

IN THE KNOW

Official Newsletter of Marycrest Assisted Living

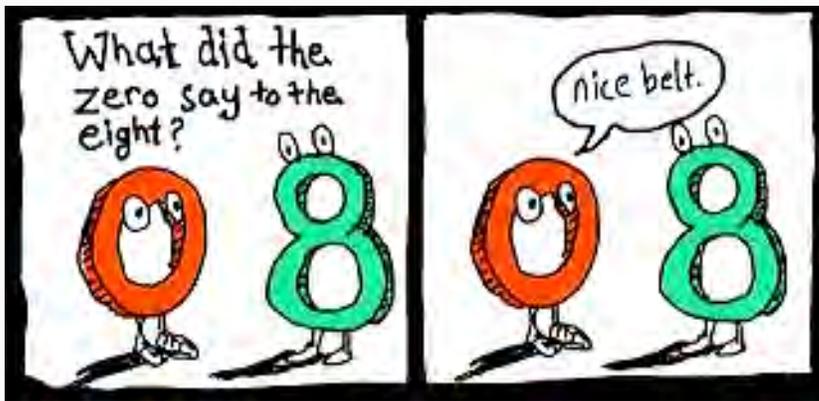
Core Values in Action: Humor

Health Benefits of Humor and Laughter By Kate Silver

There's nothing like a big belly laugh to make you feel good. While laughter may or may not be the best medicine, it is thought to have health benefits.

According to the Mayo Clinic, laughter may enhance your intake of oxygen-rich air, which can help stimulate your organs and increase endorphins. It also may help stimulate circulation and aid muscle relaxation, which may help reduce some of the physical symptoms of stress.

This month, make it a priority to laugh more.



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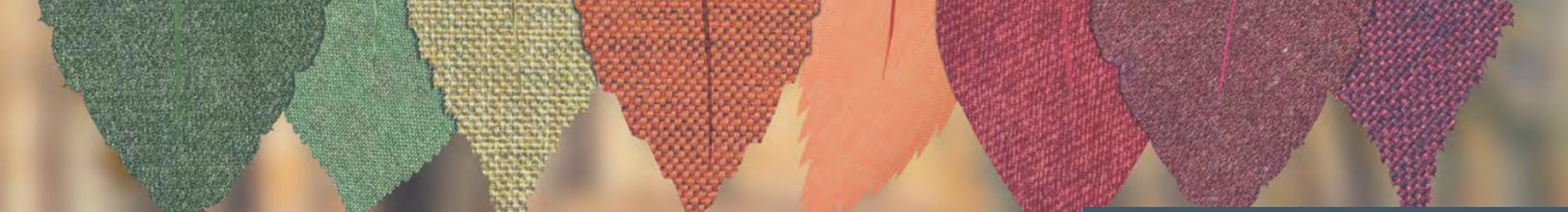
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A Note from the Administrator

Hello everyone,

It will be November when you receive this newsletter and we are beginning a busy holiday season not only here at Marycrest Assisted Living but each of us in our own lives. Many of us find the holidays as a time of reflection. I think that is true for me and that sometimes in business we get bogged down in managing so many things that we forget our purpose.

For us here it really is about our mission statement; Marycrest Assisted Living is a legacy of the Sisters of St. Francis. We provide compassionate and comfortable services in a dignified and comfortable environment for persons with disabilities and for seniors. By serving those most in need we honor and maintain the mission of our founders.

We also focus on doing our work while keeping with our core values. Those core values are respect, integrity, hospitality, stewardship and humor.

Thank you to all our residents and families for allowing us to serve.

Enjoy the season.

Pam Wright



Resident Reminisce

WE ASKED, "WHAT'S YOUR FONDEST HOLIDAY MEMORY"?

When I was 3 years old, my mom asked for the Salvation Army for help during Christmas. My mom and dad were poor and could not afford to do Christmas for my brother, sister and I. I remember getting a doll with a highchair and a tea set. Not sure what my brother and sister got, but I do remember the tree.

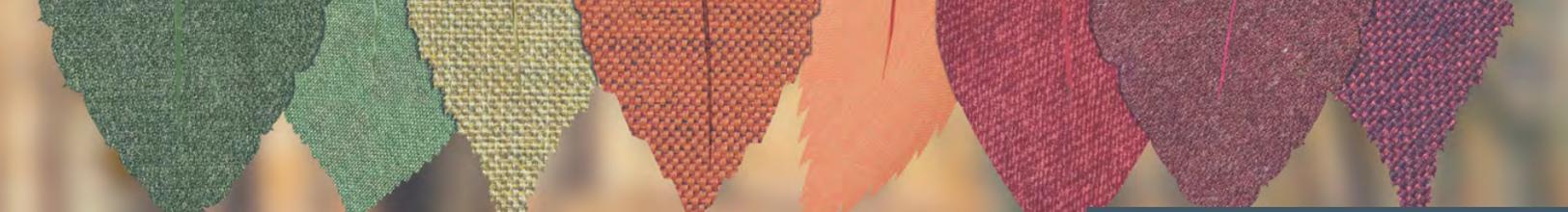
The Salvation Army made Christmas happen, and it made me feel happy seeing my mom happy.

