

Life Matters



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A message from the president

A Physician's *Investment*

From childhood on, I have developed and maintained a healthy respect for doctors and their calling.

Growing up in a rural part of Tennessee – at a time when doctors made house calls – their depth of commitment and concern for their patients were instantly obvious to me. The first physician I got to know was Dr. Thurman Shipley of Cookeville, who has long since passed away. He was the kindest, gentlest and most patient person I had met.

A memory of him that will forever be lodged in my mind came when I was about 9 years old. My younger brothers and I were playing in an old outbuilding – I was inside and they were outside – behind our home. When I began opening the door to exit, one of my brothers, thinking the wind had opened the door, slammed it shut. A rusty nail pierced my right eye, and blood began to pour. With little time to waste, my father rushed me to Dr. Shipley's office, about two miles away.

I was in a state of panic, thinking my eye had been irreparably damaged. But Dr. Shipley, with a calm demeanor and assurance in his voice, treated me. The eye was saved, although he admitted I came very close to losing it.

Dr. Shipley became the standard against which the doctors I have known since are measured. Virtually all of them have shown similar degrees of medical competence and compassion.

Advances in medicine have come a long way since the days of Thurman Shipley. And for that, we should be grateful. Even so, the science and technology can never compare with the characteristics that he displayed: a passion for patient care, an approach to the practice of medicine with humility and empathy and respect for the patient and the family. These are the best clinicians.

On Thursday, March 22, at the banquet Life Care sponsors for its doctors attending the annual conference of the American Medical Directors Association, we honored two physicians who exemplify these qualities. They are:

- Dr. Karl Steinberg, medical director at Life Care Center of Vista, California, who has attended patients in that facility for more than 25 years. He was named the 2017 Physician of the Year. Among other things, he was cited for unwavering dedication in promoting the physical, emotional and spiritual health of residents.
- Dr. Gary Johnson, nursing home specialist and medical director at Life Care Center of Hilo, Hawaii, who received the first-ever President's Physician Servant Leader Award. He was praised for sacrificing self-interest for the good of the patient and the facility, and having a calling to serve that is deeply rooted and values-based.

These awards represent the excellence in performance of these two men and other physicians across our company. Take opportunities in your building to show appreciation to the doctors who play such a vital role in the mission we are called to do. Maybe it's a hug or a handshake, a note or a simple "thank you."

I can't do any of these things for Dr. Shipley now. But I hope my life reflects in a positive way the investment he made in me.

Sincerely,

Beecher Hunter



OUR COVER MODELS:

Eric Ahlbrand, executive director at Parkview Care Center in Evansville, Indiana, and Brian Carrico, patient at Parkview Care Center

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LaPalma Dobler to Lead Century Park Associates' Clinical Teams

LaPalma Dobler was recently named national director of resident care for Century Park Associates, which manages more than 40 senior living communities in 20 states.

Dobler, who has her doctorate in nursing, will oversee the policies, procedures and care service practices for the organization. The position is a new one for Century Park.

“LaPalma’s role will be to not only support our regional nurses but to develop and implement new standards of resident care in our assisted living and personal care communities,” said Jenny Graham, Century Park’s director of operations. “Her experience and knowledge in clinical immediately gave us more opportunity to train and support our resident care associates.”

“My goal is to ensure that quality care is being delivered each and every day to our residents,” said Dobler. “I love serving our seniors with their knowledge, their experience of life and the richness with which they embrace life.”

Dobler has been a registered nurse for more than 42 years and has worked in senior care for more than 20 years. She most recently served as a regional nurse for Century Park in Florida. She also served as a regional nurse for Century Park’s sister company, Life Care Centers of America, in Colorado, and as a director of nursing for Life Care Center of Longmont, Colorado.



Garden Terrace at Overland Park Named Top Team in Walk to End Alzheimer’s for Second Year

Life Care’s Walk to End Alzheimer’s trophy is sitting in the front lobby of Garden Terrace at Overland Park, Kansas, for the second year in a row.

