



# Bickford Health Care Center

News from Bickford Health Care Center

Windsor Locks, CT

Fall 2014

## Administrator's Corner

Hello All,

It is so nice to be "home" again. My professional journey has brought me full circle and returned me



to a place that has been a part of my family for over 15 years. Being back at Bickford is a blessing and a joy! I cannot express in words how good it feels to see so many familiar faces, the warmth of the classic building, and the true sense of family that is ONLY found here. My goal is to spend the end of this year assessing the current condition of Bickford, making small adjustments where necessary, and prepare for the year ahead. I plan to embrace the next 3 months and encompass all that the upcoming holiday season has to offer. I look forward to meeting each and every one of the Bickford family members and reconnecting with the surrounding community. My door is always open...please come by and say hi!

Sincerely,

*Sean Carney*  
Administrator

## Bickford Residents Visit the Big E!



On September 23rd, eight of our residents went to the Big E in Springfield, MA. They spent the day touring attractions and enjoying delicious tradi-

tional Big E food! The weather was a perfect 76°F and the sun was shining bright the entire day. To see more



photos of the Big E trip, you are welcome to stop by the activity room at Bickford, where there is a wall of photos from every year that Bickford has visited the Big E.



## Dr. Masih Joins Bickford Health Care Center



Bickford Health Care Center is pleased to announce, Dr. Masih has joined our team of health care professionals.

Dr. Masih has been in private practice in Enfield, CT for over 25 years, specializing in Internal Medicine and Pulmonary Medicine, with special interests in Geriatric, and Sleep Medicine. He is affiliated with St. Francis Hospital as well as Johnson Memorial Medical Center, as the

Chief of Pulmonary Medicine and the Director of the Outpatient Rehabilitation program at Johnson Memorial.

Dr. Masih is also affiliated with many skilled nursing centers in Greater Hartford, and Tolland counties, providing medical care for elders.

Dr. Masih resides in Suffield, CT with his wife. They have two sons and two grandchildren. He enjoys spending time off with his family.

## Bickford Welcomes New Staff

### Sean Carney, Administrator

From 2005-2008, Carney had been the Administrator at Bickford leaving in 08' to work for a nationally recognized company. For the past three years, Carney was the Executive Director of a senior living community that included skilled nursing, assisted living, and independent living.

In 2008, Carney was awarded National Administrator of the Year from the American College of Health Care Administrators. Following the completion of his BA in Criminal Justice,

Carney pursued advanced studies from UConn in Health Care management and received a certificate in Health Care Management.

Excited to return to Bickford Health Care Center, Carney decided to enter the long-term care field due to spending time in his later childhood years at Bickford, and his desire to give back to the community. When not at Bickford, Carney enjoys spending time with his family, playing and watching sports, motorcycling, and coaching his son's flag football team.

### Kathy Ferguson, Accounts Receivable Director

Kathy joined Bickford this July as the Accounts Receivable Director. For the past 20 years, Kathy had worked in medical billing and collections for private practices and hospital entities.

Kathy went to Asnuntuck Community College for Accounting and Business and is currently attending Goodwin College, working on her B.A. in

Health Science and Nursing. Kathy is a U.S. Army veteran where she was a military police officer and is also a Gulf War Veteran.

In her free time, Kathy enjoys traveling and a variety of other activities. Kathy is happy to be a part of the Bickford community!

**Welcome to the  
team, Sean and  
Kathy!**

## Upcoming Events

\*November 27:  
**Resident and Family  
Thanksgiving Dinner,  
1pm**

\*December 6:  
**Breakfast with Santa,  
9am-2pm**

\*December 18:  
**Resident and Family  
Christmas Dinner,  
5:30pm**



Visit our website for more information and to view the current resident activities calendar: [www.bhcc.ws](http://www.bhcc.ws)

## New Staff

### July 2014

Kathy Ferguson,  
Accounts Receivable  
Director

### August 2014

Shakiya Nichols-Barnaby,  
CNA

Daisy Rosa,  
LPN

Petrina Roberts,  
CNA

Rebecca Rishdan,  
Dietary Aid

### September 2014

Cynthia Harrison,  
CNA

Maureen Torian,  
CNA

## Why Choose Bickford for Short-Term Rehab?

N.S. came to Bickford Health Care Center for short-term rehab and was at our facility for 10 days post-surgery. This was not N.S.'s first time in a nursing facility. She has had several family members in other facilities in the North Central CT area "Once you look past the visage at the other facilities in the area, you see the care is not that great, they are short staffed, and a clear lack of interaction with their residents", states N.S. Feeling highly disappointed with her choices in short-term nursing care, N.S. knew she could come to Bickford for her health care needs. N.S. states, "when I was looking for a place to receive short-term care, I was told to choose a small, home like place, so I choose Bickford."

