

**NOVEMBER 2018**

**BOURBON HEIGHTS, INC**

2000 S. Main Street  
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859.987.5750

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**RESIDENT COUNCIL**

Brenda Bussell  
Sue Davis  
Hazel Hinkle  
Silas "Sparky" Hinkson  
Martha Lashorne  
Anita Robinson  
Frances Robinson  
George Rassenfoss  
Billy Hayes  
Norma Adair  
Betty Cooper  
Jimmie Vance  
Atha Swiney  
Fredna Cheek  
Thelma Bentley

# The BUGLE

A monthly publication of Bourbon Heights Nursing Home, Inc. for the benefit of residents, their families, the staff and the community.

## CANDIDATE MEET & GREET

Bourbon Heights hosted its first ever Candidate Meet and Greet on Monday, October 22, 2018. The event was well attended with approximately 20 candidates running for local and regional positions and many of our staff and residents stopping in to learn more about the candidates.

Many people questioned about the residents right to vote and what precinct the residents would be voting for. All residents have the right to vote just as if they were still living at their home and we encourage and help the residents to vote if they have a desire to. The precinct depends on the address, if a resident has changed their address to Bourbon Heights, then they would vote in this precinct, however if they still own a home in the community, then they would vote in that precinct.

Thanks to our Social Services Department for asking, obtaining and helping to obtain absentee ballots for more than 40 residents. Tonya and Wendell have worked hard with Richard Eads, County Clerk to ensure that our residents have the right to vote and are able to exercise that right.

If a resident opts to go to the voting booth on election day, Social Services will ensure they have a ride to and from the polls. So, it is not too late, if you would like to vote, please see Tonya or Wendell in Social Services and they will ensure that you may exercise your right to vote!

**Election day is Tuesday, November 6,  
2018—be sure to go vote!**

*Bourbon Heights, Inc. does not endorse any particular candidate or party, this event was simply a venue for all candidates to meet with the residents and staff.*



## EMPLOYEE OF THE MONTH: LINDA STANFIELD

Linda has worked at BHI for 29 years; 2 years in dietary and the remaining in housekeeping. She also likes to volunteer for evening activities. In her 29 years of working here, she said she has been employee of the month 3-4 times. Keep up the good work, Linda!

She says what keeps her here is the residents' and that she loves to clean. In her free time she enjoys music and dancing, going to church (River of Life) and spending time with her family. She has one daughter named Heather whom is married to Rich and a granddaughter named Linley. When she goes to visit them in Columbus, she says they spoil her.

One thing the residents don't know about her is that she likes to do jigsaw puzzles when it gets cold out.

Congratulations!



## COMMUNION

Area churches host a short Communion Service in the Activity Room on the first Sunday of each month at 1:30 pm.

*The hosting churches:*

**Nov. 4 Stephanie Moon**  
North Middletown  
Christian

**Dec. 2 Chuck Kemp**  
Clintonville Christian

**Jan. 6 Rex Graham**  
Little Rock Christian

## CHAPEL

You are invited to attend church services in the Chapel each Tuesday morning at 11:00 a.m.; singing starts at 10:30 a.m. The Paris and Bourbon County Ministerial Association provides ministers. Volunteers help support the service by playing the piano and leading singing. Volunteers and the staff provide escort service to residents, who need help getting to and from the services.

*Ministers this month are:*

**6 Little Rock Christian**  
Rex Graham

**13 River of Life**  
Krista Hampton

**20 1st Baptist**  
Kyle Sullivan

**27 Ruddles Mills Methodist**  
John Smith

## ANGEL TREE

Our Angels are about to make their appearance at BHI. This year come grab an anonymous angel off the tree to give someone a great Christmas. Please return to the Activities Department no later than December 17.



## THE WISE WOMAN

*Brought to you by Rev. Sharon Fields*  
*Author Unknown*



A wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry. The wise woman opened her bag to share what she had with him. While eating what he was given, the traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation. The traveler left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime. But a few days later, he retraced his steps to the woman in order to return the stone to her.

“I’ve been thinking,” he said. “I know how valuable the stone is, but I give it back in the hope that you can give me something even more precious. Give me what you have within you that enabled you to give me the stone.”

What did she give him besides her food and the stone? Hospitality? Generosity? Kindness? Love? A combination of all those things?

Sometimes we are much like three-year-old children. We don’t want to share. But many of us have been blessed simply because someone shared what they had with us. Not just material things, but laughter, wise words, compassion and so much more. We can’t take whatever it is that we have with us when we leave this world. So why not share what you have with others.

