the DECEMBER 2017 newsletter

Inspired

LIBERTY HEIGHTS | ASSISTED LIVING | a Senior Lifestyle community | COLORADO SPRINGS, CO 80921 | 719-481-9494

JOIN US THIS MONTH FOR rockin' around the christmas tree!

December is here and so is the holiday season!

Put those dancing shoes on folks and warm up those caroling voices! We will be "Rockin' Around the Christmas Tree" while we prepare for all our holiday festivities by decorating our community. Our Assisted Living Family will be decorating our Christmas Tree and Living Room Friday, Dec. 1.

Speaking of family, join us for Liberty Family Night Thursday, Dec. 7, at 4 p.m., hosted by your Health and Wellness Director, Lisa!

Driving to see the Christmas lights is our community's favorite tradition. We will set out for our venture to the Broadmoor Wednesday, Dec. 20, at 6:30 p.m. Please be sure to sign up by the cutoff date so we know how many residents will be attending this bus trip. Also, be on the lookout for our trip to the Chapel Hills Mall and our Resident Dine Out to Saltgrass Steakhouse.

From our family to yours, we wish all a safe and happy holiday season!

IT'S OUR PLEASURE TO SERVE YOU ... word from your executive director

HAPPY HOLIDAYS!

We have many different events and celebrations this month. We invite each and every one of you to join us. We have our week-long celebration for the staff beginning on Dec. 11, and



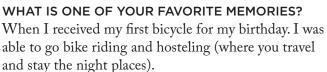
ending on Friday, Dec. 15. Each day of the week will have a different theme and we encourage you to join in the fun. The holidays are such a joyous time and I look forward to making new memories with each of you. It has been a fantastic two years that I have been a part of the Liberty Heights' family and I look forward to many more.

I want to send a special thank you out to all who contributed to the Resident Employee Appreciation Fund. Your generosity and thoughtfulness toward the staff is very much appreciated. It means so much to those who work hard day in and day out to know how much you care. Let's make 2018 a great year to be a part of Liberty Heights!

THIS MONTH'S

DORIS MEDUNA

FAVORITE HOLIDAY DISH? Turkey & Cranberries



WHAT IS ONE NEW YEAR'S RESOLUTION YOU REMEMBER PUTTING ON YOUR LIST? Getting up on time!

HOW MANY KIDS DO YOU HAVE? 3, Douglas, Donald and Linda.

WHAT IS ONE THING YOU WOULD LIKE FOR **CHRISTMAS THIS YEAR?** To spend time with my family. Other than that I have everything!

WHAT ARE SOME THINGS THAT MAKE YOU SMILE? Bicycling, reading, crossword puzzles, listening to music, receiving letters and receiving phone calls from my kids.

silver star

WHERE ARE YOU FROM? Syracuse, N.Y.

WHAT IS YOUR **FAVORITE COLOR?** Blue

WHAT IS YOUR

TRAIN YOUR BRAIN search for games

LLABTOOFHXMD M B C C D I A M D L O G ARLGRDHGCMYP HIURYOCHIBIB DEECLQNGNAG OGTKHSOUGSRI NEEOEERPEDEN GYNPSCOBOTCR GCNKSNANSNCU DVIHGLDPOLOM SBSELBBARCSM CHECKERSXECY

BASEBALL BRIDGE CHECKERS CHESS CLUE CROQUET DOMINOES FOOTBALL GIN RUMMY HOCKEY MAHJONG MONOPOLY OLD MAID PING-PONG POKER POLO RUGBY SCRABBLE SOCCER TENNIS

SUNDAY

MONDAY

TUFSDAY

WEDNESDAY

THURSDAY

10:30 • Popcorn & A Movie:

2:00 • Craft Corner with

"Pearl Harbor" | AR

1:00 • Pearl Harbor Remembrance:

Bea: Candy Cane

4:00 • Liberty Family Night | AR

9:30 • Stretch & Strength:

