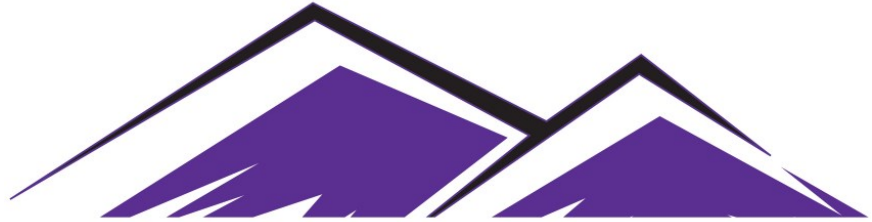


Alzheimer's Association recognizes Mesa Vista

The entire staff of Mesa Vista has recently completed specialized training in the care of individuals with dementia. As a result, Mesa Vista has been officially recognized by the Alzheimer's Association as Leaders in Dementia Care.



Leaders in Dementia Care

Recognized by the Alzheimer's Association of Colorado.

Weather Outlook



The first half of December looks to be colder than historic averages, with highs generally in the mid to upper 30's and lows in the mid teens.

Temperatures are predicted to warm by the 19th, with highs in the upper 40's but overnight lows will stay cold, reaching as low as 10 degrees some nights.

By the 27th temperatures are forecast to dip again, with highs in the 30's for the rest of the month, while overnight lows flirt with single digit temperatures.

There is a possibility for snow each day all through the middle of the month, and again for the weekend after Christmas.

The current forecast for Christmas day is for brilliant sunshine with a high of 48 degrees.

Introducing . . .



Joann McKeon

Joann McKeon was born in Detroit, Michigan and grew up in the Flint, MI, area. 'My grandparents raised me. They also had 6 sons and 6 daughters. My mother, Anna, was the oldest,' she said. Joann went to St. Mary's Catholic School. After school she would do chores until supper. After dinner she would do the dishes and her homework and then be off to bed.

Five of her uncles all joined the Navy at the same time during World War II. They were all assigned to the same ship. 'The ship was so big that they hardly ever saw each other. My uncles all came through the war OK, but the Stevens brothers, who were on another ship, all died when their ship was sunk. After that they changed the laws, no longer allowing brothers to serve together,' she said. 'By the time I was 10, my uncles had returned from the war, married and moved out, so we had boarders upstairs,' she said.

Joann stayed with her grandmother until she was 18, attending Mt. Morse High School. She then married her husband, Melvin. 'We moved around a lot because of his work,' she said. Ten months later, Joann had her first son, Rodney. Her daughter, Kim, was born 14 months later. Her other son, Melvin Jr. was born a year and a half later.

Melvin Jr. was born prematurely. She was told 'he'd never walk, talk or ride a bike.' Joann was told all she could do was to make him comfortable. But she wasn't giving up on him. He started talking at 18 months old, and did in fact end up walking, talking and riding a bike. Joann set him to a special school. 'He's my hero,' she said. At age 20 Melvin Jr. graduated from high school. In 1963 Joann's third son, James, was born. Two years later her youngest son,

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(continued from page 1)

Eric, was born. James and Eric were both born in Flint.

'We moved to Rifle right about the time Exxon pulled out,' she said. 'I loved it, but as far as my husband and sons getting jobs, it was tough. My two youngest sons became certified welders through Rifle High School, but couldn't find work. Nobody wanted to hire a young welder. So they both joined the Army,' she said. Joann found work at a local motel.

They moved on to Grand Junction, and then to Arizona. 'We bought about 38 acres outside of Kingman, with the idea of selling off smaller parcels. This didn't pan out, as the area was too far from town. So we moved to the little bitty town of Glen Heights, Texas, where we worked at an RV park. My husband eventually was diagnosed with cancer, and wanted to return to Colorado before he died, so we moved to Battlement Mesa, where he passed,' she said.

Joann moved in to Mesa Vista this year. 'I love it. Many years ago I worked at a nursing home and a lot of the people there felt they had lost their independence. Here you're more or less your own boss. It's like home. There are a lot of people my own age. We've got everything we need here. I should have checked into this sooner' she said.

Adult Day Program

The Mesa Vista Adult Day Program is now accepting new members, open Tuesdays and Thursdays, from 9 am until 4 pm. Members participate in a full schedule of activities, with snacks, soft drinks and coffee always available. A hot lunch is served daily.

For further information call 285-1844

Music at Mesa Vista

On Monday, December 7th, at 3:30 Thomasina Russell will be performing in the Fireplace Room.

On Monday, December 21st, at 3:30 pm, Harold and Edith Miller be performing .



HAPPY BIRTHDAY!

