



# What's New at the Care Center

Bartlesville Care Center

Volume 1, Issue 6

November 2009

## Guess Who is new!!!

**Doris Johnson**, recently moved here from Tulsa, OK. She has one daughter and a granddaughter. She worked in dietary for many years at St. John's Hospital. She reports no hobbies or interests at this time other than spending time with her family.

**Lois Kuhn**, grew up in Barnsdall and then moved to Bartlesville to work at Conoco Phillips. She then transferred with the company to Iowa until the research division closed. Lois decided that she enjoyed the research so much that she started working for Sanford Research in California. She has one son that still lives in Bartlesville and she was married for 41 years before her husband passed away.

**Josephine Owers**, has been married for 53 years this coming January. She graduated from high school and then was not able to go to college due to three surgeries the following year. She has one daughter that recently moved to Springfield, MO, with 2 grandchildren one granddaughter that is 10 and one grandson that is 6 years old. She states that her hobbies are camping but the #1 hobby is spending time with both of her grandchildren. She enjoys spending time with her family.

## November Birthday's

<i>Napanee Coffman</i>	7
<i>Richard Tippin</i>	9
<i>Doris Johnson</i>	15
<i>Chris Kenoly</i>	26
<i>Leroy Alaman</i>	27
<i>Charles Colbaugh</i>	28
<i>Carol Witzel</i>	29



## Special November Activities for all Residents

Danny Miller Nov. 9th 1:00      J&P Dancers Nov. 10th 6:30

Veterans Day Nov. 11th 2:00

Native American Month Nov. 16th 2:00

### Family and Resident Council Meeting

Nov. 17th 10:00

Singer Luigi Nov. 18th 12:30      M & M Singers Nov. 30th 1:15

### Thanksgiving Dinner

The care center will be having a Thanksgiving Dinner for both residents and family members on November 25th at 12:00. We hope that you will be able to come and enjoy this time with your loved ones.

#### *Five Ways to Help Yourself Heal*

1. *Engage in healthy living:* Most people find it difficult to live healthy lifestyles even if they are not grieving. However, the load of grief can be lightened by ensuring proper diet, proper rest, and proper exercise.
2. *Find and use healthy places:* Where is my safe, comfortable healing place? It might be the sofa where you can do reading, journaling or meditating. It might be a place of worship where you can find spiritual comfort.
3. *Express your grief:* Here are some ways to do that: write in a journal, consult with spiritual leader, share feelings with a friend. Remember by sharing your hurt with another person, you reduce the pain and the pressure.
4. *Be open to healing:* It could be a kind word from an acquaintance which lifts your spirit or geographically distant friend who shares through a letter.
5. *Slow down:* Resist the feeling that you need to get over this. There is no quick fix for the wound of grief. Claim all the time you need. Each person is unique and each one grieves differently. Be patient with yourself.

#### *Quote for the month*

*All great things are simple, and many can be expressed in single words: freedom, justice, honor, duty, mercy, hope.*

**Sir Winston**



**Bartlesville Care Center**

3434 SE Kentucky Place  
Bartlesville, OK 74006

Phone: 918-333-9545  
Fax: 918-333-9601



**Organization**



Were on the Web...  
[www.bartlesvillecarecenter.com](http://www.bartlesvillecarecenter.com)

## **Comforting Hands Hospice**

Locally Owned and Operated

Accredited by

The Joint Commission

NHPCO Member

For questions regarding hospice services or eligibility contact:

**Chris Johnson, RN**

Patient Care Coordinator

**Sam Hill**

Executive Director

918-331-0003

***Comfortinghands@cableone.net***