

Life Matters



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A message from the president

We are in the season of thanksgiving, although we should be mindful of the practice the year around. Too often, we (and I am certainly guilty) take our blessings for granted. We get too concerned with worries and circumstances that seek to control us when we have an abundance of blessings all around us.

Take this story in the life of Jesus: He and His disciples were on their way to Jerusalem and were passing through Samaria and Galilee. When they entered a certain village, they were met by 10 lepers, who stood afar off. Word had already reached them that this itinerant miracle worker had cured a single leper in a village not distant from their own. They shouted, "Jesus, Master, have mercy on us!"

Jesus' instruction: "Go, show yourselves to the priests." That may sound strange to us, but the priests of that day were also public health officers. If a person had been cured from an infectious disease, he had to present himself to the priest to receive a health certificate. No doubt the lepers were puzzled by Jesus' command, but they believed Him and did as He asked.

It was on their way to the priest that something happened to them. Their numbness began to pass. The wretched sores that scarred their hands and faces began to vanish. Their flagging strength began to return. Luke put it this way (in the 17th chapter of his book): "And so it was that as they went, they were

cleansed." In obedience to the command of Christ, healing had come.

You might think that these cured men would go running back to Jesus with words like: "Blessed healer," "Great physician," "Praise be to Jesus." But no. Nine of the 10 were never heard from again.

There was one, however, who did return. "When he saw that he was healed, (he) returned, and with a loud voice glorified God, and fell down on his face at His feet, giving Him thanks" (Luke 17:15-16).

Jesus took note of what happened. "Were there not ten cleansed? But where are the nine?"

The one who returned was a Samaritan – the half-breed, the outcast, the Gentile, the one considered unholy, who showed how holy his heart really was. He expressed his gratitude. And to this man, Christ gave not only a physical blessing, but also a spiritual blessing.

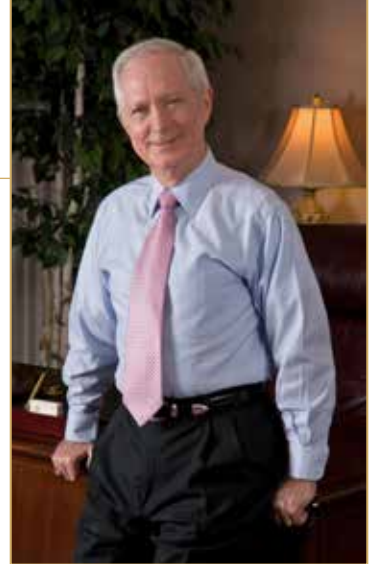
The other nine were probably all Jews who had been freed from the misery of leprosy, but they were still in bondage to the misery of ingratitude.

God's grace and salvation are available for us all. We owe Him our thanks – as a company and as individuals. He is worthy of our love and our praise.

Sincerely,



Beecher Hunter



OUR COVER MODEL:
Carol Hulgan, senior vice president
of Clinical Services

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David Smith

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P.O. Box 3480
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Forrest L. Preston
Founder and Chairman

Beecher Hunter
President

Rob Pauza
Director of Graphic Services
and Art Director

Leigh Atherton
Director of Public Relations
and Editor

Dara Carroll
Senior Publications Specialist
and Associate Editor

Jonathan Golden
Senior Designer

All correspondence should be
addressed to the Associate Editor.



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Mountain States Division Welcomes New Vice President



Beth Williams has been appointed vice president of Life Care Centers of America's Mountain States Division.

In this position, Williams oversees 31 skilled nursing and rehabilitation facilities in Colorado, Hawaii, Utah and Wyoming.

"We are fortunate to have a great leader like Beth to take the role of

division vice president," said Cathy Murray, Life Care's chief operating officer. "Her many years of experience as a regional vice president and executive director, along with her enthusiastic and motivating leadership style will be a blessing. She has a strong commitment to our residents, staff and company."

Todd Fletcher, vice president of Western Operations for Life Care, added, "Beth's energy and infectious passion for our work will be a tremendous asset to the Mountain States Division."

Williams most recently served for more than six years as vice president of Life Care's Rocky Mountain Region, which oversees the company's Denver-area facilities. Before serving in that role, she served as executive director at Orchard Park Health Care Center in Littleton, Colorado, for three years. She has more than 26 years of experience in long-term care, including 12 as an executive director.

Life Care Wins Three THCA Awards



Josh Kota

Scott Hunt

On Aug. 1, 2019, Life Care received three awards during the Tennessee Health Care Association's awards luncheon in Nashville. Marion Grove, a volunteer at Life Care Center of Hixson, won the Individual Volunteer of the Year Award, while Josh Kota, regional rehab director

for the Appalachian Region, won the Professional Service Award, and Scott Hunt, executive director at Life Care Center of Morristown, won the Distinguished Association Service Award.