# Welcome

## WE HAVE SOME NEW ADDITIONS

### New Admissions

**Mayme Bussell**  
Unit 2, Rm 234  
**Jeffrey Shout**  
Unit 2, Rm 232A

### Room Changes

**Norma Caudill**  
Unit 1, Rm 135B  
**Beula Fraley**  
Unit 1, Rm 122B  
**Betty Parker**  
Unit 1, Rm 140B  
**Jerry Price**  
Unit 2, Rm 253

### Discharges

Bill Davis  
Virginia Watson  
Doris Murphy  
Frances Buxton  
Marie "Dudley" Forsythe

**Bourbon Heights, Inc.** is an independent, non-profit, multi-level facility, including independent apartments and adult day health center, with personal care, short term rehabilitation, outpatient rehabilitation, long term care, and respite care.

Features of the facility include: In-house beauty salon, free Wi-Fi, cable television, limited access security doors, personalized care, laundry services, daily activities, weekly chapel services and more.

The Paris– Bourbon County Fire Department donated two turtles to us, they are named Laverne and Shirley. They live in the Unit 3 dining room.

Funny story about these gals is that they came to us known as 'Leroy' and a no-name turtle. About two weeks of making their home here at Bourbon Heights (and being renamed Leroy and Thomas) we found out that they were girls!!! Never the less, we love them just the same!

Stop by and see them anytime, they love visitors. We have just a few rules for the girls.

1. Please do not feed Laverne and Shirley anything. They get fed turtle food, once a day.
2. Keep hands out of their tank.
3. Do not touch turtles, unless supervised.

We love our new additions so much!!



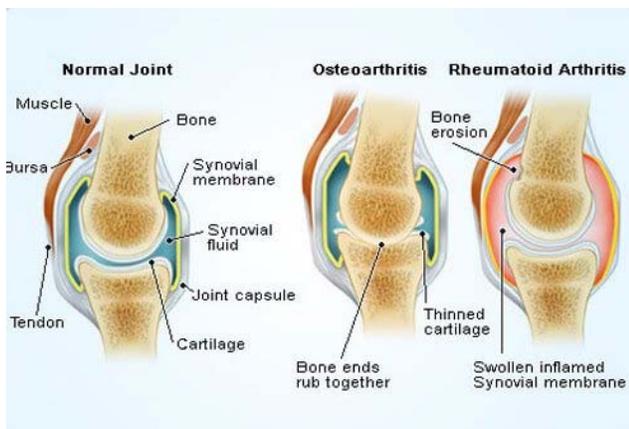
*Laverne & Shirley*



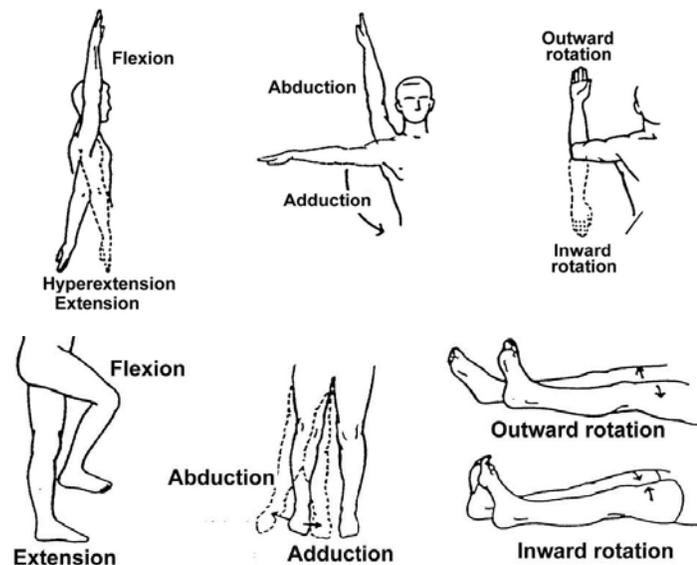
## RANGE OF MOTION

By Morgan Mingey, Interim Activity Director

Have you ever thought about what happens to your joints as you age? Osteoarthritis is a condition in which the cartilage between the joints breaks down, causing stiffness, pain, and loss of movement in the joints. One of the best ways to manage osteoarthritis is to stay active and maintain a healthy weight. Exercises include those for range of motion and flexibility, endurance, and strength.



Range of motion is how far you can move your joints in different directions. These exercises help you move each joint through its full range of motion. Movement can help keep your joints flexible, reduce pain, and improve balance and strength. As you age, areas to pay attention to are the neck, shoulders, elbows, wrists, hips, knees, and ankles.



## VETERANS DAY

By Morgan Mingey, Interim Activity Director

Veteran's Day is a day for us to remember, cherish and to show our gratitude for those who served to protect our country. Here at Bourbon Heights we have 13 staff and residents combined that are veterans. These ladies and gentlemen did something that I could never dream of doing, and for that I applaud them. Veteran's Day falls on Sunday, November 11th but it will be celebrated Monday, November 12th. So remember to thank a vet that day.

