



In Touch



MorningStar Senior Living of Wheat Ridge

JANUARY 2018

AT YOUR SERVICE

Department Heads

Mindy Whitworth
Interim Executive Director

Cheryle Wise
Business Office Manager

Vin Yin
Wellness Director

Renee McIntyre
Director of Community
Relations

Gina Sandoval
Resident Care Coordinator

Randy Stripling
Executive Chef

Ted Haaf
Maintenance Coordinator

Irina Wardrip
Life Enrichment Coordinator

From the Executive Director

Dear MorningStar of Wheat Ridge Residents and Families,

I write today to share that Eric Adolph has stepped down as Executive Director in pursuit of other opportunities in senior living. We thank him sincerely for the significant influence and impact he had on this lovely community since joining MorningStar.

I've been blessed to serve at MorningStar Senior Living for the past four years, as VP of Sales and presently as VP of Operations for Colorado and New Mexico. This has afforded me a phenomenal opportunity to expand the reputation of MorningStar as a place where love lives and to explore the fullness of what it means to be a professional within the wonderful world of senior living.

With over 25 years of leadership experience in healthcare and senior living, I have certainly endeavored to model servant-leadership, whatever my role.

And now at MorningStar of Wheat Ridge I have that opportunity as your interim Executive Director. Meanwhile, the Home Office is intently seeking a permanent ED. Expect to hear good news from them very soon.

It is a great honor to serve all of you, and to be inspired by the resilience and courage of your generation. May God continue to bless you this holiday season and into the fresh new year.

Warmly,
Mindy Whitworth
Interim Executive Director Regional VP of Operations



Radiance Star of the Month:

Caryl Reeves !

Caryl has been elevating her performance and enhancing her personal approach to delivering great care for residents in our Assisted Living neighborhood over the past several months. Thanks for your strong performance and commitment to our residents and team members Caryl!!!

JANUARY



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

— Service Becomes Us —



Spotlight on
Seniors

MorningStar Senior Living proudly hosts:

The Virtual Dementia Tour

Your Window Into Their World

Wednesday, January 17, 2018

5:30pm-7:00pm

The interactive Virtual Dementia Tour replicates life as it is experienced by a person with Alzheimer's Disease or other forms of memory impairment. This full sensory experience will leave you with a deeply empathetic impression.

Space limited/ RSVP by January 16

720-250-9405



Welcome Home

Welcome to our MorningStar of Wheat Ridge family:

Residents:

Hede H.
Belva W.

Team Members:

Cynthia L.
Ron P.
Marian L.
Sarah W.



Celebrating Life

MorningStar of Wheat Ridge is Celebrating January Birthdays:

Residents:

1/8 Becky W.
1/8 John M.
1/15 Rosa H.
1/24 Weezy R.
1/24 Tom M.

Team Members:

1/1 Irina W.
1/8 Lyssa B.
1/8 Marian L.
1/8 Jessica M.
1/15 Robert H.
1/23 Jessica A.

Hear ye! Hear ye!



Please come and join our in-services provided at
MorningStar of Wheat Ridge.

Monthly Support Group

3rd Wednesday of each month

Private Dining Room

6:30pm

Led by Kristin Dascanio, Licensed Professional Counselor.



Monthly Brain Health Coaching

4th Thursday of each month

2nd floor Theater

10:30am

Led by Lisa Marini, Brain Health Coach



Health & Wellness at MorningStar



Ways to help prevent falls at home:

- Place nonskid bath mat in shower or tub.
- Rooms should be free from clutter.
- Do not walk in stockings, socks, or slippers.
- Rugs need to have skid-proof backs or are tacked to the floor.
- Grab bars on bathroom near toilet, tub, or shower.
- More lighting in room or on stairs.

If you have fallen Please Do Not try to get up on your own, you must wait for a staff member to come and assess to make sure no injuries are found. Press your pendent to alert care staff or push the alarm on the wall.

Life Around Our House

The Nutcracker, Holiday Brunch, Flower Arrangements, Baking Club & Christmas Lights Outing



Come Join Us

Highlights of the month:

- 1/1 @ 9:30am** -Scenic Drive with Pete
- 1/3 @ 1:00pm** -Dancing at Platt senior Center
- 1/5 @ 9:30am** -Shopping at Kohl's
- 1/8 @ 9:30am** -Scenic Drive with Pete
- 1/9 @ 10:30am**- In-Service by Encompass Home Health
- 1/10 @ 11:30am** -Men's Lunch with Pete
- 1/10 @ 3:00pm** -'Embrace Your Face" Facial Treatment
- 1/11 @ 1:30pm**- Cooking Demo & Food Committee with Chef Randy
- 1/15 @ 9:30am**- Scenic Drive with Pete
- 1/16 @ 3:00pm** -Penny Black Jack with Pete
- 1/17 @ 10:00am** -Resident Council Meeting
- 1/17 2 5:30pm** -Virtual Dementia Tour
- 1/18 @ 10:00am** -Super Bowl History with Scott
- 1/19 @ 9:30am**-Shopping at Walmart
- 1/31 @ 3:00pm** -Monthly Birthday Celebration with guitarist Rick C.

