

# Be Inspired

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

## JOIN US THIS MONTH FOR *winter fun*

Welcome 2019! I hope you have made some New Year's resolutions; we will try not to break them by February! This month we are going out to Cheddar's for lunch on Jan. 9, going to Barnes and Noble on Jan. 18, getting Chick-fil-A brought to us on Jan. 23, and going out to the movies on Jan. 29. We are focusing on making 2019 a great year by playing the games we love, listening to wonderful music from our Happy Hour entertainers, and making friends in the community. We will even try to squeeze some exercise in there, but we'll make it fun! Please join us for all of our fun-filled activities this month!

### THIS MONTH'S *silver star*

#### JEAN ANDERSON

Jean was born in Detroit, Mich., on February 19, 1925. When Jean was two years old, her family moved to Columbus, Ohio where she grew up. She went to high school there. She really enjoyed getting to know the students and playing baseball and kickball with her friends. She was asked to join a sorority because of her good grades, but at the same time, her father was transferred, so she joined a sorority when she moved. Jean and her friends planned to go to Ohio State and join a sorority there, but then the war broke out. Jean stayed at home and took classes but was then offered a job at a bank working with paychecks, so she took the job and loved it. She met her husband through her neighbor, whose nephew would come visit for the holidays. Everyone wanted Jean and Henry to meet, so when he was in town, they got to know each other on a walk to the store, which turned into getting a Coke and talking until the restaurant closed. Jean knew she was going to marry him. Jean and Henry had three boys, Peter, Harold and David. Unfortunately, when the boys were in junior high, Henry passed away. Jean and her three boys worked hard to support their family. Jean started working at an automobile dealership later on and met her second husband there. She moved to Colorado Springs to be close to her son, Peter, who visits often. Jean has three grandchildren and two great-grandchildren. She told us she really enjoys living at Liberty Heights and appreciates all of the people who work here who make her feel at home. You can usually find Jean answering all of the trivia questions, playing cards, bowling on the Wii or singing along to the music at Happy Hour!



### 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



skilled nursing

BE INSPIRED

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

LOCATIONS

- BUS TRIP — BT
- CHANNEL 17 — Ch.17
- COMMON AREA — CA
- COMMUNITY ROOM — CR
- GAZEBO: OUTDOORS — G
- LOBBY — LBY
- MAIN DINING ROOM — MDR
- NEIGHBORHOODS — NH
- PATIO — PA
- PRIVATE DINING ROOM — PDR

OFFICE HOURS

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

BIRTHDAYS THIS MONTH

PEGGY HOUSER — 11th

SENIOR LIFESTYLE VALUES & MISSION

*Hospitality, Excellence, Appreciation, Respect, & Teamwork*

*“To become the trusted leader in senior living services by creating great places to work and great places to live.”*

