right! The theme of 2015 National Nursing Home Week is "**Bring on the Fiesta!**"

We will be kicking off festivities on May 10th to celebrate "Familia, Vida and Amor" (Family, Life, and Love). On Mother's Day, we will be hosting a celebration at 3pm. Mother's and Daughters, friends and family are welcome!

## Activities

S

**Sunday, May 10<sup>th</sup>**

Mother's Day Celebration | 3pm

M

**Monday, May 11<sup>th</sup>**

Milkshakes | 3pm

T

**Tuesday, May 12<sup>th</sup>**

Baked Potato Bar 3pm

W

**Wednesday, May 13<sup>th</sup>**

Smoothies 3pm

T

**Thursday, May 14<sup>th</sup>**

Chips and Dips 3pm

F

**Friday, May 15<sup>th</sup>**

Fiesta Friday 3pm



"Familia, Vida and Amor"

Our staff wants to make this a special time of entertainment and education for all while focusing on bringing to life the week's sub theme of Familia, Vida and Amor (Family, Life, Love). We want everyone to celebrate with residents and patients, enjoying the crowds, the activities, and the feelings engendered by the theme.

We invite you, our family, our friends, and our community, to come out and celebrate National Nursing Home Week with us. Our events will be fun for everyone! Your presence will help make Nursing Home Week a special time of entertainment and education for everyone in our area.

Join us for themed snacks each day of the week. Call or visit our front desk for a detail calendar of activities happening throughout the week.

# From our Kitchen to Yours



## *perfect* GUACAMOLE

### Ingredients:

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (optional)

### Directions:

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

## *Pico de Gallo*

In a medium bowl, combine tomato, onion, jalapeno pepper (to taste,) cilantro and green onion. Season with garlic powder, salt and pepper. Stir until evenly distributed. Refrigerate for 30 minutes.



## Mary Kay MAKEOVERS

We love making our ladies feel as beautiful as they are on the inside! On May 13th at 3 pm a Mary Kay representative will be giving makeovers in the on-site beauty parlor.



Stay Connected with TruCare  
*and the ones you love.*

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[Facebook.com/tlccolumbus](https://www.facebook.com/tlccolumbus)

Like Us On [facebook](#)

# Easter

Easter is a holiday we treasure at TruCare. We cherish time spent with friends and family members who join us for our annual egg hunt.

The weather was beautiful and the flowers were blooming. The joyful sounds from children hunting Easter eggs were contagious—smiles and laughter spread throughout the building. We even had a special visit from the Easter bunny himself!



# FUNNY BONE

An elderly woman had just returned to her home from an evening at church service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you."

"SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!"

SOMETIMES YOU WILL  
NEVER KNOW THE  
VALUE OF A MOMENT  
UNTIL IT BECOMES A  
MEMORY.

-Dr. Seuss

Memorial Day  
May 25th

# Celebrating our Nurses

National Nurses Week May 6<sup>th</sup> - 12<sup>th</sup>

Tara



I became a nurse to further my education from being a CAN and to help provide for my family. I love knowing that I am helping others in their time of need. Being a nurse is the greatest feeling in the world along side being a mother.

I became a nurse to further my education and have a career which helps me provide for my family. I love being a nurse because I am able to help those whom are ill and unable to help themselves.



Amanda

David



I was inspired to become a nurse after assisting with a roadside accident as a first responder. I just wanted to do more. I now enjoy being part of a team that can aid in the wellness of humanity everyday.

Brittney



I became a nurse because I have always had the desire to make a difference in the lives of others. The most rewarding part about being a nurse is that you will touch patients and families lives in a way you never thought possible.

Rudi



I was truly inspired to become a nurse when my grandfather has a stroke and I helped take care of him everyday. I enjoy seeing a smile on my residents faces knowing that I've been there for them in some of their hardest times.

*"They may forget your name,  
but they will never forget how  
you made them feel."*

-Maya Angelou

**Share your Story  
at [tlc-columbus.com](http://tlc-columbus.com)**

Many of our nurses enter the field after their life was changed by the care of a nurse. We want to hear your story. Is there a nurse at TruCare who has gone above and beyond the call of duty? Share with us online.

# Mother's Day

## Celebrating Mother's Day when Mom is in a Nursing Home

With Mother's Day quickly approaching, Sunday, May 10th, many people are planning celebrations to honor their Mothers. You might be wondering, *What does it look like to honor your elderly mother living in a nursing home? How can you make this day special?* If your mother is living in a nursing home, You might be confronted with either of these scenarios- one, your mother is able to leave the facility for an outing, or two, for medical reasons, your mother is unable to leave the facility. No matter the situation for your mom, here are a few ideas for spending time together and making the day special.

### Going out

Weather permitting, the possibilities for going out on the town are vast. From outdoor activities such as a walk in the park to indoor activities such as visiting a salon, here are a few tips for creating an enjoyable and memorable day.

- **All about Mom-** Does your mom enjoy being outdoors? Does she enjoy the theater? Tailor your outing to her interests. It's fun to celebrate what makes your Mother unique.
- **Sweet and simple** - Despite how great your mom is feeling or how good of shape she



is in, seniors tire easily. Keep the day sweet and simple.

- **A sentimental setting-** For seniors in nursing homes, sometimes their favorite place is one that is familiar. The home of a family member or another place near and dear to their heart makes a nice setting to share a meal.

### Staying in

There are many ways to make your Mother's day special if she needs to remain in the nursing home. Spending time with her is a great way to honor her motherhood.

- **Reminisce** Spend time reminiscing with your mom over happy times in your life. Sharing fond memories is a wonderful bond.
- **Change of Scenery-** If it is possible, move out of your mothers room and visit outdoors, or share a meal in the dining room.
- **Gift from the Heart-** Bring a family photo or art from the grandkids for her to hang in her room. Use technology such as video of the family to help her feel connected.

For those too far to visit, our website features an "Email a Resident" page- have a personal message delivered to her door.



5703 Gulf Tech Dr, Ocean Springs, MS 39564

# TruCare

LIVING CENTERS

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COLUMBUS

www.tlc-columbus.com | 1511 Montezuma St.  
Phone: 979.733.0500 | Columbus, TX  
Fax: 979.733.0502 | 78934



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