

Be *Inspired*

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

THIS MONTH'S *silver star*

MYRNA BRANDON

Myrna was born in Duluth, Minn. She was married in 1953 to Bill Brandon, who was an officer in the United States Air Force serving as a pilot. They have two sons, Gregg and David, both of whom she is very proud. Gregg serves as a head football coach and David is a retired civil engineer. They also have a wonderful daughter, Sara-Dale, who is enjoying retirement. Myrna taught kindergarten and preschool for seven years. She taught in Minnesota, Washington, D.C., and here in Colorado Springs. One of Myrna's favorite memories was going to the Rose Bowl to support her son's team. "Sports are very important to me and my family!" she stated. She says she is most proud of her family and how successful they have been. She has four beautiful and brilliant grandchildren: Nicholas, Tim, Lorin and Bonnie. Her advice to younger generations is, "Get your children into sports, so they don't have time to goof off." She would like to be remembered as being faithful to her friends and family.



JOIN US THIS MONTH FOR

happy new year

We welcome all residents, family and friends to ring in the New Year!

Our residents will have the opportunity to go to Barnes and Noble, Cheddar's and the movies! Starting in January, we will be having warm beverages and conversation every Saturday. Come and get to know Mariah LeBlanc, the new Assisted Living Resident Program Coordinator. She is eager to get to know you all! It's a great time to get to know one another!



TRAIN YOUR BRAIN *sudoku solution on back*

		3		5			
	2				7	3	9
5				2	6		4
3				1			
	5	8				6	1
				8			7
	1		4	3			5
9		7	8				2
				7			6

assisted living

BE INSPIRED

- CONNECT
- GROW
- CONTRIBUTE
- MOVE
- FEEL
- REFLECT

LOCATIONS

- ACADEMY LOUNGE: FIRST LEVEL — AL
- ACTIVITY ROOM — AR
- CONCIERGE DESK — CD
- GAME ROOM: FIFTH LEVEL — GR5
- GAME ROOM: FOURTH LEVEL — GR4
- GARDEN: FIFTH LEVEL — GRD 5
- HOSPITALITY ROOM: FIRST LEVEL — HR
- LIBRARY — LB
- LIVING ROOM — LR
- MAIN DINING ROOM — MDR
- POOL: GROUND LEVEL — PL
- 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.

