

# Glenridge Living Community

## MaineGeneral Rehab and Nursing Care

### Resident's Life Story & Plan of Care Guide

**Name:** Alta G.  
**Address me as:** Alta  
**DOB** 02/24/11

**About Me:** I was born in Winslow, Maine. I'm the daughter of Lillian (Higgins) and Leslie Bugbee. I graduated from Winslow High School in 1935. I was the oldest of 3 children. I have only one daughter, Trudy.

I worked at CF Hathaway Shirt Factory for 39 years. I also worked for the Department of the Navy and was in Hawaii for four years with my husband, Arnold. I enjoyed traveling to Canada and throughout the US. I was involved in the Business and Professional Women's Clubs, and I volunteered at the humane society and local soup kitchen.

I'm Catholic. I was a member of the Sacred Hart Church in Waterville prior to moving to Augusta, then I attended St. Mary of the Assumption. I lived in Waterville almost 50 years. My husband and I had a cottage on Great Pond in Belgrade until his death in 1984. He was only 67 when he died.

My daughter Trudy and son in law David are both very involved in my care. Their daughter Lisa (my granddaughter) is in Sudbury Mass.

I love sweets. The staff at the Alzheimer's Care Center would keep sugar free candy to give to me, as I'm diabetic. Breakfast has always been my favorite meal. Sometimes I will eat 3 breakfasts, but not eat much for lunch or dinner. I usually stay up late and like to sleep in.

According to my daughter I had never been a very affectionate person until the last year. I now love to kiss people and can be "flirtatious" at times. I keep large amounts of paper towel in my room, and use a lot of Kleenex. I sometimes need to be reminded to "dab" my nose. I have been hospitalized for nose bleeds in the past from blowing my nose too much. I'm hard of hearing but refuse to wear my hearing aids, so speak loudly in my left ear.

**Likes:** Please don't wake me up before 10:00 am. I enjoy having my nails painted and helping others. I also love spending time with family and friends. I want to attend church services and visit with animals.

**Vanessa Broga, LSW**  
**Social Worker**