



In Touch



Parker Senior Living by Morningstar

SEPTEMBER 2017



At your Service

Department Heads

Steve McConaghie

Executive Director

Kelley Goldberger

Business Office Manager

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
Coordinator

Casting a new light

From the Executive Director

Happy September, everyone! I am looking forward to our County Fair on 9-2-17. I hope you invite your family and friends to come join the fun.

I'm a big fan of college and professional football. September is an exciting month for me because both seasons will kickoff very soon. I enjoy seeing residents wear their favorite team jerseys, and there seems to be a more festive attitude on game days. Sporting competition can bring out the best in people, and sometimes, it can bring out the worst.

Let's be a community that displays great character and sportsmanship. Let's cheer FOR our team, and not cheer against the competition. Let's be gracious winners, and gracious losers. Let's agree that sporting events are entertainment, and we shouldn't let the results dictate our mood or sensibilities. I believe we will all benefit when we agree to respond in these ways. May God bless our home.

-Steve McConaghie, Executive Director



At Parker Senior Living by MorningStar, so many of our Team Members show Radiance each day. But did you know its not just our Team Members that show Radiance? Residents, families, guests and others who come to our

community show their Radiant Spirit on a constant basis. On Saturday, August 12th, I witnessed a day of Vibrant Radiance with so many people. We had our annual bake sale to raise money for the Alzheimer's Association. All baked goods were donated by so many people. Because of the gracious donations, we raised \$782 . Thank you to everyone who contributed a baked goods and who purchased the baked goods!

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.



“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.”

-Mark Twain

Happy Birthday Team Members

9/1 Lawrence B.

9/3 Jack S.

9/6 Anna A.

9/7 Derek E.

9/9 Jasmine L.

9/9 Lukas D.

9/9 Charles B.

9/21 Nichole H.

9/24 Shadiin B.

9/26 Donald C.

9/30 Irina R.

Happy Birthday Residents!

9/4 Charles C.

9/4 Steve S.

9/6 Herm D.

9/7 Charlton W.

9/8 Mary C.

9/8 Janet K.

9/13 Virginia M.

9/18 Fran F.

9/20 Willa P.

9/24 Stevia W.

9/27 Larry W.



Hear ye! Hear ye!

On Saturday, September 16th, the Alzheimer's Association hosts a Walk to End Alzheimer's at Denver City Park. Parker Senior Living by MorningStar has a walk team established for this walk. If you would like to join our team, please contact Jamie or Christina. We will provide transportation to the walk from our community. If you don't want to be a part of the walk, but would like to make a donation, we have forms conveniently located throughout our community.



Health and Wellness at MorningStar

September is "Fruit & Veggies—More Matters" Month. According to healthfinder.gov, people who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for...

Heart Disease

Type 2 Diabetes

Some types of cancer

Obesity

High Blood Pressure

You don't have to make a drastic diet change to eat more fruits and vegetables, just incorporate them into your meals and snacks more often than you usually would. This time of year, we have so many choices for fresh fruit and vegetables, so don't miss out. Remember, an apple a day keeps the doctor away!



“Life Around Our House”



To the left is resident Ralph and on the right is resident Pat. Ceramics Class is a big hit every month!



September Outings

PALM & PSLM Assisted Living

September 6th at 10:00 am Cabela's Shopping & Lunch to Chili's

September 13th at 11:00 am Village Inn Lunch with Free Pie

September 20th at 1:00 pm Movie Outing (Time and Movie determined 2 days prior)

PSLM Independent Living

September 1st at 9:20 am Castle Rock Outlet Mall

September 15th at 9:30 am Celestial Seasonings Tour & Lunch

September 22nd at 9:15 am Casino Outing to The Isle at Blackhawk

September 27th at 11:00 am Colorado Rockies Game