



Bickford

Health Care Center

News from Bickford Health Care Center

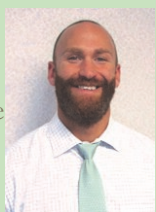
Windsor Locks, CT

Spring 2015

Administrator's Corner

Hello All,

Spring is around the corner!!!! I think we have been saying that for the last 3 weeks, and yet here it is April 9th, snowing, as I write this note. The winter was a long and difficult one for all of us in the North East, and we here at Bickford are ready to break free from the clutches of old man winter and embrace the rebirth of the new season. I would like to take this time to thank the staff for their commitment to the safety and wellbeing of the residents, family members, and fellow associates during this difficult time of year.



We have much to be excited about. The introduction of our fully integrated Electronic Medical record system will be operational by May 1st. This new system will help the flow of business and the continuity of care. Many new and exciting events have been scheduled on the calendar for the residents, new fund raising events planned, and minor building improvements are planned for the late spring and summer. Resident satisfaction surveys will be going out in April as well. We hope for full participation so that we can learn and make improvements to better the lives of those we serve.

As always, any comments, questions, or concerns please do not hesitate to come in a visit me. Thank you for allowing us to be part of your life!

Sincerely,

Sean Carney
Administrator

East Windsor High School: High School Highlights



A new monthly program at Bickford, called High School Highlights, brings together students from East Windsor High School and Bickford residents, providing a variety of physical and cognitive activities.

Seen in these photos are former Bickford resident Pauline Rauthier playing ping pong water toss, June Nadeau playing stackable cups, and Shirley Soucey playing bean bag toss, all being assisted by the EWSHS students and staff.

Rehabilitative Therapy

Bickford Health Care Center offers rehab therapy for their short and long term residents, and offers an on-site Outpatient Rehab Clinic. Services include: physical, occupational and speech therapies.

Rehabilitation is for anyone who needs it, regardless of their age, size, body mechanics or movement patterns. Generally, the most applicable candidates are those that have been in accidents, suffer from arthritis, pre- and post-operative patients and those with general deconditioning or strains.

A trained therapist will create a customized plan-specific to your needs-ensuring the quickest and safest possible recovery. You'll be thoroughly educated about

your condition, and be taught the proper exercises and activities that will improve your mobility and performance, while also decreasing your pain.

Come visit our Clinic, meet our staff, and learn how Bickford Health Care Center can help you with your rehabilitation needs.



Meet our Rehabilitative Therapy Team:
(from left to right) Sue Charpentier, COTA,
Kamilla Gamidova, PTA, Donna Pitek,
COTA, and Kristina Gallasso, RPT,
Rehabilitative Therapy Director

Our Invaluable Volunteers

by Phyllis Liebman, Director of Recreation

We are fortunate to have wonderful volunteers who are committed to contributing to the quality of life for our residents at Bickford in a variety of ways, including; our veteran Bingo volunteers who, for many years, have committed to running the residents' favorite game regularly each week. We cherish their commitment and long-term dedication to us.

We are also blessed with the compassionate clergy and church members from our local churches who lead the Catholic Mass, rosary, communion, bible study, and spiritual services, essential to enhancing the religious life of our residents.

We have a number of caring volunteers who feed and clean our birds, rabbit and cat. EWHHS students run a monthly arts and crafts program, and special programs such as: decorating our Christmas trees and making Valentines for all of our residents. Volunteers from Windsor Locks Public Library, run programing twice each month.

We had an amazing volunteer, Carolyn, who gave her time for nine months, and has recently joined our recreation staff as our newest team member. We are also lucky to have talented resident family members who have volunteered for a wide range of activities; running arts and crafts programs, creating the beautiful bulletin board in our front lobby, bringing their dog's to visit with residents, and organizing our supplies.

In addition, some of our most useful items have been donated by our residents' children; our dining room centerpieces, used books for our library cart, as well as teacups and saucers and hats for our monthly ladies tea.

We have also been blessed with the many talents of our staff's family members, who have played musical instruments or lent us a helping hand during our community outreach programs.

We welcome volunteers in all capacities. Please call Phyllis Liebman, 860-623-4351 for more information on volunteering at Bickford.

In Memorial

A very heartfelt thank you to the Routhier family. In February Bickford Resident Pauline Routhier passed peacefully. Many donations have been made in memory of Ms. Routhier to Bickford.

We wish peace in the days ahead to all the lives Ms. Routhier had touched.

*-The staff, residents and families of
Bickford Health Care Center-*



Bickford Milestones

5 years

Sister Theresa
Joann Levesque

15 years

Rebecca DesLaurier

20 + years

Robin Slomcinsky
Regina Flynn

**Thank you to all our
staff for their hard work
and dedication!**

Easter Egg Hunt And Photos with Easter Bunny

About 40 children from the community, and their families joined Bickford Health Care Center on April 4th for our annual Easter Egg Hunt and photos with the Easter Bunny.

The weather was brisk, but pleasant enough to scatter over 500 eggs in our courtyard with special prizes and treats for all!



The Easter Bunny is ready for children to collect eggs!



East Windsor High School Volunteers helped the Easter Bunny scatter eggs!



Children are very happy to see the Easter Bunny!



Andre Samuda, LPN stops by to visit the East Bunny!

From Our Kitchen

10-Minute Peanut Butter Pretzel Pie

3 cups light, no-sugar-added vanilla ice cream, slightly softened

1/3 cup creamy peanut butter

1 chocolate or Oreo pre-made pie crust

1 tablespoon sugar-free chocolate ice cream topping

1/3 cup roughly crushed pretzels

1 cup light whipped topping, optional garnish



In a medium bowl, combine the ice cream and peanut butter until well mixed. Spoon the mixture into the crust and smooth the top. Drizzle the filling with ice cream topping, and spread the pretzels over the pie. Freeze for at least 2 hours before serving. Let the pie sit at room temperature for 5 minutes before cutting and garnishing with whipped topping, if desired.



In this Issue:

Page 1

**Administrator's Corner*

**High School Highlights*

**Rehabilitative Therapy*

Page 2

**Notes from Recreation*

**In Memorial*

**Work Anniversaries*

Page 3

**Easter Egg Hunt 2015*

**From Our Kitchen*

Earth Day Word Find

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

Air

April

Clean

Climate

Compost

Conserva-

tion

Energy

Extinction

Forest

Global

Land

Litter

Nature

Ocean

Ozone

People

Planet

Pollution

Recycle

Reduce

Resources

Reuse

Smog

Trash

Trees

Waste

Water

Wildlife



Upcoming Events

April 22nd

Community Celebration,
Earth Day! 2-4 pm

May 10th

Mother's Day Afternoon Tea,
2-4pm

May 10th – May 16th

National Nursing Home Week,
Special activities all week for
residents, staff, and families of
Bickford Health Care Center!

Visit our website for
more information and
to view the current
activities calendar:

www.bickfordhcc.com



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