Leaders Build with Love

On Friday, July 26, 10 associates from Life Care's corporate office in Cleveland, Tennessee, offered their own sweat and labor to support Habitat for Humanity of Cleveland. The group participated in the organization's first Leaders Build – its 138th home in the community.



Jared Powers, a web specialist with Life Care who also serves as a board member for Habitat, participated in the build – his first. "It's great to be involved with Habitat," he said. "I'm excited to help lift people out of their circumstances, give them a hand up and help with giving them secure and safe housing."

"I was so excited to be on the Habitat build, because I've wanted to do one since I was a little girl," added Leigh Atherton, director of public relations. "My mom was on the selection committee, and I always heard stories about Habitat and wanted to be on a build one day."

A few days after the group's day of labor, Victor Headrick, the new homeowner, was the guest of honor at a breakfast hosted by Life Care. It gave the volunteer builders a chance to get to know Headrick a little better and learn more about his story.

"I think Habitat is an absolute miracle," said Headrick. "I can't believe I am a part of it. Having a solid foundation for me and my son means the world to me."

The finished residence was dedicated on Aug. 29, and Headrick and his son are now enjoying their new home.



Esmerelda Lee to Lead Century Park



Esmerelda Lee has been appointed executive vice president and chief operating officer for Century Park Associates.

Century Park, an affiliate of Life Care Centers of America, operates more than 40 independent and assisted living communities in 19 states.

“Esmerelda Lee is eminently qualified for this leadership position in Century Park,” said Forrest L. Preston, president of Century Park and chairman and CEO of Life Care. “In her career path, she has proven her

operational skills in both Life Care and in Century Park. But above her considerable professional talents, she has a genuine heart for the people she serves. Her return is good news for our residents and our associates.”

Lee said she is “excited to be able to return to the company where I began my career in senior living, working alongside inspirational leaders like Forrest Preston, Beecher Hunter and Cathy Murray, who have taught me so much during my previous tenure with this dynamic company.

“Century Park and Life Care have always been companies founded on Christian values, and those same values are integral to me in every way,” continued Lee. “So, this is a homecoming in more ways than one.”

Lee graduated cum laude from Lee University in 1996, with a bachelor of science degree in biological sciences/pre-med emphasis, and she earned her master’s degree in public health administration from the University of Tennessee in 1999.

Her professional path includes serving as executive director for Life Care Center of Missionary Ridge in Chattanooga, Tennessee, and Life Care Center of Cleveland, Tennessee, before accepting the role of campus manager of Garden Plaza at Cleveland from 2006 to 2017. She joined Enlivant as regional vice president of operations in 2017, and she was promoted to vice president of operations for the company in 2018.

Newsweek Releases 2020 Best Nursing Homes List

Newsweek magazine recently released a list of 2020 Best Nursing Homes, and 13 Life Care Centers of America facilities received the honor.

Using data from worldwide research firm Statista, Inc., Newsweek analyzed more than 15,000 nursing homes in the U.S. to compile its inaugural Best Nursing Homes list, which named 406 nursing centers in 20 states as being the best. Each state had a different number of nursing homes on the list, and winning facilities were ranked against the other winning facilities in their state.

Statista determined the Best Nursing Homes based on a combination of survey results from medical experts and data on staffing, health inspections and quality measures from the Centers for Medicare and Medicaid Services as of July 2019.

Life Care’s winning facilities were:

- Life Care Center of Tucson, #2 in Arizona
- Life Care Center of Sierra Vista, #7 in Arizona
- Mi Casa Nursing Center in Mesa, #8 in Arizona
- Life Care Center of Vista, #22 in California
- Life Care Center of Estero, #8 in Florida
- Life Care Center of Punta Gorda, #36 in Florida
- Life Care Center of Orange Park, #47 in Florida
- Life Care Center of West Bridgewater, #1 in Massachusetts
- Life Care Center of Raynham, #4 in Massachusetts
- The Highlands in Fitchburg, #17 in Massachusetts
- Life Care Center of Plymouth, #20 in Massachusetts
- Rivergate Terrace in Riverview, #22 in Michigan
- Rivergate Health Care Center in Riverview, #23 in Michigan

Photos by David Smith



RESIDENTS STAY POSITIVE DURING HURRICANE DORIAN EVACUATIONS

By Jake Cash

On Sept. 2 and 3, 2019, three Life Care facilities in South Carolina evacuated all residents and associates as Hurricane Dorian approached their state.

