

VOLUME 3 · ISSUE 3



THE TRUCARE Tribune

| From our Kitchen:
| Peach Cobbler

| Life Long Living
& Activities

| Spotlight on
| Becky Wilburn

Life Long Living

ACTIVITIES AT TRUCARE

Lemonade's
Birthday

Aug 20th



Labor Day
September 7th

Walmart Shopping Trip
September 10th at 2:30pm

Youth Choir Performance
St. Paul Lutheran Church
September 13th at 2:15 pm



National
Rehabilitation
Week

Sept 20th- 26th

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



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

Resident Birthdays

July:

Peggy Cooper- Jul 2nd

Robert Wristen- Jul 5th

Jurline Huebel- Jul 9th

Forrest Girndt- Jul 12th

Marjorie Rutta- Jul 12th

Vernon Braden- Jul 19th

Florine Kovar- Jul 23rd

August:

Mabel Krenek- Aug 3rd

Vera Courtney- Aug 3rd

Emma Helweg- Aug 7th

Sally Goodwin- Aug 16th

Delbert Brannan- Aug 18th

Charles Neuendorff- Aug 19th

Richard Littlefield- Aug 20th

Carolyn Hastedt , August 22nd

Milton Nelson- Aug 30th

September:

Lillian Jean Trefny- Sep 11th

Cecile Baydik- Sep 12th

Celia Medrano- Sep 21st

Mabel O'Leary- Sep 22nd

Mae Solansky- Sep 27th

J.M. Rutta- Sep 28th

RESIDENT SPOTLIGHT

Becky Wilburn

Mrs. Becky Wilburn came to us here at TruCare in July. She was born in Bernardo, Texas and grew up in Columbus. She has 5 siblings, 3 sisters and 2 brothers. She has 5 children of her own, 13 grandchildren and 20 great grandchildren. She enjoys playing dominoes and loves to show and talk about her sewing projects to the other residents. She's currently working on fabric yo-yos. Many have come to see her work and she gets a lot of ooh's and aah's! She has inspired several residents and staff with those yo-yos. She even has some of her creations in her room. Her family once owned a fabric shop and this is where she found her love of sewing.

Self-education has been a driving force in her life as has education of children. At least 4 nurses credit her as having influenced them to careers in nursing. She herself was in the medical field for 10-yrs as an aide. She gave meds, and even delivered a baby. She enjoys being here with us and we enjoy her.



Mrs. Becky Wilburn

'Sewing small pieces of fabric together, gives me a peaceful heart and a quilt to wrap you with my love.'

- Benita Skinner



From our Kitchen to Yours



just peachy — COBBLER —

Ingredients:

- 1/2 cup unsalted butter
- 1 cup all-purpose flour
- 2 cups sugar, divided
- 1 tablespoon baking powder
- Pinch of salt
- 1 cup milk
- 4 cups fresh peach slices
- 1 tablespoon lemon juice
- Ground cinnamon or nutmeg (optional)

Directions:

1. Melt butter in a 13- x 9-inch baking dish.
2. Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).
3. Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon, if desired.
4. Bake at 375° for 40 to 45 minutes or until golden brown. Serve cobbler warm or cool.

Stay Cool!

Serve with your favorite vanilla ice cream!

Let Your Voice Be Heard

Resident Council

From meals to activities, we want to hear from you! Resident Council meetings are a great opportunity to have your voice be heard and make TLC Columbus an even better place to live! September's meeting will be held on Monday the 21st at 3pm.



get social!

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

Like Us On  **facebook**

Caring & Community



TLC Columbus staff is not afraid to get silly or sweaty for a cause. Whether it is wearing red noses to fund raise for children living in poverty or lacing up tennis shoes to run for the Columbus Cardinal Booster 5K, our team will do it all for a good cause.



All for the Cause



Volunteers bring such a fun energy into our building.

Residents enjoyed playing bingo and visiting with young visitors. If you are interested in volunteering your time or your talents, contact Lis, our Activities Director.

During National Nurses Week, departments heads Brittney, Rudi, and Jamie sported these crazy up-dos proving they are just as funny as they are caring. Their silly hair brought smiles to residents' faces.



Crazy Hair Day

We Love Volunteers

Book Club

RESIDENT SUMMER READING PICKS

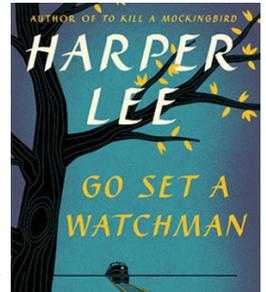
Reading has been a life long hobby for many of our residents. Getting lost in a good novel is an excellent way to escape the summer heat and "explore" past times and new places using our imaginations.

While some enjoy wild western adventures of cowboys or the thrill of suspense and mystery novels others prefer collections of poetry and the sentiments of romance novels.

We polled our residents and the results are as diverse as the readers themselves. Below is our compilation of Resident Picks.

