

Bronte Community Meeting slated for March 30

A "Community Brainstorming Meeting" will be held Monday, March 30, 2015, in the Williams Building in downtown Bronte. The meeting is open to all community members who would like to attend.

The goal of this meeting is to review Bronte's strengths while identifying possible areas of weakness, and to brainstorm ideas which will culminate into a cohesive strategy for future planning. In other words – where do you want Bronte to be in 5 years, and what steps need to be taken to get there?

Attendees will have the opportunity to share their ideas of what they hope Bronte will look like in 2020. They will also have the opportunity to share their answers to the following questions.

- What is unique about Bronte?
- What needs does our community need to meet which aren't being met currently?
- What is your one wish for Bronte?

Representatives of the local Chamber, Bronte Economic Development Council, city, county, and school will be among those attending. Ideally, local business property owners will also benefit from this exchange of information and ideas, as there are a number of new Bronte business owners who are heavily invested in the future of Bronte.

The evening will begin at 6 pm with refreshments. The meeting is set for 6:30 pm.

West Coke County Hospital Board meeting discussed

By Pat Stephens

The Board of Directors of the West Coke County Hospital District met in regular session February 24, 2015. President Mary Bessent called the meeting to order at 9:30 and declared a quorum was present. Other Board members present were Sarah Green, Pat Stephens, Dessie Kendall, and Pat Carwile. Jessica Cason, Administrator, and Janie Munoz, BOM, were also present at the meeting. There were no visitors. The invocation was given by Mary Bessent. Minutes from the previous meeting were approved, and absent Board members were excused.

In the census count, there are currently 31 residents in the facility, as of the meeting date.

In the staffing update, there are currently open positions for ADON, CNAs, and PRN CNAs. Jessica informed the Board that the facility rating increased from 3 stars to 4 stars, gradually moving up to the top rating of 5 stars. The Board is very pleased. Jessica is also doing some enhanced marketing and advertising of the facility, as well as numerous community projects.

Accounts Receivable/ Collections were discussed. There have been some challenges with the Matrix bookkeeping system at the

facility, therefore other options are currently being explored. The financial statements were discussed and accepted.

Under Capital Improvements, the Board was informed that State regulations require a whirlpool tub after the most recent renovations, so prices are being obtained for equipment and installation.

Regarding building maintenance, the repairs to dryers in the laundry have been completed, and the disaster plan is in the process of being updated.

There were no new candidates seeking a seat on the Board of Directors, so the election was canceled. The Board voted to accept the Auditor's report completed in November of 2014.

Future agenda items were discussed, and the date of the next Board meeting will be March 31, 2015. The public is invited and encouraged to attend.

Taking a look at the facility calendar for March, there will be lots of good things taking place. Ellen, from the San Angelo Symphony, will be entertaining the residents and guests with her guitar on March 11 at 2:30. Then on March 14, Laryssa, also from the Symphony, will be playing her harps. The singing group "Because He Lives" will be entertaining on March 17, at 6 pm, at the St. Patrick's Day Party. I hope all attendees are wearing green, so nobody will get pinched! The monthly birthday party, sponsored by the Baptist Co-Ed Class, will be held March 19th, at 3:30. The honored birthday celebrants will be Billie Dunn and Tommy Hood. Happy birthday, Billie and Tommy!! The Sing-A-Long will be held at 3:30 on March 20. Everyone is invited to come and join the fun!! With all the activity, it looks like Spring is really going to arrive in style at the facility, and after a long, cold winter, it will be most welcome!!

West Coke County EMS Memorials

Hazel Hayes
Nell Hines
Terry Hines
Debbie Ditmore

Donations

Robert Lee Lions Club

Health News

Submitted by Bonita Bale, RN
The month of March is National Colorectal Awareness month. It is a great time to promote awareness of colorectal health and cancer prevention. The Prevent Cancer Foundation provides the following information about colorectal cancer risk factors, prevention tactics and early detection.

Colorectal cancer affects the colon or rectum. It's as common in women as it is in men. In fact, this year alone, over 136,830 people will be diagnosed with colorectal cancer and an estimated 50,310 will die from the disease. Although, with certain types of screening, this cancer can be prevented through the removal of polyps (grape-like growths on the wall of the intestine) before they become cancerous. Several screening tests detect colorectal cancer early, when it can be more easily and successfully treated.

Risk factors for colorectal cancer include:

- Age 50 and older
- Smokers
- Overweight or obese individuals, especially those who carry fat around their waists
- Little or no physical activity
- Drinking alcohol in excess, especially men
- Eating a lot of red meat (such as beef, pork or lamb) or processed meat (such as bacon, sausage, hot dogs or cold cuts)
- Personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- History of inflammatory bowel disease, such as ulcerative colitis or Crohn's disease
- Family history of inherited colorectal cancer or inherited

Colorectal cancer prevention tactics:

- Be physically active for at least 30 minutes, at least five days a week.
- Maintain a healthy weight.
- Don't smoke. If you do smoke, quit.
- If you drink alcohol, have no more than one drink a day if you're a woman or two drinks a day if you're a man.
- Eat fruits, vegetables and whole grains to help you get and stay healthy. Eat less red meat and discontinue processed meat.

The best time to get screened is before symptoms appear. This is called early detection, which can be life saving. It is recommended that individuals with an average risk for colorectal cancer start getting screened at age 50. Individuals at higher risk may need to start regular screening at an earlier age and should be screened more often. For individuals older than 75 years of age, ask your doctor for a recommended screening schedule.

For more information, visit the Prevent Cancer website at <http://preventcancer.org> or contact Bonita Bale RN at (325) 939-1132.

Bonita Bale, RN, is a Wesley Nurse with Methodist Healthcare Ministries of South Texas, Inc. (MHM). MHM's Wesley Nurse program is a faith-based, holistic health and

wellness program committed to serving the least served through education, health promotion and collaboration with individual and community in achieving improved wellness through self-empowerment. Learn more at www.mhm.org.

Solution available for unwanted items

The Bronte and Robert Lee Convenience Centers are the solution when local residents need to dispose of old mattresses, furniture and appliances.

The Convenience Centers are FREE for anyone in the county to use. The Cities of Bronte and Robert Lee are working hard to help reduce unwanted waste on county roadways and area properties.

Help keep our county clean by disposing of unwanted items appropriately.

The Bronte Convenience Center is located at the corner of North Washington and West Jackson and is open the first and third Saturdays of each month from 8 am until 12 noon. For more information, contact Bronte City Hall at 473-3501.

The Robert Lee Convenience Center is located at 101 West 1st Street, Fern Haven Park, and is open during the winter on the first Saturday of each month from 8 am to 12 noon. For more information, contact Robert Lee City Hall at 453-2831.



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