



## Weather Outlook

It is predicted that March will be more generous in providing us with moisture, with at least some precipitation each week of the month, mostly in the form of rain.

Our best chances of snow look to be during the first week of the month, with the possibility of some light snow also occurring in the middle of the second week.

The second half of the month appears to have several rainy days in store, with a slight possibility of snow on or around the 17th and the 29th.

Temperatures are expected to be overall a bit cooler than average, with highs ranging from the upper 40's to upper 50's for most days.

*Happy  
Birthday*

Ernestine 3/8  
Georgianna 3/8  
Kathy 3/19  
Kaylee 3/19  
Bob 3/31



## Introducing... *Darvin Smith*

Darvin Smith was born and grew up in Golden, Colorado. 'The North Table Mountain area was my playground,' he said. This is an area of stunning cliffs and wide vistas, providing habitat for deer, prairie dogs, golden eagles and red-tailed hawks.

He was born with retinitis pigmentosa. This is a degenerative eye disease, caused by deterioration of the rods and cones in the retina. He lost his sight gradually. First he lost perception of colors, seeing everything in shades of grey, maintaining some vision until he was about 45 years old. 'I always see light in my head. It can be distracting,' he said.

Moving to Denver, Darvin became a production machine operator, a job he kept for 14 years. He turned out 30,000 feet of hypodermic needles per day, all while legally blind. 'As long as I can put my hands on something I can do it,' he said. One day, under pressure to meet a high production quota, a steel rod the diameter of a pencil ran through his arm and stabbed into his side. 'I didn't see it, meaning I didn't feel it,' he said. Under the stress of the added production he had forgotten where the rod was. 'I tried to fight it, but I was let go,' he said.

After this, Darvin was out of work for 4 years. 'It's hard to find work when you're blind. When you get a job, you keep it. Even if you don't like it you stick it out,' he said.

Finally, Darvin got a job with Continental Water Systems. He became the plant operator, cleaning and regenerating the filtering material used for processing water. He had a special little telescope with which he still had enough sight left to be able to read the required levels. He worked with this company for another 14 years.

At this point, Darvin took a 9 month course of Personal Adjustment Training (PAT), learning how to cook, clean, get around with a cane, how to tell time, touch-type and how to read braille. 'After I graduated, I knew I could do anything I wanted to,' he said. His instructor told him 'the only thing you can't do is drive a car or fly a plane.'

He more or less retired by age 45 because he could find no work. 'No one would hire me, mainly because of insurance issues – risk of injury. I feel this was a form of discrimination, but could never prove it,' he said. Eventually he did find work – as a caregiver for another blind person. This individual had avoided learning all of the skills Darvin had learned in order to remain independent as a blind person.

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## 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 join in with our residents, participating in a full schedule of activities, with snacks, soft drinks and coffee always available. A delicious hot lunch is served daily.

For further information



## Music at Mesa Vista

Last month, Bill Parish performed for us a second time, turning in another impressive performance on the flute. Bill played a choice selection of popular Jazz and Latin standards, accompanied as usual by Michael on guitar.

On March 9th at 3:30 Thomasina Russell will be performing in the Fireplace room at Mesa Vista. Thomasina has a lovely voice and accompanies herself on guitar.

On Monday, March 16th Harold and Edith Miller will be performing their special blend of autoharp, psaltery and acoustic guitar, playing classic Old-Time music.

Friday, March 27th will see the return of Pat Winger, the guitarist who played for us at the Mesa Vista Christmas Party.

The public is welcome to attend these musical performances.

## Happenings

Our ever popular Ice Cream Social was augmented with the addition of sugar-free ice cream for the first time, allowing our diabetic residents to indulge in a safe and guilt-free manner. The result appears to be thumbs up all 'round from our residents!

Our outing to go bowling in Rifle hit a snag when it turned out all of the lanes were reserved for a special event. But not to worry, as Sissy and Cheri took all of the residents to Shooters for a very enjoyable lunch. Some family members followed us there and, taking adjacent tables, joined in the fun. The staff was very friendly and accommodating, answering our residents many questions.