Raising \$13,070.44, the facility had stiff competition from Life Care Center of Stonegate, Colorado’s team that raised \$12,013.83.

Garden Terrace specializes in Alzheimer’s care and takes its fundraising seriously. The facility’s largest fundraiser is their carnival that takes place every August. Residents, associates and families attend the event that includes a cake walk, bowling, photo booth, lawn Twister and a balloon artist, along with carnival-themed food.

“We have seen so many residents and families affected by Alzheimer’s disease, and this cause is very personal to all of us,” said Debbie Biehl, executive director. “We are dedicated to raising awareness and continuing to advocate for donations to help fund important Alzheimer’s disease research.”

More than 100 people joined the Garden Terrace team for the annual Walk to End Alzheimer’s in October. The facility is also one of the major sponsors for the walk.

In total, Life Care Centers of America raised \$140,898.38 thanks to the dedication of our facilities around the country.





Life Care Announces Its 2018 Physicians Awards

Life Care Centers of America recently bestowed its annual physicians awards.

The ceremony was held at the American Medical Directors Association Annual Conference in Grapevine, Texas, on March 22, 2018. Dr. Karl Steinberg, medical director at Life Care Center of Vista, California, was named 2017 Physician of the Year, and Dr. Gary Johnson, medical director and nursing home specialist at Life Care Center of Hilo, Hawaii, received the President's Physician Servant Leader Award.

Steinberg has served patients at Life Care Center of Vista for more than 25 years. He was praised for being accessible and promoting clinical excellence that contributed to the facility's five-star rating from the Centers for Medicare and Medicaid Services. He has helped the facility develop community relationships and is known for bringing his two dogs to do rounds with him at the facility. Steinberg is also very active in state and national health care organizations.

"I have known Dr. Steinberg in my capacity as executive director, senior executive director and regional vice president, and his tireless and outstanding contributions to the facility, the region and the entire long-term care community have gone above and beyond," said Sam Magtanong, vice president of Life Care's California centers.

Johnson has served residents at Life Care Center of Hilo for five years. He was praised for his kindness, sense of humor and quick response to any questions or concerns. He takes the time to attend resident care plan meetings and meet one-on-one with residents and families.

In addition, Johnson speaks annually at Life Care Center of Hilo's health fair, volunteers to train interns every two weeks on two-week cycles and consults daily with hospitalists about admissions, medication recommendations and other matters. He has led the facility to achieve a low hospital readmission rate and even shares produce from his farm with associates and residents, donating some of his plants to the residents' garden.

"Dr. Johnson is a blessing to our residents, families, staff, community and everyone he comes in contact with," said Mark Mann, executive director at Life Care Center of Hilo.

"Physicians play a pivotal role in the care of our residents," said Beecher Hunter, Life Care president, "and we are proud to honor those who stand out in their commitment and their compassion to ensure the health and well-being of those entrusted to them."



Dr. Karl Steinberg



Dr. Gary Johnson



ELEVATED GARDENS AT LIFE CARE TAKE FUN AND REHAB TO THE NEXT LEVEL

By Heidi Pino, Life Care Public Relations

Gardening has been a favorite pastime from the beginning of the human race, and for many patients at Life Care facilities around the country, it remains a fun hobby.

Several Life Care buildings use elevated gardens created by Terry Garrett to enrich the lives of their residents with fun and therapeutic exercise.

THE GARDENS

Garrett, a Vietnam War veteran, biomedical engineer and respiratory therapist, started the elevated gardens when his brother was diagnosed with end-stage chronic obstructive pulmonary disease.

Physicians expected his brother to live for only a year or so. After starting to garden on the elevated units, however, things changed for Garrett's brother, who lived another nine years.

"His attitude came around," said Garrett. "His quality of life was phenomenal."

