

June 2018

Inside Brookside

Staff Appreciation Concert and Barbecue a Hit!!

Brookside hosted their Annual Staff Appreciation Concert and Barbecue on June 4 at the Hidden Springs Golf Course.

“It is you the staff who make Brookside a great place to work, live and visit,” owner Susan Averill explained. “Thanks for all you do.”

She thanked the dietary staff for the great job in supplying the pulled pork, baked beans, potato salad, watermelon and cookies.

Many staff members won prizes during the door prize drawings and guess the resident quizzes.

The night was topped off with entertainment by Rusty Rierson and his band.



Congratulations Bunleng Hill for being voted on as 2017 Employee of the Year by the staff. She won a cruise for two.



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Headliners 1

Resident of the Month: Betty Cooper 2

Service Excellence Honoree: Lainie Lucas 3

Community Pics 3

Calendar Highlights 4
June Birthdays
Community Pics

SUPPORT TEAM

Scott & Susan Averill,
The Owners

Tracy Dunnaway,
Administrator

Allison Lyda,
Director of Nursing

Tammy Conklin,
Human Resources

Kim Wilson & Mary Moshier,
MDS Coordinators

Sharrell Davidson,
Business Office Manager

Denise Hoback,
Billing Specialist

Karen Peters,
Social Worker

Shelley Branch,
Rehab/Therapy

Ranea DeShazer, *CDM*
Quality of Life Coordinators

Joy Schmidt
Sharri Allred
Ciara Walter

Thank You from Tracy Dunnaway

Tracy would like to thank all the staff, residents and their families for their kind words, notes of support and love as she deals with her loss of Craig Burchett, her significant other.

The Brookside Family is keeping Tracy in their thoughts and prayers.

June Resident of the Month

BETTY COOPER

Strong-willed would describe Resident of the Month Betty Cooper. "I graduated from Scranton High School in 1943," she said. "It was the beginning of change in society for women."

Betty, who grew up two miles south of Scranton, decided to move to Topeka and attend Christ's Hospital School of Nursing in Topeka, which eventually merged with Stormont Vail.

After three years of schooling and passing the state boards, she became a Registered Nurse. She worked at Christ's Hospital for a year but then decided to move to Colorado.

"I don't really know why Colorado," she said. "It was kind of crazy. I had a girlfriend who wanted to go so I went too."

Betty explained they didn't really have a plan when she moved other than to get a nursing job there. "Then I decided to attend University of Colorado in Boulder to get my Public Health Nursing Certificate," she said. "I worked and saved and finally went to school."

But shortly after graduation, Betty decided to move back to Kansas and she worked through the Polio epidemic at Christ's Hospital for a year.

However, Helen, a friend of Betty's from Colorado set her on a new path. "Helen hounded me to come back to Colorado," she laughed. "She even found me a job in Silverton at a hospital."

When Betty first arrived in Colorado, the doctor took her out and she actually met her first husband Alcide Fedrizzi, who was Italian. The two dated for a couple years and Betty worked near Durango on the Southern Ute Indian Reservation.

"Finally, I moved back to Durango and took a job with the San Juan Basin Health Unit," she explained. "I retired from there after 32 years."

In 1953, Alcide decided to move to Durango and the two were married 16 years until his death. Betty said the two of them loved to go camping. He would fish and she would hike.

Then when Betty was back visiting her parents in Kansas, her life took another path. Betty's nursing school friend set Betty up with her brother Charles. After a long-distance relationship, Betty moved back to Kansas in 1982 to marry Charles Cooper.

"I liked to babysit Charles' grandchildren," Betty said. "I liked to read and socialize." She explained that she really didn't have time to do much of anything. "I helped my mom and took care of her as her health failed," she said. "I also took care of Charles as his health failed."

Betty moved into Brookside in April of 2011. "And it's hard to remember when I didn't live here. There aren't too many old codgers left!" she laughed. "It hard to remember I'm going to be 93. Time seems to blend to-

June Service Excellence Honoree

LAINIE LUCAS



"I'm a do'er not a do to 'er," Lainie Lucas, June Employee of the Month, explained. "I'm a survivor." She has proved determined to achieve her goal as a nurse, surviving being raised rough and starting her family first.