Dorian, a Category 2 hurricane when it reached the United States on Sept. 5, brought damaging winds of 100 mph, which flooded streets and littered them with trees and powerlines. By the time the storm arrived, however, Life Care residents and associates were already being hosted by other facilities across the Southeast.

Life Care Center of Charleston, Life Care Center of Hilton Head and The Bridge at Charleston, an associated Century Park assisted living community, were all evacuated.

Life Care Center of Charleston residents, who were moved to Life Care Center of East Ridge and Life Care Center of Ooltewah, in Tennessee, found ways to stay positive and happy during the evacuation, and associates of both evacuated and host facilities ensured their residents received excellent care throughout the experience. They also diligently kept

in touch with residents' families to let them know their loved ones were safe.

Patricia Fowler, a resident of the Charleston facility who stayed at Life Care Center of East Ridge, found keeping a positive attitude helped her stay happy and uplift others.

"If people were nervous, we would say, 'It's going to be an adventure, it's going to be fun and we're all going to be together,'" said Fowler. "This was to end some anxiety for people who were nervous."

Fowler also enjoyed staying at a new place and making new friends.



“I found the experience to be enthralling,” said Fowler. “I was excited to see the building itself, and I’ve enjoyed their library. I’ve also enjoyed talking to new people from places I haven’t been before.”

Shirley Vaughn, a resident at the Charleston facility who stayed at Life Care Center of Ooltewah, was impressed with the good attitudes of her fellow residents.

“I’ve done a lot of praying, and we got here,” said Vaughn. “No one got sick, and no one complained or said anything about going home. Something like this could have been a disaster, but it was not.”

Wilford Corbin, another resident who stayed at Life Care Center of Ooltewah, was satisfied with the evacuation process.

“I’m 99 years old, and I get tired easily,” Corbin, who affectionately refer to as Smiley, said with a laugh. “But we knew we had to

get out because the storm was coming soon, and as far as evacuations go, we couldn’t ask for any better.”

Other residents shared the same feelings as Corbin.

“The stay has been truly wonderful,” said Fowler. “The staff have been more than accommodating, and we were made to feel like family. The people who work here care about their residents, and the corporation cares. They didn’t just send us someplace where we would not know anyone. Instead, we got to bring our nurses and aides with us, so we brought family.”

Marilyn Wanninger, who stayed at the East Ridge facility, was especially thankful she was able to continue her physical and occupational therapies during her time away from Charleston.

The residents were thankful that the evacuation and the stay at host facilities went smoothly for them, but they also recognized the hardships Dorian brought to others.

“Overseas where the hurricane hit first, it was devastating, and I am so sorry for the people there,” said Corbin. “I feel for them very deeply, but the Lord is looking down on them.”

Fowler also commented on the situation, speaking as a ray of sunshine during the storm.

“There are always people who are willing to help,” said Fowler. “A tragedy like this brings out the kindness and the good in people.”

At the end of their stay, the residents were excited to return home and resume life as normal. All residents were headed back to South Carolina by Sept. 7, 2019, where their facilities remained undamaged by Dorian. Throughout the evacuation adventure, residents received excellent care, stayed remarkably positive and encouraged others. 🙏

Carol Hulgan's Magical Career

By Leigh Atherton

“If you look up survey geek, there is going to be a picture of me,” laughed Carol Hulgan, senior vice president of Life Care’s Clinical Services department.

It’s clearly true. With 208 facilities nationwide, at least one Life Care facility is going through a regulatory survey every single day, and Hulgan knows about every one of them. It’s the kind of leader she is: engaged, supportive and cheering on her team.

Looking back, two key people believed in Hulgan and inspired her to be the leader she is today. Her mom, Linda Skyles, is her mentor, the strongest person she knows and her greatest fan. Skyles is actually a retired nurse, even serving Life Care over the years. She poured into Hulgan, encouraging her to grow, evolve and become a strong leader.

The other person who noticed Hulgan’s leadership skills early on was Margie Mills, the owner of a home health care company where Hulgan was a receptionist. One day, Mills asked Hulgan if she wanted to go to nursing school. Hulgan, who was married with two young children at the time, had several reasons why nursing school was not a practical choice.

“She asked me, ‘If money was no object, would you go?’” explained Hulgan. “My hopes and dreams were that I would be a doctor one day, but life throws you punches you don’t anticipate. I became a mother at a very early age. I decided I wasn’t sure I could make it through medical school with a young child, but I knew I could make it through nursing school. I said, ‘yes,’ and she paid for me to go to nursing school.”

