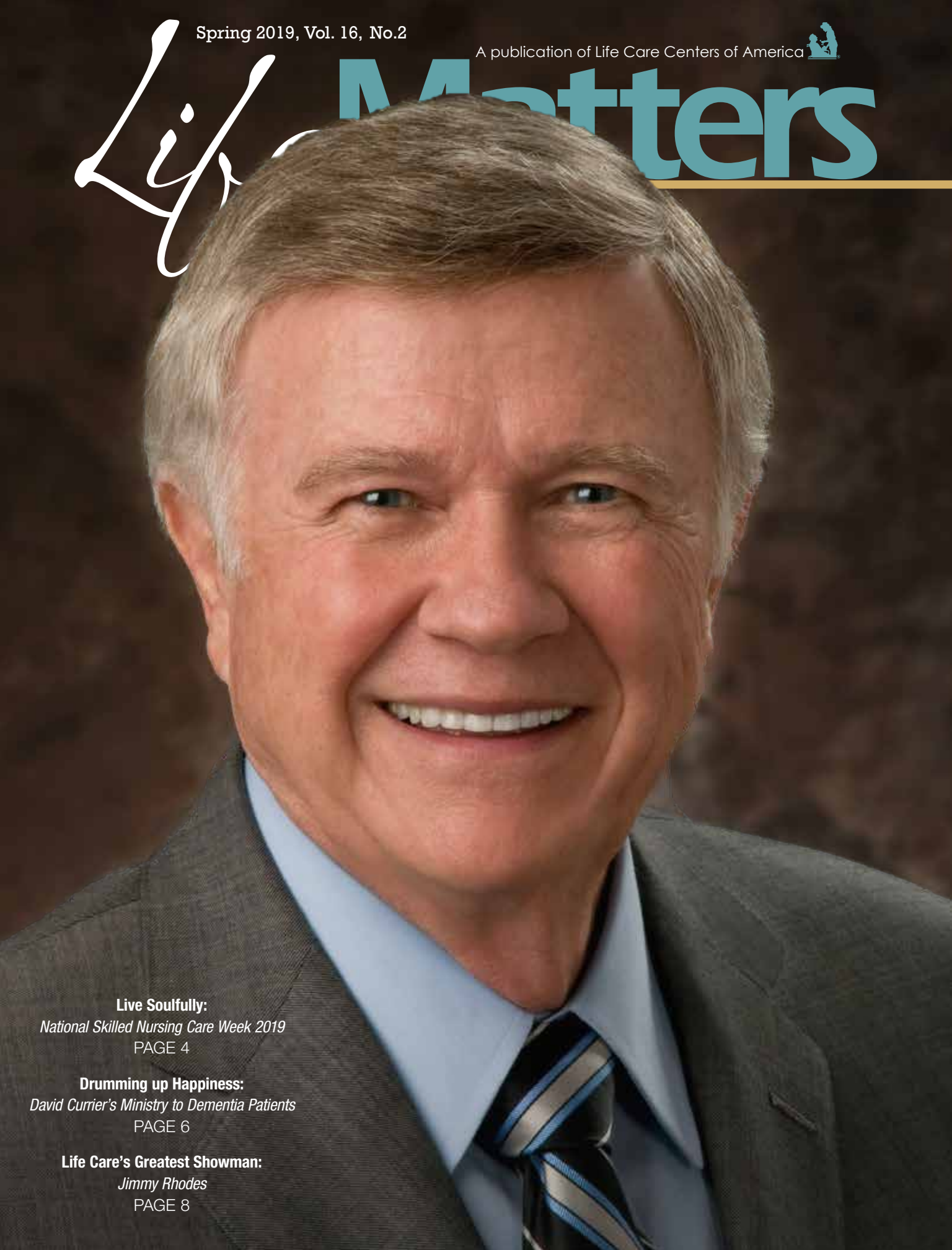


Life Matters



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National Skilled Nursing Care Week 2019

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A message from the president

February of this year marked the end-of-life journey for two men who brought sunshine and happiness to thousands of associates in Life Care and Century Park, as well as countless others across our country:

- Jimmy Rhodes, 83, director of music services for Life Care, beginning in 1994, prepared music therapy materials to inspire and entertain our residents and patients. He died on Tuesday, Feb. 5.
- Claude Ogle Sr., better known to our associates as Mr. Life Care, passed away on Sunday, Feb. 24, two days past his 104th birthday.

Traveling with Jimmy was always delightful – soaking in his music, watching the response of his audiences, and laughing at his jokes. He always had many.

Since both of us were coffee lovers, we particularly relished driving in the State of Washington, where Starbucks is headquartered. It seems there is a coffee shop on every corner.

One day, as we stopped at one of them, he turned to me and quipped, “You know, Beecher, I figure we get five miles to the latte!”

Ogle, too, was a gifted musician on several instruments, but his favorite was the piano. For a number of years, he volunteered to sing and play for the residents and patients of Life Care Center of Cleveland, Tennessee, and he came to live there in 2015. That same year, the center decided to select its first Mr. Life Care, as it had routinely picked a Ms. Life Care. Ogle won, and he embraced the title and proudly proclaimed it on any occasion.

His videos of wit and wisdom, dubbed a Daily Dose with Mr. Life Care, became instantly popular. He had an incredible memory, reciting the alphabet backward,

and he was a master storyteller, most of them humorous, some reflective.

He sent word one day about three years ago that he needed to talk with me. When I arrived, he advised that he had never told anyone this story, but he wanted me to hear it.

