

Connection Connection

Spring 2014

Calhoun County

CentraCare Mission Statement

Deliver exceptional, comprehensive healthcare for frail, older adults.

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New Providers:
Lincare, Inc.

**CentraCare PACE
(Program of
All-Inclusive Care
for the Elderly)**

CEO's Corner



team grow as the program grows.

It's hard to believe that we are celebrating five years of serving people in Calhoun County. We opened our doors in April of 2009 with excitement, and have felt so blessed to be able to serve all of you over the last few years. It has also been wonderful to see our

I'm so grateful to our staff for their daily commitment to helping improve so many lives. It warms my heart when I come into the day center and see each of you enjoying the company of each other and our staff, and receiving services to stay as healthy and safe as possible. I'm also grateful to our partnering organizations that have supported us from the very beginning and continue to share in our mission overall.

I look forward to all of the wonderful things in store for each of us over the next year and beyond.

Thank you for an incredible 5 years!

And Happy Anniversary to all!



We get a fun visit from our musical Guests, Don & Friends!



Gordon sings a song with Don.



Steven dances to the music with Ginnie.



Sherry shows us how powerful her lungs are and belts out a beautiful ballet.

*live
dance
sing*



We all get to enjoy the smooth vocal stylings of Dave.



Laura LOVES to sing! She shared her wonderful voice with all of us and sang a song with Jerilyn.



Ruby and Paula show us their dance floor moves.



Catherine & Sherry dance together in their power chairs.



Obera & Vivian clap and snap to the music.





CentraCare Singers

Everyone had so much fun in the Christmas program that we decided to form a CentraCare Choir. We have been practicing over the last few weeks (singing the old songs that everyone loves) and are looking forward to performing again. When the weather is nicer, we might even take our program on the road. For more information about joining our CentraCare choir, contact Kathleen Allen, RTA.



Measuring Your Blood Pressure

High blood pressure is called **Hypertension**. Blood pressure tends to creep up as we age. This is why it is important to have your blood pressure checked once in a while. To help get the most accurate blood pressure readings, when it is time to get your blood pressure checked, you should do the following:



- If you take medication for high blood pressure, be sure to take your medicine as usual, every day.
- Sit Correctly - Sit quietly with your back supported and both feet flat on the floor. Do not cross your legs or ankles.
- Dress Correctly - Wear a shirt with short or loose sleeves. Tight sleeves pushed up around your arm can change your blood pressure reading.
- Eat Correctly - Do not eat a big meal or drink caffeinated drinks for at least 30 minutes before having your blood pressure checked.
- Be quiet and relaxed - Do not rush around before having your blood pressure checked.

(Adapted Mayo Clinic Health Letter.)



Refer a Friend

If you have a friend or family member that would like CentraCare PACE services, we would appreciate you telling them about us. Please talk to Alice Richmond, Intake Coordinator, if the person would like to hear more about CentraCare and she will be happy to give them a call. We have included a

form for your convenience.



CentraCare is celebrating our 5th Anniversary this April! More than 25 people have been with us since that first year, 2 of which have allowed us to interview them because they started with us the first month we opened. Thank you all for helping us continue to grow -- Happy Anniversary!



Marion with Santa at our Holiday Party.

Marion Gillette

Marion Gillette was born February 22, 1930 to parents Carl and Madge. Marion had two brothers, Dale and Archie, who have both passed away. Marion attended Ann J. Kellogg and then attended, worked and lived at Coldwater State Home. Marion had many jobs at the state home. She started off working in the laundry room, then in the boy's dining hall, and then working in the nursery.

Marion said everyone always told her what a wonderful worker she was.

In her twenty's, Marion moved back home and lived with her aunt Grace, where she attended to cooking and other household chores. In her youth, Marion enjoyed going on walks, bowling, and gardening. Marion now finds enjoyment in making Christmas-themed crafts, shopping, and watching action war movies and Disney movies. Marion's favorite pastime is spending time with her cat, Tommy-Thomas. She says her cat loves to play and cuddle with her.

Marion has been a CentraCare participant since the very beginning. She says she loves to come to CentraCare to visit with her many friends that she had made here, to play Bingo and to talk with the friendly staff.



Marion says hello to Julie, a kinkajou on zoo day.