Hulgan started her career at Memorial Hospital in Chattanooga, Tennessee, as a cardiac nurse. She also worked on the weekends for Mills, who always believed Hulgan would be a great leader one day. Within two years of graduating from Chattanooga State Community College’s nursing program, Hulgan was assistant director of nursing at Life Care Center of Red Bank in Chattanooga. But her



Photo by David Smith

Fast Facts

What do you collect?

Raggedy Ann and Raggedy Andy. I have over 1,000 collectibles!

Who are your favorite authors?

Stephen King and Mary Higgins Clark

What are you currently reading?

*"Between Heaven and the Real World: My Story" by Steven Curtis Chapman
"It" by Stephen King*

What's your guilty pleasure?

Starbucks iced caramel macchiato with coconut milk

What are you currently binge-watching?

"Bluebloods"

What is your favorite TV show?

"Criminal Minds"

What is your favorite food?

Mexican!

If you weren't a nurse, what would you be?

A forensic scientist

connection to Life Care goes back even further.

At the young age of 13, Hulgan received her first assignment as a candy striper at Life Care Center of East Ridge, Tennessee. The program allowed young volunteers to shadow nurses at various health care institutions.

"I remember I was scared walking into a nursing home because even at a young age you hear things about what a nursing home will be," said Hulgan. "I wanted to go to a hospital, but God placed me at Life Care Center of East Ridge for some reason. I didn't know the reason then."

On her first day, the center was hosting a resident parade, and young Hulgan was struck with the reality that many residents would live out the remainder of their lives at the facility. That realization stirred a passion for seniors that Hulgan still has to this day. It was only fitting that the candy striper who dreamed of being a nurse returned to the place where she first fell in love with seniors.

Hulgan spent several years at Life Care Center of Red Bank as assistant director of nursing, MDS coordinator and director of nursing. She then transitioned into a corporate position as a legal nurse with the Legal & Risk Services department. Since then, Hulgan has served in many roles in the corporate offices, including director

of event management for Clinical Services, senior vice president of Life Care's former home health care and hospice company and two different roles with Legal.

Hulgan's heart and passion are in her current role, however. She loves serving Life Care's clinical staff and is on a quest to streamline as many processes as possible.

"I would hope the frontline associates know that I am trying to make things easier for them," said Hulgan.

PointClickCare has been one of those exciting projects to simplify things. It takes paperwork electronic, including medication and treatment protocols. By lessening paperwork, nurses have more time to spend with patients. The rollout was massive, beginning in March 2018 and concluding in July 2019. The Clinical Services team, including corporate, division and regional staff, worked around the clock to make sure the rollout was successful.

"This is the best clinical team in the world," bragged Hulgan. "They say great leaders surround themselves with those who can do things much better than they can do. I can say without a doubt that's what's happened with this team. I would never be sitting where I am without them."

Hulgan's support of the field never ends, no matter the time of day. She

takes evening calls from the East and West coasts and starts almost every day at 6:55 a.m., with hands-free calls as she commutes to the office.

While it's true that you can never quit being a nurse because help is needed everywhere, Hulgan's favorite way to unwind is time with her husband, Darren (who is a traveling interim executive director!), their two children, Jonathan and Jessica, and four grandchildren, Jon, Fiona, Charlie and Robyn.

The entire family are huge fans of Disney, and Hulgan is at Disney World multiple times a year. But even relaxing days at the theme park have presented a chance for her to help someone. She helped a lady having a seizure coming off the Rock 'n' Roller Coaster, and she's helped several others. A Disney park's manager actually recognized her as a nurse who had helped several times in the parks and unsuccessfully tried to offer her a job.

"Nurses are considered first responders, so when you hear the word 'help,' you go," said Hulgan. And go she does, from Life Care facilities across the country to saving a life at a Civil War reenactment while her husband proudly videoed. Hulgan continued: "Nursing is the hardest job you will ever do, but it's also the most fulfilling." 📌

LIVE the MISSION

2019 ANNUAL MANAGEMENT MEETING

Award Winners

Life Care hosted its Annual Management Meeting on the corporate campus in Cleveland, Tennessee, Aug. 25-28. With a theme of “Live the Mission,” hundreds of administrators and leaders from around the country joined with corporate leadership for several days of encouragement, inspiration, training, sharing best practices – and good, old-fashioned fun.

Highlights of the week included the recognition of Performance Award and *Whatever It Takes And Then Some* Customer Service Award winners.

Congratulations to all of the associates, facilities and volunteers who were recognized with awards for their outstanding skill, compassion and overall performance excellence!