BIRTHDAYS THIS MONTH

JEAN COOK — 9th
PHYLLIS ROGERS — 23rd
NANCY BORZA — 27th

www.SeniorLifestyle.com
Activities are subject to change

<p>“The beginning is the most important part of any work.” —Plato</p> 	<p>NEW YEAR'S DAY 1</p> <p>9:30 ● Resident Led: Stretch & Strength: Bands AR</p> <p>9:55 ● Resident Led: Daily Chronicle AR</p> <p>1:30 ● Resident Led: Trivia Time! AR</p> <p>4:00 ● Resident Led Game: Kings in the Corner LB</p> <p>6:30 ● Resident Led: Daily Chronicles (Extra!)</p>		<p>9:30 ● Chair Pilates AR 2</p> <p>9:55 ● Daily Chronicle AR</p> <p>10:30 ● Jewelry Making with Rita AR</p> <p>2:00 ● Hot Chocolate Social AR</p> <p>3:30 ● Bingo AR</p>		<p>9:30 ● Stretch & Strength: Weights AR 3</p> <p>9:55 ● Daily Chronicle AR</p> <p>2:30 ● Ice Cream Social AR</p> <p>3:00 ● Brain Games! AR</p> <p>3:30 ● Program Committee Meeting AR</p> <p>4:00 ● Card Sharks: Kings in the Corner AR</p> <p>6:30 ● Popcorn & A Movie LR</p>		<p>9:30 ● Joyride TBD CD 4</p> <p>10:00 ● Pet Visit with Patty AR</p> <p>10:15 ● Catholic Communion: RM</p> <p>10:45 ● Card Sharks: Uno AR</p> <p>2:30 ● Birthday Happy Hour with Gus Meza MDR</p> <p>6:30 ● Resident Led: Crossword Puzzles</p>		<p>9:30 ● Movin' & Groovin' AR 5</p> <p>9:55 ● Daily Chronicle AR</p> <p>11:15 ● Living Room Chat & Apple Cider LR</p> <p>2:00 ● Resident-Led Adult Coloring AR</p> <p>6:30 ● Resident Led: Crossword Puzzles AR</p> <p>7:00 ● Saturday Night at the Movies! LR</p>	
<p>9:30 ● Inhouse Church Service AL 6</p> <p>10:00 ● Walking Club AR</p> <p>11:15 ● Bible Study with Hal, Harold, & Patty LB</p> <p>11:30 ● Resident-Led: Game Time AR</p> <p>1:30 ● Leisure Material Packets AR</p> <p>2:30 ● Sunday Matinee LR</p>	<p>9:30 ● Balloon Volleyball AR 7</p> <p>9:40 ● Daily Chronicle AR</p> <p>11:30 ● 1-on-1s with Cindy LR</p> <p>2:00 ● Dollhouse Makeover: Let It Snow! AR</p> <p>3:30 ● Bingo AR</p>	<p>9:30 ● Stretch & Strength: Bands AR 8</p> <p>9:55 ● Daily Chronicle AR</p> <p>10:00 ● Pet Visit with Patty AR</p> <p>1:30 ● Time for Bridge! LB</p> <p>4:00 ● Card Sharks: Kings in the Corner AR</p> <p>6:30 ● Resident Led: Daily Chronicles (Extra!)</p>	<p>9:30 ● Chair Pilates AR 9</p> <p>9:55 ● Daily Chronicle AR</p> <p>10:30 ● Dine Out: Cheddar's CD</p> <p>2:00 ● New Year Tea Party!</p> <p>3:30 ● Bingo AR</p>	<p>9:30 ● Stretch & Strength: Weights AR 10</p> <p>9:55 ● Daily Chronicle AR</p> <p>11:00 ● Blood Pressure Clinic with Encompass</p> <p>3:00 ● Cookies and Conversation LR</p> <p>4:00 ● Card Sharks: Kings in the Corner AR</p> <p>6:30 ● Popcorn & A Movie LR</p>	<p>9:30 ● Balance Builders AR 11</p> <p>9:55 ● Daily Chronicle AR</p> <p>10:00 ● Pet Visit with Patty AR</p> <p>10:45 ● Farkle! AR</p> <p>2:30 ● Happy Hour with Bobby Jackson MDR</p> <p>6:30 ● Resident Led: Crossword Puzzles</p>	<p>9:30 ● Movin' & Groovin' AR 12</p> <p>9:55 ● Daily Chronicle AR</p> <p>10:15 ● Catholic Communion LR</p> <p>11:15 ● Living Room Chat & Hot Chocolate LR</p> <p>2:00 ● Resident-Led Adult Coloring AR</p> <p>6:30 ● Resident Led: Crossword Puzzles AR</p>				
<p>10:00 ● Walking Club AR 13</p> <p>11:15 ● Bible Study with Hal, Harold, & Patty LB</p> <p>11:30 ● Resident-Led: Game Time AR</p> <p>1:30 ● Leisure Material Packets AR</p> <p>2:30 ● Sunday Matinee LR</p>	<p>9:30 ● Balloon Volleyball AR 14</p> <p>9:40 ● Daily Chronicle AR</p> <p>9:45 ● Pikes Peak Library Stop: Book Check-In/Out LR</p> <p>10:15 ● Pikes Peak Library Trivia LR</p> <p>11:30 ● 1-on-1s with Cindy LR</p> <p>2:00 ● Dollhouse Makeover: Let It Snow! AR</p> <p>3:30 ● Bingo AR</p>	<p>9:30 ● Stretch & Strength: Bands AR 15</p> <p>9:55 ● Daily Chronicle AR</p> <p>10:00 ● Pet Visit with Patty AR</p> <p>12:00 ● Men's Lunch MDR</p> <p>3:00 ● Fancy Nails AR</p> <p>4:00 ● Card Sharks: Kings in the Corner AR</p> <p>6:30 ● Resident Led: Daily Chronicles (Extra!)