

Helmwood Herald

Helmwood Healthcare Center

Lively, Vivacious, Spirited, Engaging Activities

One program that has experienced significant change over the past eighteen months is activities. When Debby Smith-Jennings was hired in August, 2008, she inherited a program that saw very few events. Under her guidance, Helmwood now has a minimum of three enjoyable opportunities a day for residents to choose from. Plus there are weekly outings and evening options. The variety and range of these events meets the needs of all residents, from the disorientated to the wheelchair bound to the ambulatory.

Debby has been an activity director for 15 years in three different facilities. While working as a restorative CNA, she was asked to fill in temporarily for an ailing activity director. She enjoyed the work so much she became a

certified professional.

As she plans the monthly calendar, Debby endeavors to be inclusive of each person in our community knowing the positive impact activities has on the wellbeing of those who live here. She does not like to cancel any activity as it is very important for residents to have opportunities to continue their socialization skills; to find stimulating new or familiar interests; and to understand that their time at Helmwood can still be a time of discoveries waiting to be uncovered. She also knows that trips are beneficial because they motivate residents and they offer a change of scenery.

When she is not coordinating programs at Helmwood, Debby keeps busy with two sons, two stepsons and one



*Debby Smith Jennings
Activity Director*

step daughter. Recently she became a grandmother for the first time, which makes her cheery bright smile even broader.

This month we celebrate National Activities Professional Week, January 17 through 22, and our facility has much to celebrate because of Debby's presence.

Resident's Council—A Voice for Residents

One of the more important activities for Helmwood residents is the Resident's Council which meets the second Thursday of every month. It is significant because it allows the facility's leadership team to hear concerns and compli-

ments from those who live in our center. The resident's have the opportunity to choose what they want to do for the upcoming month and the food for one special meal. (Noted on the calendar as resident's choice meal.) They

review old business, discuss new business and read one or more resident rights. One project from this past year is the library that the council, under the leadership of Joann Wolfe, has been able to design and complete.

January, 2010

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Resident's Birthdays for January

- Carrie Holliday 1/4
- Elizabeth Basting 1/9
- Joel Squyers 1/20
- Anna Stark 1/20
- Sylvia Prather 1/28



Dates of Special Interest

- January 7th—outing to Ryan's Steakhouse
- January 11th—bingo at the American Legion Hall
- January 17th—special Popeye lunch
- January 21st—outing to Mr. Gatti's Pizza
- January 26th—outing to the Peddler's Mall



Rafael's favorite pastime is to play chess.

Rafael Paparinov Senior Olympian

When one passes by Rafael's room, what catches the eye is all the Senior Olympic medals that hang in his memory box. But the article about how he won all those awards includes some intriguing facts about our Olympian competitor.

Rafael was born in Ruse, Bulgaria which is right on the banks of the Danube River. Because it was one of the most significant ports for that country, Rafael's father built an edible oils (i.e. olive oil) factory. But Rafael was an adventurous young man and decided not to go into the family business and joined the Bulgarian army instead. He fought in World War II and was seriously wounded while rescuing some American soldiers. By the end of his enlistment he had achieved the rank of captain.

After the war Rafael returned to Ruse to take over managing his father's plant, but the Russians had nationalized all the industries by then and Rafael found it difficult to operate the company under the Communist regime. He moved to the city of Sofia where he studied law and earned a living by sharpening knives and scissors. He also began writing political articles about the truth of living under an oppressive government.



Rafael dances with a staff member at last year's Valentine Dance.



Rafael with Mary Lois "Polly" Loyall, another Helmwood resident.

In the sixties, he moved on to the Black Sea when he became a life guard. It was here that he became acquainted with the Eastern religions and yoga. What he found most appealing were the physical aspects of yoga; the breathing and flowing movements that help bring about a meditative calm.

Throughout this time he continued to write until Bulgaria identified him as a political dissident. In 1990, Rafael left his native country. Sadly, he had to leave his son, two grandchildren and two great-grandchildren in Bulgaria. He was given sanctuary by a resident community of Zen Buddhist monks in California. While there, he was able to continue his religious training in their centuries-old traditions of meditation. He then moved to Colorado where, at the age of 76, he began participating in the Senior Olympics. For the next ten years, Rafael competed in swimming, running, biking and the triathlon events. He has accumulated more than 600 medals for all his extraordinary efforts. He even wrote a book about the experience.

In the midst of his participation in the Senior Olympics, he came to Elizabethtown where he came under the nurturing wing of Dottie Hansen, the former director of Helping Hand and members of First Presbyterian Church.

He is an avid chess player, a game he learned in his childhood. He now has two people who come in to challenge him as well as be taught by a master competitor. He is very polite to those who care for him and always is appreciative of any gesture of kindness or conversation.

Fascinating to find a Bulgarian political dissident in Elizabethtown, Kentucky!