As a very young man, he was asked by some friends to drive them to Birmingham, Alabama, where they had some business to conduct. Although the car he owned had no brakes or lights, he agreed, and a group of him and six passengers made the trip.

Coming back home on old U.S. 11, they came into Ooltewah, Tennessee, and were approaching the railroad underpass, hardly room for one vehicle.

“We were doing about 45 miles an hour, ready to enter the underpass, when I looked up at the other end and saw the headlights of a large, heavy truck starting into it. With no brakes and no lights, there was nothing I could do. I braced myself, thinking there were seven of us in the car about to die, and maybe even our bodies would be burned.”

Miraculously, he said, “in the next few seconds we found ourselves through the underpass with not a scratch on the car, and the truck out of sight. I didn’t know God then, and I didn’t know how to pray. But God must have seen something in me, had something for me to do, and delivered all of us out of what was likely certain death.”

Indeed, God had something for both Jimmy Rhodes and Claude Ogle Sr. to do. And they were faithful to His call.

Sincerely,

Beecher Hunter

Beecher Hunter



ON THE FRONT COVER:
Jimmy Rhodes, 1935 – 2019

LifeMatters

is published quarterly by
Life Care Centers of America
P.O. Box 3480
Cleveland, Tennessee 37320

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25 Parkview Associates Celebrate 20+ Years with Life Care

On Feb. 26, 2019, associates from Parkview Nursing and Rehabilitation Center celebrated an important milestone: more than 25 associates from the facility in Paducah, Kentucky, have been with the company for at least 20 years. Executive Director Lori Moberly decided that this achievement should be commemorated, so she planned an event to honor these associates and their service. The associates were treated to dinner at Rafferty's

and were gifted special T-shirts. Business Office Manager Christa Barker, who has been with Parkview for more than 30 years, loved the event.

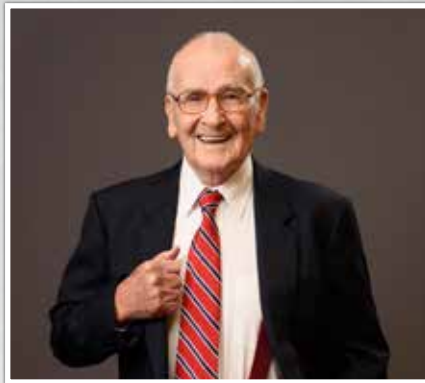
"It was nice to see everyone," Barker said. "I didn't realize there were so many associates who had been here for over 20 years. It was great to reminisce with each other."

Travis Hillis, regional vice president, attended the event and congratulated associates

on their achievement. Each associate had a chance to stand and share about their years of service and memories from over the years. Another happy attendee was Kay Carson, a certified nursing assistant who is celebrating her 30-year anniversary with Parkview this year.

"It made me feel like I was appreciated and special," Carson said.

Remembering Mr. Life Care



Claude Ogle Sr., a resident at Life Care Center of Cleveland, Tennessee, who claimed the title of Mr. Life Care in 2015, passed away on Sunday, Feb. 24, two days after his 104th birthday. As Mr. Life Care, Ogle charmed thousands of associates, families and guests with his wit and wisdom. He was a featured resident in the 2016 edition of LEADER magazine, and many associates around the country knew him from his humorous Daily Dose of Life Care videos.

Raised in a musical family, Ogle could play every stringed instrument, as well as the

piano. For years, he volunteered his talents at the facility in Cleveland, and he continued to entertain residents and associates after becoming a resident himself in 2015.

In a conversation with Life Care President Beecher Hunter several years ago, Ogle laughed, "There's just one of me. Just one!"

It's true: there was only one Claude Ogle. And his contagious laugh and the gleam in his eye as he sang a treasured song or told a favorite memory will be long remembered by the Life Care family and the Cleveland community he graced for 104 years.

Life Care Names Physician of the Year



On March 7, Dr. Nancy Witherspoon, medical director at Life Care Center of Jefferson City, Tennessee, was named Physician of the Year for

Life Care Centers of America.

The honor was given during a Life Care ceremony held at the American Medical

Directors Association Annual Conference in Atlanta.

Witherspoon has served patients at Life Care Center of Jefferson City since 2016, first as an attending physician, and then in her role as medical director, which she was named in July 2018.

During the ceremony, Witherspoon was praised for being approachable, as well as anticipating issues and communicating clearly with residents as well as the entire care team. She is an active member of the facility's Performance Improvement Committee and has taken on the challenge of reducing the

facility's medication load.

"Nancy is deeply committed to providing excellent patient care," said Juan Miranda, executive director at Life Care Center of Jefferson City. "Her professionalism and compassion are an example to follow."

Beecher Hunter, Life Care president, added, "Physicians play a pivotal role in the care of our residents, and we are proud to honor those who stand out in their commitment and their compassion to ensure the health and well-being of those entrusted to them."

44-year Associate Retires at Green Valley Care Center



On March 12, 2019, Green Valley Care Center in New Albany, Indiana, honored Carol McLean, MDS coordinator, with a retirement party, honoring her for 44 years of service at the building.

The event featured several special guests and surprises for the honoree. Beecher Hunter, president of Life Care Centers of America, presented her with a beautiful painting and a framed letter thanking her for her longstanding devotion to the facility and its residents. The mayor of New Albany, Jeff Gahan, granted a proclamation that states March 12 will be known as Carol McLean Day. McLean also received 44 carnations from the associates and residents in attendance, to represent each year that she has served at the facility.