<p>“The beginning is the most important part of any work.” —Plato</p>		<p>NEW YEAR'S DAY 1</p> <p>9:45 ● New Year's Day Trivia   CA</p> <p>10:15 ● Game Time: Bunco   CR</p> <p>12:00 ● New Year's Day Hangman   CR</p> <p>2:30 ● Resident-Led Game: Kings in the Corner   CR</p> <p>4:00 ● Resident-Led Game: Wii Bowling   CR</p>	<p>9:45 ● Name It   CA 2</p> <p>10:15 ● Gator Toss   CA</p> <p>10:45 ● Game Time: Farkle Party   CR</p> <p>3:00 ● Craft Corner   CR</p> <p>4:15 ● Hand &amp; Nail Scrubs   CR</p> <p>6:30 ● Movie &amp; Popcorn   CR</p>	<p>9:45 ● Call Out the Answer   CA 3</p> <p>10:10 ● Noodle Ball   CA</p> <p>10:30 ● Pet Visit with Kaib   NH</p> <p>11:30 ● Program Meeting   CR</p> <p>3:00 ● Ice Cream Delights   CR</p> <p>4:00 ● Game Time: Residents' Choice   CR</p>	<p>9:15 ● Joyride: TBD   BT 4</p> <p>11:30 ● Catholic Communion   NH</p> <p>11:30 ● Resident-Led Game: Kings in the Corner   CR</p> <p>2:30 ● Resident-Led Wii Bowling   CR</p> <p>4:00 ● Happy Birthday HH with Jeff Von Klock   MDR</p> <p>6:30 ● Resident-Led/Choice Game   CR</p>	<p>9:45 ● Balance Builders   CA 5</p> <p>10:30 ● Bingo   CR</p> <p>12:00 ● Finish That Line   CA</p> <p>2:30 ● Resident-Led/Choice Game   CR</p> <p>4:00 ● Resident-Led Card Game   CR</p> <p>7:00 ● Saturday Night at the Movies   Ch.17</p>
<p>10:30 ● Bible Study with Paula   CR 6</p> <p>2:30 ● Sunday Matinee   Ch.17</p> <p>3:15 ● Resident-Led Game: Sorry   CR</p> <p>4:15 ● Resident-Led Wii Time!   CR</p> <p>6:30 ● Sunday Night at the Movies   CR</p>	<p>9:45 ● Talk &amp; Toss   CA 7</p> <p>10:15 ● Sensations   CR</p> <p>10:45 ● Dining Committee Meeting   CR</p> <p>3:00 ● Bingo   CR</p> <p>4:15 ● Cookies &amp; Conversation   CR</p> <p>6:30 ● Resident-Led Game: Kings in the Corner   CR</p>	<p>9:45 ● Mad Libs   CA 8</p> <p>10:15 ● Movin' &amp; Groovin'   CA</p> <p>10:45 ● Game Time: Bunco   CR</p> <p>11:00 ● Pet Visit with Lily   NH</p> <p>3:00 ● Baking Bunch   CR</p> <p>4:15 ● Game Time: Mexican Train   CR</p>	<p>9:45 ● Name 5   CA 9</p> <p>10:30 ● Dine Out: Cheddar's   BT</p> <p>10:45 ● Resident-Led Game: Kings in Corner   CR</p> <p>3:00 ● Craft Corner   CR</p> <p>4:15 ● Fancy Nails   CR</p> <p>6:30 ● Movie &amp; Popcorn   CR</p>	<p>9:45 ● Call Out the Answer   CA 10</p> <p>10:10 ● Noodle Ball   CA</p> <p>10:30 ● Pet Visit with Kaib   NH</p> <p>3:00 ● Ice Cream Delights   CR</p> <p>4:00 ● Game Time: Residents' Choice   CR</p>	<p>9:45 ● Flex &amp; Stretch   CA 11</p> <p>10:30 ● Game Time: Kings in the Corner   CR</p> <p>3:00 ● Painting with MaKayla   CR</p> <p>4:00 ● Happy Hour with Bobby Jackson   MDR</p> <p>6:30 ● Resident-Led/Choice Game   CR</p>	<p>9:45 ● Balance Builders   CA 12</p> <p>10:10 ● Catholic Communion   NH</p> <p>10:30 ● Bingo   CR</p> <p>12:00 ● Trivia Time!   CA</p> <p>2:30 ● Resident-Led/Choice Game   CR</p> <p>4:00 ● Resident-Led Card Game   CR</p>
<p>10:30 ● Bible Study with Paula   CR 13</p> <p>2:30 ● Sunday Matinee   Ch.17</p> <p>2:30 ● Resident-Led Game: Crazy Eights   CR</p> <p>4:15 ● Resident-Led Wii Time!   CR</p> <p>6:30 ● Sunday Night at the Movies   CR</p>	<p>9:45 ● Talk &amp; Toss   CA 14</p> <p>10:35 ● Trivia: Pikes Peak Library   CR</p> <p>11:15 ● Resident Council Meeting   CR</p> <p>3:00 ● Bingo   CR</p> <p>4:15 ● Cookies &amp; Conversation   CR</p> <p>6:30 ● Resident-Led Game: Kings in the Corner   CR</p>	<p>9:45 ● Finish That Line   CA 15</p> <p>10:00 ● Swat That Fly   CA</p> <p>10:30 ● Game Time: Bunco   CR</p> <p>11:00 ● Pet Visit with Lily   NH</p> <p>12:00 ● Men's Lunch   CR</p> <p>3:00 ● New Year's Tea Party   CR</p> <p>4:15 ● Clean Team   CR</p>	<p>9:45 ● Name It   CA 16</p> <p>10:15 ● Gator Toss   CA</p> <p>10:45 ● Game Time: Farkle Party   CR</p> <p>3:00 ● Craft Corner   CR</p> <p>4:15 ● Hand &amp; Nail Scrubs   CR</p> <p>6:30 ● Movie &amp; Popcorn!   CR</p>	<p>9:45 ● Call Out the Answer   CA 17</p> <p>10:00 ● Pet Visit with Kaib   NH</p> <p>10:45 ● Hymns with Gordon   MDR</p> <p>3:00 ● Ice Cream Delights   CR</p> <p>4:00 ● Game Time: Residents' Choice   CR</p>	<p>9:15 ● Outing: Barnes &amp; Noble   BT 18</p> <p>10:30 ● Resident-Led Game: Kings in Corner   CR</p> <p>11:30 ● Catholic Communion   NH</p> <p>2:30 ● Resident-Led Wii Bowling   CR</p> <p>4:00 ● Happy Hour with Diane Thomas   MDR</p> <p>6:30 ● Resident-Led/Choice Game   CR</p>	<p>9:45 ● Balance Builders   CA 19</p> <p>10:30 ● Bingo   CR</p> <p>12:00 ● Finish That Line   CA</p> <p>2:30 ● Resident-Led/Choice Game   CR</p> <p>4:00 ● Resident-Led Card Game   CR</p> <p>7:00 ● Saturday Night at the Movies   Ch.17</p>
