

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

# THIS MONTH'S **Silver Star**

#### JOYCE BELL

Winter is here and so many of us will be looking for more indoor activities to keep us entertained, and for a lot of us that means an increase in reading! So, for the month of December, we

wanted to spotlight our wonderful library and our Head Librarian, Joyce Bell. Joyce joined us here at Liberty Heights earlier this year and can often be found engaging in programming or working hard in both our libraries!

Born and raised in New York, Joyce studied and worked as a nurse for many years. After moving to Colorado and meeting her husband, they traveled many places for work before settling permanently in Monument, Colo. Married for 60 years, they raised three wonderful kids, who all live in the Rocky Mountain state as well.

An avid reader from a young age, Joyce was inspired by her father who continued learning through reading long after leaving school with just a 6th grade education. She loves reading most anything but especially loves nonfiction books and murder mysteries. Her two favorite authors are Anne Perry and Tony Hillerman. Several years ago, she began volunteering for the library in Monument and still volunteers there to this day, once a week! In her own words, "Reading is my favorite way to escape."

We are so thankful for our libraries and for the wonderful residents who run them. Make sure to check out both our libraries and give our Librarians, Joyce Bell and Lois Maston, a hello.



### JOIN US THIS MONTH FOR *it's the most wonderful time of the year*

December is here and it truly is the most wonderful time of the year! Join us as we celebrate the season with lots of music and loved ones!



We are excited to be

bringing in a lot of musical talent this month. Check your calendar for in-house performances by Vocal Fusion, America the Beautiful Choir, Dianne Thomas, and The Henderson Family, on top of our usual Friday evening entertainment.

There's nothing quite like a trip to The Broadmoor Hotel in December to really get you in the holiday spirit. Mark your calendars Tuesday, Dec. 19, as we visit The Broadmoor to take in all the beautiful decorations. Also make sure to snag a seat on the bus on Dec. 21 after dinner, when we drive around checking out the Christmas lights!

All our quilters will have a chance to show off their handmade works of art on Dec. 29, during our Resident Quilt Show. Make sure to visit during the show and be reminded of all the talent here at Liberty Heights.

We hope December brings everyone here a lot of peace, love, and joy.