The Village Artists kindly presented us with a donation to be used for the promotion of art at Mesa Vista. One thing led to another, and one of the Village Artist members also volunteered. Helen Brezina is now teaching a drawing class at Mesa Vista for our residents and day program members!

Michael gave a presentation about our Adult Day Program to the Grand Valley Kiwanis Club at the Parachute library and had the pleasure of meeting several of the engaging members before and after.

February also saw another new volunteer join us at Mesa Vista. Jenifer Salazar will be helping us with crafts and our ever popular bingo.

We will have a booth at the Battlement Mesa Health Fair on Saturday, March 7th, from 7:30 to 10:30. Kathy and Michael will be handing out cookies fresh baked by our residents. We hope you can stop by and say hello.

## Mesa Vista Assisted Living

72 Sippelle Drive, Parachuta Colorado  
(970) 285-1844 fx. 970-285-6351  
mesavista@seniorhousingoptions.org  
<http://seniorhousingoptions.org/properties/mesa-vista/>

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

## Employee Profile

### *Lori Hinkle*



Lori was born in Thermopolis, Wyoming. She grew up in Buena Vista, Colorado, and attended Buena Vista High. After graduating, she attended South Western Oklahoma State University (SWOSU) studying music for a couple of years. Lori then returned to Colorado, attending Mesa State until the birth of her third child. She has lived in Parachute for the last 17 years.

Lori taught Head Start preschool, where by coincidence she met Claudia. Claudia is the granddaughter of Enrique, who we profiled on last month's Mesa Vista News. Claudia was a volunteer with Head Start at the time. Lori then worked at ABCs and 123s Childcare until it closed, and Claudia worked there as well. (Today Claudia is the Family Advocate for Head Start.)

Lori started working at Mesa Vista in 2013. She is a QMAP (Qualified Medication Administration Person). 'The thing I like the most is to see our residents enjoy their day,' she said. 'They enrich my life by sharing their amazing life experiences with me.' She also works as a substitute teacher for Special Needs in Garfield County RE2.

When Chef Maria was out of town for several days last month, Lori demonstrated her versatility by assuming full time kitchen management while she was away. This involved preparing three meals a day for our residents, along with desserts and snacks, and holding to the high standard that Maria has set in the kitchen. By all accounts she did a splendid job in this challenging position.

When not working, Lori enjoys spending time with her family, watching her kids play sports, reading and crafts. She is Director of the Garfield County District 16 School Board, and also serves on the Mountain BOCES (Board of Cooperative Educational Services). She is also taking classes at CMC, working toward an MA (Medical Assistant) certification.

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Darvin enjoys 'being able to live independently. I can do my own thing. I really appreciate that. I just do whatever comes my way,' he said. He particularly likes walking, swimming, audio magazines and meeting with friends.

When talking he prefers one-on-one conversing. Being in a larger group can be confusing. It is more difficult to tell who is talking.

'It's OK to ask questions about blindness. I don't mind people becoming more educated. I do wish people would acknowledge their presence. Let me know you're there,' he said. Asked for any final thoughts, Darvin said, 'Blindness is not the end of the world. Blindness can be dealt with.'

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### **TOENAIL CLINIC**

The Toenail Clinic will be on Thursday March 5th, from 1 until 4 pm. Please call 285-1844 to schedule an appointment.