During that time, Garrett improved the gardening unit, added an

efficient drainage system and began manufacturing the planters – some as stationary units and some as mobile units with rollers that can move or lock in place.

The gardens sit at an ideal level for standing or for sitting, allowing easy access from wheelchairs. The units come with tools as well, though gardeners are welcome to use their hands. Garrett builds them with rounded corners for safety and edges made with a heat-dissipating plastic so that people can rest their arms safely, no matter the heat.

At a pilot nursing and rehab center (not a Life Care building), residents use 30 of the elevated gardening beds and have formed a garden club. The resident garden club partners with the local garden club to get community members more involved in facility life and create an attractive perk for garden club members looking for nursing or rehab.

The gardening has been beneficial to the health of the center's residents just as it was for Garrett's brother, too.

"They're finding that for the residents who have a garden, their attitude is better," said Garrett. "They don't get sick as often."

IN USE AT LIFE CARE

At Life Care Center of Cleveland, Tennessee, the mobile unit is mostly used in activities, as residents plant seasonal flowers. Deborah Norton, former activity director, said they have tried vegetables, but "the flowers tend to be the thing they like the most. They're the brightest."

Norton shared that with the rollers, associates can move the garden in and out of the sunshine, depending on what the plants need and the residents prefer.

At Life Care Center of Nashoba Valley in Littleton, Massachusetts, the activities department uses one out of four elevated gardens on the back porch. The rehab department uses the other three for therapy. Last summer, the residents planted cucumbers, tomatoes, lettuce, strawberries, zucchini, squash and red and green peppers.



Darcy Rice, physical therapist assistant at the facility, uses the gardens for her patients as they water the plants, weed or pick the ripe fruits and veggies.

“Mostly it works on their standing tolerance, sitting and walking,” said Rice. “It also teaches them how to safely move an object, like the watering can, from one place to another. It’s good for morale to get the patients outside, and it gives them a sense of independence.”

Debbie Soderblom, director of rehab at Life Care Center of Farmington, New Mexico, shared that her facility’s patients have gotten a similar use out of their elevated garden.

“It’s helpful because it’s a functional task,” Soderblom said. “It’s good for balance.”

While balance is typically a PT task, it’s the occupational therapy team that has made use of the elevated garden at Life Care Center of Orange Park, Florida.

“OT used it with our Safe Transitions program,” said Debbie O’Brien, director of rehab services. “They have planted herbs, like rosemary and fresh basil, and they use them with the cooking.”

O’Brien added that patients have also planted and harvested tomatoes and peppers and used them in making salads.

“There are several patients at any given time who love gardening, and they like to get out there even if it’s just weeding,” O’Brien said. “It encourages them that they can get back to the things they like to do.”

OPPORTUNITY FOR GROWTH

According to John Fischer, Eastern Division director of rehab, there is great potential for more buildings to get these benefits for their patients.

“Occupational and physical therapy can use a gardening task for therapeutic

activities or exercise, while structuring the activity difficulty level by performing tasks in seated, standing or even kneeling positions,” said Fischer. “The planning, lifting, reaching, digging and bending are challenging tasks for people of all functional levels, and speech-language pathologists can utilize gardening tasks to facilitate communication, including higher-functioning executive reasoning. It’s wonderful to assist our residents to reconnect with nature and the happy memories of prior harvests.”

Interested facilities, Fischer said, should have the activities director, director of rehab and executive director discuss and plan for adding a horticulture program or upgrading to the elevated garden(s). Leaders can fill out a capital expense request for regional vice president approval and place their orders. 🍷

THE *Witness:*
ROSA LEE FLOYD



“And so many people, the younger generation, know not the opportunity. They don’t have the comparison. And by me being 92 years young, I can express to them that the elderly people, we’re the pioneers.” – Rosa Lee Floyd

It was Sept. 15, 1963. 37-year-old Rosa Lee Floyd was sitting in the sanctuary of her church, located just minutes away from 16th Street Baptist Church, in Birmingham, Alabama. The predominantly black congregation at 16th Street was unaware that 15 sticks of dynamite on a delayed timer had been placed under the steps of the church by four members of the Ku Klux Klan.