CARL W. CAMPBELL WIND BENEATH MY WINGS AWARD



Kay Marr

Life Care Center of Red Bank
in Chattanooga, Tennessee
Sherry Broom, Executive Director

VOLUNTEER GROUP OF THE YEAR AWARD



Carson-Newman University

Greg Stanley, Assistant Professor of Exercise Science
Scott Faulkenberry, Vice President of Advancement
Life Care Center of Jefferson City, Tennessee
Juan Miranda, Executive Director

YOUTH VOLUNTEER OF THE YEAR AWARD



Miguel Harris

Life Care Center of
Lawrenceville, Georgia
David Grimes, Executive Director

CHAIRMAN'S AWARD



Kate O'Connor

Regional Vice President for the Patriot Region
Northeast Division

DIVISION SUPPORT AWARD



Mike Iseman

Division Director of Human Resources
Southeast Division

FACILITY OF THE YEAR AWARDS

Central Division

Green Valley Care Center in New Albany, Indiana
Blossom Bach, Executive Director

Eastern Division

Life Care Center of Bruceton-Hollow Rock in Bruceton, Tennessee
Dareth Davis, Executive Director

Mountain States Division

Life Care Center of Kona in Kailua-Kona, Hawaii
Daisha Nguyen, Executive Director

Northeast Division

Life Care Center of Nashoba Valley in Littleton, Massachusetts
Becky Benoit, Executive Director

Northwest Division

Garden Terrace Healthcare Center of Federal Way, Washington
Megan Larson, Executive Director

Southwest Division

Orangegrove Rehabilitation Hospital in Garden Grove, California
Sheri Reyes, Executive Director

Southeast Division

Life Care Center of Altamonte Springs, Florida
Francisco Gonzalez, Executive Director

WHATEVER IT TAKES AND THEN SOME CUSTOMER SERVICE AWARDS FOR 2018



Central Division

Connie Sevier, Activity Director
Life Care Center of Brookfield, Missouri



Eastern Division

Shelia Jared, Licensed Practical Nurse
Life Care Center of Sparta, Tennessee



Gulf States Region

Patricio Garcia, Occupational Therapist
Renaissance Park Multi Care Center in Fort Worth, Texas



Mountain States Division

Anita Adcock, Activities Assistant
Evergreen Nursing Home in Alamosa, Colorado



Northeast Division

Sharon Wiljanen, Receptionist
The Highlands in Fitchburg, Massachusetts



Northwest Division

Shirley Hansen,
Transportation Certified Nursing Assistant
Bridgeview Estates in Twin Falls, Idaho



Southeast Division

Jude Labady, Dietary Cook
The Gardens Court in Palm Beach Gardens, Florida



Southwest Division

Kim Zertuche, Housekeeping Lead
Payson Care Center in Payson, Arizona

PRESIDENT'S AWARDS

Central Division

Carl Wright, Executive Director
Life Care Center of Brookfield, Missouri
Christina Sparks, Certified Dietary Manager
Life Care Center of Michigan City, Indiana

Eastern Division

Josh Kota, Regional Rehab Director
Appalachian Region
Lauren McCann, Executive Director
Life Care Center of Collegedale, Tennessee

Gulf States Region

Anne Miles, Regional Rehab Director
Gulf States Region

Mountain States Division

Ernie Gonzales, Housekeeping Director
Villa Manor Care Center in Lakewood, Colorado
Lori Whitney, Senior Division Rehab Director
Mountain States Division

Northeast Division

Jason Auge, Executive Director
Hickory House Nursing Home in Honey Brook, Pennsylvania
Lauren Gaffney, Memory Care Unit Director
Life Care Center of Nashoba Valley in Littleton, Massachusetts
Northwest Division
Paul Nimz, Executive Director
Life Care Center of Puyallup, Washington
Samantha L'Allier, Senior Executive Director
Hallmark Manor in Federal Way, Washington

Southeast Division

Tim Hall, Executive Director
Life Care Center at Wells Crossing in Orange Park, Florida
Nina Willingham, Senior Executive Director
Life Care Center of Sarasota, Florida
Southwest Division
Selina Stewart, Senior Executive Director
La Habra Convalescent Hospital in La Habra, California
Richard Lasota, Division Controller
Southwest Division



Understanding PDPM And What It Means For **Life Care Centers of America**



By Bri Bentley

On Oct. 1, skilled nursing facilities across the country switched over to the new Medicare payment rule known as the Patient Driven Payment Model.

