



Bickford Health Care Center

FUNDRAISING EVENTS

December 3rd– Breakfast with Santa:

Benefits: Bickfords Habitat
2 seatings 9:00am & 10:15am
Pictures with Santa

RSVP by November 25

Call for Reservations
860-623-4351

We have many volunteer opportunities available:

We always welcome people from the community interested in volunteering their time with our residents. Whether you're looking to gain experience for a new career path, or simply have some spare time that you like to give to the elderly, Bickford may be the perfect place for you. Our small and comfortable facility offers long-term nursing care and out-patient rehabilitation.

Working with our dementia

residents: Engaging them with a sensory activity with hand massages, aromatherapy, reading short stories or visiting them.

Working with our active

residents: Helping with BINGO, Horse racing, card games, word games and any other arts & crafts ideas that you may have.

We even have many pets that love attention, including a dog, two cats, a rabbit and some birds. We hope that you will consider volunteering your time. If interested, please call Bickford Health Care Center or drop by our facility at 14 Main Street in Windsor Locks, to fill out one of our Volunteer Applications. **You must be at least 16 years of age**

If anyone would like to volunteer their time for any of the events, please contact the main office at Bickford, 860-623-4351

Newsletter July- December 2011

Administrator's Corner

From the Administrator.....

We have been very busy at Bickford Health Care Center recently. The outdoor patio was filled with music and laughter all summer as we enjoyed our theme day picnics. Our annual trips to the OBT at Bradley and the *Big E* were a huge success. Staff members participated in several fund raising events to augment the costs of these activities; such as a car wash, a grinder sale and raffles. A sponsored walk along the Canal Walkway raised funds for our animal care costs. A team of Residents went to the Windsor Locks Senior center to participate in a *Wii* Bowling tournament. Many new recreational activities were added to our calendar of events and several new volunteers were added to our friendly visitors. There is always something happening at Bickford. Check it out for yourself!

Fall and Winter will be no different. We are already gearing up for our Halloween Celebration and our Annual Breakfast with Santa on 3 December. Of course there will be holiday celebrations for Residents and Staff. Our Residents enjoy all of this hustle and bustle. Again some of these functions raise funds for Resident activities and also support the Habitat – our dog, two cats, birds and fish! We appreciate all the support given by family members and friends.

You are always invited to attend any of these functions. You will be rewarded in many ways. We hope to be able to welcome you to our home.

Duncan C. Hunter
Administrator



Resident Interview- Stella Perotti



Stella Perotti was born in the Bronx, New York on August 14, 1910. Stella was the second eldest in her family which totaled 11 children. Stella and her family moved to Connecticut when she was about five years old. She and all her brothers and sisters worked on her parent's tobacco farm. From a young age Stella was a fashionista and could often be found out in the fields in her high heels and her wide brimmed hat. After completing her schooling Stella went to live with her older sister and started work. Her first job was at a coat factory. "I can't remember exactly what I did there," reminisces Stella, "but it had something to do with

coats." Stella then worked at the Underwood Typewriter factory where she remained for 32 years. While at the factory Stella met many friends and she enjoyed her nights out bowling with the girls.

Stella soon met her husband and got married and had two children; Cindy and Frances. Stella continued to work at the Underwood factory and was a working mother to her two young children.

Family was always important to Stella. Her daughter Cindy recalls many a Saturday night would be spent at her aunt's home. Stella and her family and friends would play cards long into the night and sometimes even into the next morning.

Stella is one hundred and one years old. Stella quit smoking at ninety and states "Its mind over matter, I quit after smoking for over 70 years. Once you put your mind to it, you can do it." Stella's other advice "Don't push your face with a lot of make-up, a little cream and a little lipstick is all you need."

Holiday Transportation Program

The Long Term Care Ombudsman Program will again be offering its non-medical social transportation program for the upcoming Holiday Season. The program will be available to provide social transportation to residents during the 2011 Holiday Season. Due to limited financial funds, the transportation program will be on a first come-first serve basis and one round trip per applicant may be approved for holiday events and family holiday gatherings. Trips for shopping, sight-seeing and the like will not be an approved use of our transportation funds. Please see our Social Worker Heather for an application.

