



# Mesa Vista News



Battlement Mesa, Colorado

January 2015



## Weather Outlook

You don't need us to tell you that it has been frigid COLD outside lately. It looks like the bitter cold weather will be with us for a few more days, then more seasonal weather for the week of the 5th with highs going up into the 40's (if you can believe it). By the 12th more snow is predicted, clearing by the 15th with highs rising from the low to upper 30's through the following week. The last week of the month is predicted clear and sunny with highs in the upper 30's to lower 40's. Overall not much snow is forecast for this month. However, considering that the predictions for last night's lows were generally off by 10 degrees or more, we recommend taking all predictions of the weather with a grain of salt.

## January Birthdays:



George 1/2  
John 1/22  
Marcelle 1/26

## New Adult Day Program

Mesa Vista has opened a new Adult Day Program, the only one of its kind serving the Parachute/Rifle/DeBeque area. The program is open Tuesdays and Thursdays, allowing spouses or other caregivers to drop off their loved ones for the day or for a few hours.

Participants are welcome to join in the full schedule of planned activities, from low impact exercises to board games to live music performances and readings.

A snack station, soft drinks and coffee are available at all times, and a delicious hot lunch is prepared fresh daily, served at 12:30. Our four living rooms are specially designed to encourage friendly social interaction.

Cable TV, DVD & VCR movies, Wii electronic sports, Computers with high speed internet and an extensive reading library are available to all.

For the musically inclined we have a piano, two organs and an electronic keyboard.

In addition to our fun guided low impact chair exercises we have exercise bicycles and a weight station available to help get the blood pumping.

The program hours are from 9 am to 4 pm. For more information, call Michael at (970) 285 - 1844.

## Resident of the Month



*Bernie Long*

Bernie was born Glenwood Springs and grew up in the area, attending Carbondale High school. He married Martha, his high school sweetheart. They were married for 53 years, until she passed away. Together they had five children, two boys and three girls.

Bernie served his country, enlisting in the US Navy and working as an aircraft electrician. He served for nine years, including two years in Vietnam. Bernie worked on ten different aircraft carriers, including the Enterprise, our first nuclear-powered carrier.

After his service, Bernie worked as a building inspector, a rancher and as a miner in Redstone's historic Coal Basin. He enjoyed horseback riding, woodworking and an annual hunt 'to put meat on the table' for his family.

Today Bernie enjoys living at Mesa Vista. He has made a lot of friends in the area. Asked for any final thoughts, Bernie said 'Enjoy and cherish your family and friends. Life is Short!'

# Events

The annual Mesa Vista Holiday Dinner Party was a big success this year, with many family members of our residents attending. Also on hand were a selection of our wonderful volunteers, advisory board members and other illustrious members of our community, including Mayor McClumb!

Mesa Vista was 'decked out' and looking merry with a large Christmas tree, extensive decorations and lights everywhere, all set up courtesy of Alice Smith and the wonderful group of kids from the 4-H club. Thank you all!

Turkeys and Hams were served buffet style, along with several side dishes and two different flavors of cake. By all accounts Chef Maria outdid herself. Pat Winger provided entertainment, playing upbeat holiday music and jazz on his guitar.

## Two New 'Mikes' at Mesa Vista.

We have two new employees at Mesa Vista: Mike McKeon and Michael Farrell. We call one 'Mike' and one 'Michael' so they can tell who we're talking to!

Mike McKeon is our new head of Maintenance, hailing from Greyling, Michigan. Mike moved to Parachute in the 80's and started his own business, Rainbow Video, where he quickly found the need to learn how to fix things. 'My dad taught me everything I know. We worked side by side. He was a master mechanic.'

In his spare time Mike is an outdoor enthusiast, enjoying hunting, hiking, fishing and spelunking. Asked about working for Mesa Vista, Mike said, 'I love helping others in need, that's my motto.'

Michael Farrell is Activities Director and also Director of our new Adult Day Program. Michael was born in Tokyo, Japan, and lived Roaring Fork Valley for many years.