# March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>  <b>2:30</b> <b>Grace</b> <b>Bible Church</b> <b>Service</b>	<b>2</b> 10:00 Vitals Clinic  11:00 Exercise Fun with Grace  2:00 Ladder Golf  3:00 Popcorn Classic: March of the Penguins	<b>3</b> 10:00 Morning walk & exercises 11:00 Wii Bowling 12:30 Encana Lunch 2:00 Bingo with June 3:45 Colorado History: West Elk Loop	<b>4</b> <u>Salon is Open</u> 10:00 Art With Helen 11:00 Baking for Health Fair  2:00 Shopping Wal Mart 3:45 Dealer's Choice	<b>5</b> <u>Salon is Open</u> 10:00 Morning walk & exercises 11:00 Tree Decoration Toenail Clinic 1:00-4:00 2:00 Bingo in Fireplace Room 3:45 Word Search	<b>6</b> 10:00 Baking for Health Fair  11:00 Horseopoly  1:30 Early Bingo With Carmen 3:45 Storytelling: Sherlock Holmes	<b>7</b> 7:30 – 10:30 Battlement Mesa Health Fair  10:00 Coffee Klatch
<b>8</b>  <b>2:30</b> <b>Episcopal Church</b> <b>Service</b>  <u>Happy Birthday Georgianna and Ernestine!</u>	<b>9</b> 10:00 Exercise Fun with Grace 10:30 Father Quera visit 11:00 Reminiscence 2:00 Darts 3:30 Live Music: Thomasina Russell	<b>10</b> 10:00 Art With Helen 11:30 War  2:00 Bingo with June 3:45 Humor in Science: Bill Bryson	<b>11</b> <u>Salon is Open</u> 10:00 St. Patrick's Day Crafts  2:00 Shopping Local  3:45 Rummy	<b>12</b> <u>Salon is Open</u> 10:00 Morning walk & exercises 11:00 Horse Races  2:00 Bingo  3:45 Pictionary	<b>13</b> 10:00 Morning walk & exercises 11:00 Fact or Crap  1:30 Early Bingo With Carmen  3:30 US Trivia	<b>14</b> 10:00 Coffee Klatch
<b>15</b>  1:30 Nascar Campingworld 500 (FOX)	<b>16</b> 10:00 Exercise Fun with Grace 11:00 Wii Bowling  2:00 US Trivia 3:30 So Many Tunes, So Little Time with Harold & Edith	<b>17</b> 10:00 Good Old Days with Charlotte & Michelle 11:00 Art With Helen 2:00 Bingo with June 3:45 Word Search  	<b>18</b> <u>Salon is Open</u> 10:00 Resident Food & Council Meeting 11:00 Art With Helen 2:00 Shopping Wal Mart 3:45 Dealer's	<b>19</b> <u>Salon is Open</u> 10:00 Morning walk & exercises 11:00 Skill Ball 2:00 Bingo 3:45 Croquet <u>Happy Birthday Kathy and Kaylee!</u>	<b>20</b> 10:00 Morning walk & exercises  11:00 Ladder Golf 1:30 Early Bingo With Carmen 3:45 Humor in Science: Bill Bryson	<b>21</b> 10:00 Coffee Klatch
<b>22</b>  <b>2:30</b> <b>Lighthouse Church</b> <b>Service</b>	<b>23</b> 10:00 Exercise Fun with Grace 11:00 War  1:45 Pictionary 3:00 Popcorn Classic: Phar Lap	<b>24</b> 10:00 Art With Helen 11:30 Big Ball  2:00 Bingo With June  3:45 Storytelling: Mark Twain	<b>25</b> <u>Salon is Open</u> 10:00 Wii Bowling  11:30 Ultimate Trivia 2:00 Shopping Local 3:45 Rummy	<b>26</b> <u>Salon is Open</u> 10:00 Morning walk & exercises 11:00 Show and Tell 2:00 Bingo 3:45 Colorado History: West Elk Loop	<b>27</b> 10:00 Morning walk & exercises 11:00 Fact or Crap 1:30 Early Bingo With Carmen 3:30 Live Music: Pat Winger	<b>28</b> 10:00 Coffee Klatch
<b>29</b>  <b>2:30</b> <b>Lighthouse Church</b> <b>Service</b>	<b>30</b> 10:00 Exercise Fun with Grace  11:00 Wii Bowling  2:00 Bean Bag Toss 3:30 Reminiscence	<b>31</b> 10:00 Art With Helen 11:30 Darts  2:00 Skill Ball  3:45 Word Search  <u>Happy Birthday Bob!</u>				