







# Health & W



The basic recipe for health and wellness is pretty simple,” says Jenny Bellows, RN, BSN. “Quality food, exercise, a strong spiritual connection, fresh clean air, and a good sense of humor. We take a team approach to providing the Ranchers access to all of these ingredients.”

As Rainbow’s Director of Health and Wellness, Jenny assists all of the staff in providing the Ranchers the healthiest choices possible. “Caregivers are an important part of the health and wellness equation,” explains Jenny. “They serve as role models and coaches in helping the Ranchers make wise lifestyle choices.”

With over 70 Ranchers of diverse ages and fitness levels, there are ample opportunities for everyone to lend a hand. “Laraine Ricci is our medical records person, and she does an outstanding job in scheduling appointments and maintaining the master schedule,” explains Jenny. “With our aging Rancher population, the demands on Laraine are incredible. She schedules around 1,000 appointments each year.”

With a median age of 50 years, Ranchers face health issues common in the general population, including diabetes, hypertension, and eating disorders. Many individuals with developmental disabilities are prone to chronic conditions and premature aging and Rainbow takes a holistic approach to these conditions, working hard to get the Ranchers the special care they need.

“Our program has four primary ingredients,” explains Jenny. “First is prevention. We take blood pressures weekly, sometimes more often than that,

and take and record weights and heights once a month. We also provide the staff in-service programs on prevention subjects. Next comes maintenance of chronic issues, like diabetes, which also incorporates appropriate Rancher monitoring and staff education. Then there’s nutrition planning, which is a part of each Rancher’s master service plan. Finally, there’s exercise, something Ranchers are encouraged to do within their abilities on a daily basis.”

With more paved roads on the grounds, many Ranchers are now getting out for daily walks or bike rides. Daily exercise becomes a social activity when enough Ranchers participate, and it becomes an accepted part of the Rainbow community’s culture. This benefits everyone.

Rainbow’s integrated approach to health and wellness also involves the Ranchers’ parents and/or guardians.

Jenny explains: “Our team approach includes the caregiver, vocational coach, ranch director, and myself. These are the Rainbow people most able to modify a Rancher’s behavior for the good. But parents and guardians also play a crucial role. We keep them informed of their Ranchers’ issues and provide quarterly summaries of all medical and dental appointments scheduled for their Rancher. They are very important role models for the Ranchers.”

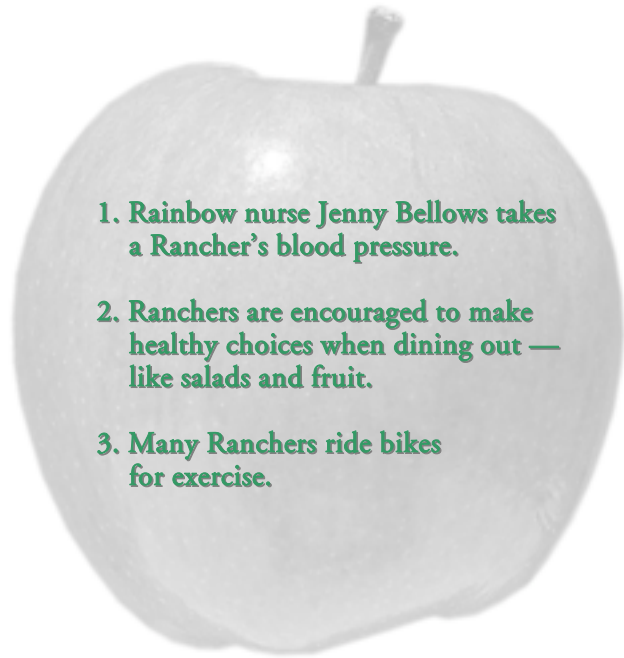
“We are also very grateful for the caring, timely attention that Ranchers receive from our local medical community, which includes the emergency medical system (EMS), the Verde Valley Medical Center, and numerous physicians and nurse practitioner,” says Jenny. “The Verde Valley Guidance Center provided over 100 therapy visits for better behavior health in