Sid Wells, Boys Scouts Troop leader, brought his troop this month to meet some veterans' and practice flag etiquette. The residents' told the kids about where they served.

Also, on Thursday, November 8th, 5:00-7:00 Annunciation Catholic Church is having a dinner for Veterans'. All Veterans' eat free, spouse and family is \$5.00.



Claude Swiney enjoyed watching the Boys Scouts learn and practice flag etiquette.

## LEFTOVER THANKSGIVING SANDWICH



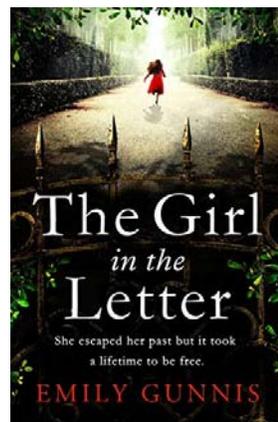
### Ingredients

- 2 tablespoons Dijon mustard
- 2 slices sourdough sandwich bread
- 2 slices Swiss cheese
- 1/3 cup shredded leftover roast turkey
- 3 tablespoons leftover cranberry sauce
- 1/3 cup leftover dressing
- 2 tablespoons leftover giblet gravy
- 2 tablespoons butter, at room temperature

### Directions

1. Spread the mustard on both slices of bread, then lay a slice of cheese on each piece. On one slice, arrange the turkey and the cranberry sauce. On the other slice, lay on the dressing and spoon the gravy over the top.
2. Carefully unite the two halves into one sandwich, then spread the top side of the bread with 1 tablespoon of the butter.
3. Invert the sandwich, butter-side down, onto a hot panini maker (or a grill pan or skillet over medium-low heat; see Cook's Note). Spread the top with the remaining 1 tablespoon butter.
4. Close the panini maker and grill until the bread is crusty and golden, the fillings are hot, and the cheese is melted. (If using a grill pan or skillet, flip the sandwich halfway through to grill on the other side.)
5. Pull the sandwich off the heat and slice it in half—this sandwich is to die for!

Food Network— *The Pioneer Woman*

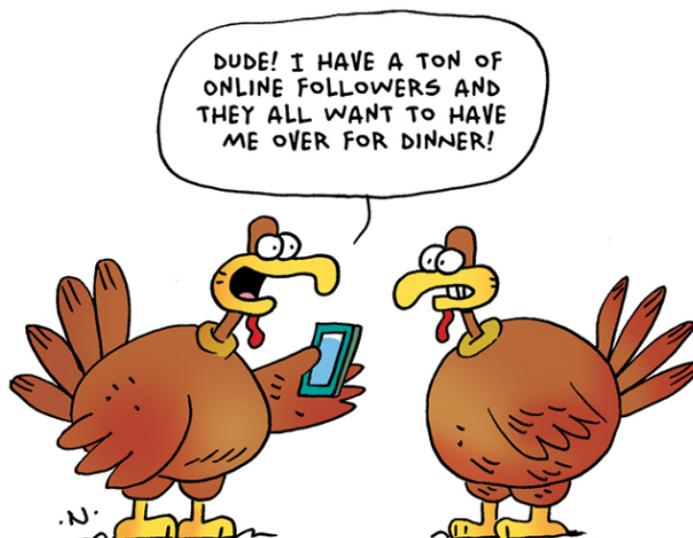


A heartbreaking letter.  
A girl locked away.  
A mystery to be solved.

**1956.** When Ivy Jenkins falls pregnant she is sent in disgrace to St Margaret's, a dark, brooding house for unmarried mothers. Her baby is adopted against her will. Ivy will never leave.

**Present day.** Samantha Harper is a journalist desperate for a break. When she stumbles on a letter from the past, the contents shock and move her. The letter is from a young mother, begging to be rescued from St Margaret's. Before it is too late. Sam is pulled into the tragic story and discovers a spate of unexplained deaths surrounding the woman and her child. With St Margaret's set for demolition, Sam has only hours to piece together a sixty-year-old mystery before the truth, which lies disturbingly close to home, is lost for ever...

Read her letter. Remember her story...



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2018

**Things to Know**

**Birthdays**

Names in **BOLD** are residents  
Names in **ITALICS** are staff birthdays.

**Outing**

**Information**

All residents wanting to go on an outing must sign up with the activities department prior to the day of the outing.