"Carol is a true inspiration for us to follow," said April Davidson, activity director. "Her dedication, care and compassionate personality have made a great impact on everyone who has had the pleasure of working beside her."

McLean began working at Green Valley Care Center as a CNA on Jan. 28, 1975. She worked every weekend at the facility for three years, while she attended Indiana University Southeast to obtain her degree as a registered nurse.

As an RN, McLean worked as a floor nurse, eventually being promoted to charge nurse and then nursing supervisor. In 1989, when the Minimum Data Set process began, McLean took over the role of MDS coordinator, a position she has held since that time.

"Carol has demonstrated that you can achieve great things with hard work, motivation and drive," said Mayor Gahan.

McLean feels that her most precious gifts from working at the facility are the friendships she made through the years, the time she spent with residents and associates and the outstanding individuals she encountered along the way.

Life Care Social Worker Recognized as Rising Star



On March 13, 2019, McKnight's Senior Living announced the Rising Stars in its new Women of Distinction awards program.

Natalie Law, social services director at Life Care Center of Stonegate in Parker, Colorado, was one of the 21 women recognized with this prestige.

"It's definitely an honor and a privilege," said Law. "I was just very, very surprised and happy."

Rising Star honorees have demonstrated enthusiasm for their careers in senior care and are looked up to by their peers. They are all in their 30s or younger and have been in the field for fewer than 15 years. They were selected out of a large pool of nominees who have helped their organizations achieve major patient care and performance milestones.

"The caliber of talent among nominees blew us all away," said John O'Connor, McKnight's vice president and editorial director. "It was humbling to see so many detailed and personalized nominations for hundreds of women in the field. We are excited to be the industry leader in acknowledging the contributions this group has made, and many are only getting started."

Law started as the social services assistant at fellow Life Care facility Western Hills Health Care Center in Lakewood, Colorado, in 2006. After completing her master's degree,

she joined Life Care Center of Stonegate as director of social services when the building opened in 2012.

"Social work kinda found me," said Law. "I've always wanted to be in the profession of helping people, and at Western Hills, I completely fell in love with it. Having the opportunity to touch the lives of every resident who enters our facility in such a profound way fuels my love for what I do every day."

"Natalie is the heart and soul of the facility," said Lucas Carroll, executive director. "She works tirelessly each day to ensure that our residents have everything they need. Numerous times I'll be talking with a resident, and the resident will gush about how she was in their room until late the night before, helping them through a difficult situation."



Live Soulfully

National Skilled Nursing Care Week
2019

At Life Care Centers of America, we are proud of the people we serve every day. As part of National Skilled Nursing Care Week 2019, we honored several of our residents who live soulfully by finding their happiness and contributing to the happiness of others. By paying it forward to help others achieve happy minds and healthy souls, these residents improve quality of life for everyone around them. We celebrated their influence on our lives and in our facilities during this year's NSNCW, May 12-18, and we are thankful for them every day of the year.

William Hickman, *Life Care Center of Greeneville, Tenn.*



Born and raised in Kingsport, Tennessee, Hickman is a 73-year-old resident who lives life soulfully by doing his best to help others

every day. Along with four brothers and sisters, he grew up helping his family work on a small farm in the country. They learned about hard work from an early age as they helped their

mother and father bushel beans, stack hay bales and feed the pigs, goats and chickens.

Today, Hickman still demonstrates a servant's heart of gold. At the facility, where he has lived for three years, he helps others and shows compassion to each person he meets.

"He is a truly amazing man," said Diana Renner, activities assistant. "His smile is contagious and can light up a room. He is always willing to help someone, even if he is not asked."

Hickman is often seen sitting and talking with residents who need a friend to listen. He is also known to

bring blankets and cover up residents who are cold. During activity time, he recruits other residents and makes them feel included, and even goes so far as to assist the staff with cleanup after each activity.

"If anyone did not know better, they would think Mr. Hickman is an employee because of the way he treats the residents and staff with such dignity and respect," said Renner.

"I just like doing stuff to help out," said Hickman. "I think the world of all the people here. They're all good to me."

Carol Herrick, *The Westchester House in Chesterfield, Mo.*



70-year-old Herrick truly knows how to live life soulfully.

Born in 1949, Herrick spent her childhood on her family's farm in

Breckenridge, Missouri. Her family owned horses, and ever since she was a little girl, Herrick has adored them. When she began to start a family with her husband, Mark, they owned

many horses with their two daughters, Genelle and Melika.

When Herrick was asked why she is a servant to other residents, she said, "If you want to be treated with kindness, you have to treat others that way."

Herrick has lived at the facility for four years, where she serves as an informal ambassador. She welcomes new residents by introducing them to everyone and invites them to activities with the rest of The Westchester House family.

"Without drawing attention to herself, Carol expresses her kindhearted nature by remembering

details from her conversations with peers and associates to instill a feeling of importance in everyone she meets," said Patti Scofield, activity director.

Herrick has battled cancer three times. Although it could be said that she has been dealt an unfair deal, her motto is, "Think positive. Life will get better. Keep your faith and believe."

"Carol Herrick is the epitome of living soulfully," said Scofield. "Carol is a resilient woman who has never let the hardness of her past affect the softness of her heart."

Vija Ridz, *Life Care Center of Wilbraham, Mass.*



Ridz is an 81-year-old resident at Life Care Center of Wilbraham, who truly knows how to live life soulfully.