</p>	<p>9:30 ● Chair Pilates AR 16</p> <p>9:55 ● Daily Chronicle AR</p> <p>10:15 ● Craft Corner AR</p> <p>2:00 ● Game Time: Farkle! AR</p> <p>3:30 ● Bingo AR</p> <p>4:45 ● Clean Team AR</p>	<p>9:30 ● Stretch & Strength: Weights AR 17</p> <p>9:55 ● Daily Chronicle AR</p> <p>11:00 ● Resident Council with Administrative Staff AR</p> <p>2:30 ● Ice Cream Social AR</p> <p>3:00 ● Brain Games! AR</p> <p>4:00 ● Card Sharks: Kings in the Corner AR</p> <p>6:30 ● Popcorn & A Movie LR</p>	<p>9:15 ● Outing: Barnes and Noble CD 18</p> <p>10:00 ● Pet Visit with Patty AR</p> <p>10:15 ● Catholic Communion: RM</p> <p>10:45 ● Card Sharks: Resident Led Kings in the Corner LB</p> <p>2:30 ● Happy Hour with Diane Thomas</p> <p>6:30 ● Resident Led: Crossword Puzzles</p>	<p>9:30 ● Movin' & Groovin' AR 19</p> <p>9:55 ● Daily Chronicle AR</p> <p>11:15 ● Living Room Chat & Apple Cider LR</p> <p>2:00 ● Resident-Led Adult Coloring AR</p> <p>6:30 ● Resident Led: Crossword Puzzles AR</p> <p>7:00 ● Saturday Night at the Movies! LR</p>				
<p>10:00 ● Walking Club AR 20</p> <p>11:15 ● Bible Study with Hal, Harold, & Patty LB</p> <p>11:30 ● Resident-Led: Game Time AR</p> <p>1:30 ● Leisure Material Packets AR</p> <p>2:30 ● Sunday Matinee LR</p>	<p>MARTIN LUTHER KING JR. DAY 21</p> <p>9:30 ● Balloon Volleyball AR</p> <p>9:40 ● Daily Chronicle AR</p> <p>11:30 ● 1-on-1s with Cindy LR</p> <p>2:00 ● Dollhouse Makeover: Let It Snow! AR</p> <p>3:30 ● Bingo AR</p>	<p>9:30 ● Stretch & Strength: Bands AR 22</p> <p>9:55 ● Daily Chronicle AR</p> <p>10:00 ● Pet Visit with Patty AR</p> <p>1:30 ● Time for Bridge! LB</p> <p>4:00 ● Card Sharks: Kings in the Corner AR</p> <p>6:30 ● Resident Led: Daily Chronicles (Extra!)</p>	<p>9:30 ● Chair Pilates AR 23</p> <p>9:55 ● Daily Chronicle AR</p> <p>12:30 ● Dine In: Chick-Fil-A AR</p> <p>2:00 ● Craft Corner AR</p> <p>3:30 ● Bingo AR</p>	<p>9:30 ● Stretch & Strength: Weights AR 24</p> <p>9:55 ● Daily Chronicle AR</p> <p>3:00 ● Cookies and Conversation LR</p> <p>4:00 ● Card Sharks: Kings in the Corner AR</p> <p>6:30 ● Popcorn & A Movie LR</p>	<p>9:30 ● Balance Builders AR 25</p> <p>9:55 ● Daily Chronicle AR</p> <p>10:00 ● Pet Visit with Patty AR</p> <p>10:15 ● Catholic Communion: RM</p> <p>10:45 ● Card Sharks: Uno AR</p> <p>2:30 ● Happy Hour with George Whitesell MDR</p> <p>6:30 ● Resident Led: Crossword Puzzles</p>	<p>9:30 ● Movin' & Groovin' AR 26</p> <p>9:55 ● Daily Chronicle AR</p> <p>11:15 ● Living Room Chat & Hot Chocolate LR</p> <p>2:00 ● Resident-Led Adult Coloring AR</p> <p>6:30 ● Resident Led: Crossword Puzzles AR</p>				
<p>10:00 ● Walking Club AR 27</p> <p>11:15 ● Bible Study with Hal, Harold, & Patty LB</p> <p>11:30 ● Resident-Led: Game Time AR</p> <p>12:30 ● Apostolic Church Hymns LR</p> <p>1:30 ● Leisure Material Packets AR</p> <p>2:30 ● Sunday Matinee LR</p>	<p>9:30 ● Balloon Volleyball AR 28</p> <p>9:40 ● Daily Chronicle AR</p> <p>9:45 ● Pikes Peak Library Stop: Book Check-In/Out LR</p> <p>10:15 ● Pikes Peak Library Trivia LR</p> <p>11:30 ● 1-on-1s with Cindy LR</p> <p>2:00 ● Dollhouse Makeover: Let It Snow! AR</p> <p>3:30 ● Bingo AR</p>	<p>9:30 ● Stretch & Strength: Bands AR 29</p> <p>9:55 ● Daily Chronicle AR</p> <p>10:00 ● Pet Visit with Patty AR</p> <p>12:15 ● Movie Time! CD</p> <p>3:00 ● Fancy Nails AR</p> <p>4:00 ● Card Sharks: Kings in the Corner AR</p> <p>6:30 ● Resident Led: Daily Chronicles (Extra!)</p>	<p>9:30 ● Chair Pilates AR 30</p> <p>9:55 ● Daily Chronicle AR</p> <p>10:15 ● Craft Corner AR</p> <p>2:00 ● Game Time: Farkle! AR</p> <p>3:30 ● Bingo AR</p>	<p>9:30 ● Stretch & Strength: Weights AR 31</p> <p>9:55 ● Daily Chronicle AR</p> <p>2:30 ● Ice Cream Social AR</p> <p>3:00 ● Brain Games! AR</p> <p>4:00 ● Card Sharks: Kings in the Corner AR</p> <p>6:30 ● Popcorn & A Movie LR</p>						

