



BEAUTY SHOP

HAIRCUTS CAN BE SCHEDULED THROUGH YOUR SOCIAL WORKER

Upcoming Dates

Election Day: Tuesday, November 3rd

Election Day Information Handouts 1:30PM - Room to Room

Veterans Day: Wednesday, November 11th

Veterans Day Exhibition & Photo booth 1:30PM - Activity Room

Resident Council: Monday, November 16th

10:30AM 2nd Floor Dining Room

Thanksgiving Day: Thursday, November 26th

Gratitude Conversation Group 10:30AM Activity Room



Thanksgiving Day Menu

Thursday, November 26th

- Roasted Turkey with Seasonal Stuffing
- Homemade Mashed Potatoes with Pan Gravy
- String Bean Casserole
- Peas and Carrots
- Cranberry Sauce
- Pumpkin Pie and/or Apple Pie

Centre Avenue Health & Rehab Facility Happenings

NOVEMBER 2020

815 Centre Avenue
Fort Collins, CO
970-494-2140

ADMINISTRATOR
Blake Sims

DIRECTOR OF NURSING
Jessica Knight

OFFICE MANAGER
Nikki Brosh

ACTIVITY DIRECTOR
Shelby Bulfer

SOCIAL SERVICES DIRECTOR
Michelle Burleson

ADMISSIONS DIRECTOR
Meloney West

BUSINESS OFFICE COORDINATOR
Lacey Gordiyenko

REGISTERED DIETICIAN
Heather Brossart

ENVIRONMENTAL SERVICES
Robin Kelly

MAINTENANCE SUPERVISOR
Cody Brandner

RESIDENT COUNCIL PRESIDENT
Elaine Turner



Ghosts of my Family's Past

by Elaine Turner

2007 brought the Turner family to Colorado and my sister to Room 106 at Centre Avenue Health and Rehab. She needed physical therapy for a knee replacement. She was antsy, ready to break jail, steal a taxi and escape to Estes. In an effort to keep busy we decided to talk about stories from our childhood.

We talked about people we knew: great grandparents, grandparents, aunt, uncles, cousins, and friends. These people would never be known to the younger generations of our family. The conversations quickly turned to writing and introducing them to our family.

Aunt Ethel, my Grandmother's younger sister, lived in California. She was a big woman, six feet tall and over 250 pounds. Her hair was neatly waved with curls around the neck and her nails were manicured and polished a pale pink. She wore tailored dresses from expensive stores. No "blue light specials" hung in her closet. Her shoes were sensible lace-ups with 1½" block heels.

It's hard to believe this woman was born in Oklahoma and worked our Great Grandpa's trading post. All trades were accepted. Women would carry dirty foot long ropes of tobacco to trade for cast iron pots, beads, and needles. Men brought pelts, buffalo hides, and skulls to trade for guns and ammunition. Ethel could sell any gun in the shop by shooting and dropping a bird headless at the foot of a customer.



As a security guard in the California State Prison for women, she was there when Patty Hearst was a resident. Trying as hard as I could to unveil these stories, they remained a mystery.

Aunt Ethel was shopping in downtown San Francisco, when a young kid tried to grab her purse. Because of her job training, Aunt Ethel whipped him into a hammer lock. She told him to stop struggling or she would break his arm. He didn't stop, so she did.

The mugger tried to take Aunt Ethel to court for breaking his arm. The judge asked the boy, "Did she tell you to stop struggling or she would break your arm?" The boy replied, "Yes." The judge began laughing and said, "She warned you! Case dismissed."

Don't mess with Aunt Ethel.