Karla 12/11 Ginny 12/16

Linda 12/20

Employee Profile



Kylee Schulte

Kylee was born in Elko, Nevada, and lived there until she was 16. 'It is a mining town, very dry with hot, hot, summers and frigid winters. It has grown quite a bit. We walked everywhere. There wasn't a lot going on,' she said. Kylee attended Spring Creek High, where she was on the basketball team and also participated in track & field, specializing in shotput and discus.

She moved to Parachute in 2006. 'I was both happy and sad. I had to say goodbye to my best friend. But in Parachute it was easier to meet people, there were not so many cliques. People got along with each other,' she said. She finished high school at Grand Valley, continuing with track & field and also getting interested in weight lifting. English was her favorite subject. Outside of school Kylee enjoyed reading and the outdoors. 'I've always loved camping. I'm not really a hunter but do enjoy target shooting,' she said.

She got a job at City Market while still in high school. After graduating she earned her QMAP certification and got a job at Mesa Vista, where she worked until 2013. She worked as a manager at Dominos for a while, then as a payroll clerk, before returning to Mesa Vista this year.

'I love helping the residents. I want them to be as happy and content as I can make them. My co-workers are fun to work with. It's a great place to be,' she said.

Kylee is engaged to her boyfriend, Lance. They plan to marry in October of next year.

Colorado History

Avalanche in Conundrum Creek

This article originally ran in a February 1893 issue of the Aspen Times

'At about 8 o'clock last night a weary band of 20 men came slowly into Aspen dragging a wounded comrade upon a rudely constructed hand sled. They had come from a point about 14 miles distant from Aspen in Conundrum Gulch, where they had experienced the force of an awful snow slide of more than 2,000 feet in width and fully 20 to 60 feet in depth. The story of their adventures, as given by Charles H. Munn, is about as follows:

There were 20 men in the camp and they were engaged in driving a tunnel for Mr. O'Brien. On last Wednesday morning, the snow was so deep about their camp, which was situated on the mountain's side, and the danger of snow slides so imminent, that the men did not dare venture more than a few feet from the door of their rude but substantial log cabins.

About 10 o'clock, one of the men named Pete Anderson took a shovel and started to make a pathway from the bunkhouse to the cook shanty, but a few feet away, when suddenly there came dashing down the mountainside a terrible avalanche of snow. So swift was its flight that the startled men had time to take but a step or two in the direction of safety before it overtook him, carrying him in its course for a distance of over 400 feet where he struck a tree that prevented his going further.

His startled companions in the bunkhouse immediately rushed out expecting to find the man buried far beneath the surface. They commenced shoveling snow from about the place where Anderson had last been seen, when suddenly one of the party raised the cry: "there's Pete," pointing down the side of the mountain.

All eyes were immediately turned in the direction indicated, and one glance satisfied the men that their companion was badly injured. Hurrying to his aid, they found him a pitiable sight indeed. The front half of his scalp was torn and hanging down over his eyes, while a great open wound reached clear across one side of his face.

The men bore the poor fellow to their camp and one of their number drew the scalp back in place and sewed up both wounds as best he could. Poor Anderson suffered greatly, but bore his pain with fortitude, while the men did everything in their power to alleviate his sufferings, and waited in fear and trembling for the second avalanche, which they believed was certain to fall, and so it did.

Late Wednesday night Thomas Lavin was selected to

watch over the wounded man while the others retired to their bunks to rest. The long night was fast drawing to a close when about 4:15 o'clock Thursday morning the men were suddenly awakened by Lavin's cry of "Boys, she's coming." Realizing that there was no safety in flight, the brave men held their breath, waiting for the concussion, which the roaring sound told them was upon them.

Mr. Munn, in relating the experience and suspense of that moment, says that an old boyhood friend was sleeping with him, and put his arms around him as a mother would her child. When the great force struck the strong log cabin it swayed for a moment, but, to the great joy of the men, resisted the shock.

As soon as the men could get out the next morning, they quickly saw to what they owed their preservation. Directly below the cabin was piled about 400 cords of wood kept in place by guy ropes of steel. When the slide struck this wood the ropes broke, allowing the wood to go down the mountainside, but the resistance afforded by the wood had been sufficient to check the snow to some degree and to this occurrence the men attributed their escape.

Yesterday morning at 6 o'clock the men placed their wounded companion upon the sled and started for Aspen. At about 5 o'clock in the afternoon they arrived at the Famous Ranch about six miles out, and George Bell, employed by Mr. Wheeler at the ranch, brought the men on into the town, arriving here at 8 o'clock. The wounded man was taken to the hospital where he will receive the best attention.'