Rafael fishing at Freeman Lake



⇨ Wilma "Billy" Jacobs is pleased with her gingerbread house.



Members of First Presbyterian's Women's Association and



Making Gingerbread Houses



⇨ Debby Jennings helps everyone assemble their gingerbread houses.



Choir host the annual Christmas Tea for the residents.



⇨ Norma Sullivan gives a smile when she finishes decorating her house.



Resident's Christmas

Party with Santa



Helmwood Healthcare Center

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Elizabethtown, KY 42701

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Fax: 270-737-3096



We endeavor to give compassionate
care and superior service.

www.phsk.org

We're on Facebook, too!

STAFF NOTES

STAFF BIRTHDAYS

KATHY ALLEN (CNA) 6TH
DEBBIE HENLINE (DIET) 8TH
PAM ROBINSON (RN) 10TH
CHARLETTE MORENO (MDS) 14TH
JOE YOUNG (SDC) 15TH
SUE ALPIGER (HSKP) 21ST
DEBRA TENNISON (LPN) 22ND
JOSH MAYFIED (DIET) 27TH

STAFF ANNIVERSARIES

CINDY BILLODEAU (LPN) - 3 YRS.
NICHOLE CHADBOURNE (CNA) - 1 YR.
ANGELA COLE (CAN/CMT) - 4 YRS.
HOLLIE KELLY (CNA) - 12 YRS.

HELMWOOD HEALTHCARE RESIDENT'S BILL OF RIGHTS

There are 36 resident rights. We
will review one or more each month.

12. No responsible resident shall be
detained against his/her will. Resi-
dent shall be permitted and encour-
aged to go outdoors and leave the
premises as he/she wishes unless a
legitimate reason can be shown and
documented for refusing such activ-
ity.

13. Resident shall be permitted to
participate in activities of social,
religious, and community groups at
Resident's discretion.

14. Resident shall be assured of at
least visual privacy in multi-bed
rooms and in tub, shower, and toilet
rooms.

VOLUNTEER CORNER

Volunteers are the sugar and spice of
Helmwood. Their willingness to
assist the staff is truly an immeasur-
able blessing. Currently we are look-
ing to fill the following position:

Quilt Makers

Create a beautiful quilt that captures
the imagination of our residents

Time Required: 1 hour a month

Skills Required: knowledge of quilt
making, working with older adults

Contact Cynthia Miske
Volunteer Coordinator
270-737-2738

Welcome

**Helmwood welcomes
these new residents:**

Lura Dodson

Margie Hawkins

Carrie Holiday

Nathan Moore

Henry Wilkins

Louise Wood



**Joined the
Church Triumph**

Lela Croiser

12.24.2009

Leona "Mary" Burke

12.31.2009

Wilma "Billy" Jacobs

1.6.2010

Mary Olligies

1.6.2010





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AC = Activity Center on 1st Floor SR = Sunroom Catholic Communion served weekly by Gail Hunt RAT Pack = Residents About Town NOTE: Activities are subject to change</p>	<p>HAPPY BIRTHDAY! ELIZABETH BASTING 1/9 JOEL SQUYERS 1/20 ANNA STARK 1/20 SYLVIA PRATHER 1/28</p>	<p>Celebration of Life Month Coffee Gourmet International Month National Quality of Life Month National Hot Tea Month Oatmeal Month</p>	<p>National Activity/Professionals Week 17th – 22nd National Pizza Week 17th – 22nd Maintenance Day – 20th Inspire Your Heart with the Arts Day</p>	<p>Special Popeye Lunch January 17th Wimpy Hamburgers Sweet Peas Spinach Salad wt. Olive Oil! Bluto Fries Pappy's Peach Pies</p>	<p>HAPPY NEW YEAR! 10:00 Coffee n' Chat wt. Odell Cobb 11:00 Fit n' Fun 11:00 Rose Parade on TV 3:30 Bible Readings and Crossword Puzzles in rooms</p>	<p>10:00 Visits from Girl Scout Troop 1041 11:00 Fit n' Fun 2:15 Activity lead by Joe Young 5:30 Music & Supper</p>
<p>10:30 Severns Valley on TV 4:00 Sunday Service wt. Memorial Methodist Church 5:30 Music & Supper</p>	<p>10:00 Coffee wt. Part 1 of "The Wizard of Oz" 11:00 Fit n' Fun 12:05 Bookmobile 2:15 Part 2 of "The Wizard of Oz" wt. popcorn in AC</p>	<p>10:00 Senior Surfers wt. Kim Bland 10:00 Coffee n' Chat wt. Odell Cobb 11:00 Fit n' Fun 2:00 Rook wt. Oleta and Pearl</p>	<p>Visits with Susie the dog 10:00 Coffee n' Chat 11:00 Fit n' Fun 2:45 Bingo wt. Betty Jackson Care Plans</p>	<p>10:00 Coffee n' Chat 11:00 Fit n' Fun 12:30 RAT Pack luncheon outing to Ryan's 3:00 Music with the McKinley's 5:00 Games in rooms / Wii Games in AC</p>	<p>BIRTH ANNIVERSARY OF ELVIS PRESLEY 10:00 Coffee wt. Elvis Presley movie 11:00 Fit n' Fun 3:30 Bible Study wt. Rev. Peggy French</p>	<p>10:00 Visits from Girl Scout Troop 1041 11:00 Fit n' Fun 2:15 Activity lead by Rev. Peggy French 5:30 Music & Supper</p>
<p>10:30 Severns Valley on TV 4:00 Sunday Service wt. Rev. Terry Piscatello 5:30 Music & Supper</p>	<p>10:00 Bingo and Lunch at American Legion Hall 11:00 Fit n' Fun 3:00 Ice Cream Cart – in rooms 6:30 Piano Styling's of Charlie Campbell</p>	<p>9:00 Manicures wt. Odell Cobb 10:00 Coffee n' Chat wt. Odell Cobb 11:00 Fit n' Fun 2:00 Rook and manicures wt. Oleta and Pearl</p>	<p>Visits with Riley the dog 9:30 Discovery Circle 10:00 Coffee n' Chat 11:00 Fit n' Fun 12:30 Resident's Choice Meal 2:45 Bingo wt. Betty Jackson Care Plans</p>	<p>10:00 Coffee n' Chat 11:00 Fit n' Fun 2:30 Red Hat Society – "Gone with the Wind" activities</p>	<p>10:00 Coffee n' Chat ELVIS PRESLEY 10:00 Bible Study wt. Rev. Peggy French</p>	<p>APPRECIATE A DRAGON DAY 10:00 Visits from Girl Scout Troop 1041 10:00 Family Council Meeting 11:00 Fit n' Fun 2:15 Dragon Puppet Show wt. Lucy Dunford 5:30 Music & Supper</p>
<p>BIRTHDAY OF POPEYE, THE SAILOR MAN 10:30 Severns Valley on TV 4:00 Sunday Service and Communion wt. Rev. Peggy French 5:30 Music & Supper</p>	<p>MARTIN LUTHER KING JR. BIRTHDAY 10:00 Coffee and Martin Luther King, Jr. Trivia 11:00 Fit n' Fun 2:00 Corn Hole Game</p>	<p>10:00 Senior Surfers wt. Kim Bland 10:00 Coffee n' Chat wt. Odell Cobb and music wt. Friends of Jesus 11:00 Fit n' Fun 2:00 Rook wt. Oleta and Pearl</p>	<p>Visits with Coco the dog 10:00 Coffee n' Chat 11:00 Fit n' Fun 2:45 Bingo wt. Betty Jackson Care Plans</p>	<p>10:00 Coffee n' Chat 11:00 Fit n' Fun 12:00 Outing to Mr. Gatt's Pizza 3:00 Music with the McKinley's 4:00 Crafts with Mickie Francher</p>	<p>10:00 Gourmet Coffee n' Chat 11:00 Fit n' Fun 3:30 Bible Study wt. Rev. Peggy French</p>	<p>NATIONAL PIE DAY 10:00 Visits from Girl Scout Troop 1041 10:00 Activity lead by Jason Jones 11:00 Fit n' Fun 12:30 Pie for lunch 5:30 Music & Supper</p>
<p>24/31 10:30 Severns Valley on TV 4:00 Sunday Service wt. Rev. Terry Piscatello 5:30 Music & Supper</p>	<p>25 10:00 Coffee n' Chat 11:00 Fit n' Fun 3:00 Resident's Birthday Party</p>	<p>26 9:00 Manicures wt. Odell Cobb 10:00 Coffee n' Chat wt. Odell Cobb 11:00 Fit n' Fun 2:00 Rook and manicures wt. Oleta and Pearl 2:15 Outing to Peddler's Mall</p>	<p>27 Visits with Nisse the dog 9:30 Discovery Circle 10:00 Coffee n' Chat 11:00 Fit n' Fun 2:30 Men's Bible Study wt. Rev. Terry Piscatello 2:45 Bingo wt. Betty Jackson Care Plans</p>	<p>28 NATIONAL BLUEBERRY PAN-CAKE DAY 8:00 Blueberry Pancakes in West Dining Room 10:00 Coffee n' Chat 11:00 Fit n' Fun 2:15 Baking in the AC – oatmeal cookies and tea 6:00 Music with the Hahn's in the SR</p>	<p>29 NATIONAL PUZZLE DAY Crossword Puzzles in Rooms 10:00 Coffee n' Chat 11:00 Fit n' Fun 3:30 Bible Study wt. Rev. Peggy French</p>	<p>30 10:00 Visits from Girl Scout Troop 1041 11:00 Fit n' Fun 2:15 Games lead by Kenya Livingston 5:30 Music & Supper</p>