Born in Latvia,

Ridz moved to the United States with her family in 1949 after Russian communists took control of the country. She went on to marry George

Ridz, and they had a son, Matthew. Ridz worked over the years in a laundromat, a small printing shop and a specialty brush shop.

At the facility, where Ridz has lived for seven years, she continues to serve joyfully. She is treasurer of the Resident Council and helps with crafts.

"Vija often has ideas to make the craft easier for the other residents," said Ed Sullivan, activities director.

When flowers are donated to the facility, Ridz takes the different flowers and arranges them beautifully, while other residents watch in amazement.

"I call it reconstructing them," Ridz shared.

When she's done, large bouquets go to the nurses stations, and residents can take the smaller bouquets back to their rooms.

When Ridz was asked why she does so much to brighten other residents' days, she said, "I just try to be nice."

"She is well loved and known throughout the facility," said Sullivan. "I can tell she is genuine, and it comes from her heart and her soul!"

Sheila Pantaleo, *Life Care Center of Pueblo, Colo.*



78-year-old Pantaleo is a blessing to the residents and associates at her facility.

Pantaleo embodies the idea of soulful living by brightening

up the facility and promoting the happiness of other residents. She has taken initiative in the facility's recreation room by organizing supplies and leading group crafts, and she

continually makes the dining room cheerful by making seasonal and holiday-themed centerpieces for the tables. She also goes to other residents' rooms to motivate them to stay social and active by engaging with the facility's programs and activities.

"She is an outgoing, cheerful and pleasant individual who always wants to help out and make life better for herself and for those around her," said Evelyn Carrillo, activity director.

Pantaleo is passionate about her encouraging role.

"Everyone needs to know that they are worth something," said Pantaleo.

"Everyone needs to be engaged in something productive with their lives because this, in turn, gives people the motivation to keep going and not just sit alone thinking negative thoughts. Instead, they can be happy, motivated individuals who have much to share with others."

By brightening up rooms, leading activities and encouraging others, Pantaleo continually shares her soulful and positive spirit with everyone at Life Care Center of Pueblo. 🌈



DRUMMING UP HAPPINESS:

David Currier's Ministry to Dementia Patients

By Heidi Pino

In 1988, David Currier's world changed.

His loving parents, Ralph and Fern Currier, were both diagnosed with dementia – Ralph with Alzheimer's disease and Fern with mixed dementia. For the next five and a half years, he was their caregiver.

Among the sadness of the experience, Currier discovered a key that helped bring to the surface the personalities and liveliness that Currier missed so much: music. One day, he put on "The Twist," and watched in amazement as his parents started to smile and jive to the familiar tune. He got out a drum, and his mother started drumming along to the rhythm.

Currier learned a lot from caring for his parents and now considers his knowledge a ministry to pass on to others. Although he was once a drummer for the band Boston and helped write movie soundtracks in Hollywood, these days he finds fulfillment in his job as director of dementia education and program development for Life Care's Northeast Division.

Currier first got involved with Life Care about nine years ago. He started working at The Highlands in Fitchburg, Massachusetts, and now he travels to facilities throughout the Northeast, doing associate training, drum circles and disco parties.

Currier spends the majority of his time training caregivers and teaching them ways to help their dementia

patients live as normal and self-fulfilled lives as possible. For example, he recommends using non-rinse soap when bathing dementia patients and using routine activities to not throw off their procedural memories.

Resident profiles are another tool Currier supports. These brief histories of each resident can be kept at the nurses stations and give associates a

starting point for conversations with residents that help put them at ease.

When he isn't training, Currier also helps facilitate drumming circles at the buildings. Residents sit in a circle of chairs with the facilitator in the middle, so everyone can see and be part of the activity.

The facilitator leads the group in drumming a variety of rhythms, from people's names, to phrases such as "I like apple pie," to singalongs. Often, residents will tap their toes or wave their arms.

According to Currier, the drumming lowers blood pressure, creates moments of joy, helps residents reminisce, gives them a chance to socialize, provides range of motion exercise and therapeutic music and is a good way to reduce antipsychotics, anxiety and depression.

"The regions of the brain that seem to be untouched by dementia are those areas of the brain that pick up pulses and vibrations," Currier said. "Music reaches deep down inside, and it pulls that real person out past that thick skin of dementia. It brings them to the here and now. I think it's spiritual. I think it's a gift that God has given us."

Currier added that even though dementia patients don't always remember participating in a drumming group, the happy feelings remain for hours if not days.

One time, Currier brought Dave Mattacks, Paul McCartney's former drummer, to sit in on a drumming circle. After the session, as people started talking to Mattacks about his career, he stopped them and pointed out in wonder that the residents were facilitating themselves.

"I've never seen another activity where you can have multiple levels of people with dementia and people that don't have dementia who can sit there and enjoy this," said Currier.

Currier recommends doing the drum circles weekly, a practice followed by Life Care Center of the North Shore in Lynn, Massachusetts, where Activity Director Sarah Blacker, a board-certified music therapist, facilitates an active drumming group that residents of differing functional abilities enjoy as part of their routine.

Currier is working to get discounted drumming equipment to more Life Care facilities so their residents can benefit, too. He is also planning a video

showing how to start the drum groups.

The third major thing Currier does in his role is put on disco parties at the centers. The name might be misleading, however – the music is a wide variety, from "What a Wonderful World" and "Pretty Woman" to the Beatles and Motown. The key is upbeat and happy music.