Michael began working to help others in need in 2008, through the Colorado CDASS program. 'I had a disabled friend I started helping to exercise and just get outdoors. Through working with him I became more aware of the great need for this kind of thing. I believe being active and exercising are the most important things we can do to stay healthy.'

From there he worked as Activities Director at Harmony House in Glenwood Springs, while also seeing private clients. 'It doesn't matter if you have mobility issues or are confined to a wheelchair. It's still important to keep moving, and you can do it, although you may need a little help.'

Michael is a multi-instrumentalist and composer, playing professionally for many years. Michael enjoys hiking, climbing 14ers, telemarking, photography and running in his spare time.

## Employee of the Month *Nelys Gonzalez*



Nelys was born in Dallas, Texas and moved to Colorado at age 13, attending Grand Valley High School. She

has been working for us for the last 9 months. Nelys is a Colorado state certified QMAP (Qualified Medication Administration Person) at Mesa Vista. 'I love my job. The residents always make me cheerful. They are like a second family to me,' she said.

Nelys is also studying photography and teaching at CMC. In her spare time she is a soprano in her church choir, Iglesia de Dios Pentecostan. She also enjoys reading, particularly mystery novels.

### **TOENAIL CLINIC**

There will be no Toenail Clinic on January 1st. Instead, the Toenail Clinic will take place on Thursday January 8th. Please call 285-1844 to schedule an appointment.

#### **Mesa Vista Assisted Living**

72 Sippelle Drive, Parachuta Colorado

(970) 285-1844 fx. 970-285-6351

[mesavista@seniorhousingoptions.org](mailto:mesavista@seniorhousingoptions.org)

<http://seniorhousingoptions.org/properties/mesa-vista/>

**Kathy Germano, Administrator**

**Sissy Mlakar, Resident Services Director**

**Michael Farrell, Day Services Director,**

**Activities Director, Editor**

Mesa Vista would like to thank everyone who contributed their time by volunteering, donating or giving us your input in any other way in 2014.

You have helped make Mesa Vista a better place for our residents. Your generosity is appreciated and admired!

## Colorado History

Have you ever noticed the Historical Markers at the Visitors' Center in Parachute? They tell an interesting tale from the days of the old West in our area.

Here is the first part of story, 'The Robbery':  
'On June 7, 1904, an outlaw named Harvey Logan attempted one of the west's last train robberies near here. Also known as Kid Curry, Logan was a member of Butch Cassidy's notorious "Hole in the Wall" gang.

When the westbound Denver & Rio Grande train made its scheduled 1:15 a.m. stop in Parachute on that Tuesday morning, a man scrambled on board. He ordered the engineer at gun point to proceed to Streit Flats, roughly 3 miles west of here. There he was joined by two accomplices.

The three outlaws forced the Baggage Master to open the doors of the baggage car and blew open the safe with a charge of dynamite. They were expecting to find a shipment of gold. Historians never established that they actually did. In fact, it is believed by many that the gold had been sent through on a earlier train. After blowing the safe, the outlaws headed directly for the Colorado River. They crossed the river and mounted horses which they had hidden on the south side. They headed for Battlement Mesa, stealing fresh mounts as they went.

In the meantime, lawmen from Grand Junction and Parachute, along with several local ranchers, formed a posse to pursue the outlaws.'

For the story of "The Getaway" and the confrontation between posse and outlaw, please see next month's issue of the Mesa Vista News, or visit the historical marker at the Parachute Information Center.

