

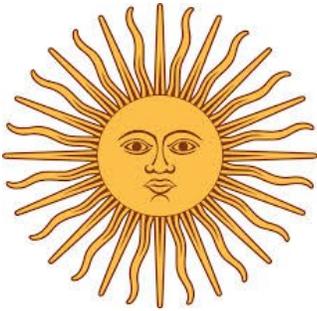
## Art at Mesa Vista

Helen Brezina has been conducting a popular drawing class at Mesa Vista since last March, inspiring our residents to express themselves artistically.

Last month, several residents also took part in two highly successful 'guided painting' seminar conducted by Sue Randals. Because of the popularity of the seminar, Sue agreed to return for another seminar this month.



## Weather Outlook



After a relatively mild day on August 1st, predictions are calling for highs in the upper 80's to mid 90's and lows in the mid 50's for the first several days of the month.

The forecast shifts on the 10th, with highs generally in the upper 70's, with a few days around 80 degrees, for the rest of the month. Overnight lows are predicted to be in the lower 50's, dipping down into the upper 40's for the last few days of August.

The forecast calls for the possibility of afternoon thunderstorms through the first two weeks of the month with mostly sunny days. After the 10th, the sunny trend is predicted to continue, but with a lessening of the chance of precipitation.

Dry days are forecast to continue until the last couple of days of the month, when the possibility of afternoon thunderstorms will resume.

## Introducing . . .



## Newby Sills

'My great, great grandfather was stolen by gypsies. My great, great, great grandfather looked for two years until he found him. Everyone should love and respect one another. I am a firm believer in that.'

Newby Sills was born in Tucumcari, NM, in 1940. 'Newby' was his mother's maiden name. His family moved to Hearn, TX after 6 years and returned to Tucumcari in 1950. They moved to Grand Junction

when he was 15, and he graduated from Central High.

'I saw my first dust storm in Tucumcari. It left about an inch and a half of dust all over town. We had a farm in Texas. We grew watermelons, tomatoes, potatoes, sweet corn and green beans. I used to sit by a little creek where I'd fish almost every day. I'd catch catfish and sunfish. My mom would cook what I brought home. One day while I was picking watermelons I decided to jump from the wagon and land in a bush with vines on it. After I jumped I saw I was headed right at a big yellow jackets nest. They said I was already running when I hit the ground. I saw Roy Rogers and his horse in a show in '48 or '49,' he said.

'Grand Junction was a real nice small town. The present day location of the Mesa Mall was way out in the country then. I used to take my girlfriends out there and park. The only golf course at that time was Lincoln Park, with 9 holes. My brother and I would jump the fence and play the 4 holes furthest from the clubhouse. But nobody really cared in those days,' he said.

Newby married his wife, Sharon, right after graduating from high school. They had 3 daughters, Kimberlee, Karinda and Julie. He had spent his summer

*(continued on page 2)*

*(continued from page 1)*

vacation in 1958 learning how to be a plumber. He worked for his dad's plumbing company, and became the youngest master plumber in Colorado at the age of 21. Newby then worked for Aspen Valley Plumbing until 1969, when his wife was killed in a tragic car accident while they were driving over Loveland Pass, in the days before the tunnel, in a snowstorm. After that, Newby became a superintendent for Kenning & Reel, a large plumbing company that sent him to work on projects in various locations throughout the west.

In 1983 Newby married his second wife, Maria. She had 2 daughters, Denise and Evelyn, from a previous marriage. Together they had two more daughters, Rhonda and Marienne. Newby went into business for himself, working mostly in Vail and Aspen, with his shop and home in Rifle. He retired in 1999.

Newby moved to Mesa Vista in June. 'It's very good. I like it. I have a great view of the mountains. I get to play dominos, which is one of my passions. I've met a lot of new people. I also get to play bingo, which is another one of my hobbies,' he said.



Wendy 8/5      Mary 8/7  
Faye 8/24      Ralph 8/27

### Music at Mesa Vista

On Monday, August 10th singer/guitarist Thomasi-na Russell will be performing acoustic rock, blues and country songs at 3:30pm.

On Monday, August 17th, at 3:30pm, Harold and Edith Miller be performing their special blend of autoharp, psaltery and acoustic guitar, playing classic Old-Time music.