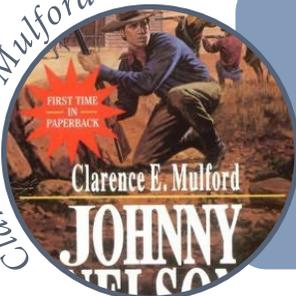
HOT OFF THE PRESS

Great American Author, Harper Lee has helped shaped the minds of many students with her classic novel, "To Kill a Mocking Bird", published in 1960.



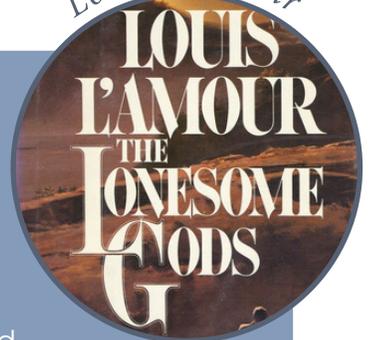
On July 14, 2015 was the highly anticipated and controversial release of the sequel written decades earlier, "Go Set a Watchman".

Clarence E. Mulford



Clarence E. Mulford western novels are where you can find a few of our residents' favorite characters such as, Hopalong Cassidy and other men of Bar-20 Ranch.

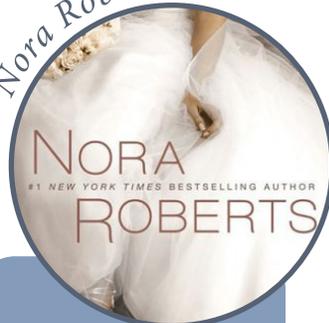
Louis L'Amour



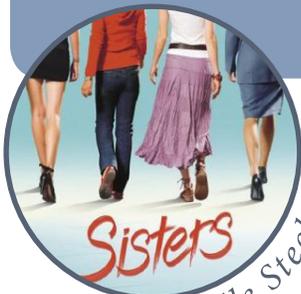
Another great American writer of both western novels and poetry collections, Louis L'Amour carries on Clarence E. Mulford's Hopalong Cassidy character.

Since 1973, Danielle Steel has been writing books that are among residents' favorites. Between the romance and drama, our residents never get bored with her long list of novels.

Nora Roberts



Nora Roberts has written more than 209 romance novels and was the first author to be inducted into the Romance Writers of America Hall of Fame.



Danielle Steel

Those seeking more of a thrill might reach for one of Stephen King's books. He has written spooky titles such a Carrie, The Shining, The Stand, and Shawshank Redemption.

Stephen King



Technology in the Skilled Setting

Written By
Catherine Purser,
LNFA, LCSW



From wireless home monitoring to the easy-to-use ‘Jitterbug’ phones with catchy ringtones, technology for senior citizens has been popping up left and right. In a rapidly evolving technology climate, the residents in our skilled nursing facility can draw far more benefits from technology than one might imagine, including more social interactions, physical exercise, and more!

Loneliness is a prevalent problem among nursing home populations, where isolation from friends and family can often lead to feelings of depression and even early death. Although physical exercise and interpersonal activities at the long-term care facilities have long been used to combat the loneliness and boredom, signs point to technology being a beneficial addition to daily routines.

"According to United Healthcare's 2012 100 @ 100 survey of centenarians, staying socially engaged is just as important to healthy aging as genetics and maintaining a healthy body. Many forms of technology are available to help residents be more socially engaged."

Programs like Skype and Facetime, which allows video chat, can be used to maintain contact not only with family but also with friends who may live states or even entire continents away.

Imagine how special this technology could be to those residents who must remain away from family on holidays or birthdays. Where a phone call can be seen as impersonal or even just fail to meet the need for ‘connection’, a video call allows the resident to see the person they are speaking to in real time. It allows for watching the facial expressions and body language, which are a large part of how humans communicate.

Social networking sites such as Facebook can also fill this need for socialization, with faster response times than physical mail or even email. Social networking sites allow the resident to be a part of their family’s lives in a more frequent way than an occasional phone call could, and allow them to "watch" events as they unfold through photos and videos. Facebook also allows the residents to ‘follow’ topics that they find interesting and receive posts on these topics, providing a safe gateway into the vastness of the internet.

Digital games are often overlooked when considering technology for seniors. In addition to promoting hand eye coordination and cognitive function, games can also help battle boredom. Gaming devices such as the Wii can promote exercise in a fun, engaging way while hand held app games, such as Tetris, can be beneficial for those who are bed or wheelchair bound. Best of all, games have various subjects and mechanics. If one isn’t engaging to an individual, another might be.

Overall, technology could benefit the aging population and those in long-term care settings in many unique and previously unimagined ways. No longer the sole domain of the wealthy and young, it has become more accessible than ever with a rising population of elderly taking the technological leap.

Websites such as *senior-learning.wikispaces.com* offer simple, easy to use guides to help the aging not only get online and use programs like Skype and email, but also how to be safe while doing it. There are more resources than ever before, and we should use the tools that we are provided to create the highest standard of living possible.



5703 Gulf Tech Dr, Ocean Springs, MS 39564

TruCare
LIVING CENTERS
— COLUMBUS —

www.tlc-columbus.com
Phone: 979.733.0500
Fax: 979.733.0502

1511 Montezuma St.
Columbus, TX
78934

 facebook.com/tlccolumbus