



The Gardens Gazette

Volume 13 No. 3

March, 2011

Marching through the Gardens at Columbine!

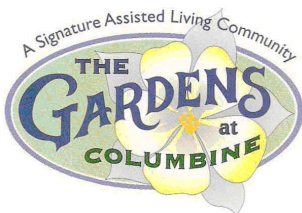
What a fun month of February we had here! Between crowning our wonderful Valentine King and Queen (Champ and Bette Champion), singing along with funny hats on our heads or ties and scarves at Happy Hour, playing our hearts out on all sorts of crazy instruments, laughing at funny stories, learning trivial tidbits of information, and parading around with decorated walkers and chairs, it was a month full of entertainment. We have such wonderful residents here that are such good sports - they are game for just about anything!

So what lies ahead for March, you ask? Of course, we have St. Patrick's Day that will bring out the Irish in all of us - and will bring in the Irish Dancers, too. Mardi Gras will be celebrated with frivolity and the traditional King Cakes.

We'll get to learn about Saudi Arabia both during our Ticket to Travel, but also through a



group that will be visiting us from Bessie's Hope, many of whom have lived there. Also, get ready for the Grand Reopening party at the end of the month - it's sure to be a festive and entertaining time for all. And who knows what other surprises lurk in the shadows that will make us smile?? Get ready for the start of spring - it's still up to Mother Nature to determine if it'll be more like a lion or a lamb. Either way, we will find ways to enjoy it!



A Note From Jeremy



March! Really!?

We are nearing the end of the first quarter of 2011 and spring is rapidly approaching. As usual, *time flies when you're having fun!* I can't wait to see our gardens in bloom again. Speaking of blooms – keep an eye out for information coming to you about re-dedicating our Rose Gardens for Mother's Day.

Another exciting event to look forward to will take place on March 31st when we will host an open house for our friends and Littleton neighbors. The occasion is to celebrate our second decade of serving seniors at The Gardens at Columbine. We are extremely proud of our history and our renowned legacy of providing an enriching lifestyle and superior care to our senior community.

Invite your friends and family to join us for the celebration. We'll have plenty of great food and beverages along with a Dixieland band, the Acker Swingtet, to set the tempo. We look forward to seeing you all there! There will be details to follow.

We are looking forward to beginning the next ten years with our talented and spirited team of Directors and endearing staff. With each new resident and member of our team we grow and flourish. Let's enjoy the journey together as we LIVE, LAUGH, AND LOVE our way through life.

Yours truly (living the life I love, hope you are too),

Jeremy

You're invited to...

*Our Grand Reopening,
as we begin the next decade of
excellent service to our senior
community.*



Join our Open House celebration!

*All friends and neighbors are
welcome!*

Thursday, March 31, 4-7pm

Refreshments and Dixieland Band

RSVP by calling 303-973-5115

Welcome to the February Hall of Fame!

**Congratulations to
our Valentine King
and Queen,
Champ and Bette
Champion!**



Hot Wheels Winners:

Most Creative: Eunice Leopold

Most Elaborate: Audrey White

Funniest: Betty White

Best Overall: Barbara King

Special Thanks to our Judges:

Bob Williams

Marie McGrath

Betty Nelson

Margaret Tiell



**Bessie's
Hope**

Bringing Generations Together

New Partnership

We have recently created a partnership with Bessie's Hope, an intergenerational program designed to bring together youth

and seniors in order to foster mutually rewarding relationships. There will be some events and one-on-one opportunities for our residents to enjoy this year that we are very excited about. Our first opportunity is to have the Spring International Language students here on March 2nd. These students are ages 18-21, mostly from Saudi Arabia. It'll be great fun to learn about their culture and to have them also join us for Ticket to Travel!

Fun From February!



Featured Resident of the Month— Brooke Underwood

As a third generation Denver native, Brooke has spent the majority of her life here in Colorado. For two and a half years, she was in California with her husband, whom she met as a life-guard at the Columbine Country Club pool. While attending Kent School for Girls here, then going to Monticello Junior College for Women in Alton, IL, music and fine arts were always the focus. Her father was Pete Smythe, a popular radio and TV celebrity here in town. She taught piano, sang in the Triple Trio group, and was involved in drama. Her other love was riding and showing high stepper horses, both English and Western style. We are so appreciative of all the things she helps us with here at the Gardens - calling bingo, teaching Stretch and Flex, loaning us movies for matinees and changing out the weekend calendar signs. Thank you for all you do!

