



BICKFORD NEWS



Winter-Spring

January-June 2011

FUNDRAISING EVENTS

June 17- Car Wash & Hot Dog Sale 4th of July Raffle

July 23- Tag Sale and Hot Dog & Burger Sale

July 30- Rain Date of Tag Sale

August 12- Car Wash & Hot Dog Sale for Resident Council for Big-E transportation.

Back to School Back Pack Raffle

SOLDIER PEN PAL

The Residents have become pen pals with a 20-year old female soldier who is currently deployed in Afghanistan. She is a Marine from Camp Lejeune. The Residents have started sending her weekly cards and letters and will send occasional care packages. Any family member or staff who wish to donate to care packages please see Eileen Mucha.

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

Administrator's Corner

Windsor Locks Chamber of Commerce at Bickford

Bickford hosted the Windsor Locks Chamber of Commerce After Hours meeting on March 2011. This gave business women and men a chance to see our facility and get to know what we provide for the local community. We highlighted our skilled nursing care as well as our short term rehabilitation options and our Outpatient Therapy Clinic.

All of the appetizers served were prepared by our own Dietary Department staff under the direction of Arthur Barnes, Director of Food Services. Many positive comments were received about our facility and the tasty treats.



MOHAMED HUSSAIN, CDONA/LTC



Mohamed Hussain, RN, Director of Nurses at Bickford Health Care Center in Windsor Locks, CT has fulfilled the conditions and requirements to be designated a Certified Director of Nursing Administration in Long Term Care. (CDONA/LTC)

This designation is only achieved by a small number of nurse managers. Bickford Health Care Center is proud of his achievement as it signifies our commitment to staff education and the provision of quality and compassionate care to our Residents.

Bickford Health Care Center is managed by Somerset Health Care Management Company.

Bickfords Installation of New Electric Beds

For fifty years Bickford Heath Care Center has been dedicated to providing quality and compassionate care to our Residents. This involves ensuring that equipment used is of the highest and most up-to date type. To this end, we are replacing our current manual beds with all electric beds. We want to offer more comfort and convenience to our Residents while being ergonomically appropriate for Staff.

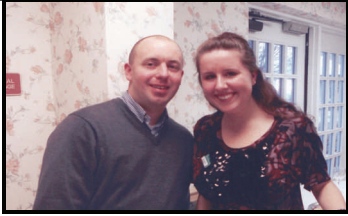
As you can imagine it is not financially possible to replace all forty eight beds at once. Our first delivery occurred on March 16th, 2011. Phase two will occur somewhere between October and November 2011, giving our Residents all new, comfortable user friendly beds. Our plan is to have all beds in house replaced by the end of 2011.

This new equipment will keep us abreast of the changes in the skilled nursing area and Bickford will continue to be in the forefront of those facilities providing quality care.

Duncan C. Hunter
Administrator



Bickford Interns



Bickford Health Care Center and Somerset Health Care Management Company, have a long history of providing management training experience for college students pursuing careers in Business and/or Health Care Management. This year we have been privileged to work with two interns, Andrew Goodsell, a student in the Certificate in Long Term Care program at UCONN and Kasha Kamianowski, an undergraduate student in Health Care Management at St. Joseph's College, West Hartford.

Andy has now completed his internship and is prepared for the Nursing Home Administrators' Board (NAB) exam in April 2011. When he passes that exam he will be eligible to work in Connecticut as a licensed nursing home Administrator.

Kasha will graduate in May with her bachelor's degree. The Residents and Staff wish them both every success in the future.

Resident Interview- Stanley & Alice Szwed



Nearly 66 years ago Alice Taravella met Stanley Szwed at a square dance. "He was so handsome and such a good dancer", Alice recalls. Stanley felt the same because according to Alice they have been "dancing together ever since". The couple dated for three years before getting married and starting a family. The Szwed's raised eight children all while running a successful business, Swede's Jewelers which they opened in 1946. "Life could be a little frazzled back in those days, but we stuck together and trusted in each other to make it through", recollects Alice.

Stanley learned how to repair watches while serving as a US Marine during World War II. His training in Aircraft repair translated perfectly into Watch repair which back in 1946 was quite an art form. Watch repair required a steady hand and a meticulous eye not to mention many hours of work. Stanley often worked late into the night. Alice and the children also spent many hours in the store. The secret to the success of a family business the Swede's will tell you is cooperation, community and



most of all family. Stanley was a very active member of his community, involved in many service organization including the Loins and Rotary Club. Stanley also enjoyed golf and both he and Alice were long time members of the Suffield Country Club.

Running a successful jewelry business allowed the Szwed's to travel to many foreign countries. "We had many great adventures and learned a lot," remembers Alice. The Szwed's travels brought them to Russia, England, Holland, France and even Egypt.

The Szwed's family has now grown to include 17 grandchildren and 6 great grandchildren. Alice and Stanley love to show off photos of the family. They are also very proud to say that the family business is still going strong with the help of their children and grandchildren.

Alice and Stanley still enjoy spending time together and can often be found sitting side by side in the recreation room, talking and reminiscing of the wonderful times and memories they have shared.

