



In Touch



Parker Senior Living by Morningstar

OCTOBER 2017



At your Service

Steve McConaghie

Executive Director

Kelley Goldberger

Business Office Manager

LouAnn Loos & Gloria Wiebers

Wellness Nurse

Mindy Kashner

Assisted Living Coordinator

Kandace Lofton

Reflections Coordinator

Adrienne Evenson

Sales & Marketing Director

Ethan Biron

Executive Chef

Wayne Lindsey

Maintenance Director

Jamie Agnew

Life Enrichment

Casting a new light

From the Executive Director

Happy October, everyone! When I was young, I used to love Halloween. I could dress like a superhero, bang on neighbors' doors, and they would give me candy! If I tried that as an adult, I'd probably get arrested :)

We are already seeing the effects of the fall weather. The temperature is dropping, the leaves are changing, and the days are getting shorter. I'm grateful we get to live in a state that is so

beautiful, and that we get to experience all four weather seasons. I am partial to summer, but I am grateful for all seasons. Changes are not always enjoyable, but they are a fact of life. If I chose to be grumpy because fall was starting, fall would come anyway. Let's embrace our changes with positive attitudes, and we will all be better for it. Thank you for allowing me to work in your home.

-Steve McConaghie



In October, we will be nominating a Radiant Team Member who will represent our moto "Service Becomes Us" for the months of November, December and January. If you know a Team Member who goes

above and beyond on a daily basis, we would like to know about it. Your voice helps our Team Members with the nomination; you can tell one of the Leadership Team Members about your wonderful experience with one of our staff or you can fill out a Radiance Form (see Concierge).

Our Mission

- Honor God in our business practices and relationships
- Value all seniors as gifted, contributing individuals
- Invest generously in our employees' ability to serve well

In Our Family



On the left, residents, Judy and Stella, are always willing to lend a helping hand when we are in need.

On the right, resident George and volunteer Grate Dane Henry, bond on a weekly basis.



“Growing old is mandatory but growing up is optional.”

-Unknown

Happy Birthday Team Members!

10/1 Brande	10/13 Laura
10/2 Audrey	10/14 Melissa
10/4 Aislinn	10/17 Ruth
10/5 Tamaria	10/20 Terry
10/6 Emily	10/23 Jane
10/7 Judy	10/28 Gloria
10/10 Diana	10/29 Jervy
10/11 Steve	10/31 Yvonne
10/12 Sandra	

Happy Birthday Residents!

10/2 Clara	10/30 Tony
10/4 Nancy	
10/5 Nora	
10/8 Kenn	
10/19 Marnie	
10/21 Maureen	
10/29 Margaret	



Hear ye! Hear ye!

To celebrate the ghostly holiday in October, we will have a Magician, Rod Wayne, come to our community to amaze our residents. Rod says "Magic has taken me places I've never dreamed and made me feel as though I may be the luckiest guy in the world." You can be sure that Rod will give you a performance that will leave you amazed. Performance will be in our PSLM Community on Tuesday, October 31st at 2:00pm. PALM residents will be joining the festivities via the MorningStar Bus.



Health and Wellness at MorningStar

Pain Management

Pain is something that everyone will experience at one time or another. Often times, it's an indication that something is wrong. It can range from mild and occasional to severe and constant. Pain has both physical and emotional components and can be temporary or become more chronic in nature.

When we experience pain it can lead to many other issues including depression, decreased independence, increased medical bills, and decreased quality of life. There are many causes of pain such as trauma, injury, poor posture, obesity, repetitive stress and disease processes.

The good news is there are many treatment options that can be implemented to address the pain and prevent the pain from worsening. Right here in this community, you have a team of skilled therapists who are available to evalu-

ate and assess any pain you are experiencing. Our goal is to help people do the things they love and need to do, so that they have a high quality of life and can stay as independent as possible. Stop by the Legacy Healthcare Services office or contact us at 303-829-5758 if you would like to discuss further. We can help develop a well-rounded treatment plan tailored specifically to your needs!

-Colleen McDonald, Physical Therapist



“Life Around Our House”



To the left is Freda showing her newly made bracelet. To the right is Mildred at a Cabela's Outing. Below is Monica pampering little Sophie.



October Outings

PALM & PSLM Assisted Living

October 4th at 10:00 am Scenic Drive & Picnic at Garden of the Gods

October 11th at 11:00 am Lunch Outing to Red Robin

October 18th at 9:30 am Casino Outing

October 25th Movie Outing (Movie & time TBD)

PSLM Independent Living

October 6th at 9:45 am Golden Gate Canyon Park & Picnic

October 13th at 1:15 pm Pace Center “South Pacific” tickets previously purchased

October 20th at 1:30 pm Flat Acres Farm Pumpkin Patch

October 27th at 9:30 Parker Country Market