

THE QUARTERLY RAPPORT

Community Newsletter for Marycrest Assisted Living



100% Deficiency Free

*Discussing our Colorado State Survey
Results*

As a licensed Assisted Living in the state of Colorado, we are held accountable to Rules and Regulations set by the Colorado Department of Public Health and Environment (CDPHE). These stringent regulations address a wide variety of matters, including but not limited to, standards of care, dietary, activities, maintenance of grounds, staffing numbers and training, and administrator requirements. The state board of health promulgates these rules each year to determine if the community is deficient in any way in each of the categories, which is called a state survey. In April, Marycrest was surveyed and the State found zero deficiencies!

"We are what we repeatedly do. Excellence then, is not a single act, but a habit." - Albert Einstein

3rd of July BBQ!

Music, Food, and Family!

Come one, come all. Join us for a community gathering on Tuesday, July 3, 2019 featuring a musical performance by *The Front Porch Sisters*, a musical duo that enjoys playing live music ranging from old timey to 50s and 60s rock n' roll. The culinary staff will be preparing food BBQ style, with hamburgers, hotdogs, and a variety of sides with a cold dessert. The BBQ will be during lunch hours, 11:00am-1:00pm in the front circle of each building. *The Front Porch Sisters* will start off the party performing from 11:00-12:00. We hope to see you all there celebrating a fun family holiday! Please RSVP by July 1st.

Article Highlights in This Issue

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A Note from the Administrator

from: Pam Wright

Hello All,

I want to provide you with a few updates and some news. As I sure you're aware we have a lot of moving parts on a daily basis, some we are in control of and some we are not. One of the things we are not in control of would be the construction going on adjacent to us on the south of Serenity and on the east of Harmony. Just to the south townhomes are still under construction and on the east there are apartment homes going up. Middle of June, the trees that were at the bottom of the former Sisters' property in front of Harmony were taken down and at this time I'm not sure what the landscape plans are for that area but I will try to get that information and pass it along. I do know the area directly in front of Primrose Lane that was previously a large pile of dirt as you drive south is also designated to townhomes.

One final item on building issues is related to the hail storm from May 2017. There's a 10-ton heating and cooling unit at Serenity that we originally felt needed replacement but the insurance company felt it was repairable. It was repaired and failed so just this month the insurance company approved a complete new unit. We expect that to be installed next month. In the meantime, we still will use the portable cooling units for the Serenity dining room.

Something we do have control over is the replacement of the resident emergency call system. It will be very similar to what we have now with both the pull stations in the room area and one in the bathroom plus the pendants. It is a wireless system, and installation will begin sometime in July. The entire replacement will take 4-6 weeks. We will provide updates as we get closer to work actually starting.

Finally, I hope everyone is aware of our new Clinical Director, Kelsey Johnson, RN, BSN. Kelsey joined our team April 16th so she now has a few months experience here at Marycrest. Wellness Coordinator, Tia Abeyta, LPN is still here as well but with the number of residents we serve we have always felt the need for an additional nurse. So who should you contact and go to for issues that come up? Anything that is about medication or in regards to the rounding physician's services seeing the resident is for Tia; anything that is a concern related to care or staff is for Kelsey. If you're not really sure please call Kelsey, introduce yourself and she can assist you or find out the answer and get back with you. If you haven't had the opportunity to met Kelsey I encourage you to stop by her office in Serenity or better yet make sure to come to the BBQ on July 3rd and meet her then.

Enjoy your summer, Pam



Denver Botanical Gardens Bus Trip in June 2018

Resident Reminisce

We asked, "What's your favorite summer memory?"

Our Harmony resident, Nicole, answered, "Spending time with family and going to a family cabin." Keith Hartman, another Harmony resident said, "As a kid, I really liked summer having no school and attending day camp playing sports." Carolyn Romero, Serenity, said "Traveling to California with her parents when she was about fifteen years old. We went to Disneyland, Universal Studios, and got to see the ocean!"

Two residents of Serenity, Paul Weimer and George Gonzales exclaimed, "4th of July and seeing the fireworks!" Bill Thornberg, a resident for twenty years reminisced, "Playing baseball and hitting home runs."

Core Values in Action

Hospitality

At Marycrest, we like to create a welcoming atmosphere by greeting visitors and residents with a warm smile and a "hello, how are you?" when we see them around the community. What being hospitable means to us is valuing the uniqueness of each and every person individually. Creating a home-like environment does not stop at the initial greeting, but carries on by listening and responding sensitively to all. Promoting teamwork while welcoming new ideas and being open to change creates a warm and accepting environment.

Our Serenity resident, Donna McPherson reflected on her hospitable ways stating she acknowledges new people by asking if they are a new resident, introducing herself and ask if they are aware of the activities schedule and encourages them to attend. If the new resident attends any activity, Donna will acknowledge them joining. When she sees them around the community, in the dining room or outside, Donna makes sure to smile and greet them. If someone is sitting alone in the dining room, she goes and sits with them so they start to feel comfortable. Donna said she is so welcoming because it was the friendliness of the staff, other residents, and activities that helped her transition and help her become comfortable so quickly. Donna believes she acclimated a lot quicker than she thought she would because of the hospitality shown by everyone at Marycrest.

"The best way to find yourself is to lose yourself in the service of others"
- Ghandi



Our respite suite - call for availability

Culinary Corner

By: Jackie Benefiel - Culinary Director

Summer has arrived bringing fresh fruit and vegetables of the season to enjoy! Seasonal new items are being added to the menu each week, so keep an eye out! June's food committee meetings in both Harmony and Serenity, residents voted on the summer *Always Available Menu*, so make sure to check out the new featured items. We will be celebrating Independence Day on July 3rd with an outdoor BBQ and everyone is invited, there will be tons of good food and games for all to enjoy!

"People who love to eat are the best kind of people" -Julia Child

Clinical Note: Sun Safety

By: Kelsey Johnson - Clinical Director



The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Sunscreen wears off, make sure to put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off. You should also wear protective clothing; sunglasses; and hats that shade the face, ears, and back of the neck. When spending time outside, taking breaks under shade and bringing plenty of water to replenish fluid loss are an excellent way to prevent dehydration and fatigue.

Skin cancer is the most common cancer in the United States. Some people are at higher risk of skin cancer than others, but anyone can get it. The most common cause of skin cancer is overexposure to ultraviolet (UV) light, either from the sun or from artificial sources like tanning beds. A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Not all skin cancers look the same. Report any unusual moles or changes in your skin to your doctor. Also talk to your doctor if you are at increased risk of skin cancer.

Upcoming Events:

July

- July 3rd - Community BBQ
- July 10th - Celestial Seasonings Tour
- July 15th - Rockies Game
- July 23rd - Picnic Bus Trip
- July 31st - Professional Solutions to Downsizing

August

- August 6th - Ice Cream Social with Regis

"People will forget what you said, forget what you did, but people will never forget how you made them feel"

- Maya Angelou

Save the Date:

- September 18th - Family Spaghetti Dinner
- December 11th - Serenity Holiday Party
- December 18th - Harmony Holiday Dinner



2850 Columbine Road
Denver, CO 80221



The Leadership Team

- Pam Wright—Executive Director
- Kelsey Johnson—Clinical Director
- Gerard Colon—Plant Operations Director
- Jackie Benefiel— Culinary Director
- Marlene Malott—Marketing Director
- Denice Crandall—Business Office Director
- Mary Zumbach—Human Resource Director
- Michelle Vigil—Programming Director