### 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 2 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!

# TRAIN YOUR **BRAIN** search for games

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calendar & activities DEC 2017	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul> <li>independent living</li> <li>BE INSPIRED</li> <li>• CONNECT</li> <li>• GROW</li> <li>• CONTRIBUTE</li> <li>• MOVE</li> <li>• FEEL</li> <li>• REFLECT</li> </ul>				X		<ul> <li>9:00 Advanced Stretch and Strength   AL</li> <li>10:00 Catholic Mass   HR</li> <li>10:00 New Resident Orientation   CR</li> <li>11:00 Chair Tai Chi   AL</li> <li>1:30 Jackson Creek Shopping   BT</li> <li>4:00 Birthday Happy Hour: Gus Meza   AL</li> </ul>	<ul> <li>FITNESS CENTER: OPEN 24 HOURS  FC 2</li> <li>9:00 Bible Study  AL</li> <li>10:00 Brain Health University (BHU) Packets  CD</li> <li>10:15 Bingo  AL</li> <li>1:00 Shanghai  TW</li> <li>7:00 Saturday Night at the Movies on Ch. 17</li> </ul>
ACADEMY LOUNGE: FIRST LEVEL $-AL$ ASSISTED LIVING $-AST$ BUS TRIP $-BT$ COLUMBINE DINING ROOM: SECOND LEVEL $-DR$ CONCIERGE DESK: GROUND LEVEL $-CD$ CONFERENCE ROOM: GROUND LEVEL $-CR$	<ul> <li>FITNESS CENTER: OPEN 24 HOURS  FC</li> <li>8:30 Downtown Churches*  BT</li> <li>9:30 In House Church Service: Holy Trinity  HR</li> <li>10:00 Brain Health University (BHU) Packets  CD</li> <li>11:00 Broncos vs. Dolphins  HR</li> <li>2:00 Scrabble  AL</li> <li>2:30 Sunday Matinee on Ch. 17</li> <li>2:30 Hand &amp; Foot  TW</li> <li>4:00 Hand &amp; Foot  TW</li> </ul>	<ul> <li>9:00 Stretch and Strength: Weights  AL</li> <li>9:00 Pool Game: Eight Ball  GR5</li> <li>9:30 Water Aerobics  PL</li> <li>10:30 UNO Card Game  AL</li> <li>1:00 Tai Chi for Seniors  AL</li> <li>1:30 Crafting with Rita: Making Jewlery  ST</li> <li>2:00 Flying Needles  HR</li> <li>2:00 Giant Crossword Puzzle  AL</li> <li>6:30 Mexican Train  AL</li> </ul>	9:00 • Coffee Chat: Programming  AL 5 10:00 • Bean Bag Baseball!  AL 10:00 • Circle of Prayer  HR 12:30 • Academy Blvd. Shopping Trip  BT 2:00 • Whole Body Fitness  AL 2:00 • Book Club  LB 2:30 • Coffee, Cookies & Conversation  TW 3:00 • Rummikub  AL 6:30 • Vocal Fusion Performance  AL	<ul> <li>8:30 Healthy Foot Clinic (8:30 a.m3 p.m.)   ST</li> <li>9:00 Stretch and Strength: Bands   AL</li> <li>9:30 Water Aerobics   PL</li> <li>1:30 Poker Game   GR4</li> <li>2:30 Coffee, Cookies &amp; Conversation   TW</li> <li>3:00 Food &amp; Dining Committee Meeting   CR</li> <li>6:00 Sertoma Christmas Party   AL</li> <li>6:30 Mexican Train   AL</li> </ul>	<ul> <li>9:00 Balance Builders   AL</li> <li>9:45 Weekly Legend: Audrey Hepburn   HR</li> <li>1:30 AFA All Stop* BT</li> <li>2:00 Pool Game: Eight Ball   GR5</li> <li>2:00 Gentle Yoga   AL</li> <li>2:30 Coffee, Cookies &amp; Conversation   TW</li> </ul>	9:00 • Advanced Stretch and Strength   AL 9:00 • Jackson Creek Shopping  BT 10:00 • Rosary/ Communion   HR 11:00 • Chair Tai Chi   AL 4:00 • Happy Hour with Desperate Measures   AL	<ul> <li>FITNESS CENTER: OPEN 24 HOURS  FC</li> <li>9:00 Bible Study   AL</li> <li>10:00 Brain Health University (BHU) Packets   CD</li> <li>10:15 Bingo   AL</li> <li>1:00 Shanghai   TW</li> </ul>
DOG PARK – <i>DP</i> FITNESS CENTER: FIRST LEVEL – <i>FC</i> GAME ROOM: FIFTH LEVEL – <i>GR5</i> GAME ROOM: FOURTH LEVEL – <i>GR4</i> GARDEN: FIFTH LEVEL – <i>GRD 5</i> GAZEBO: OUTDOORS – <i>G</i> HOSPITALITY ROOM: FIRST LEVEL – <i>HR</i>	<ul> <li>FITNESS CENTER: OPEN 24 HOURS  FC</li> <li>8:30 Downtown Churches*  BT</li> <li>10:00 Brain Health University (BHU) Packets  CD</li> <li>2:00 Scrabble  AL</li> <li>2:00 Broncos vs. Jets  HR</li> <li>2:30 Sunday Matinee on Ch. 17</li> <li>2:30 Hand &amp; Foot  TW</li> <li>4:00 Hand &amp; Foot  TW</li> </ul>	<ul> <li>9:00 Stretch and Strength: Weights  AL</li> <li>9:00 Pool Game: Eight Ball  GR5</li> <li>9:30 Water Aerobics  PL</li> <li>9:45 Pikes Peak Library Stop: Book Check In/Check Out  AST</li> <li>10:30 Yahtzee  AL</li> <li>11:30 Ladies' Lunch Bunch: Pizzeria Rustica  BT</li> <li>1:00 Tai Chi for Seniors  AL</li> <li>2:00 Flying Needles  HR</li> <li>2:00 "Jeopardy" With Stephanie  AL</li> <li>6:30 Mexican Train  AL</li> <li>6:30 Holiday Concert with Dianne Thomas  AL</li> </ul>	HANUKKAH STARTS AT SUNSET 12 8:00 Men's Breakfast with Don Morton  PDR 9:00 Coffee Chat with Tammy Minuhin  AL 10:00 Bean Bag Basebal!!  AL 10:00 Circle of Prayer  HR 10:00 Briargate at Promenade Shopping  BT 2:00 Whole Body Fitness  AL 2:30 Rummikub  AL 2:30 Coffee, Cookies & Conversation  TW 3:30 Hot Toddy Tuesday  AL 4:30 Dine Out: Edelweiss  BT	<ul> <li>9:00 • Stretch and Strength: Bands   AL</li> <li>9:30 • Water Aerobics   PL</li> <li>11:30 • Sertoma   AL</li> <li>1:30 • Poker Game   GR4</li> <li>2:00 • Crafting with Stephanie: Cookie Decorating!   