"The Baby Boomers right now are even beyond Elvis," said Currier. "It's a different group. I put on 'Uptown Funk,' 'YMCA.' When you play this music, it's the staff's music, so when they hear 'Uptown Funk,' impromptu, they'll dance through and then dance out, and the residents see that, and because the residents love our associates, they feel like it's a happy house, like everybody's celebrating, and it elevates their spirits too."

Currier brings happiness to Life Care, whether he is training, drumming or leading a disco party. And the happiness comes back around to him.

"I've been given this wonderful gift to help others, and it energizes me," said Currier. "When I really think about it, this is the most rewarding job I've ever had." 🎵

LIFE CARE'S GREATEST SHOWMAN: JIMMY RHODES

By Leigh Atherton and Ryan Faricelli



Few people have influenced Life Care Centers of America like musician James “Jimmy” Rhodes. From performing at the grand opening of the very first facility in Cleveland, Tennessee, in 1970, to traveling around the country, ministering to residents and associates in the company’s 200+ facilities, Rhodes made a difference wherever he went.

“The first time I met Jimmy was within my first week or two as a brand-new executive director at Life Care Center of Sierra Vista, Arizona,” shared Matt Ham, Life Care’s Southwest Division vice president. “I remember being excited to meet Jimmy, because I’ve always loved music. When I heard he had arrived, I went to find him and introduced myself as the ED. He said, ‘Why, you don’t look old enough to be the ED. I’m not sure I’d feel comfortable putting my loved one here.’ I was a little shocked, but worked hard to prove that we could do good things and that he or anyone else could feel very comfortable placing their loved one in our care. I’m not sure if he meant to have an impact with those words, but they drove me to work hard.”

The piano was Rhodes’ first instrument. His mother wanted him to learn it so much that she purchased an old upright piano for \$100 and ordered a correspondence course so that she could learn to play hymns that she could then teach him. Though he initially resisted, he was playing for weddings, funerals and other services by the age of 10.

Rhodes attended Southern Missionary College in Tennessee and graduated with a degree in music education, which required him to learn many different instruments. Helping people was always part of his goal, however, and he wrote his master’s thesis at the University of Southern California on how music affects people’s behavior. This research would give him the basis of understanding music therapy.

“I witnessed the effect of music therapy on disabled children, read about how the brain is affected by music and volunteered to play worship services at nursing homes,” said Rhodes of his early experience with music therapy and geriatric care. “I try to find out what each resident responds to – what stimulates the brain and causes them to reminisce. Forrest [Preston, Life Care’s founder] always loved music, and, eventually, he saw how beneficial it would be to have a full-time musician for Life Care.”

After joining Life Care full-time in 1994, as director of music services, Rhodes visited Life Care facilities across the country, helping residents and associates celebrate open houses, anniversaries, grand openings, birthdays and other events. When not traveling, he researched and introduced new music therapy technologies and techniques to the company. He also wrote books and manuals on integrating music into residents’ lives and helped facilities develop their own music therapy programs.



“My all-time favorite story involved a concert at Heritage Health Care Center in Globe, Arizona,” shared Beecher Hunter, Life Care’s president. “Jimmy concluded the dining-room performance, took a list of names and went down the hall to resident rooms. In one, he met Uncle Henry, sitting by his bed, wearing a baseball cap. After playing two or three songs – to Uncle Henry’s delight – Jimmy said to the resident, ‘Would you like to play this keyboard?’

Uncle Henry responded quickly, ‘Oh, no, no, no. I couldn’t do that.’

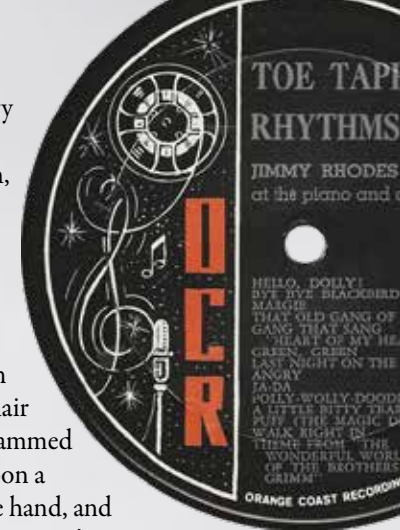
“Jimmy placed the keyboard on the wheelchair arms, programmed it to play upon a touch of the hand, and said, ‘I bet you can!’

“When Uncle Henry’s fingers touched the instrument, it took off, and he excitedly moved his hands on the keys as if he were actually playing it. Leaving his room, Jimmy went on down the hall for some more solo performances. Starting back toward the lobby, he met Uncle Henry in the hallway, with a throng of associates with cameras gathered around him. He wanted to play again. As before, Jimmy programmed the keyboard, and Uncle Henry took off in his finest concert style. Halfway through the song, he looked up at Jimmy and whispered, ‘I know I’m not playing this thing, but we’re gonna do it for them,’ as he pointed at the audience.”

In addition to his work with Life Care, Rhodes recorded 15 albums, performed internationally and played background instruments on several releases for Chapel Records. His work won him an Angel Award in 2004 and a Telly Award in 2008.

“I’ve done everything musically that a person can do,” Rhodes said of his life of music and helping others. “Recording, touring, selling, I’ve done it all. But [working with Life Care residents] is the most fulfilling thing that I’ve ever done.”