At 10:22 a.m., the explosion occurred, killing four young girls who were changing into their choir robes before Rev. John Cross Jr.’s sermon entitled “A Love That Forgives.”

Panic ensued as community members, including Floyd, rushed to the church to help and dig through the rubble in search of loved ones and friends. Floyd remembers it vividly.

Only a few years before, Floyd sat next to Rosa Parks, taking communion together as the community of Civil Rights activists encouraged one another in their efforts to end ongoing racial injustices and divides across the country, but specifically in the Deep South.

Born in Birmingham on Oct. 26, 1925, Floyd grew up witnessing the devastating effects of prejudice in the South. The daughter of a minister, Floyd was encouraged by her father to love others, no matter their skin color. She used her experiences and his advice as fuel to help those less fortunate.

She became a full-time missionary

for the African Methodist Episcopal Church and traveled around the U.S. and to multiple countries in Africa spreading the Gospel. Today, she proudly wears her garb from trips to Africa and her AME sash honoring her service of more than 25 years with the missionary group. It signifies she is a lifetime member of the organization.

Floyd married a Marine, and the couple had five children – four boys and one girl. Floyd instilled a heart of service in her children who went on to continue her work of helping the less fortunate.



When the Civil Rights Movement honed in on Birmingham in 1963, Rosa Lee and her family zealously supported Dr. Martin Luther King Jr. in peaceful protests, including coordinated marches and sit-ins. Floyd walked with Dr. King on April 12, the day he was arrested for not adhering to Circuit Judge W.A. Jenkins’ injunction against the movement’s demonstrations.

From inside the walls of his cell, King was met with the beautiful and determined voices of marchers, including Floyd, outside the jail passionately singing “We Shall Overcome.” It was from within these same walls that King wrote his infamous “Letter from Birmingham

Jail” as his defense to criticisms of peaceful protests to racism.

Today, Floyd resides at Garden Plaza of Aurora, Colorado, where she feels grateful to be able to share her stories. She is the only one left of her immediate family as they have all “gone on waiting on glory,” and she believes it’s her responsibility to bear witness to what life was like before and during the Civil Rights Movement.

Floyd says it’s her desire to share with today’s youth and “to show them that their parents’ and past generations’ hatred was not their fault,” she says. “They can overcome and rewrite their family history just by opening their hearts to all people no matter their skin color or ethnicity. We all bleed the same. God sent Jesus to pay the price of our sins.”

Because of Floyd, and those that bravely worked alongside her, change began. President Lyndon B. Johnson signed the Civil Rights Act of 1964 to prevent employment discrimination. In 1965, he signed the Voting Rights Act of 1965 to make voting more accessible for all citizens. Then, in 1968, Johnson also signed the Fair Housing Act, providing equal opportunity housing regardless of race, religion or national origin.

Through it all, Floyd held onto her love for others despite the hatred she witnessed.

“Hate gets you nowhere,” she says. “There is still hatred, but we as African Americans helped build America to what it is today; we can’t deny history. But we can accept our past and let go of the color of skin. Change begins with ourselves. When we clean up our own hearts, we can see the love that God wants us to see.”

Floyd’s willingness to share her story continues to help overcome bias and hatred.

“It’s good and bad, but it actually happened,” says Floyd. “I’m a witness.” 🍌



PARKVIEW CARE CENTER GIVES HEART FAILURE PATIENT A NEW LEASE ON LIFE

By Heidi Pino, Life Care Public Relations

The doctor told Brian Carrico he probably wouldn't live more than a few weeks.

That was back in October 2017. Amazingly, by May 2018, Carrico had surpassed expectations and even has a new lease on life, thanks to the team at Parkview Care Center in Evansville, Indiana.