-Donna M., Serenity

"Everyone must take time to sit and watch the leaves turn"

-ELIZABETH LAWRENCE





Clinical Note: "Holiday Blues"

BY: MARIANN FRICKEY

Pumpkins are appearing on doorsteps, the first snow has already arrived, stores are beginning to fill shelves with seasonal items. There are opportunities for fun around every corner. It is also the time for the appearance of the Holiday Blues. No one is exempt from these unwelcome visitors: Little Susie does not get the newest Barbie, Nate notices that this year Santa is his favorite uncle from California, budgets cannot accommodate the cost of special meals, parties and presents for everyone. Perhaps there is one less stocking to hang because a loved one is no longer with us, and the list goes on. Here are some suggestions when The Blues arrive.

5 Tips to kicking the Holiday Blues to the Curb.

1. Volunteer-small acts of kindness have a big impact. The winter holiday season is filled with opportunities to participate in activities meant to help others.
2. Treat Yourself- buy a small plant, that fun tea cup or interesting magazine. It doesn't have to be expensive to feel good.
3. Give yourself a treat and go to the library. It is packed with fun movies, books and magazines, all for free.
4. Laugh, Laugh, Laugh!- finding the humor in a situation is one of the quickest ways to diffuse the tension. Memorize one good joke.
5. Watch a funny movie and wear those crazy socks!

Create new memories, appreciate the past and take time to grieve what is lost. Life is always changing; even mountains disappear with time. Take a moment to acknowledge the Holiday Blues when they arrive. Then, chase The Blues away by giving ourselves the opportunity to find joy in new experiences. Happy Holidays!

Updates: PalCare

BY DAVE SCHUTT

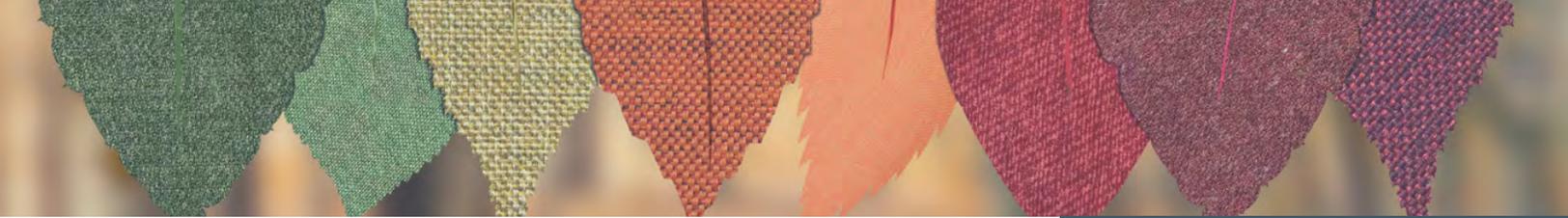
We are excited to announce that on September 30th, we transitioned to an upgraded resident alert system – PalatiumCare (PalCare) Nurse Call System. This industry-leading wireless system provides residents and staff with a more reliable alert system. The system also has a battery backup in the case of a power outage. The PalCare system notifies the leadership team when a battery is running low on a device, ensuring that a resident will never be without coverage.

All residents who use pendants were issued new ones. These new pendants give residents a physical and visual response when activated. The pendant vibrates when initiated and has a blinking red light until it is cleared by a staff member. Additionally, the pendants are waterproof, allowing residents to wear them when they are bathing. While PalCare is not a GPS system to track resident locations it does cover all of the Marycrest campus. The pendant does not work outside of 150 yards from campus. The pendant communicates to the nearest station and gives staff a more effective way to locate a resident if they are not in their room. We ask family members /caregivers /residents that if they leave their pendant at the facility if they are being brought to the Emergency Department or leaving for more than 24 hours.

*"be merry
and take
the time to
enjoy the
season..."*

-HEATHER
STILLNFSEN





Culinary Corner

BY JACKIE BENEFIEL

The holidays are a time to enjoy friends, family and food. And, contrary to popular belief, you can have all three without putting on the extra pounds!

On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

In preparation for a big holiday party or feast, do not skip meals throughout the day as this may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include fiber-rich foods as they are high in volume and will satisfy hunger but are lower in calories.

Holiday meals tend to be large, buffet-style and include second and third helpings. A common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert. There are many strategies to help you avoid overeating. Using a smaller plate, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really are still hungry.

Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members.

Upcoming Events:

OCTOBER

- 10.8 Fall foliage, scenic drive
- 10.14 Denver Museum of Nature & Science
- 10.22 Pumpkin Patch

NOVEMBER

- 11.10 Veterans Day event
- 11.13 Painting with leaves

DECEMBER

- 12.10 Wreath making
- 12.14 Start of 12 days of Christmas
- 12.17 Serenity gift party
- 12.19 Harmony gift party

Save the Date

- 10.31 TRUNK OR TREAT
- 11.28 THANKSGIVING DINNER
- 12.11 SERENITY HOLIDAY PARTY
- 12.18 HARMONY HOLIDAY DINNER
- 12.25 CHRISTMAS DINNER

Leadership Team

- Pam Wright - Executive Director
- Mariann Frickey- Wellness Director
- Gerard Colon- Plant Operations Director
- Jackie Benefiel- Culinary Director
- Desiree Diaz- Marketing Director
- Denice Crandall- Business Office Director
- Mary Zumbach- Human Resources Director
- Michelle Vigil- Programming Director
- Dave Schutt- Assistant Executive Director