ST</li> <li>2:30 • Meet and Greet   TW</li> <li>6:30 • Mexican Train   AL</li> </ul>	9:00 Balance Builders  AL 14 10:00 Blood Pressure Clinic  AL 1:30 AFA Quick Trip  BT 2:00 Pool Game: Eight Ball  GR5 2:00 Resident Council Meeting  CR 2:00 Gentle Yoga  AL 2:30 Coffee, Cookies & Conversation  TW 6:30 Broncos vs. Colts  HR	<ul> <li>9:00 • Advanced Stretch and Strength  AL</li> <li>10:00 • Catholic Mass  HR</li> <li>11:00 • Chair Tai Chi  AL</li> <li>1:30 • Jackson Creek Shopping  BT</li> <li>2:00 • REAF Gift Distribution (2-4 p.m.)  TW</li> <li>4:00 • Seasonal Cocktail Happy Hour: George Sisneros  AL</li> </ul>	<ul> <li>FITNESS CENTER: OPEN 24 HOURS  FC 16</li> <li>9:00 Bible Study  AL</li> <li>10:00 Brain Health University (BHU) Packets  CD</li> <li>10:00 Rita's Jewelry (10 a.m2 p.m.)  AL</li> <li>10:15 Bingo  AL</li> <li>1:00 Shanghai  TW</li> <li>7:00 Saturday Night at the Movies on Ch. 17</li> </ul>
LIBRARY – $LB$ LIBRARY: FIRST LEVEL – $LB$ LOBBY – $LBY$ POOL: GROUND LEVEL – $PL$ PRIVATE DINING ROOM – $PDR$ SKILLED NURSING COMMUNITY – $SNC$ STUDIO (ARTS AND CRAFTS): FIRST LEVEL – $ST$	<ul> <li>FITNESS CENTER: OPEN 24 HOURS  FC</li> <li>8:30 Downtown Churches*  BT</li> <li>10:00 Brain Health University (BHU) Packets  CD</li> <li>2:00 Scrabble  AL</li> <li>2:30 Sunday Matinee on Ch. 17</li> <li>2:30 Hand &amp; Foot  TW</li> <li>4:00 Hand &amp; Foot  TW</li> </ul>	<ul> <li>9:00 Stretch and Strength: Weights   AL</li> <li>9:00 Pool Game: Eight Ball   GR5</li> <li>9:30 Water Aerobics   PL</li> <li>10:30 Scrabble   AL</li> <li>1:00 Tai Chi for Seniors   AL</li> <li>2:00 Flying Needles   HR</li> <li>2:00 Giant Crossword Puzzle   AL</li> <li>6:30 Mexican Train   AL</li> </ul>	9:45 • Trip to the Broadmoor  BT 19 10:00 • Bean Bag Baseball!  AL 10:00 • Circle of Prayer  HR 1:30 • Super Target Shopping Trip  BT 2:00 • Whole Body Fitness  AL 2:30 • Rummikub  AL 2:30 • Coffee, Cookies & Conversation  TW 6:00 • America the Beautiful Chorus  AL	<ul> <li>8:30 Healthy Foot Clinic 20 (8:30 a.m3 p.m.)  ST</li> <li>9:00 Stretch and Strength: Bands  AL</li> <li>9:30 Water Aerobics  PL</li> <li>1:30 Poker Game  GR4</li> <li>2:30 Coffee, Cookies &amp; Conversation  TW</li> <li>6:30 Mexican Train  AL</li> </ul>	WINTER BEGINS219:00Balance Builders   AL9:45Weekly Legend: Dick Van Dyke   HR1:30AFA All Stop* BT2:00Pool Game: Eight Ball   GR52:00Gentle Yoga   AL2:30Coffee, Cookies & Conversation   TW6:00Christmas Lights Tour   BT6:30Movie Night In: "Grumpy Old Men"   HR	<ul> <li>9:00 Advanced Stretch and Strength   AL 22</li> <li>9:00 Jackson Creek Shopping  BT</li> <li>10:00 Rosary/ Communion   HR</li> <li>11:00 Chair Tai Chi   AL</li> <li>4:00 Ugly Christmas Sweater Happy Hour: Bud Kreuzer   AL</li> </ul>	<ul> <li>FITNESS CENTER: OPEN 24 HOURS  FC</li> <li>9:00 Bible Study  AL</li> <li>10:00 Brain Health University (BHU) Packets  CD</li> <li>10:15 Bingo  AL</li> <li>1:00 Shanghai  TW</li> </ul>
TUMBLEWEED LOUNGE: GROUND LEVEL – TW TRANSPORTATION SCHEDULE MONDAY - FRIDAY 8:30 a.m4 p.m. See Concierge For Zoning Map OFFICE HOURS	CHRISTMAS EVE 24 • FITNESS CENTER: OPEN 24 HOURS  FC 8:30 • Downtown Churches*  BT 10:00 • Brain Health University (BHU) Packets  CD 11:00 • Broncos vs. Redskins  HR 2:00 • Scrabble  AL 2:30 • Sunday Matinee on Ch. 17 2:30 • Hand & Foot  TW 4:00 • Hand & Foot  TW	CHRISTMAS257:30Continental Breakfast (7:30-9 a.m.)   DR9:00Pool Game: Eight Ball   GR511:00Christmas Buffet (11am-2pm) Reservations Requested   DR6:30Mexican Train   AL6:30Holiday Movie   HR	<ul> <li>10:00 Bean Bag Baseball!  AL 26</li> <li>10:00 Circle of Prayer  HR</li> <li>2:00 Whole Body Fitness  AL</li> <li>2:00 Coffee Chat with Josh &amp; Building/Grounds Committee  HR</li> <li>2:30 Rummikub  AL</li> <li>2:30 Coffee, Cookies &amp; Conversation  TW</li> </ul>	<ul> <li>9:00 • Stretch and Strength: Bands  AL 27</li> <li>9:30 • Water Aerobics  PL</li> <li>1:30 • Poker Game  GR4</li> <li>1:30 • Thrift Shopping: Goodwill  BT</li> <li>2:00 • Crafting with Stephanie: Winter Paint &amp; Sip  ST</li> <li>2:30 • Coffee, Cookies &amp; Conversation  TW</li> <li>6:30 • Mexican Train  AL</li> </ul>	9:00Balance Builders  AL282:00Pool Game: Eight Ball  GR52:002:00Gentle Yoga  AL2:30Coffee, Cookies & Conversation  TW3:00Ice Cream Social  AL6:30Henderson Family Concert  AL	9:00 • Advanced Stretch and Strength   AL 9:00 • Jackson Creek Shopping  BT 10:00 • Rosary/ Communion   HR 11:00 • Chair Tai Chi   AL 3:30 • Resident Quilt Show   AL	<ul> <li>FITNESS CENTER: OPEN 24 HOURS  FC 30</li> <li>9:00 Bible Study  AL</li> <li>10:00 Brain Health University (BHU) Packets  CD</li> <li>10:15 Bingo  AL</li> <li>1:00 Shanghai  TW</li> <li>6:00 New Year's Dance with George Sisneros  AL</li> </ul>
MONDAY - FRIDAY 8:30 a.m5 p.m. BRAIN HEALTH UNIVERSITY LOGO INDICATES A BHU COURSE DAY	NEW YEAR'S EVE 31 • FITNESS CENTER: OPEN 24 HOURS  FC 8:30 • Downtown Churches*  BT 10:00 • Brain Health University (BHU) Packets  CD 2:00 • Scrabble  AL 2:30 • Sunday Matinee on Ch. 17 2:70 • Brazeser Chiefe  UD					"Each day offers a to celebrate. Find experience true b —A	it and