Carrico, 44, was diagnosed with heart failure in 2007 at age 34. The disease slowly took him away from his career in long-term care as assistant to the medical director.

In January 2017, Carrico suffered a stroke, and in October 2017, he started to feel his heart failure worsening. He went to see his

cardiologist, who sent him directly to the hospital, where he had more than 30 pounds of excess fluid drained.

Carrico needed a heart

transplant, but he needed rehabilitation first so he could improve enough physically to become a candidate for surgery. Thankfully, he still knew some people in the skilled nursing and rehab industry, including Eric Ahlbrand, executive director at Parkview Care Center. Because of the connection, Carrico decided to tour his building.

"I came to visit and was impressed with the facility," said Carrico. "It was an easy decision compared to the other buildings that I looked at."

When Carrico came to Parkview as a patient on Oct. 30, he was very weak.

"I could barely walk 100 feet without getting short of breath and needing support," Carrico remembered. "My gait was unsteady."

"Although he was independent with his daily living tasks of bathing and dressing, he had difficulty with the endurance part of those tasks," added Jennifer Smith, director of rehab.

Carrico also needed help with balance, swallowing and smiling.

Physical, occupational and speech therapies improved all that.

Carrico was able to progress quickly in occupational therapy and completed his OT treatment first.

When he started, it took him about an hour to get ready

to go out, which involved showering, dressing and grooming. Now, the process takes him about 20 minutes. His OT team also helped him prepare to do his own laundry again.

In physical therapy, Carrico focused on strength training for his legs and arms. Slowly, he progressed to walking.

"They have an anti-gravity treadmill, which is a great piece of equipment," Carrico said. "It takes a percentage of my body weight off so it's not so physically demanding on my heart."

Speech therapy helped Carrico address his face droop and swallowing. Stefanie Ward, speech therapist, asked him for photos of him smiling before his stroke.

"She studied them outside of work on her own time and figured out what muscles I was using to smile," Carrico said. "My smile has improved drastically. My heart doctor, before he noticed the physical changes in my strength, noticed the changes in my facial expressions."

Carrico can't say enough good things about his therapy team, especially Ward; Lisa Cook, physical therapist assistant; and Nikki Pirtle, occupational therapist assistant.

"They've considered my needs here and when I discharge," Carrico said. "For someone who's 44, my independence is extremely important to me. They basically turned me



from not being able to function independently to being able to do so.”

On Dec. 22, it was time for Carrico to put his progress to the test as he met with his initial consulting surgeon.

“He was so impressed with my therapy he said, ‘Honestly, you have recovered beyond what we dreamed even possible,’” said Carrico. “He said, ‘You need to go back and keep working.’”

On Jan. 10, 2018, Carrico was able to start his stress testing to see if he could become a candidate for a heart transplant, and again, his doctors were impressed.

Carrico passed another milestone on Feb. 10 – he went to live at a friend’s house. He continues to do physical therapy at Parkview Care Center as an outpatient, and he still raves about his therapists and nurses.

“They took someone who really didn’t have much of a future and have built me up both physically and mentally to the point where my future actually looks quite bright and hopeful,” Carrico said.

“It has been a pleasure to join Brian on his journey and see the increase in his abilities as well as his happiness with his own progress,”

said Smith. “His therapists are as proud of his successes as he is of their encouragement and dedication to his progress.”

On Feb. 12, Carrico received the best news: He is cleared for a heart transplant and is on the transplant list!

“I am very, very excited and very happy,” said Carrico. “Sometimes when you don’t think you can do it but you have help, miracles happen.” 🍀



LIFE CARE ANNOUNCES 2017 STEPS CONTEST WINNERS

By Heidi Pino, Life Care Public Relations



On Jan. 29, 2018, Life Care Centers of America announced the winners of its 2017 Steps Contest.