<p>10:10 ● Church Service   MDR 20</p> <p>2:30 ● Sunday Matinee   Ch.17</p> <p>3:00 ● The Oasis Christian Music Band   CA</p> <p>4:15 ● Resident-Led Wii Time!   CR</p> <p>6:30 ● Sunday Night at the Movies   CR</p>	<p>MARTIN LUTHER KING JR. DAY 21</p> <p>9:45 ● Remembering Martin Luther King Jr.   CA</p> <p>10:15 ● Sensations   CR</p> <p>10:45 ● Game Time: Phase 10   CR</p> <p>3:00 ● Bingo   CR</p> <p>4:15 ● Cookies &amp; Conversation   CR</p> <p>6:30 ● Resident-Led Game: Kings in the Corner   CR</p>	<p>9:45 ● Finish That Line   CA 22</p> <p>10:00 ● Movin' and Groovin'   CA</p> <p>10:30 ● Game Time: Bunco   CR</p> <p>11:00 ● Pet Visit with Lily   NH</p> <p>3:00 ● Baking Bunch   CR</p> <p>4:15 ● Game Time: Mexican Train   CR</p> <p>4:15 ● Resident-Led Game/Choice   CR</p>	<p>9:45 ● Name 5   CA 23</p> <p>10:15 ● Ring Toss   CA</p> <p>11:00 ● Resident-Led Game: Kings in Corner   CR</p> <p>12:30 ● Dine In: Chick-fil-A   CR</p> <p>3:00 ● Craft Corner   CR</p> <p>4:15 ● Fancy Nails   CR</p> <p>6:30 ● Movie &amp; Popcorn   CR</p>	<p>9:45 ● Call Out the Answer   CA 24</p> <p>10:00 ● Pet Visit with Kaib   NH</p> <p>10:45 ● Hymns with Gordon   MDR</p> <p>3:00 ● Ice Cream Delights   CR</p> <p>4:00 ● Game Time: Residents' Choice   CR</p>	<p>9:45 ● Flex &amp; Stretch   CA 25</p> <p>10:30 ● Kings in the Corner   CR</p> <p>11:30 ● Catholic Communion   NH</p> <p>2:30 ● Resident-Led Wii Bowling   CR</p> <p>4:00 ● Happy Hour with Gus Meza   MDR</p> <p>6:30 ● Resident-Led/Choice Game   CR</p>	<p>9:45 ● Balance Builders   CA 26</p> <p>10:30 ● Bingo   CR</p> <p>12:00 ● Trivia Time!   CA</p> <p>2:30 ● Resident-Led/Choice Game   CR</p> <p>4:00 ● Resident-Led Card Game   CR</p>
<p>10:30 ● Bible Study with Paula   CR 27</p> <p>2:30 ● Sunday Matinee   Ch.17</p> <p>2:30 ● Resident-Led Game: Crazy Eights   CR</p> <p>4:15 ● Resident-Led Wii Time!   CR</p> <p>6:30 ● Sunday Night at the Movies   CR</p>	<p>9:45 ● Talk &amp; Toss   CA 28</p> <p>10:35 ● Trivia: Pikes Peak Library   CR</p> <p>11:15 ● Farkle Party!   CR</p> <p>3:00 ● Bingo   CR</p> <p>4:15 ● Cookies &amp; Conversation   CR</p> <p>6:30 ● Resident-Led Game: Kings in the Corner   CR</p>	<p>9:45 ● Finish That Line   CA 29</p> <p>10:00 ● Swat That Fly   CA</p> <p>10:30 ● Game Time: Bunco   CR</p> <p>11:00 ● Pet Visit with Lily   NH</p> <p>12:15 ● Outing: Icon Theater   BT</p> <p>3:00 ● Resident-Led: Wii Time!   CR</p> <p>4:15 ● Resident-Led Game: Kings in Corner   CR</p>	<p>9:45 ● Name It   CA 30</p> <p>10:00 ● Gator Toss   CA</p> <p>10:45 ● Game Time: Farkle Party   CR</p> <p>3:00 ● Craft Corner   CR</p> <p>4:15 ● Hand and Nail Scrub   CR</p>	<p>9:45 ● Call Out the Answer   CA 31</p> <p>10:00 ● Noodle Ball   CA</p> <p>10:30 ● Pet Visit with Kaib   NH</p> <p>3:00 ● Ice Cream Delights   CR</p> <p>4:00 ● Game Time: Residents' Choice   CR</p>		



## EVENT RECAP

# december recap

December was a month full of holiday cheer! We had performances by dancers, carolers, piano students and families all throughout the month! The residents helped decorate the facility for Christmas by making ornaments and giving us advice on how to decorate. All the residents must have landed on the “Nice List,” because Santa stopped by our Christmas Party to bring everyone gifts! We got to go on a bus ride to see the beautiful lights at the Broadmoor, and we were blown away by the detail and work that was put into every display. We played Christmas Bingo and won lots of candy and prizes (as always)! To wrap up the month, we had a New Year’s Eve Toast on Jan. 31 to reflect on 2018 and look forward to 2019. Here’s to the New Year!



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

### HAPPY NEW YEAR

“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!

## 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!

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*