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

DEAR RESIDENTS AND FAMILY MEMBERS

“Your success and happiness lies in you. Resolve to keep happy and your joy and you shall form an invincible host against difficulties.” This quote is from Helen Keller, who we all know overcame great obstacles in life. As we welcome in the New Year, focusing on the joy in everyday life will bring positive returns your way:

From the joy of hearing a songbird,
 the sun shining on a cold snowy day,
 the wondrous mountains outside our door,
 the families who care for us,
 the laughter with friends,
 the fun conversation while enjoying a good meal,
 the smile from a stranger,
 the kind person who lends a hand,
 the book enjoyed by the window,
 and the reflections on travels past (or new ones to come),

Make each day joyful for you and yours!

Welcome New Year 2019!



EVENT RECAP
december recap

Our residents, their families, and friends enjoyed Christmas parties, carolers, Santa and Mrs. Claus. They enjoyed delicious meals with friends and loved ones here at Liberty Heights and at places such as Cracker Barrel. Our residents enjoyed helping Ms. Cindy decorate the dollhouse in time for Christmas. On Christmas Day, they enjoyed a festive movie marathon with holiday treats.



THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

Our Heart Hero for the month of January is the ENTIRE STAFF of Liberty Heights! We are so proud of the entire team that it only made sense to acknowledge everyone as we begin a new year. All employees, please give yourself a pat on the back for all the hard work and dedication that you have shown. Keep up the good work!



Residents! Do you know a Senior Lifestyle employee with HEART?

- Embraces and exemplifies Senior Lifestyle's Core Values of Hospitality, Excellence, Appreciation, Respect and Teamwork
- Lives the Senior Lifestyle Mission by brightening and enriching the lives of those we serve
- Is a role model for other team members
- Shows genuine interest in the lives of our residents and employees
- Demonstrates a true "Heart of Caring" both professionally and personally

Make sure to vote for who you think exemplifies these traits every month!

MANAGEMENT TEAM

- Tammy Minuhin, *Executive Director*
- Lois Phillips, *Business Office Manager*
- Jeanine Hamilton, *Director of Sales & Marketing*
- Sarah Montoya-Ortega, *Dining Services Director*
- Amanda Scott McGee, *Director of Nursing Wellness*
- Mary Lang, *Dining Room Manager*
- Jeanette Hollenbeck, *Dining Room Manager*
- Josh Mahon, *Director of Plant Operations*
- Gladis Darlington, *Health and Wellness Director*
- Cindy Brice, *Human Resource Director*
- Ethan Chraft, *Executive Chef*

TRAIN
 YOUR
 BRAIN
solution

7	4	3	9	5	8	1	6	2
8	2	6	1	4	7	3	5	9
5	9	1	3	2	6	7	4	8
3	7	9	6	1	2	5	8	4
2	5	8	7	9	4	6	1	3
1	6	4	5	8	3	2	9	7
6	1	2	4	3	9	8	7	5
9	3	7	8	6	5	4	2	1
4	8	5	2	7	1	9	3	6



SENIOR
 LIFESTYLE
 your *life*, your *style*