4 1:30 Midtown Church Communion	5 10:00 Resident Council 2:00 Karaoke 7:00 7th Street Bible Study	6 10:30 Music in Chapel 11:00 Little Rock Chapel 2:00 Country Drive Around Paris 7:00 A&B Music Ministry <i>Ashton Brown</i>	7 10:00 Chair Yoga 10:30 Guitar Music 2:00 Storytelling 3:00 Library- RV	8 10:00 Food, Games & Jeopardy 1:30 Bible Study 7:00 From the Heart Singers	9 10:00 Walmart Outing 2:00 Happy Hour & Bingo	10 3:00 Pastor Garry and Brenda Stith  <i>Kisha Hill</i>
11	12 10:00 Veteran's Day Celebration- Coffee & Donuts 2:00 Pretty Nails	13 10:30 Music in Chapel 11:00 River of Life Chapel 2:00 New Providence Baptist Chapel <b>Mayme Irvin</b>	14 10:00 Hot Chocolate/ Coffee Cart- RV 2:00 Homemakers 7:00 Annunciation Youth Bingo <b>Ruth Harney</b> <i>Kyla McKinney</i> <i>Tanya Mattingly</i>	15 10:00 Pictionary & Hangman 2:00 Oct. & Nov. Birthday Party 7:00 Zion Baptist Devotion & Activity <i>Wendell Rodgers</i>	16 10:00 Table Ball 1:30 Men's Group 2:00 Let's Play a Game!- Garden DR  <b>Fallon Stamper</b>	17 2:00 Music Therapy with Courtney Ca-tron  <i>Mary Debor</i>
18	19 10:00 Chair-cise 11:00 Resident Council Thanksgiving Lunch 2:00 Surprise Art  <i>Barbara Hammonds</i>	20 10:30 Music in Chapel 11:00 1st Baptist Chapel 2:00 Storytelling 7:00 Shorter Chapel -RV	21 10:00 Reminisce 10:30 Guitar Music 2:00 Fall Craft 3:00 Library- RV	22 	23 10:00 Table Ball 2:00 Holiday Happy Hour & Bunco  <b>Carolyn Rhorer</b>	24 2:00 Movie and Popcorn
25  <b>Mary Ann Smith</b> <i>Ashley Kissick</i>	26 10:00-4:00 Book Fair 2:00 Pretty Nails- Garden DR	27 10:30 Music in Chapel 11:00 Ruddles Mills Chapel 2:00 4-H Tree Decorating 3:00 Rev Allen- RV 7:00 1st UMC Bingo	28 10:00 Hot Chocolate/ Coffee Cart 10:30 Guitar Music 2:00 St. Mary's Visit 7:00 Central Baptist Music Makers- "Carol & the Belles"	29 10:00 Walmart Outing 1:30 Bible Study 3:00 Popcorn Cart- RV	30 10:00 Ornament Making- Garden DR 2:00 Staff Christmas Decorating	

**Activities may be changed or cancelled without notice, only when necessary.**

# SPOOKY OCTOBER AT THE HEIGHTS!



Resident Charlie Gudgell with Shelby & Morgan from Activities enjoying Evan's Orchard.

See you in 300 years. The Sanderson sisters' enjoyed their visit to Bourbon Heights!



Resident Norma Jean Caudill (top) and Mary Ida Linville (bottom) enjoyed the students from St. Mary's.

Miss Fredna Cheek helping out the Bourbon Street Cruisers with their Trick or Treat night.



Alvin and the Chipmunks with the Chipettes from Unit 2.



Farmer Lincoln, Jedi Wyatt, Dr. Marley McStuffins and Granny Hazel loved the Bourbon Street Cruisers Trick or Treat Night!

Candidate Bart Horne with Phil & Toni Hurst at the Meet and Greet.



All the residents that attended Evan's Orchard learning how apple cider is made. Yummy!

# HAPPY THANKSGIVING!

APPLE PIE  
BEANS  
BREAD  
CORN  
CRANBERRY SAUCE  
GRAVY  
HAM  
MASHED POTATOES  
MILK  
PUMPKIN PIE  
ROLLS  
SQUASH  
STUFFING  
SWEET POTATOES  
TURKEY



Chicken Scratch NY

N S T U F F I N G I R L U N Y  
F G K D A E R B V G C A D Q E  
A B E A N S I L S O R Q G S K  
O G K E I P E L P P A P A E R  
N R O C M L W U Q D N G O O U  
U E J L X E S M S Y B Z O T T  
Z P U M P K I N P I E V N A Z  
H B O J I L C F A G R Y F T V  
N E M Y K U S L L O R Q K O X  
K S A B Y Q T Z H W Y P S P K  
T G H S A U Q S O R S J L T A  
G M A S H E D P O T A T O E S  
Z D L U C W F Z L M U K S E K  
C A K C G T H T T I C R N W B  
G J X S G R A V Y I E Q I S T

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