She was very happy with her decision to choose Bickford. Carefully observing Bickford's staff during her stay, N.S. noticed something you don't see at many other facilities, "the way the staff worked with each other and how you could see, directly, they really cared for their residents was extraordinary. The aids hug residents and take the time to listen. The care, feeling, and warmth I received while at Bickford would make me come back here if I needed to. You get things (at Bickford) that you don't receive at the other facilities, the home cooked meals are to die for, and I feel very welcomed. I am glad I choose Bickford. I feel like I am vacationing at a small Vermont country inn," says N.S.

**September 2014**

## From Our Kitchen

### Low Country Shrimp & Grits, by Chef Arthur

- Sauté bacon until crisp
- Add diced onion & tomatoes
- Cook until onion is translucent
- Deglaze pan with white wine
- Add peeled shrimp, cook until pink
- Serve over cheese grits



### Bickford Health Care Center Fall & Winter Menu Highlights

Chicken Cordon Blue

Veal Marsala

Ravioli with Sage Butter

Shepard's Pie

Low Country Shrimp & Grits

Bouillabaisse

Beef Burgundy

Pumpkin Rolls

Chicken Saltimbocca



## Stu's Helpful Hints

As we enjoy the end of the fall season, heating efficiency and cost containment are on everybody's minds after last year's brutally cold winter. Having your heating system checked prior to the season is an excellent way to lower the chances of malfunction and ensures proper operation. Insulation is also key to lower heating costs. Identifying any areas where the cold could leak in to the home and sealing the draft will help maintain a comfortable temps.

Please remember to provide warm clothing for your loved one at Bickford. As we all anticipate the onset of a New England winter, let's hope we will experience mild weather, and that we are all able to stay warm and comfortable.

-Stu-



## Bickford Resident History

*By Paula Jasminski, Social Services  
as told by Helen Garbolski*

Helen is a woman of strong religious conviction. She started a rosary group with a friend which has lasted for 32 years, and still attends every Wednesday. Helen's faith is grounded in her childhood when she spent a year living in a convent school. Helen grew up on a farm in South Dakota in a family of twelve children. The conditions related to the dust bowl, which occurred during the Depression, caused her family to lose everything. The land and animals were auctioned off and Helen moved to a convent in St. Paul Minnesota, where she attended school and worked in laun-

dry. She loved being with the nuns and began the habit of saying the rosary with the Sisters every day. Helen's brother, Wally started a business in Glasgow, South Dakota and helped their family get back on their feet and together again.

During World War II, Helen worked with Kaiser shipbuilding in the blueprint department. Kaiser built oil tankers to support the Navy war effort in the Pacific. During war time Kaiser launched a tanker every Saturday, and Helen recalls the men singing "Anchors Aweigh" when the ships were launched. When she saw other young women working in the welding area, she decided to become a



welder. Along with 13 to 15 other young women, Helen would put on her fire resistant suit for her job as a welder. Working at Kaiser, Helen was able to meet so many people; who would come from all over the county to work.

It was an exciting time for Helen because of her ability to help her country but at the same time despairing due to the loss of so many of our loved ones. Helen's 24 year old brother, a Marine, died in Okinawa.

Despite some tough times in her life, Helen has relied on her strong Catholic faith, belief in God, and prayer to find a purpose in her daily life.



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**Join us  
Saturday December 6th 9  
am-12 pm for**



**All are welcome!  
Enjoy a delicious  
breakfast provided by  
Bickford, and pictures with  
Santa!**

**Two settings: 9am & 10:30 am**

*Free and open to the public.*

*Donations welcomed.*

**Please RSVP by November 24th  
to Bonnie (860) 623-4351**

**Fall Harvest  
Word Find**

Y	A	D	E	C	N	A	R	B	M	E	M	E	R
R	G	D	P	J	B	N	X	Z	V	T	Y	D	B
Y	N	N	J	M	L	L	M	E	L	P	V	V	Q
L	X	C	N	D	M	R	T	U	P	J	X	Z	G
Z	L	Y	H	J	L	E	L	O	T	B	L	T	R
E	N	E	Z	I	R	L	P	Z	M	U	R	W	K
M	L	D	A	A	L	T	S	E	V	R	A	H	Q
R	L	P	N	V	R	L	H	S	A	U	Q	S	T
D	B	S	P	A	E	T	Y	J	Y	B	R	Z	T
Y	M	G	K	A	M	S	V	M	J	Z	J	Z	Y
V	Q	E	M	J	Z	X	G	M	T	L	N	V	W

Leaves  
Autumn  
Rake  
Veterans  
Harvest

Remembrance Day  
Chilly  
Poppy  
Apple  
Squash



*Bickford Health Care Center is a 501(c)3 nonprofit corporation, managed by Somerset Health Care Management Group.*

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