WELCOMING COMMITTEE

Kathleen Cienaski	10/07/2011
Vivian Clark	09/30/2011
Helen Garbolski	10/03/2011
June Nadeau	09/13/2011

NEW EMPLOYEES

Brian Burnette	CNA
Jennifer Hidalgo	CNA
Elizabyth Rose	DA
Linda Romanelli	DA
Renee Vanover	DA
Eva Welle	CNA

Resident of the Quarter Eleanor Gunning



Eleanor Gunning has been a resident at Bickford Health Care Center since March 29, 2011. During this time she has endeared us to her sense of humor and friendly nature. She was raised with two brothers and two sisters in East Hartford. Her father worked for the Southern New England

Telephone. Her happiest moment was her wedding day in 1943, blustery snow storm, but that didn't ruin her day! She was a homemaker and mother who raised four children, three daughters and one son. Eleanor has twelve grandchildren and one great granddaughter. Her hobbies are crossword puzzles, reading good mysteries, playing cards, especially set back, and wii bowling. Her favorite activity every day is to playfully run into our staff with her walker to keep them on their toes!

From Our Kitchen

Tuscan Style Liver Crostini

Sauté diced onions in olive oil,

Add chicken livers, capers, anchovies, and minced garlic.

Deglaze with marsala wine then cool and blend in food processor.

Grill sliced French bread and smear the chicken livers on bread and serve.



Helpful Hints From Stu

Mystery Stains

Suddenly you notice a stain, but it really isn't a mystery because it probably was there when the garment was put away or actually laundered, but did not come out totally. These stains frequently are from a light-colored liquid, such as a clear soft drink or white wine that contains sugar. If you've tried all of the normal spot-and-stain removers without success, give this a try: If the garment is white or light colored, use three-percent hydrogen peroxide on a cotton swab to dab at the stain. Allow it to set for several hours because it acts as a milder, slower bleaching agent.



BICKFORD OUTPATIENT THERAPY CLINIC

- * Physical Therapy
- * Occupational Therapy
- * Speech Therapy
- * Fall Prevention Evaluations

Specializing in therapy for knee & hip replacements, victims of stroke, swallowing disorders, falling & dizziness, injury, and post surgery care.

Please call for a free screening.

860-716-2880

14 Main Street

Windsor Locks, CT 06096

"Quotable Quote"

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.

-Helen Keller

Residents enjoying a beautiful day of fishing at Sunrise Park in Suffield with staff, and volunteers !

John & Ed with Recreation Director Elonie and CNA Brad



Big E Exposition Trip September 22, 2011



Back Row- Josephine, Shirley, Anna, Eleanor, Betty, Dorothy, John,
Front Row- Mark, Ed, Dorothy, Lucille, Florence, Frances, Caroline, Alice



Bickford Staff - CNA's Robin & Cindy
With Residents Frances & Dorothy

Bickford Healthcare Center
 Fourteen Main Street
 Windsor Locks, CT 06096
 Phone: 860-623-4351
 Fax: 860-627-0791
 www.bickfordhealthcarecenter.com
 Managed by Somerset Healthcare Management

Bickford Health Care Center is a close knit team of health care providers with a commitment to excellence. Bickford employees are dedicated to making Bickford the most respected and highly recognized long-term care facility in North Central Connecticut.

Congratulations

Over the last 6 months \$808.50 was raised from Raffles, Grinder Sale, Rental of Tag Sale and Tables. These Funds benefit our Residents and Pet care.

Memorial Donations for Resident council \$1,060.00.

Thank you

A special thank you to families who designate Resident Council for Memorial Donations in memory of their loved ones.



Happy Birthday

July

Kathleen Cienaski 07/02/1923
 Eleanor Gunning 07/05/1918
 Florence Bevza 07/24/1918
 Anna Calsetta 07/26/1914

August

Stella Perotti 08/14/1910
 Helen Rachel 08/18/1914
 Maryann Sawyer 08/22/1936
 Pauline Routhier 08/28/1915
 Cleto Pincelli 08/28/1916

September

Barbara Willet 09/02/1931
 Jennie Miller 09/04/1919
 Florence Pincelli 09/06/1918
 Caroline Nai 09/19/1921

October

Joanna Haugh 10/04/1927
 Vivian Clark 10/15/1927

Anna Tomaszek 10/21/1919
 Mary Millen 10/25/1914
 John Damotta 10/31/1959

November

Constance Neyer 11/02/1950
 Jennie Wojnar 11/02/1930
 Stanley Miller 11/11/1914
 Ruth Langhof 11/27/1932

December:

Frances Kowalski 12/05/1922
 Dorothy Chiapputo 12/05/1924
 Alice Szwed 12/08/1920
 Dorothy Alderman 12/16/1935

In Memory Of...

Barbara Kosinski 07/15/2011
 Anna Janik 08/26/2011
 Stanely Szwed 09/16/2011
 Maurice Grenier 09/29/2011
 Millie Loveland 09/26/2011