Mesa Vista News has received special permission to reprint stories from the books written by author Paul Andersen. Mr. Andersen's books provide a wealth of information about the history of Colorado, telling stories that bring back the spirit of the Old Mountain West. This story was taken from his book, 'Aspen's Rugged Splendor.' Mr. Andersen is also the author of 'The High Road To Aspen' and 'Elk Mountain Odyssey.'

Mesa Vista Assisted Living

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Kathy Germano, Administrator
Sissy Mlakar, Resident Services Director
Michael Farrell, Adult Day Program Director,
Activities Director, Editor



December 2015



SUN	MON	TUE	WED	THU	FRI	SAT
		1 10:00 Vitals Clinic 11:00 Art with Helen 2:00 Bingo With June 3:45 Humor in Science: Bill Bryson 6:45 Bible Study with Ricardo	2 <u>Salon is Open</u> 10:00 Wii Bowling 11:20 War 2:00 Shopping Local 3:45 Dealer's Choice	3 <u>Salon is Open</u> 10:00 Youtube Explorations 11:00 Morning walk & exercises 2:00 Bingo 3:30 Colorado History: Grand Mesa Country	4 10:00 Bible Reading 11:00 Morning walk & exercises 2:00 Bingo 3:30 Ice Cream Social	5 10:00 Coffee Klatch 10:00 Crochet/ Knitting Group 2:00 Walk & Exercises 3:00 Bingo
6 11:00 U Pick 2:30 Grace Bible Service <i>Happy Hanukkah!</i>	7 10:00 Trivia 11:00 Exercise Fun with Grace 2:00 Wii Bowling 3:30 Live Music: Thomasina Russell	8 10:00 Art with Helen 11:20 Bean Bag Toss 2:00 Bingo With June 3:30 Hangman 6:45 Bible Study with Ricardo	9 <u>Salon is Open</u> 10:00 Crafts 11:20 War 2:00 Shopping Walmart 3:45 Rummy	10 <u>Salon is Open</u> 10:00 Youtube Explorations 11:00 Morning walk & exercises 2:00 Bingo 3:30 Instant Genius 5:00 Head Start Students Singing	11 10:00 Bible Reading 11:00 Morning walk & exercises 2:00 Bingo 3:30 Ice Cream Social	12 10:00 Coffee Klatch 10:00 Crochet/ Knitting Group 2:00 Walk & Exercises 3:00 Bingo
13 11:00 U Pick 2:30 Episcopal Church Service	14 10:00 US Trivia 11:00 Exercise Fun with Grace 2:00 Popcorn Classic 4:15 Jenga	15 10:00 Wii Bowling 11:00 Art with Helen 2:00 Bingo with June 6:00 <i>Annual Holiday Dinner</i>	16 <u>Salon is Open</u> 10:00 Assisted Living Food & Council Meeting 11:00 Crafts with Penelope 2:00 Shopping Walmart 3:45 Dealer's Choice	16 <u>Salon is Open</u> 10:00 Youtube Explorations 11:00 Morning walk & exercises 2:00 Bingo 3:30 Word Search	18 10:00 Bible Reading 11:00 Morning walk & exercises 2:00 Bingo 3:30 Ice Cream Social	19 10:00 Coffee Klatch 10:00 Crochet/ Knitting Group 2:00 Walk & Exercises 3:00 Bingo
20 11:00 U Pick	21 10:00 Disney Trivia 11:00 Exercise Fun with Grace 2:00 Wii Bowling 3:30 So Many Tunes, So Little Time with Harold and Edith	22 10:00 Art with Helen 2:00 Bingo in Fireplace room 6:45 Bible Study with Ricardo	23 <u>Salon is Open</u> 10:00 Crafts with Penelope 2:00 Shopping 3:45 Rummy	24 <u>Salon is Closed</u> 10:00 Youtube Explorations 11:00 Morning walk & exercises 1:30 Early Bingo 3:15 Christmas Caroling by the Fire	25 <i>Merry Christmas!</i> 12:30 Christmas Dinner	26 10:00 Coffee Klatch 10:00 Crochet/ Knitting Group 2:00 Walk & Exercises 3:00 Bingo
27 11:00 U Pick 2:30 Lighthouse Service	28 10:00 Ultimate Trivia 11:00 Exercise Fun with Grace 2:00 Popcorn Classic 4:15 Hangman	29 10:00 Art with Helen 2:00 Bingo 6:45 Bible Study with Ricardo	30 <u>Salon is Open</u> 10:00 Crafts with Penelope 2:00 Shopping Local 3:45 Dealer's Choice	31 <u>Salon is Closed</u> 10:00 Resident Boards 11:00 Morning walk & exercises 2:00 Bingo 3:30 Word Search	Schedule is subject to change	