This system replaced the previous Resource Utilization Group – Version IV system, which calculated facility reimbursement based upon therapy minutes. The new PDPM calculates reimbursement in favor of resident classifications and foreseen resource needs during the course of a patient’s stay. Every resident is assigned a case-mix classification that determines his or her daily reimbursement rate.

The Centers for Medicare and Medicaid Services felt that while there were 66 different payment groups used to classify patients in the Rug-IV system, the use of therapy minutes for classification purposes resulted in a significant number of patients being classified into a small number of groups even though they had a wide variety of medical needs.

In addition, CMS felt that classification based upon therapy minutes provided an incentive for skilled nursing facilities

to provide therapy despite the patient’s unique characteristics, goals or needs.

“Our initial estimates show Life Care’s Medicare payments under PDPM will be slightly greater than the Medicare payments based on the RUG-IV system,” said Keith Goss, senior vice president of reimbursement with Life Care Centers of America. “PDPM should provide for Medicare payments which more closely match the resources used. This should ensure Life Care is appropriately reimbursed for services provided. Appropriate payment is very important when services are provided to patients with a higher acuity and greater medical needs due to the additional resources needed to care for those patients.”

In preparation for this new reimbursement plan, Life Care formed a PDPM committee in January 2019 to develop Life Care’s transition strategy. Landa Stricklin, Life Care’s director of clinical reimbursement, served as the co-chairperson of this committee.

“Any major change provides challenges, but Life Care is no stranger to a

challenge,” said Stricklin. “A successful transition to PDPM was possible due to the strength of the committee’s ability to listen to and discuss ideas and strategies voiced by the members and collectively agree on the direction we needed to take with PDPM education.”

However, big change can mean big improvements for patient care and reimbursement. Vicki Hood, Eastern Division director of business development, expressed how she believes PDPM will bring positive change to skilled nursing facilities.

“In my eyes, PDPM kind of rights the payment system,” said Hood. “Under the old system, the therapy patient was the one with the highest payment. Patients that didn’t have the same therapy needs, but were diagnosed with a clinical illness or cognitively impaired, had lower payments even though they demanded more care. The new system looks at the patient holistically, and is not so heavily weighted on therapy. But there’s really nothing changing from a services standpoint.”



CENTURY PARK SPOTLIGHT

National Assisted Living Week 2019: A Spark of Creativity

By Kailey Flock

Each year Century Park's assisted living communities participate in a nationwide campaign known as National Assisted Living Week. During this week, the communities create special events based on the year's theme. This year, that theme was "A Spark of Creativity." Century Park leadership, with the help of the community's lifestyles directors, mapped out a plan to make each day of National Assisted Living Week special for residents. They selected a different theme for each day of the week, to celebrate the various ways residents can be creative.

Sunday, September 8: A Spark of Culture

Residents and associates participated in special activities to explore different cultures through music, food and art. The Bridge at Lawrenceville, Georgia,



celebrated the day with a special "Taste of Italy" luncheon. They enjoyed music from a local entertainer and dined on delicious Italian food with their friends and families.

Monday, September 9: A Spark of Tradition

Residents were encouraged to share special family traditions and participate in fun events to share those traditions. At The Bridge at Greeley, Colorado, residents were asked to write down family traditions and place them in a treasure chest to be kept and shared with others!

Tuesday, September 10: A Spark of Inspiration and Faith

Residents spent time with each other and celebrated their faith through music and prayer. "A Daily Spark," a 7-day devotion booklet, was specially created for this day and given to each resident. The Bridge at Ooltewah, Tennessee, celebrated with a special time of worship with local church Redemption Point.



Wednesday, September 11: A Spark of Gratitude

This day fell on Patriot Day – the 18th anniversary of the September 11 attacks in New York City. Residents and associates were encouraged to express their gratitude for the people in their communities who work to keep them safe, such as first responders and servicemen. The Bridge at Farmington, New Mexico, hosted a special lunch for local first responders. Residents enjoyed visiting with these important men and women.

Thursday, September 12: A Spark of Adventure

Residents had a chance to participate in exciting games and be adventurous. The Bridge at Hickory Woods in Antioch, Tennessee, put together its very own "escape room" where residents had to answer riddles to "break free" and win the game.

Friday, September 13: A Spark of Art and Color

Associates and residents spent time showcasing their creativity! At The Bridge at Inverrary in Lauderhill, Florida, everyone spent time together creating a beautiful rainbow paper chain to display in the community for a pop of color!

Saturday, September 14: A Spark of Friendship

The final day was spent celebrating friendship. Andover Court in Andover, Kansas, decided to create a friendship photo booth for residents and associates to snap some photos together.

