

## **THE ERNEST P. BARKA ASSISTED LIVING COMMUNITY**

Nancy L. Lang, Director

The New Year started off with a bang as the residents rang in 2004 together. The twenty five (25) happy, well adjusted residents have developed their own routines, habits, and are enjoying the camaraderie of folks their own age.

Residents enjoyed a twelve week Stronger Living Program sponsored by the UNH Cooperative Extension. Everyone anxiously waited each Tuesday and Thursday for the instructors to arrive. We are all grateful to the Cooperative Extension for including us in this program.

The residents held several raffles, bake sales, and lunches to raise money for the extras we all love. Events included a Lobster and Clam Bake (with Sirloin Steak for those who do not eat lobster) along with special breakfasts. The avid sports fans made a couple of trips during the season to Manchester for Fisher Cats baseball games and were treated royally by the Fisher Cats and the personnel of the park.

The summer flew by with several trips to ice cream shops. Everyone enjoys the festivities and fire works that are an annual event at the complex.

The fall brought Assisted Living Week with the theme "Caring for our Heritage," with a trip to Applecrest for apple picking and a foliage bus trip. An American Flag that had flown over the United States Capital and a New Hampshire State Flag that had flown over the State House was presented to our facility by Senator Gregg and Representative Morris. The flags stand proudly in the sun room.

We hosted a costume Halloween Party for residents and their families which was great fun. Several of our residents and a staff member formed a bell choir to entertain the residents of the nursing home during the holidays. Our annual open house was held on December 19<sup>th</sup> with over a hundred guests with entertainment by our own "Bell Choir". A 2005 personalized calendar was presented to the families of our residents with thanks to our talented Administrative Assistant.

As the year came to a close the residents discussed forming a "hospitality committee" to welcome new residents to the expanded assisted living facility. We ended the year at full occupancy and the average age of our residents is 85.

I could not conclude this report without acknowledging the outstanding staff and families of the Ernest P. Barka Assisted Living Community. Our staff maintains loving, caring, and supportive surroundings while providing excellent care. The families of our residents are caring, generous, thoughtful, and supportive.

Heartfelt thanks to William Sturtevant, Director of Long Term Care Services, Jude Gates, Director of Facilities, Planning, and Information Technology, and the staff of the Rockingham County Nursing Home for all the support and assistance to our community. I would like to thank the Board of Rockingham County Commissioners for their interest and support to the Ernest P. Barka Assisted Living Community in 2004.