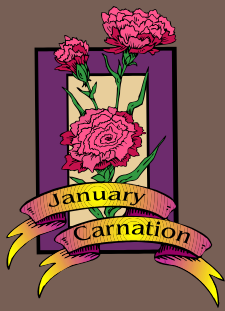


Volume 6, Issue 11
January, 2012



MORNINGSTAR SENIOR LIVING OF APPLEWOOD

The MorningStar Word

A Word from the Executive Director...

Dear residents, family members and friends,

Welcome 2012! Best wishes to all for health and happiness in the New Year. Last year was an exciting one for MorningStar of Applewood, and 2012 holds even more promise. We are proud to have welcomed such an astounding number of new residents to our community in 2011 and we're excited about all the new friends we will welcome in the year to come.

We are focusing on Living Well for the month of January so watch for all the opportunities we have planned and get started! As we look forward to the New Year, we continue to strive to provide excellent services and programs for our residents, and hope 2012 will be our best year yet!

Sincerely,

Felicity Moore, Executive Director

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January Highlights Theme of the Month: Live Well!

- Bowl Me Over Day: Football, Popcorn, Pop and Beer in the Theater! Jan. 2
- Resident Council 3p Jan. 2
- Live Well Series every Tuesday, except Jan. 24
- 1-2 FREE Chair Massages with Paul every Wednesday
- Mud Hut Ceramics Jan. 7 & 21
- “Blues and Blahs” Happy Hour Jan. 13
- Preethi Burkholder—”Ghost Towns of the Rockies”
- Food Council Jan. 18
- Good Will Drop-Off Jan. 20
- St. Cecilia Sing-A-Long/Music with Rod Taylor Jan. 21
- Chinese New Year Party Jan. 23
- Memorial Service in the Library Jan. 24
- Jan’s Happy Tappers Birthday Party/Ice Cream Social Jan. 28

BE SURE TO SIGN UP FOR...

- **Alley Art and Lunch at 730 South Jan. 4**
- **Cheese Importers Tour and Lunch Jan. 11**
- **Men’s Lunch-Activities Room Jan. 12**
- **Westernaires—Nat’l Western Stock Show Jan. 16**
- **IMAX Film—”Born to be Wild” Jan. 18**
- **Wheatridge Recreation Center Tour Jan. 25**
- **Ladies Lunch Jan. 30**

January Birthdays

Residents:	Staff:
Elizabeth L.—7	O’Connor, Kay—1
Lucille R.—8	O’Connor, Cara—4
Genia R.—16	Obernyer, Tanya—6
Marilyn M.—25	Damey, Tracie—11
Wenona C.—28	Archer, Elaine—30
	Kukuk, Kim—31



Our monthly birthday party will be held the last Saturday of each month at 3:00 in the Bistro. Join us for cake and ice cream on January 28 to celebrate our May birthdays!

Special Entertainment: Jan’s Happy Tappers

“All labor that uplifts humanity has dignity and importance, and should be taken with painstaking excellence.” -Martin Luther King, Jr.

Martin Luther King, Jr. Day
January 16

Confucius, known to the Chinese as Master Kong, was a revered teacher, philosopher, and scholar. He believed there were five principles one should practice with all people:

Courtesy - If you are courteous, you will not be disrespected.

Generosity - If you are generous, you will gain everything.

Honesty - If you are honest, people will rely on you.

Persistence - If you are persistent, you will get results.

Kindness - If you are kind, you can employ people.



January 23 is the beginning of the Chinese New Year...2012 is the Year of the Dragon!!!

Friday Flicks...



January 6—"The King's Speech" Rated R, 118 minutes. Based on the true story of King George VI of Britain, his impromptu ascension to the throne, and the speech therapist who helped the unsure monarch become worthy of it.

January 13—"The Last of the Mohicans" Rated G, 74 minutes. Cora and her younger sister Alice are on their way to Fort William Henry, escorted by the treacherous Magua. They are unaware that the fort, under the command of their father, is besieged by Indians who are in league with the French.