2:30 • Broncos vs. Chiefs |HR

2:30 • Hand & Foot | TW

4:00 • Hand & Foot | TW



## event recap november was a time to be grateful

November was such a great month here at Liberty Heights to take a close look at all that we have to be grateful for!

We really took the time to celebrate and honor all of our veterans and their loved ones. We had a community wide pinning ceremony, a trip to the local high school for their veterans' tribute, and a special happy hour with a Veterans Day focused presentation. We also wanted to show our thanks to those still serving today by making thank you cards to be sent to our current active duty members. Close to 50 cards are being sent from Liberty Heights!

Because we can never say it enough, thank you to all who have served this great country. We are so appreciative of you each and every day.

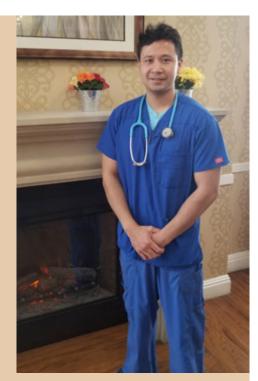


Honoring veteran, Robert Masonheimer

# this month's *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

GIOVANNI has been working at Liberty Heights for over four years as a Memory Care Attendant/QMAP (Qualified Medication Administration Personnel). Giovanni has a heart of gold with our Memory Care residents, frequently taking the 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

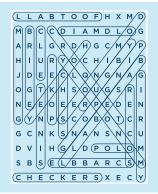


gets to know the little things about each one of our residents, which speaks volumes when it comes to person centered care. The residents miss Giovanni when he is not here and they look forward to when they get to see him again. Giovanni has made a lasting impression not only with our residents, but 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
Lia Miller, Dining Room Manager
Josh Mahon, Director of Plant Operations
Barbara Della Rossa, Transportation Director
Cindy Brice, Human Resource Director
Mark Painter, Executive Chef

TRAIN YOUR **BRAIN** solution



SENIOR LIFESTYLE