10:15 • Card Sharks: Kings

11:00 • Blood Pressure Clinic

11:00 • Resident Outing: Chapel Hills Mall | BT

5:30 • A Christmas Surprise

From the Cub

Scouts! | MDR

2:00 • Elfish Improv | AR

Weights | AR

in the Corner LB

Christmas Tree | AR

The Call to Duty | MDR

FRIDAY

Black Forrest | BT

SATURDAY

assisted living

BE INSPIRED

- CONNECT GROW
- CONTRIBUTEMOVE
- FEEL RFFI FCT

LOCATIONS

ACADEMY LOUNGE: FIRST LEVEL -ALACTIVITY ROOM -AR

BUS TRIP -BT

COMMUNITY ROOM -CRCONCIERGE DESK - CD

GAME ROOM: FIFTH LEVEL $-GR_5$ **GAME ROOM: FOURTH** $LEVEL - GR_4$

GARDEN: FIFTH LEVEL - GRD 5 GAZEBO: OUTDOORS -G

HOSPITALITY ROOM: FIRST LEVEL -HR

LIBRARY -LBLIVING ROOM -LR

LOBBY -LBY

MAIN DINING ROOM -MDR

PATIO -PA

POOL: GROUND LEVEL -PLPRIVATE DINING ROOM -PDR

> SKILLED NURSING COMMUNITY -SNC

STUDIO (ARTS AND CRAFTS): FIRST LEVEL -ST**TUMBLEWEED LOUNGE:**

GROUND LEVEL -TW

TRANSPORTATION SCHEDULE

MONDAY - FRIDAY 8:30 a.m.-4 p.m. See Concierge for Zoning Map

OFFICE HOURS

MONDAY - FRIDAY 8:30 a.m.-5 p.m.

SENIOR LIFESTYLE

EMBRACE life. EMBRACE moments. EMBRACE connection.

www.SeniorLifestyle.com Activities are subject to change

9:30 • Balance Builders | AR 8:30 • Downtown **9:30** • Stretch & 9:30 • Chair Yoga | AR **9:30** • Stretch & Strength: 3 10:00 • Pet Visits with Lilly | LR Weights | AR Churches* | BT Strength: 10:30 • Rita's Jewelry 11:00 • Resident Dine Out: Saltgrass | BT 10:15 • Card Sharks: Kings Bands | AR 10:00 • Bible Study with Class | AR Circle of Prayer with in the Corner LB Don Morton | MDR

Men's Lunch with Don

2:00 • Program Committee Meeting | AR

Card Sharks: Kings in

Morton | MDR

the Corner LB

HANUKKAH STARTS AT SUNSET 12

9:30 • Balance Builders | AR

2:00 • Craft Corner with

3:00 • Card Sharks: Kings

10:00 • Pet Visits

10:00 • Pet Visits with Lilly | LR

11:00 • Liberty Scavenger Hunt:

Looking for Frosty! | AR

Bea: Ornaments | AR

in the Corner LB

6:00 • Popcorn & A Movie | LR

9:30 • Balance Builders | AR

Don Morton | MDR

Card Sharks: Kings

in the Corner LB

Beautiful Chorus

6:00 • Popcorn & A Movie | LR

6:30 • Acapella America the

with Don Morton | MDR

with Lilly | LR

11:15 • Circle of Prayer with

12:00 • Lunch and Chit Chat

6:00 • Popcorn & A Movie | LR

6:30 • Vocal Fusion

12:00

Hal | AR 11:00 • Poker with Peter | AR

1:00 • Black Forrest Lutheran Church | MDR 1:30 • Leisure Material

Packets | AR 2:30 • Sunday Matinee | LR

8:30 • Downtown Churches* | BT

9:30 • Chair Soccer | AR 10:00 • Bible Study with

Hal | AR 10:30 • Resident Chit Chat | AR

10

24

11:00 • Poker with Peter | AR 1:30 • Leisure Material

Packets | AR 2:30 • Sunday Matinee | LR

8:30 • Downtown 17 Churches* | BT

10:00 • Bible Study with Hal | AR

11:00 • Poker with Peter | AR

1:30 • Leisure Material Packets | AR

2:30 • Sunday Matinee | LR

8:30 • Downtown Churches* | BT

10:00 • Bible Study with Hal | AR

10:30 • Resident Chit Chat | AR

11:00 • Poker with Peter | AR

Packets | AR

2:30 • Sunday Matinee | LR

11:00 • Poker with Peter | AR

12:15 • Apostolic Christian

Packets | AR

2:30 • Sunday Matinee | LR

1:30 • Leisure Material

Church: Hymns | MDR

1:30 • Leisure Material

9:30 • Chair Soccer | AR

CHRISTMAS EVE

NEW YEAR'S EVE

10:15 • Craft Corner: Holiday Door Decoration | AR

2:00 • The Story Behind the Carols | AR

3:00 • Bingo | AR **4:00** • Game Time: "The Price

9:15 • Stretch & Strength: Bands | AR

9:45 • Pikes Peak Library Stop: Book Check In/Out | LR

Is Right"Toys | AR

10:15 • Pikes Peak Library Trivia | LR

11:30 • Walking Club | LR 3:00 • Bingo | AR

6:30 • Diane Thomas Christmas Concert

9:30 • Stretch & Strength: Bands | AR

10:30 • The Candy Cane Game | AR

11:15 • Craft Corner: Popsicle Stick Reindeer | AR

2:00 • Wine and a Good Time: Painting a Winter Night | AR

10:15 • Pikes Peak Library

Trivia | LR

11:30 • Walking Club | AR

4:00 • Game Time: Name 5 | **AR**

3:00 • Bingo | AR

3:00 • Bingo | AR

CHRISTMAS

9:30 • Balance 25 Builders | AR

9:15 • Stretch & Strength | AR 10:00 • Pet Visits with 9:45 • Pikes Peak Library Stop: Lilly | LR Book Check In/Out LR

10:00 • Brunch with Bobby Jackson MDR 3:00 • Card Sharks: Kings

in the Corner LB **6:00** • Popcorn & A

Movie | LR

11:00 • Bananagrams LB 2:00 • Singalong Christmas Carols | AR

3:00 • Craft Corner with Bea: Candy Cane Christmas Tree | AR

6:00 • Pick a Puzzle LR

9:30 • Chair Yoga | AR 11:00 • Bananagrams | LB

12:00 • Women's Lunch with Danielle | MDR 2:00 • Elfie Selfie | AR

3:00 • Craft Corner with Bea: Ornaments | AR 6:00 • Pick a Puzzle LR

11:00 • Bananagrams | LB 20 9:30 • Chair Yoga | AR

3:30 • Bingo | AR 6:00 • Pick a Puzzle | LR

9:30 • Chair Yoga | AR

6:00 • Pick a Puzzle LR

3:30 • Bingo | AR

11:00 • Bananagrams | LB 27

Bottle Flowers | AR

2:20 • Craft Corner: Water

6:30 • Resident Outing: Christmas Lights at the Broadmoor | BT

WINTER BEGINS 9:30 • Stretch & Strength:

Weights | AR 10:15 • Card Sharks: Kings in the Corner **LB**

11:15 • Resident Council with Lisa

2:30 • Ice Cream Social | MDR

28

3:30 • Fancy Nails | AR

9:30 • Stretch &

Strength: Weights | AR 10:15 • Card Sharks: Kings

in the Corner LB

11:15 • Liberty Workshop: 2018 New Year's Resolutions | AR

2:00 • Game Time: Name 5 | **AR** 3:00 • Bean Bag Toss | AR

in the Corner AR 11:00 • Decorating Our Family Christmas Tree | LR

Soccer | AR

9:15 • Iovride with SNC:

9:30 • Chair Volleyball/

10:30 • Card Shark: Kings

11:15 • Catholic Communion: RM 2:30 • Birthday Happy Hour with Gus Meza | MDR

11:00 • Craft Corner: Tealight

2:30 • Walking in a Winter

11:00 • Read & Write:

11:15 • Catholic

Measures | MDR

Holiday Poetry | AR

Communion: RM

2:30 • Happy Hour: George

9:30 • Chair Volleyball/

11:00 • Craft Corner: Kis

2:30 • Have a Holly, Jolly

10:45 • Bunco | AR

11:15 • Catholic

10:45 • Bunco | AR

11:15 • Catholic

2:00 • New Year's

Soccer | AR

Smas Trees | AR

Communion: RM

Christmas! with

9:30 • Chair Volleyball/ 29

Soccer | AR

11:00 • December Spelling

Bee! | AR

Bud Kreuzer | MDR

Communion: RM

Singalong | AR

Sisneros | MDR

11:15 • Catholic

Snowman | AR

Communion: RM

9:30 • Movin' & Grooving | AR

10:15 • Bingo | AR 1:30 • Bible Study | LB

2:15 • Popcorn & A Movie | LR

4:00 • Color Me A: Mistletoe | AR

9:30 • Chair Volleyball/ 8:00 • Rita's Soccer | AR Jewelry LB 10:45 • Bunco | AR 9:30 • Movin' &