At the age of 83, Jimmy Rhodes passed away on Feb. 5, 2019. After almost 50 years of using music to positively influence the lives of residents and associates, the indelible impact he left on Life Care is undeniable. Although he is gone, his music will live on. 🎵



2018 FIT FOR LIFE CONTEST WINNERS STEP UP TO THE CHALLENGE

By Jake Cash

On Feb. 4, 2019, Life Care Centers of America announced the winners of its 2018 Fit for Life contest.

The annual contest is part of Life Care's wellness program that works to inspire associates in every skilled nursing and rehab center, as well as in its corporate offices and affiliated Century Park communities, to develop and track healthy lifestyles.

In the contest, associates are invited to track and turn in the number of steps they have walked during each month for a chance to win a monthly, quarterly or annual prize. Other forms of activity, like weightlifting, gardening and playing a variety of sports, can be converted into steps as well.

Monthly prizes are handled by each facility, and quarterly prizes are awarded to the top-stepper in each of Life Care's divisions, plus corporate, by the corporate Wellness Committee. The annual award recipients, however, are selected by a blind drawing, where participants can earn entries into the drawing by logging their steps each month, accumulating a large number of steps and participating in Life Care-approved community events.

The 2018 grand-prize winner of \$3,000 and three vacation days was



Tagisia Bucio, director of health information management at Life Care Center of Escondido, California.

"I was shocked to say the least," said Bucio. "I never thought I would be the grand-prize winner. I always tell my family that I never win anything!"

Bucio expressed her gratitude and excitement at winning the prize money and shared that she is going to use it to plan a family reunion in New Zealand.

She also shared a bit of advice and encouragement for other associates who want to get involved with the wellness program and the Fit for Life contest.

"I think that everyone needs to remember that it's not just about stepping," Bucio said. "There are so many other activities to record. What makes the wellness program so attractive is the variety of activities it offers."

The second prize of \$2,000 and two vacation days was awarded to Heather Knight, business office director at Highland Cove in Salt Lake City, Utah.

Knight was very involved with the Fit for Life contest. She and other Highland Cove associates would promote the contest at staff meetings, announce monthly winners for most steps at the facility and walk one mile every day

during their lunch break.

Knight is using her prize money to take herself, her husband and their five children on a trip to Disneyland.

"I was so excited to hear that I had won and so grateful for my award that it brought tears to my eyes," said Knight.

The third prize of \$1,000 and one vacation day was awarded to Zane Yazzie, maintenance assistant at The Bridge at Farmington, New Mexico.

"I was shocked after finding out I had won," Yazzie said. "It was completely unexpected and came at a time when it was needed. I've never received anything like this."

Yazzie described how the Fit for Life contest motivated him to stay active outside of work and how winning the contest has motivated him to continue counting his steps and to encourage others to track their steps.

Life Care congratulates its winners and all who participated in the wellness program and the Fit for Life contest in 2018!



CENTURY PARK SPOTLIGHT

National Food Day Celebrations

By Madi Johnson

If there is one thing that can unite people, it's food. It does not matter the age or background; if a meal is offered, the masses will come. Food is worth celebrating for that very reason, and Century Park communities across the nation are recognizing monthly "food days" throughout 2019, inducing full hearts, and stomachs, with every celebration.



Century Park chose to participate in food days to promote fellowship and fun among its residents. Communities even invite family members and the public to join in the celebrations, which adds to the residents' experience. The celebrations

bring excitement to the communities and give residents opportunities to make decisions and exercise creativity as they focus on some of their favorite foods.

"We wanted events that we could celebrate on the same day across Century Park," said Dan Swiatkiewicz, national director of sales for Century Park Associates. "Our team picked one day a month, developed collateral and gave our communities ideas on how to celebrate. These days have been outstanding for us in getting community members and potential residents to attend, as well as a lot of fun for our current residents and associates."

The first of the celebrations, on Jan. 23, was National Pie Day. Each community celebrated in its own way.

"We celebrated National Pie Day with an event called Pie Wars," said Jaimme Preston, director of business development at Garden Plaza of Greenbriar

Cove in Ooltewah, Tennessee. "Residents and staff battled it out for their pies to win in categories such as Best Appearance, Yummiest and Crowd Favorite. We also had pie trivia and played the game Pie in the Face. It was a perfect pie day!"

Other communities celebrated by having homemade pie tastings, raffles and even letting residents build their own pies.

On Feb. 21, communities around the country hosted "National Pancake Day."

One location took an interesting and philanthropic approach.

"We try to combine theme days with efforts to raise money for our local charities," said Erika Stewart, executive director at Harbor Place at Port St. Lucie, Florida. "Our National Pancake Day breakfast benefitted the American Red Cross. We'd like to thank the American Red Cross for everything they do to help our friends and neighbors across the globe!"

Because the celebration was also a fundraiser, residents and guests enjoyed the day while being given the opportunity to give to a charitable cause at the same time.

A few other communities celebrated by serving pancakes for dinner, an unusual treat.

The 2019 food day calendar includes both sweet and savory celebrations:

- National Pie Day – Jan. 23
- National Pancake Day – Feb. 21
- National Crunchy Taco Day – March 18
- National Grilled Cheese Day – April 12
- National BBQ Day – May 16
- National Strawberry Shortcake Day – June 14
- National Ice Cream Day – July 21
- National Root Beer Float Day – Aug. 6
- National Cheeseburger Day – Sept. 18
- National Pasta Day – Oct. 17
- National Nacho Day – Nov. 16
- National Brownie Day – Dec. 4

As the year progresses, Century Park associates are excited to continually find the most creative ways to celebrate food and showcase their devotion in going the extra mile to put their residents' happiness – and palates – first.