Thela Guffey



Thela pets a kinkajou when the zoo visited.

Thela was born in Olivet, MI on October 25, 1919 to parents Don and Vera Hall. She grew up in the country with her two sisters, Arlene and June. She also has two brothers, Kenneth and Harold. Arlene and Harold are still living in Michigan and she talks frequently with Arlene on the phone.



After graduating from Olivet High School in 1938, Thela worked as a waitress for several different restaurants. Thela then started working at Community Hospital in the dietary department doing a wide variety of work. Thela married a man named Richard and they had three children, Karen, Charlene and Richard, Jr. In the 1980's, Thela and her

husband moved to Florida where she worked in another hospital in the dietary department. When it was time to retire, Thela and her husband moved back to Michigan. They bought property in the country near Lake Mead, where they became good friends with their neighbors and enjoyed having dinner parties. After her husband passed away, Thela spent some time living in Tennessee with her son. Because she was home sick, she returned to Michigan to be closer to her daughters and friends.



Friends Verda & Thela

Thela has been a Centracare participant since we opened our doors in April, 2009. She said she feels coming here has changed her life for the better. Thela loves coming to CentraCare to play a wide variety of games, to visit with her friends and to meet new people. It makes her happy

when she comes in because all of the staff is so friendly and she says if she had to stay home, she would simply feel bored.



Some of the fun events that we have been enjoying since the last newsletter...



Joanne & Ruthie wearing fun flower balloon hats.



Deb, Alfie & Joan socializing at the carnival.



Arnold shows us the swag he won playing carnival games.



Channie, Pastor Ralph & Carl having a good time and winning fun prizes.

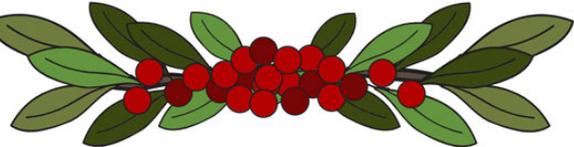
A fun two days of carnival games, prizes, magic, clowns making things out of balloons and a special musical guest.



CentraCare Singers join the fun and grace our ears with their beautiful voices (right).



CentraCare staff members put on a holiday program to bring the joy of the season to our participants and their loved ones.



Rod & Kathy show us their graceful ball room dancing skills (left).



CentraCare managers entertain us with a funny song & dance.



Food for Thought

Many of you have been gracious enough to share your thoughts on our daily menu. We appreciate your honest feedback and want to let you know about the steps we are taking to bring you the best (most nutritious) meals possible:

- We have been collecting feedback from participants each day to try to improve the quality of our food.
- We meet with kitchen staff once per month to discuss the feedback.
- Any consistently poor food is permanently removed from the menu.
- Diabetics are given half-sized portion of the meal's carbohydrate for the day.
- At their request, some participants have reduced overall portions.
- More protein selections and whole grains have been added to the breakfast choices.
- Connie Bennett, our Registered Dietitian, meets quarterly with the Participant Advisory Committee (PAC) to discuss suggestions and plan accordingly.

Celebrating CentraCare's Clinic Staff



It is easy to see how much quality care our clinic team provides. Our medical clinic serves as a both a primary care office and an urgent care.

The clinic sees people for wellness, regular appointments, maintenance (such as breathing treatments, lab work or wound care) and new, more urgent issues that may have just started. Together with our physician team, the clinic staff make sure you receive the best possible care.

Our clinic staff includes:

Nichole Austin, Registered Medical Assistant
Natasha Bartley, Medical Assistant
Sue Boyer, RN, Contract Staff
Katrina (Trinia) Finkey, LPN, Clinical Team Leader
Virginia (Ginnie) Hawkins, Clinic Support Specialist
Ashley Rosa, RN, Clinical Services Manager
Joyce Sloan, Clinic Clerical Assistant
Trichia West, Medical Assistant



CentraCare Staff that Started it All . . .

Please join us in congratulating the following staff members, who have been with CentraCare since we opened our doors 5 years ago:

Rod Auton, CEO

Jan Barry, Transportation Coordinator

Jody Graham, Restorative Tech

Karen Hagemann, Recreational Therapy/Supervisor

Paula Hawkins, CNA

Ryan Murphy, Associate Center Manager

Alice Richmond, Intake Coordinator