

VOLUME 3 · ISSUE 1

JAN · FEB · MAR 2015

THE TRUCARE Tribune

| Meet Admin:
Catherine Purser

| Life Long Living
& Activities

| TLC Caring &
Community

Activities

At A Glance

Easter Party

April 2nd
at 3:00 pm



Exercise

Fridays at 10 am

Catholic Service

Sundays at 9:30 am

Walmart Outing

April 6th at 3:00pm



"General Store"

(in the dining room)
April 21st at 3pm

Resident Council Meeting

April 20th at 2:30pm

Bean Bag Toss

April 23rd at 3pm

A Full activities calendar is available at the front desk, or online at tlc-columbus.com/newsandevents
Family and Friends are always welcome!

*Count your
blessings not your
birthdays*



YOU'RE INVITED TO OUR MONTHLY
BIRTHDAY BASH
Third Thursday Every Month

Resident Birthdays

January:

Veronica Chaloupka
Janice Gregory
Leola Johnson
Bernice Kuhn
Leonard White
Leonard Wostarek

February:

Moses Adams
Gloria Baines
Adeline Beck
Milton Chaloupka
Glen Kent
Jannie Milner
Romana Ramirez

March:

Dorris Childs
Juanita Chollett
Rosemary Frenzel
Sybil Latham
Laverne Mikulenska



MEET THE ADMINISTRATOR

Catherine Purser, LNFA, LCSW

*"Everyday there is something
to be thankful for....."*

When interviewing TLC's newest Administrator, Catherine Purser, she said an important quote to her is, "Everyday there is something to be thankful for." We couldn't agree more! We are certainly thankful to have her in a leadership role at TruCare Living Centers- Columbus.

Catherine Purser brings a wealth of qualifications and education to her role. In addition to her Facility Administrator's License, Catherine is also a Licensed Clinical Social Worker (LCSW) and has a Master's in Social Work – with an emphasis on rural environments - from Stephen F. Austin State University.

Catherine relocated from Tyler, TX where she has served on the Board of Directors for Angelina Alliance, Trinity Mother Frances Cancer Committee and the Trinity Mother Frances Palliative Care Committee. She has certifications in Grief Facilitation, TAASA Cultural Awareness, and Sexual Assault Advocacy. Catherine's hands-on experience includes medical, mental health, hospice, family services, and geriatric social work.

Catherine has a wonderful attitude and a heart for care. Stop by her office to meet her and say hello!



RESIDENT SPOTLIGHT

Alice Krenek

During her lifetime, Alice Krenek has experienced events that many of us will only learn about in books. She has seen the world change in ways she might not have been able to imagine when she was a young girl-- from an age of industry to the information age and rise of the internet.

TruCare resident, Alice Krenek, is 98 years old and is still very active. Alice enjoys attending exercise classes at TLC. She keeps her mind sharp by enjoying doing Word Find and playing Bingo with friends. Looks forward to shopping at our "General Store" later this month.

When Alice was younger, she was a stay-at-home mother who enjoyed taking care of the family and raising a garden.

You might ask, "What is her secret to being active at 98?" Alice's answer-- walking and exercising.

From the TruCare Kitchen



CHUNKY Potato Soup

Ingredients:

- Chunky Potato Soup
- 3 tablespoons Butter or Margarine
- ¼ Cup All-Purpose Flour
- 4 Cups of Milk
- 2 Cups Diced Potatoes
- ½ Cup Minced Onion
- ½ to ¾ Cup Teaspoon Salt
- ¼ to ½ Teaspoon Freshly Ground Pepper

Directions:

Melt butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk; stir in potatoes, onion, salt and pepper. Cook over medium heat, stirring frequently, until mixture is thickened and potatoes are done. Yield: 5 cups

Microwave Directions:

Place butter in a 2-quart casserole. Microwave at HIGH for 50 seconds or until melted. Add flour, stirring until smooth. Gradually add milk, stirring well. Add potatoes, onion, salt and pepper. Microwave at HIGH for 16 to 18 minutes or until mixture is thickened and potatoes are done, stirring twice.

Stay Tuned

Residents of TruCare thoroughly enjoy live music. We host talented musicians as often as possible to play live music of all genres. Thank you, to the many volunteers who fill this home with beautiful sounds.

Photographed below: Major Bench from Eagle Lake



Stay Connected with TruCare
and the ones you love.



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Like Us On
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Caring & Community

TruCare Living Centers in Columbus



In February, the people of Columbus put their money where their mouth is.. at the **Columbus Community Food Drive**. TLC was proud to partner with many of the outstanding business in Columbus for such a great cause. John Jones photographed above is his signature Texas Apron!

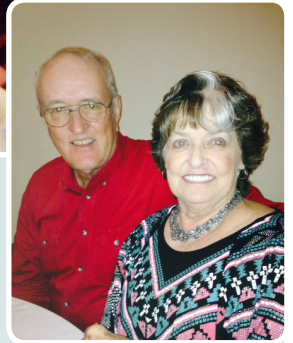


Columbus
Community
Food Drive

On March 4th, TLC partnered with **Gulf Coast Blood Center** to host a Blood Drive. We were pleased to have many donor's signed up and even some unexpected walk-ins! According to Gulf Coast, TLC met their donation goals. The Blood Center coach will be back in a few months for another drive.



Blood Drive
at TLC



February was a Month of celebration! TLC attended the **Chamber of Commerce** Banquet and The **Columbus Historic Preservation Committee** Gala. *Top Left:* Brittany Ramirez and Catherine Purser *Top Right:* Sherry Hoffman and husband *Below:* Rudy, Jamie, Brittany, and Christie.



Chamber
Banquet
& Historic
Columbus
Gala



A FEW OF OUR *Favorite Things*.....



1. Furry Friends- a new type of rehabilitation at TLC-- for squirrels! R.O. Barten holding a baby squirrel who is being rehabilitated by Social Services director Jamie Billeck.



2. A Game of Dominoes- Mr White, Bonnie and Mrs Latham strategizing in a game of dominoes

3. Wii- Jan Gregory and Virginia Varley in an intense game of Wii bowling



We Welcome
WARMER WEATHER



Groundhog Day



When will we learn that the Ground Hog's shadow doesn't lie? On February 2nd, Punxsutawney Phil saw his shadow signaling six more weeks of winter. We sure are glad to have that behind us!

First day of Spring



March 20th Marks the first day of Spring! Flower's and Trees are blooming, bees and butterflies are pollinating, and we've never been happier for seasonal allergies.

On March 8th, TLC moved our clocks forward. While "springing forward" is never easy, with are thrilled for longer days!



Time Changes

More Sunshine!



Longer days mean more sunshine, and sunshine is good for the soul.

Gardening



Gardening is a favorite pastime for many of our residents. It's the perfect time to plant in our courtyards.



Therapy Notes: Make Your Home Safer

About half of all falls happen at home, here are some tips to make your home safer:

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in the cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce the glare.
- Have handrails and lights put in on all staircases.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

Easter Egg Hunt *Family & Friends*



Bring the little ones out to
TruCare Living Center- Columbus
to hunt for Easter Eggs

APRIL 1st @ 9:00 AM



Hippity, Hoppity **Easter's on it's Way**

Spring is in the air, and TLC is bright & cheery! Photographed above, Mrs. Sally Goodwin, Mrs. Dolores Noska and Mrs. Romana Ramirez lend a helping hand in preparation for the "Egg-stravagant" Easter Egg hunt.



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TruCare
LIVING CENTERS
— COLUMBUS —

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