Life Care sponsors an annual wellness program in which associates in every skilled nursing and rehab center, as well as its corporate offices and affiliated Century Park independent living and assisted living communities, are encouraged to develop and track healthy habits. Each month, associates can turn in the number of steps they have walked during the month for a chance to win a monthly or annual prize. Other activities, such as swimming, skiing and gardening, can be converted into steps, too.

Three winners are chosen by a blind drawing.

This year, Nick Bruce, maintenance assistant at Life Care Center of Crossville, Tennessee, won the grand



prize of \$3,000 and three vacation days.

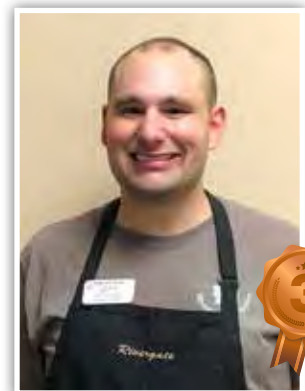
“I was surprised – I could hardly talk,” said Bruce. “I was very excited – it will help me pay some bills and take my kid on a mini-vacation.”

Bruce shared that in maintenance, he walks a lot, and that he and several others at the facility started wearing pedometers, tracking their steps and submitting them for the contest.

The second prize of \$2,000 and two vacation days went to Lance Matthews, a former graphic designer in Life Care’s corporate Advertising department.

Matthews was heavily involved in the wellness program while working for Life Care. In his first year, he even designed the monthly wellness tips flyers.

Third place went to Jeffrey Slifka, dietary aide at Rivergate Health Care



Center in Riverview, Michigan. He won \$1,000 and one vacation day.

“That was a big surprise to me,” said Slifka. “It felt great to win. I take my steps seriously.”

Slifka has been participating in the Steps Contest since March 2017 and wants to encourage others to enter their steps.

“You don’t have to have a FitBit,” Slifka shared. “You can just do your regular activities and put them in.”

Slifka used the winnings to buy a new tablet.

Life Care congratulates its winners and all who participated in the wellness program throughout 2017!

The 2018 Steps Contest is underway, and associates can again win these cash and vacation prizes. Please see the Wellness site on Village Square for more details and rules. 🏆

Whatever It Takes And Then Some Highlights

Martina Yarnall-Swarts, admissions director, Briarwood Health Care Center in Denver, Colorado

When a resident was preparing to go into an independent living situation, Yarnall-Swarts got him a bed, as well as blankets and sheets. She even paid the first month's rent for him to give him a fresh start.

Theresa Cooper, restorative certified nursing assistant, Rivergate Terrace in Riverview, Michigan

Cooper brought in belts and pants for a resident who was in need of these items. She also brought in bottled water for a resident who said she missed drinking bottled water.

Kristen Shores, speech therapist, Life Care Center of Columbia, Tennessee

When Shores heard that a resident's family could not go with her to a very important doctor's appointment, Shores showed up early to ride with the resident to the appointment. When the one family member who was there left before the resident made it into surgery, Shores stayed with her. She was able to be a source of peace during a difficult time.

Heather Lusby, dietary aide, Life Care Center of Coos Bay, Oregon

Lusby's birthday happens to be Valentine's Day, and to celebrate, she brought in 55 Valentine's Day balloons to give to residents. She brought smiles and happiness throughout the building.

Lisa White, licensed vocational nurse, Wooldridge Place Nursing Center in Corpus Christi, Texas

While several of her fellow nurses were out sick with the flu, White worked doubles and holidays. She even made handmade wreaths and brought them in to brighten the offices for Christmas.

Maria Regula, activities assistant, Life Care Center of Orange Park, Florida

When a long-term care patient's electric wheelchair stopped functioning, Regula looked up the model online and found the issue. She not only identified what was wrong but also fixed it herself, which saved the family about \$200.

Gerald Cooney, maintenance assistant, Life Care Center of Tucson, Arizona

Around the holidays, Cooney asked one of the certified nursing assistants how her disabled brother was doing. The CNA mentioned in conversation that her brother really likes Christmas trees but didn't have one. The next day, Cooney asked the CNA to go out to the parking lot. There he presented her with a 7-foot Christmas tree and lights to go with it.

