



In Touch



MorningStar Senior Living of Wheat Ridge

SEPTEMBER 2017



At your Service

Department Heads

Eric Adolph

Executive Director

Cheryle Wise

Business Office Manager

Vin Yin

Wellness Director

Renee McIntyre

Dir. Of Community Relations

Lynn Herrera

Executive Chef

Ted Haaf

Maintenance Director

Gina Sandoval

Resident Care Coordinator

Irina Wardrip

Life Enrichment Coordinator

From the Executive Director

Happy September Everyone!

I hope you are all planning to participate in the 2017 Walk to End Alzheimer's event on September 16th!!! We are always excited to be supporting the Alzheimer Association's cause! Please reach out to Irina Wardrip or the front desk to RSVP. As we approach September 16th, I would like to remind you about our last Alzheimer's Association fundraising event for this year. On Saturday, September 9th, we will be hosting A Celebration of Motorcycles! Come check out all the bikes and the wonderful folks that enjoy riding wide open, full throttle. There will be one last silent auction during the event and all proceeds benefit the Alzheimer's Association. Thank you so much for attending the Luau Party! I'm glad you all enjoyed it and we can't wait until next year's! We are also very excited that our new Wellness Director, Vin Yin, and Wellness Nurse, Linda Salazar, are joining our team the first week in September. I know they will be coming around to introduce themselves and are thrilled to be supporting you all!

Thanks,
Eric



Radiance Core Value of this month is:

Kindness

Our MorningStar Star of the month is Shawn Sparks!!! We are so grateful to have Shawn with our kitchen staff! He is always outgoing and constantly looking for ways to improve someone else's day with his Radiant spirit. Thanks for all you do Shawn!!!



Casting a new light

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



"There is one thing Alzheimer's cannot take away, and that is love. Love is not a memory-it's a feeling that resides in your heart and soul."



Step Up, Step Out...with MorningStar

Denver's Annual Walk To End Alzheimer's

Denver City Park, 2001 Colorado Blvd.

Saturday, September 16

Load our bus at **7:30am**

Residents and staff, family and friends are all welcome to join us.
Breakfast burritos and beverages will be provided on the bus.

Food that help fight Alzheimer's Disease

What Should You Eat to Help Prevent Alzheimer's?

Promote brain health and prevent cognitive decline with foods rich in healthy fats, lean proteins, antioxidants and phytonutrients .

Here some foods you should add into your diet that can help improve your mind:

Cruciferous Vegetables

Wild Salmon

Almonds

Beans

Blueberries

Cinnamon, Sage, Tumeric and Cumin

Turning a New Leaf

MorningStar of Wheat Ridge Celebrating September Birthdays:

Residents:

9/5 Lorita T.

9/7 Ray S.

9/14 Nancy M.

9/23 Nell P.

9/21 Del W; "Doc" C; Margaret B.

9/26 Don M & Tom G.

Team Members:

9/16 Dulce V.

9/18 Stacey L.

9/20 Lorraine G.

9/22 Jerry O.

9/23 Desiree C.

Reflections

Littleton Museum, local park, matching cards, A Colorful Mind, rolling yarn, sorting baby socks



WellStar
Shine On

Health and Wellness at MorningStar

Calling All Residents!!!!

We are using a new Podiatrist Group!

Preferred Podiatry Group

If you are in need of having your toe nails trimmed or any foot care, please contact any of our nurses in the Wellness office for a consent form.

The sooner we can get these forms filled out and returned, the sooner we can take care of those foot issues!

*Please note: Most insurances, with the exception of Kaiser, are accepted. Private pay is available.

“Life Around Our House”

Men’s Club, Chair Exercise, Picnic at Evergreen Lake, Luau Party.



Come Join Us

Highlights of the month:

- 9/2 @ 2:30pm-** “Magill’s” World Of Ice Cream Outing
- 9/6 @ 9:30am-** Scenic Drive to Tiny Town & Picnic at Bear Creek Lake
- 9/9 @ 1:00pm** –Motorcycle Show with life entertainer-Greg Green / Silent Auction
- 9/13 @ 11:30am** Lunch at “Village Inn”
- 9/15 @ 9:30am-** Shopping at Kohl’s
- 9/16 @ 7:30am-** Denver Annual Walk To End Alzheimer’s
- 9/20 @ 9:30am-** Celestial Seasoning Tea Factory/ Lunch Outing
- 9/20 @ 6:30pm-**Monthly Support Group
- 9/22 @ 10:00am-** Walking Group at Crown Hill Park
- 9/23 @ 1:00pm** –Musical at LCC “ The Marvelous Wonderettes”
- 9/26 @ 3:00pm-** Cooking Club/Dumplings-Russian style dinner.
- 9/28 @ 10:30am-** Brain Health Coaching “Brain Exercises”
- 9/29 @ 9:30am-**Shopping at Walgreens
- 9/29 @ 3:00pm-** Monthly Birthday Celebration with guitarist and singer Rick C.
- 9/30 @ 10:00am-** 8th Annual Kipling Car Show at Morning Star, Littleton.

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MorningStarSeniorLiving.com