# Wellness for life!

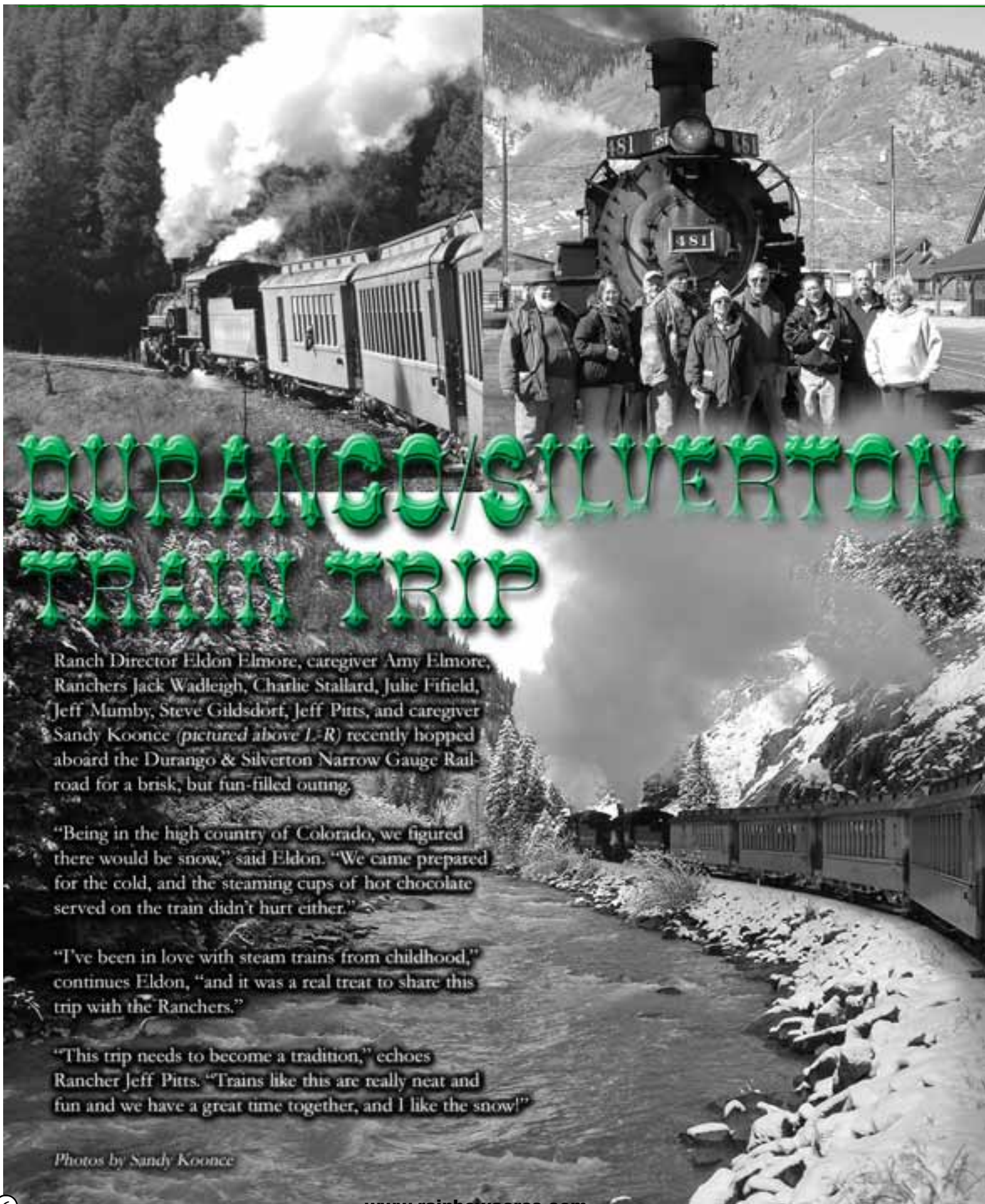
2006, and Northern Arizona University Dental Homebound program provided 69 dental care visits, most of them here on Ranch with no charge to the Ranchers.”