Both residents and associates had a fantastic time celebrating National Assisted Living Week and are already looking forward to next year's events! They hope that the spark of creativity they found through friendship, art, gratitude, culture and faith will last all year long. 🐼



Whatever It Takes And Then Some Highlights

Marabeth Kopp, occupational therapist assistant, Life Care Center of Casper, Wyoming

Kopp helped a short-term rehab patient move into an assisted living facility by picking up and delivering a bed, recliner and other furniture for her. Kopp used her own time to make sure the patient had everything she needed.

Fritzi Phillips, receptionist, Life Care Center of Port Orchard, Washington

Phillips spent her entire lunch with a family member of a resident who passed away. Phillips comforted the family member as they shared fond memories of the resident.

Lashawnda Powell, certified nursing assistant, Rivergate Terrace in Riverview, Michigan

Powell's fiancé told her he had to have an emergency procedure done, so she left her shift early, promising to return in the evening to make up the time. When Powell went to her fiancé, he did not need surgery. Instead, he had planned a surprise wedding. Powell was overjoyed but was also sure to return to the facility that evening and complete her work schedule for the week, stating that caring for her residents is a top priority.

Ralph Farinella, certified nursing assistant, Life Care Center of Sarasota, Florida

Life Care Center of Sarasota does not have a fryer, so it serves baked chicken to the residents. When Farinella heard four residents say they missed fried chicken, he went to the grocery store, bought them fried chicken and delivered it to them.

Farrah Dickey, MDS coordinator, Life Care Center of Columbia, Tennessee

When a resident wanted to take her children to the movies but was unable, Dickey bought candy, popcorn and movies to bring the experience to the facility. The resident and her children enjoyed their evening together and were grateful for Dickey's selflessness and creativity.

Brandi Costello, director of marketing, Life Care Center of The Willows in Valparaiso, Indiana

When a resident continually expressed her desire to go out for a milkshake, Costello became determined to make that happen. She took the resident out in a wheelchair, walked half a mile to the nearest Wendy's and bought the resident a Frosty.

Rebekah Pounds, physical therapist, Alameda Oaks Nursing Center in Corpus Christi, Texas

During a pulmonary hygiene program, an exercise was described to a resident as being "like drinking a milkshake." The resident commented on how long it had been since she had a milkshake, so Pounds brought her one the next day. The resident said it was the best milkshake ever.

Flo McNeil, housekeeping, Life Care Center of Scottsdale, Arizona

When a resident needed modifications made to her room, McNeil was quick to help. She added a chair so the resident's family could sit when they were visiting. She also rearranged the room and had a recliner brought in, as sleeping in a recliner made it easier for the resident to breathe and get up in the mornings.

WHICH DECADE WAS YOUR FAVORITE AND WHY?

1920s. Everything was simple, and there was no pressure to be successful. Everyone lived a happier life. I was little, but my dad would pick me up and carry me on the dance floor, dancing with me.

Bonnie Simek

Life Care Center of Blount County in Louisville, TN

The '70s. The music was rad. We lived life on the edge, and it was the time of my life.

Steve Mabery

Life Care Center of Cape Girardeau, MO

The '50s. People were more free to do what they wanted and spent more time with their families. The music they played made sense, and the words they used were clear and sensible.

Beverly Quist

Life Care Center of Pueblo, CO

The current decade. I enjoy all of the people around me and the friends I have here. I think I am the best version of myself now.

Susan Powers

Garden Terrace at Overland Park, KS

My favorite decade was the 2000s because of the inevitable changes that happened – so much information! I feel like the World Wide Web really connected me to the world.

Julia Conkin

Hallmark Nursing Center in Denver, CO

The '60s were my "adventure" years. I'd just gotten out of the Army, and I ran away to California. I wanted to get away from the ice and snow. I took Route 66. Gasoline was 35 cents a gallon, and Motel 6 was \$6 a night.

Tom M.

Life Care Center of Salt Lake City, UT

1950s. The war was ending, and my father was coming home. The world seemed a lot more at peace.

Marie Clum

Harbor Place at Cottesmore in Gig Harbor, WA

My favorite decade was the 1940s because I was taking care of my brother, and a handsome young man picked him up and brought him back to me. As soon as I met him, I couldn't get rid of him. . . . We were happily married for 62 years.

Mildred Feldman

The Bridge at Inverrary in Lauderhill, FL

For me, the '60s, for sure! I was lucky to be working for Jackie's Travel, that took people to Las Vegas. I went to Vegas at least twice a month, and that's a big deal if you're from Hawaii. I had so much fun!