*'A celebrity is a person who works hard all his life to become well known, then wears dark glasses to avoid being recognized.'*  
-Fred Al-



## Employee Profile

### Pam Hrabe

Pam Hrabe was born in Wilmington, DE, moving to Tucson, Queensland, Australia and back to Tucson by the time she was 6 years old. Attending 4 years of school, she moved back to Queensland when she was 12. Pam graduated from Caboolture State High School and went on to study business at Kangaroo Point College.

'My dad had some acreage, so we had kangaroos playing in our yard in the morning and at dusk. The little joeys were so cute. We had a zoo nearby where I could go to hold and pet Koalas or a platypus. I used to go to my friend's farm and pick strawberries and pineapples,' she said.

While in high school Pam played softball, volleyball and won a medal in track. She learned to drive British style, on the opposite side of the road. Pam lived 40 minutes from the beach where she and her friends would have bonfires and parties.

She began working as a personal assistant for her dad's construction company for a few years before returning to Arizona to be with her mom. Living in Phoenix, Pam met and married her husband David, and had two boys, Kenneth and Christopher. Pam and David are still married after 26 years.

David was from Colorado, and in 1994 they moved to Rifle. In 2001 Pam started working at Mesa Vista. She did so for 4 years. After that she worked at various other places in the area, while focusing on her family. She earned her AA in Healthcare Administration from LA International College in 2011.

Pam returned to Mesa Vista a year ago. 'I was so excited to come back. I love what I do and the people here. It's not like a job for me, it's who I am. This is where it all began for me,' she said. Pam is currently a QMAP (Qualified Medicine Administrative Person) at Mesa Vista. She has just been accepted to CMC for their CNA (Certified Nursing Assistant) program.

## Colorado History

### The Struggle for Life

Mr. S. C. Sams left Independence Wednesday morning with others for Aspen and had the most severe experience of his life. He left Independence at 4 pm, thinking he could make the transfer [place where wagon goods were transferred to sleighs for crossing Independence Pass – *ed.*] all right, but in that, he was sadly mistaken. When only one mile this side of Independence, he encountered such unmeasured depths of snow, and the wind was howling and the snow was flying in so terrific a manner, that it seemed for a time that he must perish.

To move farther with the sleds was simply out of the question, so they unhitched the horses, thinking they could make the transfer that way. But one of the horses that was not accustomed to bucking snow left the trail and wandered down the grade through snow eight feet deep. Mr. Sams left two men to care for the other horses while he rescued the one that had wandered away. Among the horses they were to look after was a gray saddler that was headed for the barn whenever turned loose, so as he struck out through the dark, the men followed him.

The horse bucked snow until after 3 o'clock in the morning, when he reached the transfer barn. He, however, was not used to stopping there, and thinking the livery stable was his only real home, he passed right by the transfer and came on toward town.

The men were all but perished, so it was impossible to follow him. They turned in there with the rest of the horses and stayed the remainder of the night cold, bleak and dreary as it was. The faithful, old horse, when only a half mile past the transfer, missed his footing and slipped down an incline into the river where he was afterward found dead. Mr. Sams stated that it was a sad sight for him to look at, and that if he had been any other horse in the barn, he would not have cared one-half so much. The horse was a favorite, and if a man took this saddler to the top of the range and let him loose, he would always come back to the barn.

But back to Mr. Sams. After that horse that went down the hill through the snow was brought back on the trail, they started for the transfer, but being tired out by the time they reached Lost Man cabin, which was 10 o'clock, they halted for the night. The cabin had no roof on and, consequently, was full of snow, but by hustling, they got a fire started, around which they stood all night. They had not had a mouthful of anything to eat since noon, an admitted to themselves that they were really hungry. But they had nothing to eat and so had to content themselves with trying to keep warm.

At 6 o'clock they were up and at it, bucking snow as only men can who want to get home. They worked the entire day until 6 pm, when they found themselves at the transfer. Mr. Sams said he had to shovel snow until he could not lift another shovelful, and then, after lying down in the snow for a few moments to rest, got up and went at it again. He also said that the storm was the most severe of any he had ever seen, and that snow fell in the depths of three and a half feet that day. The sleds were still within a mile of Independence, where they would no doubt be left for some time to come.