Ashley Patterson, certified nursing assistant, Life Care Center of Valparaiso, Indiana

When a resident's husband passed away, Patterson purchased her a scarf and a new pair of shoes to wear to the funeral. She also spent 45 minutes making sure the resident was able to try on different outfits with her daughter so she would look nice for the service.

WHAT WAS THE first movie you saw in a theater, AND WHAT WAS THE EXPERIENCE LIKE?

It was in Seoul, Korea. My nephew and I watched "Bankrupt Life." Back then, only the rich people could afford to watch a movie. I was so fascinated by the actor, and we decided to stay for a couple more screenings until we got kicked out.

Gaedong Lee, Orangegrove Rehabilitation Hospital in Garden Grove, California

I was around 6 years old, and the class took a field trip to Athens to see "Bambi." We pulled up to this big fancy theater in our school bus. We were all already pretty excited we got to ride the school bus that far, and we all just thought we were a big deal getting off that bus and walking into that theater. I was just amazed at how beautiful it was inside.

Peggy Ray, Camellia Gardens of Life Care in Thomasville, Georgia

I believe the first movie I saw in a theater was "Gone With the Wind." I remember being in awe and holding my father's hand. I can still smell his cologne when I think of it.

Pat Roach, The Westchester House in Chesterfield, Missouri

The first movie I remember seeing was "Mr. Lucky." It had Laraine Day, who I was completely in love with. So that was great! I also began carrying a roll of dimes just like the main character Cary Grant because I was tough, too.

Franklin Snyder, Life Care Center of Hendersonville, North Carolina

"Little Rascals." I was very surprised when I walked in the theater here in Pueblo, Colorado. I was taken there by my aunt due to my mom having my baby sister. I was so excited. As far as I remember, the movie cost 10 cents to get in.

Flora Ridgeway, Life Care Center of Pueblo, Colorado

"Pinocchio" was my first. I saw it when I was a little girl with my family and a couple of friends. I don't remember much about the experience, but I do remember enjoying a nice big bag of popcorn.

Carolyn Lancaster, Bridgeview Estates in Twin Falls, Idaho

When I was about 8 years old, I went with my mother to see "The Wizard of Oz." I was so excited! I dragged my mother to the very front row. She tried to tell me that is too close, but I would not give up. She gave in. I loved the movie so much I cried. My favorite part was when the movie turned into color when Dorothy arrived in Oz.

Dorothea Conley, Life Care Center of West Bridgewater, Massachusetts

"Sound of Music." The song "Edelweiss" is still one of my favorites.

Wilma Mickelson, Evergreen Nursing Home in Alamosa, Colorado

"Godzilla." We got to go to the small theater in our home town which also doubled as our high school auditorium. I begged to go to see this movie, which turned out to be a hit. The boys loved to see us girls scared. "Godzilla" came out of the water to attack the city – oh wow! The cost was 25 cents.

Margie McDowell, Life Care Center of Sandpoint, Idaho

The first time I ever went to a movie was not at a theater; it was at a drive-in. I was a teenager, and I went with my boyfriend. I don't remember how much we paid or much about the movie, but I did marry that boy!

Bea Neff, Life Care Center of Elyria, Ohio

I saw the movie "The Fighting Seabees" in New York. It had John Wayne and was a war movie. It was pretty good until he got killed at the end. I was upset!

Betty York, Life Care Center of Estero, Florida



Congratulations

**to Life Care's 2018 Mary Denton
Award winner!**



Helen Matvichuk,
Director of Nursing at Life Care Center of Aurora, Colorado

The Mary Denton Award honors an individual who has provided the highest level of caring service to the residents of Life Care's skilled nursing and rehabilitation facilities. It is named for a former resident who was committed to welcoming new residents and making them feel at home.