Chiyo Kami

Life Care Center of Hilo, HI

The '70s, because I made a lot of money.

Chester Gibson

Rimrock Villa Convalescent Hospital in Barstow, CA

The fabulous '50s! A time for love, happiness and fun. I met and married the love of my life. I spent all of my days in the '50s stress-free; they were magical times.

Imogene Strickler

Life Care Center of Gray, TN

Now is my favorite decade because I moved to Life Care recently, and I have made lots of friends. I am happy, getting to experience new and fun activities with my new neighbors and friends, and I get to make people happy and smile.

Lillie Sage

Life Care Center of Westminster, CO

1990s. I went on mission trips. It was such a blessing to me. I was an RN and helped take care of the children and fell in love with them.

Mary Lones

Life Care Center of Athens, TN

1950s. I liked how it was a less confusing time. Information spread slower, and you didn't know everyone's business.

Lois Kellogg

Garden Terrace at Overland Park, KS

The '40s. I got married to the love of my life!

Betty H.

Life Care Center of Estero, FL

I preferred the '70s, mainly because of the music, as well as the parties. I particularly enjoyed my ability to travel whenever I felt like it. I was wild, and it was the best time!

James Lindersmith

Life Care Center of Hilo, HI

1960s, when Kennedy was president. He helped us.

Lynette M. Koenig

La Habra Convalescent Hospital in La Habra, CA

My favorite decade was the '50s because I loved Elvis Presley. I enjoyed his music, his stage presence and, especially, his looks. He made me feel happy and alive.

Dee Yarbrough

Life Care Center of Jefferson City, TN

The '80s. I was raising children and working hard for my money. I felt very useful. As I've gotten older, I've found it harder to find myself useful. Then, I look back and realize I'm still useful! I'm just not as involved as I was back then.

Carla Aldridge

Life Care Center of Cape Girardeau, MO

'80s. I was a teenager. Best music and tallest hair. Crazy fashion with lots of mismatched items. Heavy makeup. Great movies! People were more social. No cell phones or texting. People talked more and hung out.

Helen Horton

Life Care Center of Sparta, TN

I like now, because I'm here today, and tomorrow may never come. I'm thankful for every day that I'm here.

Patricia M. Martindale

Life Care Center of Altamonte Springs, FL

The '70s. It had style: mini-skirts, platform shoes, crop tops and big hoop earrings (the bigger, the better!). I had my favorite hairstyle – a blonde afro – and lots of makeup. Music was where it was at; it made you want to move to all the great dance styles.

Donna Pace

Life Care Center of Centerville, TN

The '30s. I was in my teens and young adulthood, exploring the world. I mostly remember the music. I learned more about myself every day.

Angela Redeker

Life Care Center of Cape Girardeau, MO

My favorite decade would have to be the '60s. It was full of positive energy and free spirits.

Frederic Fleming

Garden Terrace at Houston, TX

1940s. I graduated from high school in '43 and went to work at the library, the only job I ever had. I really loved my job.

Charlie Cooper

Life Care Center of Sparta, TN

The past 10 years have been the best for me. They amputated my leg, and it took all my pain away. I have enjoyed my grandchildren, watching them grow and become smart little people. And I love the country music of the last 10 years.

Carol Fischer

Life Care Center of Hendersonville, NC

The '30s, because I was young and carefree!

Mary Gottebehuert

Life Care Center of Pueblo, CO

'80s. I went through a rough time: I was homeless. Homeless people took care of me. They showed me how to survive. I learned a lot about myself and understanding the kindness of others.

Pauline Chamadias

Life Care Center of Puyallup, WA

'60s. I would hunt all winter long! I was hunting bear and wild hogs. I loved being wild and free – the hippie days. And I loved the '60s music!

Clyde Smith

Life Care Center of Athens, TN

'80s. I loved to dance and party. I spent 11 days in Las Vegas, and I danced the entire time!

Michael Thompson

Life Care Center of Puyallup, WA

My favorite decade was when my children were born. I had fun with them when they were little.

Dorothy Culwell

Garden Terrace at Fort Worth, TX

Probably the '50s. Everything was so laid back. We didn't have to worry about things like you do now.

Herb A.

Life Care Center of Salt Lake City, UT

1970s, because I was feeling free! I did what I wanted to do.

Tracy Walker

Life Care Center of Morristown, TN

The '60s. We all played music and had a blast. It was my high school years. I hear music now, and the memories flood back.

Craig Worthington

Life Care Center of Cape Girardeau, MO



LIVE the MISSION

2019 ANNUAL MANAGEMENT MEETING

AUGUST 25-28