Whatever It Takes And Then Some Highlights

Pete Cervantes, director of maintenance, Life Care Center of New Port Richey, Florida

Cervantes took it upon himself to set up a Super Bowl party for the residents to enjoy. He even brought his own sound bar from home so that all the residents could hear the game with ease.

Gale Hollen, licensed practical nurse, Mitchell Manor in Mitchell, Indiana

When a resident who has difficulty chewing and swallowing certain foods wanted to take communion, Hollen stayed by her side to ensure she could eat and drink safely. Hollen's care was very meaningful to the resident and put a smile on her face.

Genesis Lusciano, housekeeper, Wooldridge Place Nursing Center in Corpus Christi, Texas

When Lusciano heard a resident mention that he would love to have steak and a baked potato for dinner, she went out, bought the meal that he wanted and delivered it to him. He was very grateful and thoroughly enjoyed the meal.

Deb Rivera, restorative aide, Life Care Center of Wilbraham, Massachusetts

On a resident's day of passing, Rivera kept close watch over the resident and ensured all her needs were met, even though Rivera was not assigned to watch the resident. The resident's daughter described how Rivera comforted her and her family on that day and how Rivera had become like family to her.

Tammy Malone, registered nurse, Life Care Center of Post Falls, Idaho

Malone, upon noticing a resident was having a bad day, took time to sit with the resident and listen to her play piano. Malone's appreciation of the resident's music and positive attitude made her feel better.

Angelina Fortner, speech therapist, Life Care Center of Scottsdale, Arizona

Leading up to Valentine's Day, a resident was disappointed that his condition prevented him from getting his wife a gift. Fortner recognized his dismay, brought him flowers and a card to give to his wife and helped him fill out the card during their therapy session.

Donna Tomescu, laundry assistant, Hallmark Nursing Center in Denver, Colorado

When a resident's room became overfilled and was in need of cleaning and reorganizing, Tomescu came in on a day she was off to help the resident organize the room and to comfort the resident when the process became difficult. At the end, the resident was so proud of the progress they had made that she showed her newly cleaned room to several people.

Desiree Delorenzo, certified nursing assistant, Life Care Center of Collegedale, Tennessee

Delorenzo was caring for a resident who wanted to get in touch with her sister-in-law, so she helped the resident locate her using what little information the resident already had. The resident and her sister-in-law were thrilled to be reconnected, and the day that the two got in touch happened to be the sister-in-law's birthday.

Resident Voices

WHAT MAJOR HISTORICAL EVENT AFFECTED YOU MOST? WHY AND WHAT DO YOU REMEMBER ABOUT IT?

"John F. Kennedy's assassination. I mourned like it was a family member. I was very emotional, especially when [JFK's] son saluted his dad."

Barbara Ewing
Life Care Center of Tullahoma, TN

"Dec. 7, 1941. It was 10 a.m. on the East Coast. I was 10 years old and very sheltered. Passing people said, 'The Japanese bombed Pearl Harbor.' Hawaii suddenly seemed very close, and I was frightened. It changed the way I felt about my place in the world."

Dorothy Evans
Hickory House Nursing Home in Honey Brook, PA

"The Vietnam War. I joined the Army in September 1961. I remember the oppressive heat and the rainy season. There's things I can't talk about, but it taught me respect and how fragile life is."

Herbert Adkinson
Life Care Center of Salt Lake City, UT

"When I was 17 years and 3 months old, I entered the Royal Air Force [in Great Britain] in 1943, during WWII. I just had to help people out. I flew de Havilland Tiger Moths."

Margaret Miller
Life Care Center of Coeur d'Alene, ID

"The moon landing. I saw our nation's resources put toward a peaceful pursuit that would benefit all people. I thought for sure by now we would have a Holiday Inn on the moon, where I could vacation!"

John Coombs
Life Care Center of the South Shore in Scituate, MA

"The attack on Pearl Harbor. Marshall Law was declared. They implemented a sunset curfew and blackout. They were going around, telling residents to turn off all the lights. They even had to shoot out the automatic lights downtown. . . . On Monday, we went to check my dad's laundry business, located on the edge of Pearl Harbor. I could see smoke still coming up from the battleships. The Navy commandeered our laundry to clean the effects of the deceased and hospital linens."

John Clement
Garden Plaza of Aurora, CO

"The Korean War. I was in Korea. . . I wouldn't take one million dollars for the experience, but I wouldn't give you a dime to do it again."

Bob Budde
Rensselaer Care Center in Rensselaer, IN

"9/11. Where I lived bordered Manhattan, right across the river from New York City. I was flipping through the TV channels when I saw the headline, 'Breaking News: Two planes have flown into the World Trade Center.' I turned to look out the window, and just as I did, the building fell."

Eugene Gentsch
Camellia Gardens of Life Care in Thomasville, GA

"The assassination of Dr. Martin Luther King Jr. — because I was there. I remember the crowd yelling MLK's name and him appearing on the hotel balcony."

Auburn Jones
The Westchester House in Chesterfield, MO

"World War II was a traumatic time. I completed a civil service exam, then was sent to Washington, D.C., to the War Department. It was my job to type letters to send to the families who lost loved ones. It was very difficult and emotional."