“When all is said and done,” Jenny concludes, “we’ve been given a great responsibility in caring for the Ranchers. Together, we all work toward a common goal of keeping the Ranchers safe, healthy, and happy.”



1. Rainbow nurse Jenny Bellows takes a Rancher's blood pressure.
2. Ranchers are encouraged to make healthy choices when dining out — like salads and fruit.
3. Many Ranchers ride bikes for exercise.





# DURANGO/SILVERTON TRAIN TRIP

Ranch Director Eldon Elmore, caregiver Amy Elmore, Ranchers Jack Wadleigh, Charlie Stallard, Julie Fifield, Jeff Mumby, Steve Gildsdorf, Jeff Pitts, and caregiver Sandy Koonce (pictured above L-R) recently hopped aboard the Durango & Silverton Narrow Gauge Railroad for a brisk, but fun-filled outing.

"Being in the high country of Colorado, we figured there would be snow," said Eldon. "We came prepared for the cold, and the steaming cups of hot chocolate served on the train didn't hurt either."

"I've been in love with steam trains from childhood," continues Eldon, "and it was a real treat to share this trip with the Ranchers."

"This trip needs to become a tradition," echoes Rancher Jeff Pitts. "Trains like this are really neat and fun and we have a great time together, and I like the snow!"

*Photos by Sandy Koonce*

# Nash House Dedication

Rainbow Acres recently held an Open House & Dedication for the newest house in its **Building Homes with Heart** Capital Campaign — Nash House.

“This house has been made possible through the generosity of the Nash family — Jack and Lottie Nash, his sister Oleta Hamil, his sister Barbara Hampton and her husband John, and a third sister, Doris Morgan and her husband Bill,” says Gary Wagner, President & CEO of Rainbow Acres. “The house is named in honor of the Nash children’s parents, Gordon and Lucy Nash, who lived in Camp Verde for many years and knew of and respected the work being done at Rainbow.”

“My family is proud to make this house possible in honor of our parents,” says Jack Nash. “It is a fitting tribute to their admiration for Rainbow’s mission and to their love of others.”



*Nash family members do the ribbon cutting honors with assistance from Rainbow Board Chair Fred Bezanson, Sr. VP For Advancement Patrick Pang, and President & CEO Gary Wagner (all three to far right).*

Nash House will be home to ten Ranchers, and features interior design donated by Verde Valley residents Lois Arey, Roseann Ebert, Stephanie Peed, and Dorothy Williams. Construction was supervised by volunteer Ralph Weinland and by Rainbow’s Director of Building and Grounds, Steve Ricci.



*Welcome to Nash House!*

# Learning Center Gets Grant

Learning Center Coordinator Arliss Morse recently accepted a grant check of \$2,464 from the Sun City Del Sol Rotary Club.

“The funds are to be used to purchase educational materials to help support Rainbow’s ‘multiple intelligences’ teaching style,” says Arliss, who wrote the grant application.

The check was presented to Arliss by Donna Clift and Carol Ann Johnston from the Sun City Del Sol Rotary Club.

“We are very pleased to help support this very worthwhile organization,” says Donna. “We look forward to future involvement with Rainbow as it provides a better life for the Ranchers.”



*Arliss Morse, Carol Ann Johnston, and Donna Clift.*

# Send Us Your Campbell's UPC Labels



Effective immediately, Rainbow Acres no longer needs your Campbell's soup labels. Instead, we need the UPC labels from your Campbell's soup cans and other related products! The UPC labels are usually found at the bottom of the primary product label. The ones you send in should include the complete bar code. (See illustration above.)

The products to save UPC labels from include all Campbell's soups & chili, and products from Franco American, Pepperidge Farm, Swanson, and Market Day, along with the lids from V8, V8 Splash, V8 V-Fusion, and Prego pasta sauces.