> Grooving | AR 10:15 • Bingo | AR

2:00 • "Jeopardy!" Trivia | AR

9

16

23

4:00 • Color Me A: Winter Wonderland | AR Wonderland: Desperate

9:30 • Chair Volleyball/ 9:30 • Movin' & Soccer | AR Grooving | AR 10:45 • Bunco | AR

10:15 • Bingo | AR 11:15 • Craft Corner: Painting

Ornaments | AR 3:00 • Holiday Movie Time:

Resident Choice | AR **4:00** • Color Me A:

Gingerbread House | AR

9:30 • Movin' & Grooving | AR 10:15 • Bingo | AR

2:00 • Card Sharks: Kings in the Corner | AR

4:00 • Color Me A: Christmas Day! | AR

6:30 • Popcorn & A Movie | AR

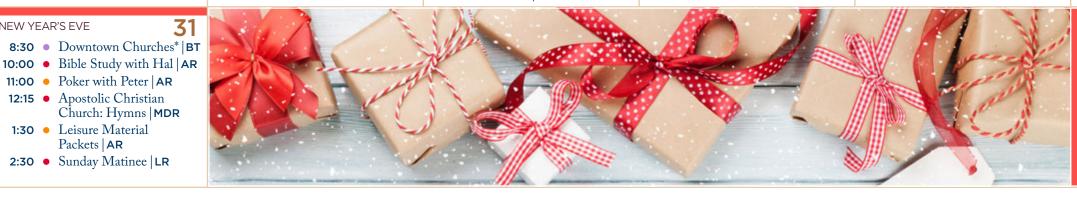
9:30 • Movin' & 30 Grooving | AR 10:15 • Bingo | AR

3:00 • Resident Chit Chat | AR

4:00 • Color Me: Welcome 2018! | AR

6:00 • New Year's Eve Dance with Independent Living

6:30 • Popcorn & A Movie: Residents' Choice | AR



26

"Each day offers a reason to celebrate. Find it and experience true bliss."

—Amy Leigh Mercree

EVENT RECAP

thank you!

Our month of gratitude gave us so much to be grateful for.

We shopped 'til we dropped ... okay, let's rephrase that! We shopped until we were ready for a nap at the Union Shopping Center, where we bought items that will prepare us for the holiday season.

We had Craft Corners that took us back to our school days with Pilgrim and Indian hats to wear for Thanksgiving and for a good little chuckle.

We joined together Thanksgiving morning to watch the Macy's Thanksgiving Day parade.

Thank you to our wonderful staff and volunteers at Liberty Heights for the incredible Veterans Day ceremonies that helped us honor all our loved residents who have served our country.



To all the wonderful residents.

Thank you all for contributing to our lives and to our community. Each and every one of you is such a blessing to us here at Liberty Heights. You make an impact all people you come in contact with. Continue to be the incredible residents you are because we are so thankful for you all!

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

This Month's HEART Hero: GIOVANNI DUMAGUIN

Giovanni has been working at Liberty Heights for over four years as a Memory Care Attendant/QMAP. Giovanni has a heart of gold with our Memory Care residents. He frequently takes time to get to know them and how they are doing, along with going above and beyond when it comes to resident care. Giovanni is very patient, kind and also gets to know the little things about each one of our residents, which speaks volumes when it comes to person-centered care. The residents miss Giovanni when he is not here and they look forward to when they get to see him again. Giovanni has made a lasting impression not only with our residents, but also with our Memory Care families. One of our families recently said that Giovanni is very caring and

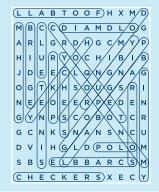


encouraging to her mom, and that it is very heartwarming for them to see and hear. They stated that Giovanni is a gem. We are very glad to have Giovanni be a part of our Memory Care team here at Liberty Heights. Congratulations, Giovanni!

MANAGEMENT TEAM

Tammy Minuhin, Executive Director Barbara Della Rossa, Director of Resident Programs Lois Phillips, Business Office Manager Jeanine Hamilton, Director of Sales & Marketing Michele Stahl, Dining Services Director Mary Lang, Dining Room Manager Josh Mahon, Director of Plant Operations Lisa DeLong, Assisted Living Director Barbara Della Rossa, Transportation Director Cindy Brice, Human Resource Director

TRAIN YOUR BRAIN solution



SENIOR LIFESTYLE





