



# Columbia Basin Care

September 2019



## Good Harvest

**T**hanks to dedicated residents and a hot dry summer, the Columbia Basin Care Garden produced a bounty of fresh and nutritious goodies. From planting to weeding to harvest, our wheelchair-accessible garden beds provided hours of joyful digging in the dirt — and a harvest of strawberries, tomatoes, peppers, herbs, and more.

“I like to come out here and just look at the flowers and see how things are growing,” said Bernice, a member of the Garden Club that met each week. “It’s so peaceful.”

In addition to the Garden Club, our team of physical and occupational therapists utilized the garden setting for hands-on sessions. Blending expertise with encouragement, therapists guide residents as they plant, water, prune and pick, using the activities to build strength and endurance, and increase mobility.

Along with the homegrown food and fun physical activity, the garden provided sunshine and fresh air — a great combination for all. ■



A newsletter for residents, families & friends of Columbia Basin Care,  
a community-owned, nonprofit facility for short-term rehabilitation and long-term care.



## Get to Know: Maureen Busby

“I love  
putting  
smiles on  
as many  
faces as  
I can.

**M**aureen Busby wants to keep you active. As director of our rehabilitation program, she manages the team of physical, speech, and occupational therapists, and provides therapy services too. She joined Columbia Basin Care in 2011.

**What do you like most about working here?**

I like getting to know all the residents and working with a great staff. I love coming to work everyday and helping put a smile on as many faces as I can!

**What do you like to do for fun?**

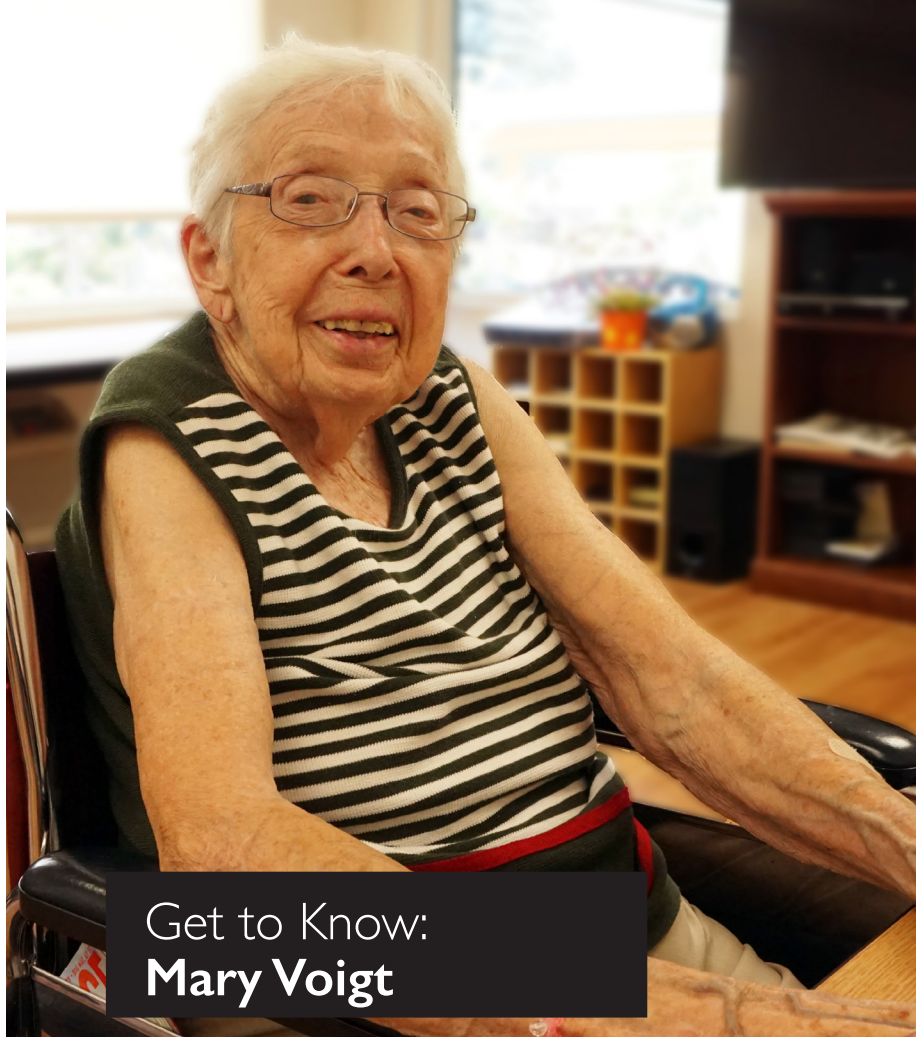
Hike, bike, play tennis, and spend time with my family.

**Do you have children or pets?**

I don't have children but I have had two cats and two dogs.

**What is the best advice you've given or received?**

“Treat everyone as you would like to be treated.” ■



## Get to Know: Mary Voigt

I've had a great life, says Mary, and I have a lot of good friends. With a sly smile and gentle disposition, Mary is easy to please and good natured too. You'll frequently find her in the Activity Room — playing bingo, getting a manicure, and listening to music.

### Where did you grow up?

I'm from Elgin (a small town in northeast Nebraska).

### What kind of work did you do?

I worked in retail, and I worked for Carhartt in Hood River for nine years.

### What do you like to do for fun?

I love to dance.

### What is your best memory from childhood?

I remember being a cheerleader and baton twirler.

### What makes you feel proud?

Raising my four kids; I'm proud of the way they turned out.

### What is your advice for living a good life?

Don't smoke, drink or eat bad food, and get lots of good sleep. ■

## Take Note

### ■ THANKS FOR YOUR PATIENCE

Please bear with us as we work to improve our facility over the next few months. We're currently renovating the south side of the building, in non-resident areas. This work will enhance our kitchen, employee lounge, and office space. We're working hard to minimize disruption; thank you for your patience and understanding.



Lisa and Bill are Willy & Nelson

### ■ CONCERTS IN THE COURTYARD

Residents, families, friends and staff are invited to enjoy live music in the courtyard at Columbia Basin Care. The free concert series features local musicians on Sunday evenings.

- **Sunday, September 8 at 6pm**  
Harmony of the Gorge — women's choir
- **Sunday, September 15 at 6pm**  
Willy & Nelson — soft rock classics

### ■ HAPPY BIRTHDAY PARTY

Join us for a celebration of all the **September birthdays**. The Birthday Party will be held on September 26 at 2:30pm in the Activity Room.

None are so old as those who have outlived enthusiasm.  
— Henry David Thoreau



### OPERA FOR ALL

We recently enjoyed a wonderful evening of music, thanks to opera sensation Anna Viemeister. Raised in The Dalles, Anna now lives in New York where she works as a professional opera singer.

Our courtyard was full of residents, family and friends who enjoyed a musical lesson in opera through-the-ages. For many, the concert was a first experience with live opera.

"That was beautiful!" said Shirley, after the show.

"That gave me a wonderful feeling," said Douglas.

"It was an honor to sing for you," Anna replied. "I'd love to come back." ■



# Columbia

COLUMBIA BASIN CARE

### Our Mission:

To improve the lives of those we serve

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**Dr. Steve McLennon**

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**Valerie Hiveley-Blatz**



# Columbia

COLUMBIA BASIN CARE

1015 WEBBER STREET

THE DALLES, OR 97058



Located in the scenic Columbia River Gorge in the sunny city of The Dalles, Columbia Basin Care is the region's only community-owned, not-for-profit facility for short-term rehabilitation and long-term care.

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