--- *Aspen Weekly Times, February 18, 1899*

*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. These stories were taken from his book, 'The High Road To Aspen' Mr. Andersen is also the author of 'Aspen's Rugged Splendor' and 'Elk Mountain*

### 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 hot lunch is served daily.

*'The only ones among you who will be really happy are those who will have sought and found how to serve.'*

- Albert Schweitzer

### Mesa Vista Assisted Living

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(970) 285-1844 fax (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

# August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Schedule is subject to change</b>						10:00 <u>Vitals Clinic</u> 10:00 Coffee Klatch 10:00 Crochet/ Knitting Group 2:00 Walk & Exercises
2 10:00 U Pick 11:00 Fun Ball  2:30 Grace Bible Service	3 10:00 Exercise Fun with Grace 11:00 Ladder Golf 2:00 Hangman  3:30 Colorado History: Parachute	4 10:00 Art With Helen 11:20 Spoons  2:00 Bingo With June  3:30 Catholic Mass	5 <u>Salon is Open</u> 10:00 Wii Bowling 11:20 Skill Ball 2:00 Shopping Walmart  3:30 Rummy <u>Happy Birthday</u> <u>Wendy!</u>	6 <u>Salon is open</u> 10:00 Guided Painting with Sue  2:00 Bingo  3:30 Outlaws and Lawmen on the Colorado Frontier	7 10:00 Morning walk & exercises 11:00 Bible Reading 1:30 Early Bingo 3:15 Ice Cream Social <u>Happy Birthday</u> <u>Mary!</u>	8 10:00 Coffee Klatch 10:00 Crochet/ Knitting Group 2:00 Walk & Exercises 3:00 Bingo
9 10:00 U Pick 11:00 Fun Ball  2:30 Episcopal Church Service	10 10:00 Exercise Fun with Grace 11:00 Wii Bowling 2:00 Jenga 3:30 <u>Live Music:</u> <u>Thomasina</u> <u>Russell</u>	11 10:00 Art With Helen  2:00 Bingo With June  3:45 US Trivia 4:30 Evening walk	12 <u>Salon is Open</u> 10:00 Resident Food & Council Meeting 11:00 Crafts with Penelope 2:00 Shopping Local 3:30 Dealer's	13 <u>Salon is open</u> 10:00 Morning walk & exercises  11:00 Show and Tell 2:00 Bingo	14 10:00 Morning walk & exercises  11:00 Bible Reading 1:30 Early Bingo 3:45 Ultimate	15 10:00 Coffee Klatch 10:00 Crochet/ Knitting Group 2:00 Walk & Exercises 3:00 Bingo
16 10:00 U Pick 11:00 Fun Ball  2:30 Link Ministries Service	17 10:00 Exercise Fun with Grace 11:00 Wii Bowling 2:00 Word Search 3:30 So Many Tunes, So Little Time with Harold and Edith	18 10:00 Good Old Days with Charlotte and Michelle 11:00 Art With Helen 2:00 Bingo With June 3:30 Instant Genius	19 <u>Salon is Open</u> 10:00 Crafts with Penelope 2:00 Shopping Walmart  3:30 Rummy	20 <u>Salon is open</u> 10:00 Morning walk & exercises 11:00 Ladder Golf 2:00 Bingo  3:30 Outlaws and Lawmen on the Colorado Frontier	21 10:00 Morning walk & exercises 11:00 Bible Reading 1:30 Early Bingo 3:15 Ice Cream Social	22 10:00 Coffee Klatch 10:00 Crochet/ Knitting Group 2:00 Walk & Exercises 3:00 Bingo
23 10:00 U Pick 11:00 Fun Ball  2:30 Lighthouse Service	24 10:00 Exercise Fun with Grace 11:00 Wii Bowling 2:00 Popcorn Classic : Elvis Movie and Documentary <u>Happy Birthday</u> <u>Faye!</u>	25 10:00 Art With Helen 11:20 Bean Bag Toss 2:00 Bingo With June 3:30 Colorado History: Parachute	26 <u>Salon is Open</u> 10:00 Crafts with Penelope 2:00 Shopping Local 3:30 Dealer's Choice	27 <u>Salon is open</u> 10:00 Morning walk & exercises 11:00 Horseopoly 2:00 Bingo 3:30 Hangman <u>Happy Birthday</u> <u>Ralph!</u>	28 10:00 Morning walk & exercises 11:00 Bible Reading 1:30 Early Bingo 3:15 Storytelling: Sherlock Holmes	29 10:00 Coffee Klatch 10:00 Crochet/ Knitting Group 2:00 Walk & Exercises 3:00 Bingo
30 10:00 U Pick 11:00 Fun Ball  2:30 Lighthouse Service	31 10:00 Exercise Fun with Grace 11:00 Set up Residents Board 2:00 Horse Races 3:00 Disney Trivia 4:00 Evening walk					