"I had a 4.0 in high school but my finances were an issue," Lainie said. "So, I moved to Kansas at 18 and started my family instead of my career."

She got married and had Jessie, Crystal and Michael--all two years and two months apart. Lainie made the decision to stay at home and raise them instead of

letting others raise them.

"I helped my children in 4H, Boy Scouts, Girl Scout," she said. In addition, she volunteered and served as Madam Chairman on ECKAN for 2 years with Head start and also represented Coffey County on ECKAN's multi-county board for 2 years.

After the kids got in school and to help make ends meet, she worked as a waitress, bartender, donut maker, and even a union carpenter.

"I believe I became a better nurse because I learned the real life social skills of listening and working with others," she said.

However, Lainie's goal of becoming a nurse never swayed. After earning her Certified Nursing Assistant license right out of high school, she always envisioned herself as a nurse. So finally in 2004, Lainie started her pre-requisites.

"I was working and raising my family," she laughed. "So it took me six years to finally graduate from Flint Hills Technical School as a Licensed Practical Nurse in 2010."

After graduating, she worked in Waverly at Sunset Manor and ORV in Ottawa before finally coming to Brookside almost two years ago.

"This is the best nursing home in the State of Kansas, hands down," she declared. "For one, it is staffed appropriately. They see the need and staff for it."

Lainie also praises the staff she works with. "I work with an excellent crew," she said. "We tell each other we love you and drive safely every day. They are family."

At home, Lainie and her boyfriend Rodney stay busy on their Furbaby Farms & Feathered Friends Ranch outside of Lyndon, where they raise chickens and purebred Boar goats that are AGBA-registered.

Lainie also collects rocks from different states and loves to go fishing, camping and boating. If she can get to an ocean, she loves to boogie board!

Celebrating National Nursing Home Week

Let's Party Week

Go Crazy Week



Rockin' & Rollin' Week

The Old West Week



Brookside Retirement Community
700 W. 7th
Overbrook, KS 66524
(785) 665.7124

JUNE CALENDAR HIGHLIGHTS

Saturday, June 2- The Galloways- 2 p.m. (AL), 3 p.m. (Manor)
 Tuesday, June 5- Rusty Rierson- 1 p.m. (Manor)
 Wednesday, June 6- Johnny & Adam- 3 p.m. (Manor)
 Saturday, June 9- Alan Cunningham- 2 p.m. (AL), 3 p.m. (Manor)
 Tuesday, June 12- Chris Foster- 3 p.m. (Manor)
 Saturday, June 16- James Rojas- 2 p.m. (AL), 3 p.m. (Manor)
 Tuesday, June 19- Terry Baldrige- 3 p.m. (Manor)
 Thursday, June 21- Jana & Jean- 1 p.m. (Manor)
 Saturday, June 23- Ardys Ramberg- 2 p.m. (AL), 3 p.m. (Manor)
 Wednesday, June 27- Odds & Ends- 2 p.m. (AL), 3 p.m. (Manor)

JUNE BIRTHDAYS

1- Russell Vawter
 4- Karen Fischer
 7- Kenny Davidson
 8- Barb Sandridge
 8- Shirley Danielson
 11- Leona Sims
 21- Betty Cooper
 23- Jeanne Bond
 26- Patricia Morgan
 29- June Robertson



Live Their Truth

No matter how hard we try, we cannot bring back short-term memory.

We can however, take hold of the long-term memory and use it to **CREATE MOMENTS OF JOY.**

This means we need to live in their reality. When a person is looking for mom, we need to respond in a manner that reassures the person that mom is OK.

You could try validation. Ask them to tell you about their mother and what she liked to do. By talking about mom, the person may relax and stop worrying about where mom is.

The bottom line is this—there is no reasoning with a person with dementia and you will not be able to make them live your reality.

Choose to accept, and everyone wins. You are not shooting for a perfect reaction but just a better reaction when you answer their questions.

Just look at the person's face as you interact. It will tell you everything,

—Excerpts from *Creating Moments of Joy* by Jolene Brickey