Staff Additions—Welcome!

- Cynthia Gonzales - Housekeeping
- Jeffery Voorhees - Server
- Darien Peoples - Caregiver
- Steve Tigert - Caregiver

Consider Yourself at Home...

Angelo “Chet” Massa



Angelo “Chet” Massa was born in Rhode Island. He attended Providence College studying liberal arts, was in the Navy, then went to Pacific Northwestern University. He was a baseball coach for 25 years, Headmaster, Superintendent and Principal at the high school level. He met his wife in Vermont, was married 51 years and they had three children. He loves to play bridge and swim. Welcome, Chet!

Did you know that St. Patrick wasn't actually Irish?? His father was Italian and his mother was a Scot. He was born in Scotland!



Active Minds Unite!

We have a great opportunity to attend some wonderful presentations over the next couple of months. Active Minds is an organization that gives educational talks focusing on contemporary global issues, historical themes and other matters of importance. Join us



Wednesday, March 9

when we do an outing to hear about
“The Future of Education in
America.”

It's a free presentation being held outside the community. Join us for this mind enriching program!



March Birthdays

June Goldberg	March 2
Brooke Underwood	March 4
Shirley Walker	March 6
Larry Beaumont	March 18
Grace Mattocks	March 22
George Steiner	March 24
John Lovett	March 28
Dorothy Freedberg	March 30

Employee of the Month: Joslyn Mhlanga

Joslyn Mhlanga has been a Health Services employee at The Gardens since July 19, 2006. Her first position was as a Certified Nursing Assistant, but when the opportunity arose, she chose to provide wonderful administrative support to the Health Services team. Joslyn also works at the front desk during the receptionist's lunch break and during departmental meetings. Joslyn's peers say that she jumps in to help no matter what department needs assistance, that she gives it her all and is instrumental in keeping the nurses organized. Residents say that she is helpful and courteous and does a great job arranging transportation for their doctors' appointments. Congratulations, Joslyn!



A Message From Marci about Pain



Pain is something we all deal with at one time or another. We all feel and react to pain very differently. Pain is as unique as we are. What might be severe pain to me could be dull pain to you. No, it doesn't mean that some of us are wimps; it means we all perceive pain differently.

There are three categories of pain - acute pain, chronic acute pain, and chronic benign pain. Chronic benign pain is pain that persists or recurs over years such as headaches, arthritis or backaches - this is the type of pain I'd like to address.

Pain is our body's alert system that something is injuring us or threatening to injure us. You never want to ignore pain - get it checked out by your doctor. It's not a symptom of getting older - it may be a wearing down of our bodies, but there is always a reason and treatment plan to help relieve it. Be sure to address the pain early on.

There are many options for relieving pain. Applying cold (to numb the area and decrease inflammation) or heat (to relax and increase circulation to the area) may help, but only leave it on the area for 15-20 minutes or tissues can be damaged. Resting the area, relaxation breathing, meditation, distraction and physical therapy can help. There is also acupuncture plus a number of other homeopathic remedies that you can try. Lastly, there is medication. Analgesics, such as Tylenol, can help with mild to moderate pain. There are also nonsteroidal anti-inflammatories such as Celebrex, Ibuprofen, Aspirin, Aleve and Naproxen. Not only do they help treat the pain, but they also decrease the inflammation which can be causing some of the pain. Be sure to speak with your doctor before taking any of these, since drug interactions and/or side effects may exist. Lastly, there are narcotics such as Percocet, Vicodin and Oxycodone. We tend not to want to take these medications, fearing that we will become addicted. In truth, few people who take narcotics for chronic pain become addicted. If severe pain is affecting your ability to function in your everyday life, these medications can help. Keep in mind, though, that with these, you may become very constipated and a daily laxative can help. These medications can also make you unsteady with your balance, so be cautious when you first start taking them. Be aware that your body may build up a tolerance, so have your doctor monitor your doses.

Remember, never ignore pain, ask your doctor before taking anything, know there are many ways to relieve pain, and that your nursing staff is here to help!

5130 W. Ken Caryl Avenue, Littleton CO 80128

Ph 303.973.5115 Fax 303.973.6004 www.gardensatcolumbine.com