			<b>JANUARY 2015</b>			
<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
	<b>Schedule is subject to change</b>					
				<b>1</b> 3:00 Rose Bowl	<b>2</b> 10:00 Vitals Clinic  11:00 Croquet  1:30 Early Bingo With Carmen 3:30 Storytelling: Edgar Allen Poe  <u>Happy Birthday George!</u>	<b>3</b> 10:00 Coffee Klatch  2:30 Chocolate Bingo 2:30 NFL Wildcard Playoff (ESPN) 6:15 NFL Wildcard playoff (NBC)
<b>4</b> 11:00 NFL Wildcard playoffs (CBS) 2:30 Grace Bible Church Service	<b>5</b> 10:00 Exercise Fun with Grace  11:00 Spades  2:30 Live Music: Thomasina Russell	<b>6</b> 10:00 Show and Tell  11:00 Ladder Golf  2:00 Bingo with June  3:45 Wii Bowling	<b>7</b> <u>Salon is Open</u> 10:00 Morning Crafts with Penelope  2:00 Shopping Wal Mart  4:00 Dealer's Choice	<b>8</b> <u>Salon is Open</u> 10:00 Morning walk & exercises 11:00 War Toenail Clinic 1:00-4:00  2:00 Bingo in Fireplace Room 3:45 War	<b>9</b> 10:00 Morning walk & exercises 11:00 Horse Races  1:30 Early Bingo With Carmen 3:15 Colorado History: West Elk Loop, Pt. 5	<b>10</b> 10:00 Coffee Klatch  2:30 Chocolate Bingo
<b>11</b> 2:40 Bron- cos Playoff game (CBS)	<b>12</b> 10:00 Exercise Fun with Grace 11:00 Horseopoly  2:00 Bean Bag Toss 3:00 Humor and Science: Bill Bryson	<b>13</b> 10:00 Resident Food & Council Meeting 11:00 Darts  2:00 Bingo with June  3:45 Reminis- cence	<b>14</b> <u>Salon is Open</u> 10:00 Morning Crafts with Penelope  2:00 Shopping Local  3:45 Disney Triv- ia	<b>15</b> <u>Salon is Open</u> 10:00 Morning walk & exercises  11:00 Bull!  2:00 Bingo  3:30 Wii Bowling	<b>16</b> 10:00 Morning walk & exercises 11:00 Word Search  1:30 Early Bingo With Carmen 3:15 Ice Cream So- cial 4:15 Rummy	<b>17</b> 10:00 Coffee Klatch  2:30 Chocolate Bingo
<b>18</b> 2:30 Episcopal Church Service	<b>19</b> 10:00 Exercise Fun with Grace  11:15 Courage for the Day with Judy  2:00 Skill Ball 3:00 Movie Clas- sics: The African Queen	<b>20</b> 10:00 Show and Tell  11:00 Ladder Golf  2:00 Bingo with June  3:30 US Trivia  4:30 War	<b>21</b> <u>Salon is Open</u> 10:00 Morning Crafts with Penelope  2:00 Shopping City Market  4:00 Dealer's Choice	<b>22</b> <u>Salon is Open</u> 10:00 Morning walk & exercises 11:00 Washer Toss 2:00 Bingo 3:45 As Near As I Can Remember, Pt 4 <u>Happy Birthday John!</u>	<b>23</b> 10:00 Morning walk & exercises  11:00 Darts  1:30 Early Bingo With Carmen  3:15 Mystery: Sherlock Holmes	<b>24</b> 10:00 Coffee Klatch  2:30 Chocolate Bingo
<b>25</b> 2:30 Lighthouse Church Service	<b>26</b> 10:00 Exercise Fun with Grace  11:15 Courage for the Day with Judy  2:00 Fact or Crap 3:30 Storytelling: Mark Twain <u>Happy Birthday Marcelle!</u>	<b>27</b> 10:00 Croquet  11:00 Horse Races  2:00 Bingo with June  3:45 Ultimate Trivia	<b>28</b> <u>Salon is Open</u> 10:00 Morning Crafts with Penelope  2:00 Shopping Local  4:00 Spades	<b>29</b> <u>Salon is Open</u> 10:00 Morning walk & exercises 11:00 Word Search  2:00 Bingo  3:45 Nature: Dra- matic Trials of Life	<b>30</b> 10:00 Morning walk & exercises  11:00 Horseopoly  1:30 Early Bingo With Carmen  3:15 Humor and Science: Bill Bryson	<b>31</b> 10:00 Coffee Klatch  2:30 Chocolate Bingo