January 20—"The Help" Rated PG-13, 140 minutes. At the dawn of the Civil Rights movement, four women who are seemingly so different nonetheless come together for a clandestine project that will put them all at risk.

January 27—"Daddy Day Care" Rated PG, 92 minutes. A hilarious comedy about kids ruling the roost! When ad execs Charlie and Phil lose their jobs trying to sell a veggie-flavored breakfast cereal, their wives head off to work, and the men dive into a new adventure of babysitting!

January Book Club

Our January book is, "Have a Little Faith" by Mitch Albom. This is a true story that is both inspirational and thought-provoking.

Join us on Wednesdays in the Library at 1:30!

Employee of the Month

Barb Rodriguez

Words that come to mind when we think of Barb.... Sweet, Helpful, and Treasured. Barb gives so much of herself, often of her own volition and we so appreciate her. You can tell that she loves the residents and genuinely cares about all of us. Her efforts are timeless and sometimes thankless, yet she is always here to help out.

Some of her titles are: Event Coordinator, Church Group Leader, Front Desk Person, Point Person, Office Assistant, and consummate Cheerleader, whew what doesn't she do???

Thank you Barb for all that you do! We value your helping spirit, positive energy and warm smile.

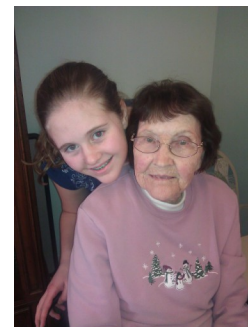
We Appreciate You!!!

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Featured Resident Of the Month...

Irene Mason

By Ashley Mason



Born: July 27, 1918 in Elmo, Kansas

Where did you grow up? In Elmo on a farm.

How many siblings did you have? Eight sisters

Favorite food: Roast beef and mashed potatoes

How many grandchildren do you have? 18

How old are you? 93

What is your favorite movie? The Wizard of Oz

What is your favorite holiday? Christmas

What is your favorite game? Crossword puzzles

What do you love most about MorningStar? "I love meeting everyone, and seeing everyone's smiling faces every day."

What are your favorite activities at MorningStar? "Fitness,

Kick-Off Ambassador Club Meeting

What is the Ambassador Club? A team of caring people who greet new residents, build a sense of community, and take part in making MorningStar THE PLACE TO BE!!!

Wednesday, January 4 at 3:00 in the Activities Room

Hope to see you there!!!

IN MEMORIAM

Josephine Johnson

William Campbell

Joan Sims

Francine Larson

Jim Stockham

Margaret Steusloff

Tom Scena

Please join us on Tuesday, January 24
at 10:00 to remember our Dear Friends at our
Memorial Service

THE MORNINGSTAR WORD



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 Lakewood, CO 80215
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 Facsimile Number 303-233-5151



Founding Principles

- Honor God in Business Practices & Relationships
 - Value All Seniors as Gifted & Contributing Individuals
- Invest Generously in Our Employees' Ability to Serve Well

**MorningStar of Applewood
 Leadership Team**

<i>Executive Director</i> Felicity Moore	<i>Reflections North Coordinator</i> John Bachofer
<i>Business Office Manager</i> Cheryle Wise	<i>Marketing Director</i> Ann O'Neil
<i>Wellness Director</i> Rachel Davenport	<i>Executive Chef</i> Mike DeGiovanni
<i>Assisted Living Coordinator</i> Rebecca Norris	<i>Maintenance & Housekeeping Director</i> Ted Haaf
<i>Reflections South Coordinator</i> Suzanne Bradley	<i>Life Enrichment Director</i> Nikki Crouse

Additional Services & Contact Information

Beautician
 Kieu "Q" Nguyen (303) 396-8286

Healthy Nails
 Celia Ottoson (303) 989-9722

Massage Therapist
 Paul Liu (303) 882-752

- Any agreements or services between residents or family members and the service provider are not affiliated with MorningStar.
- All payments are due at time of service to the service provider.