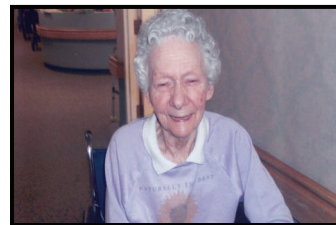
WELCOMING COMMITTEE

Stacia Mortensen- 3/15/2011 Eleanor Gunning- 3/29/2011
John Damotta- 3/29/2011

NEW EMPLOYEES

Fredy Abrahante- DA	Ruby Morant- CNA
Anney Akinwale- LPN	Stacy Mucha-DA
Tashna Barrett- CNA	Ann O'Connor-DA
Anne Clarke- RN	Barbara Sattal-DA
Carol Deskus- House Keeping	Bradley Sherwood- CNA
Susan Downing- DA	Elonie Smith- Rec. Director
Andy Goodsell- Recreation	Maureen Taylor Smith- CNA
Mohamed Hussain- DNS	Brittany Stetson- CNA
Sharlinda Jimenez - CNA	Kristine Traska- LPN
Latoya Mackey- CNA	Heather Turton- Social Worker
Stacy Mccaffrey- CNA	Doris Woodstock- DA
Tracy-Ann Mclean- CNA	Kimberly Worhtam-Dilaire-CNA
Vasanthi Milton-Albert-RN	

Resident of the Quarter- Barbara Dorman



Barbara Dorman has been a resident at Bickford Health Care Center for over nine years. She has four devoted sons and six grandchildren. She has a great passion for music and loves to sing old Broadway musical classics. Barbara knows every word to all the great classics and Broadway

tunes. She can be found touring the hallways of Bickford softly singing her favorite songs.

Barbara was a Sunday school teacher at the Congregational Church in West Suffield, CT where she lived and worked for an insurance company. She is very proud of her heritage in that her ancestors were the early settlers of Simsbury, CT. Barbara also loves flowers and always had a beautiful garden. Her friends all express admiration for her genteel and sweet personality.

From Our Kitchen

Braised Beef Short Ribs

In a heavy pot sauté 1 diced onion, 2 sliced carrots and 2 stalks of celery in olive oil. Sear short ribs to form a crust, add 2 cups of red wine and 2 cups of chicken broth. Season with a sprig of thyme, a bay leaf, salt and pepper, cover and cook slowly until meat is fork tender. Add 2 tablespoons tomato paste to stock and reduce to form a gravy.

Bickford Employee News

Michelle Rossi Inducted into CNA Hall of Fame



Michelle Sullivan Rossi has been a Certified Nursing Assistant for over 20 years- 13 of those at Bickford Health Care Center. She readily offers objective and supportive ideas to management, representing well the needs and wants of her co-workers and residents. Recently she was part of an evaluation process for new electric beds for the facility evaluating the pros and cons of each vendor being reviewed. She also worked with therapy to initiate a Restorative Nursing Program.

When Michelle suffered a tremendous sudden personal loss, the death of her spouse, she came back to work knowing that her Bickford family would be there for her. She came to work with a smile, working hard to fill the needs of each and every resident in her care. She gained strength from the residents and staff while continuing to do what she always does- her best work!

Michelle is intelligent, committed to long term care and is a true asset to the operation of our facility.

Helpful Hints From Stu

How to clean a Mattress

The most important thing I do. Rotate and flip the mattress every few months so body impressions don't set in. To fluff my new pillow-top mattress, which doesn't need to be flipped, I use the vacuum and upholstery attachment, pressing the nozzle down on a spot and quickly pulling it up to loosen the inside stuffing, then repeating over the surface. After rotating and flipping or fluffing each mattress, I sprinkle it with baking soda to neutralize odors, and then vacuum it.

This is also the perfect time to clean mattress covers. If the care label allows it, I use chlorine bleach rather than hot water to kill germs, as temperatures of 140°F or more can shrink the material and cause the cover not to fit. I always dry covers in the dryer at a lower heat for a longer amount of time to prevent shrinking.

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.

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14 Main Street

Windsor Locks, CT 06096

A Great Way To Start The New Year!!



Bickford has Fun and Entertaining Easter Egg Hunt!!



Bickford Healthcare Center
 Fourteen Main Street
 Windsor Locks, CT 06096

Phone: 860-623-4351

Fax: 860-627-0791

www.bickfordhealthcarecenter.com

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 \$1,212.15 was raised from Tag Sales, Raffles, Haunted Courtyard, Breakfast w/Santa, Pictures, and Memorial donations. These Funds benefit our Residents and Pet care.

Thank you

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



Happy Birthday

April:

Barbara Dorman- 4/5/1921
 Gertrude Agogliati- 4/16/1917
 Lucille O'Kane- 4/16/1931

May:

Shirley Horan- 5/18/1922
 Elizabeth Magnani- 5/13/1918

June:

Mary Baine- 6/1/1913
 Lane Krause- 6/24/1927
 Theresa Sicbaldi- 6/28/1916
 Celia Rutherford- 6/29/1918

July:

Eleanor Gunning- 7/5/1918
 Florence Bevza- 7/24/1918
 Anne Calsetta- 7/26/1914

August:

Anna Janik- 8/4/1914
 Laura Ladola- 8/18/1908
 Cleto Pincelli- 8/28/1916
 Pauline Routhier- 8/28/1915

September:

Barbara Willet- 9/2/1931
 Jennie Miller- 9/4/1919
 Florence Pincelli- 9/6/1918
 Caroline Nai- 9/19/1921

In Memory Of...

Doris Mattesen- 2/19/2011
 Eileen Samsvick- 2/21/2011
 Marie Keller- 3/3/2011
 Ruth Cushman- 3/6/2011
 Helen Thorstenson- 3/27/2011