Amy McKinney
Harbor Place in Gig Harbor, WA

"The polio epidemic in the summer of 1949 struck a classmate of mine and her three siblings within weeks of each other. That kids my age could die was unthinkable; I thought only old people died."

Maxine Joppa
Life Care Center of Farmington, NM

"9/11. I remember hearing the news during a breaking news alert. I felt a jolt of complete shock. I couldn't keep my eyes off the TV. I felt so powerless and helpless. The world felt dark and gray."

Fred Troost
Life Care Center of Escondido, CA

"1959. The Cuban Revolution. I was there when Fidel Castro took over. He treated people badly. He threw innocent people in jail and executed them. It was the worst part of my life."

Miriam Hernandez
La Habra Convalescent Hospital in La Habra, CA

"I remember WWII. I was in grade school, and we would have blackout drills. The government was collecting rubber, and I donated my favorite doll."

Alice Gardner
Cherry Hill Manor in Johnston, RI

"Segregation. People were fighting. I had to go to the back of the bus, upstairs at the movie theater, use a separate restroom. When segregation started, I caught a bus in Riceville, [Tennessee,] and the bus driver had me to be the first black lady to start riding up front."

Edna McCowan
Life Care Center of Athens, TN

"I was in southeastern Idaho when the Teton Dam broke! My family's farm was directly at the foot of the canyon. We were at my great-grandma's funeral in Rigby when the call came in to my father. He told them to turn the cattle and horses out. We lost a lot of land and some animals, but we were safe."

Margie McDowell
Life Care Center of Sandpoint, ID

"Pearl Harbor Day. I was in Jr. High. I was listening to the radio, to the New York Philharmonic, and they interrupted to announce the bombing. I ran into the kitchen to ask my dad, 'Who is Pearl Harbor?'"

Roxane Morph
Garden Terrace at Fort Worth, TX

"Collapse of the Huntington [W.V.] Bridge [in December 1967]. I'll never forget seeing the results of it. To see so many innocent lives lost, and some were just little children. It was horrible."

Jackie Adams
Life Care Center of Elyria, OH

"Vietnam War. A lot of people said it wasn't a war, but I am here to tell you it was. Lots of my friends were drafted. . . never to return again. Some of them came back, but were physically or mentally hurt. Some were both. They were never the same again."

Bobby Breece
Life Care Center of Centerville, TN

"When I was 9 years old, I was in elementary school in the Netherlands, and the teacher told all the students to come outside. We looked up in the sky, and the Hindenburg, the German passenger airship, was passing by. It was on its way to the U.S. [where it exploded.]"

Hank Van Deutekom
The Bridge at Longmont, CO

"The Depression affected us pretty good. It was hard. [My family has] always been farmers, but we couldn't raise anything from '33-'38."

George, 100 years old
Life Care Center of Seneca, KS

"I was working at the phone company in Kennewick, Washington. My boss came in when I was taking a break and said that Mount St. Helens had erupted. When I went back to the switchboard, it was all lit up. Not one light was dark."

Lucille Seger
Life Care Center of Mount Vernon, WA

"I was teaching 1st grade in 1986 when we were watching the flight of the Space Shuttle Challenger. My children and I were horrified when it exploded, and all seven people were killed. It took a long time to calm the students down."

Martha Cummings
Life Care Center of Ooltewah, TN

"1973. It was the last year of the draft, and the draft age was 18 years old. I was born in 1955. My draft number was 327. I never got called. I was lucky. But if I had to go to Vietnam, I would have been proud to serve."

Gordon Stewart
Life Care Center of Las Vegas, NV

"9/11. I was on a plane going to Boston. They sent us back to Charlotte. When I got to the airport, everyone was crying. It is the most frightening day I have ever lived through."

Clair Gill
Life Care Center of Hendersonville, NC

"WWII. There was sadness in people and hardly any men around. . . . Every family was encouraged to have a Victory Garden. Ours had tomatoes, spinach and beans. People couldn't drive because there was no gas, and there was no candy for kids."

John Hayes
Life Care Center of Stoneham, MA

"Pearl Harbor. . . One of my cousins was in a submarine that went down, and he drowned. He sent me a card that said, 'I guess I'll see you when we get up yonder.' It scared me. He must have had a premonition or something."

Edna Glenn
Life Care Center of Jefferson City, TN

"I was there when President Kennedy was shot. I heard two gunshots. . . . People were screaming and crying, and no one could believe it had happened. I was 18, and I'll never forget it. I had nightmares for two weeks; I kept seeing it over and over."

Linda McGee
Life Care Center of Sandpoint, ID

Let's Play Ball!



Pictured L to R: Kris Burke, central supply associate; Carlos Bonilla, executive director; Dawn Mason, business office director; and MaryAnn Melanson, admissions director

On March 28, 2019, The Highlands in Fitchburg, Massachusetts, hosted a Red Sox Day to honor Major League Baseball's Opening Day – with the Commissioner's Trophy as the guest of honor!

The facility is only about an hour away from Fenway Park, home of the 2018 World Series Champion Boston Red Sox, so The Highlands is home to many die-hard Red Sox fans.

"The residents were eagerly waiting for the arrival of the trophy," said MaryAnn Melanson, admissions and marketing director. "They all began to sing 'Take Me Out to the Ballgame' when the trophy arrived with two security members of the Boston Red Sox franchise."

Residents, family members, associates and community members stopped by to admire and be photographed with the trophy, while everyone enjoyed favorite ballpark treats, including hot dogs, popcorn and peanuts.