The UPC labels and lids are redeemed for various items to supply the Worden Life Long Learning Center. Send your collected items to Rainbow care of Arliss Morse.

*All product and company names are registered trademarks of their respective owners.*

## Memorials (from page 3)

Kathryn Snyder  
Hilda Squibb  
Robert Stevenson  
James H. Stone  
James Sundstedt  
Eva Swailles  
Elwood Swanson  
Arvid Sword  
Dr. John Taylor  
Wallis Thompson  
Walter Thompson  
Walter Thompson  
Tom Tondee  
Treola Upchuck  
Odessa Varney  
Odessa Varney  
Odessa Varney  
William R. Warren  
Lillian B. Weigum  
Bud Wells  
William J. Welsby  
Dallas J. West  
Dallas J. West, Sr.  
Dr. Delno West  
Carol Wilson  
Maria P. Wolf  
Maria P. Wolf  
Bill Wright  
Donald Zipp

Mrs. Minolyn J. Smith  
Mrs. Arlie H. Struve  
Mrs. Elizabeth Ann Treat  
Ms. Lois Stone  
Ms. Jeanne Elliott  
Rev. & Mrs. Gary Wagner  
Mr. & Mrs. Arnold A. Erickson  
Mr. & Mrs. Edwin C. Hershman  
Mr. & Mrs. G. L. Pemberton  
Mr. & Mrs. Matt Kroona  
Rev. & Mrs. James Logan  
Mrs. Mildred Thompson  
Mr. & Mrs. Clyde Mitchell  
Mr. & Mrs. Richard L. Morgan  
Mr. & Mrs. Gene Brice  
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Mrs. Rozella Smith  
Mrs. Dorothy P. Warren  
Rev. Raymond D. Weigum  
Mr. & Mrs. Sam W. Crow  
Mrs. Virginia Welsby  
Mrs. Elna West, Sr.  
Mrs. Elna West, Sr.  
Ms. Jean West  
Col. & Mrs. Virgil Cleveland  
Mr. Patrick J. King  
Mr. Robert L. Steadman  
Dr. Virginia Palmer  
Mrs. Minolyn J. Smith

## Tributes (continued)

Rose Coulter  
Verne & Ruth Daehler  
Bill Downs  
Jeanne Figgins  
Jeanne Figgins  
Roger L. Fish  
Rachel Fort  
Felix & Norma Gomez  
Constance Gough  
Ebby Hagen  
Oleta Hamil  
Bob & Vicki Hamil  
John & Barbara Hampton  
John & Barbara Hampton  
Dr. & Mrs. David Hardaway  
Clare & Wilma Hunter  
Milton Kanatani  
Dr. & Mrs. Ron Lewis  
Joseph Lindsey  
Joseph Lindsey  
Roberta Patrick  
Roberta Patrick  
Roberta Patrick  
Roberta Patrick  
John Pasternacki  
Jim Porcher  
Paul Porcher  
Bill & Barbara Porcher  
Billy & Carolyn Richards  
Joy Grace Richards  
Charles Schumaker  
Charlie Schumaker  
Jean Shipp  
Marilyn Showers  
Ralph Showers  
Charlie Stallard  
Ken & Judy Stark  
Melanie Stout  
Rita Sullivan  
MMAP Volunteers  
Isaac Uriah Wagner  
Heidi Watts  
Ralph & Dorothy Weinland  
Robert Weisberg  
Larry Weisberg  
Beverly Williams  
Toy Wright

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Mr. & Mrs. John C. Hampton  
Mr. Michael J. Weinland  
Ms. Denise W. Platis  
Ms. Denise W. Platis  
Mr. & Mrs. Michael Reyes  
Mr. & Mrs. John C. Hampton

## TRIBUTES

### Through December 31, 2006

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John Anderson  
John Anderson  
John Anderson  
John Anderson  
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Dot Ashley  
Tom Banta  
Sue Bell  
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Bill Brelsford  
Richard & Bette Byrnes  
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Bob & Peggy Clarke  
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