



In Touch



Parker Senior Living by MorningStar

JANUARY 2018

AT YOUR SERVICE

Department Heads

Dewiet Miller

Executive Director

Jameka Turner

Associate Executive Director

Kevin Mayo

Business Office Manager

Ronda Garber

Wellness Director

Mindy Kashner

Assisted Living Coordinator

Adrienne Evenson

Sales & Marketing Director

Ethan Biron

Executive Chef

Wayne Lindsey

Maintenance Director

Jamie Agnew

Life

Enrichment Coordinator

From the Executive Director

It is my pleasure to wish you our residents, families and team members a fantastic 2018. I would also like to use this opportunity to introduce myself personally on your next visit to the community as your new Executive Director. As we embrace the New Year for all the potential and promise it holds, I would like to thank our wonderful team members for their continued goal and promise in delivering service excellence, creating families for life and making the difference in the lives of our residents.

We collectively give God thanks for all our achievements and successes last year and particularly the continued growth of our community. The New Year is a time for setting new aspirations and making new resolutions to achieve them. My team and I

will be resolute in 2018 continuing to build on the great foundation laid with focus on our core values as a community.

Thank you for allowing us to serve you daily in your home, we cherish every moment in pursuit of excellence. The New Year is not about changing the dates but direction; it's not about changing the calendar but commitment; it's not about changing the actions but attitude. May each and every day of yours be renewed with lots of happiness and love.

-Dewiet Miller, Executive Director



In December, Radiance was found in the Parker Community. We were blessed with so many big hearts during the holiday season; from church choirs, home school groups, high school choirs, MOPS group, Cub Scouts, Boy Scouts, Girl Scouts and numerous anonymous Parker Residents. Our residents at Parker Senior Living by MorningStar were

truly blessed with the kind and generous outpouring of love from the community. Christmas carolers were abundant. Home made holiday cards were bright and cheery. Gifts from many Secret Santa's were heart warming! At Parker Senior Living by MorningStar, we strive to be Radiant every day. I think that we can learn so much from the Parker Community. We should give with our hearts! We should also always remember that there are many people in the world today who are not as blessed as we are. Striving to give our residents and team members the best community possible, makes all we do for one another worth doing!



- 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

— Helping Hands —



Volunteer Jordon, Life Enrichment Supervisor Amanda and volunteer Kelsey helped with the “Happy Holiday Celebration” for residents and families. They were pros when it came to the Carmel Apple Station. Care Manager Sheswanda, resident Elinor and Mr. Claus are sharing good cheer throughout the community during the Celebration.



Welcome Home

A big “WELCOME” to new residents who joined our community in November.

Edward J.

Connie G.

Susie M.

Robert M.

Residents Celebrating Life

1/11 Joanne D.

1/12 Pat E.

1/15 Sherry G.

1/19 Polly Y.

1/21 Skeeter S.

1/22 Carroll D.

1/24 Patti G.

1/25 Mary J.

1/27 Margaret C.

1/31 James S.



Hear ye! Hear ye!



Would you like to receive our monthly calendar, monthly newsletter, special invitations to events or dinners? Please see our friendly Concierge to fill out a form to get you on our emailing list.



Health & Wellness at MorningStar



Safety & Outings

A community outing is defined as *any trip or social engagement where the destination is outside of one's home setting, in the community*. Community outings may vary based on: **1.** Modes of transportation: walking, riding a coach bus, driving, riding with a friend/family member, operating motorized or manual wheelchair, wheelchair van transport, or public transportation. **2.** Group sizes: a large group, a small group, a couple of friends/ acquaintances, or solo **3.** Destinations

Studies show that there are health benefits associated with participating in one's community. Benefits for seniors may include: fostering support networks, maintaining physical independence, mental stimulation, preventing social isolation, reducing the risk of depression, and **improving Quality of Life!**

There may also be safety issues involved with traveling outside of one's home. Examples of safety issues include: falls, potential for injury, getting lost, difficulty with community barriers (such as unlevelled surfaces, curbs, steps, ramps, and bathroom accessibility), poor endurance/fatigue, and

difficulties with assistive devices, continence issues, visual deficits, and memory concerns.

Good safety awareness and preparation are essential in assuring that the benefits of community outings outweigh the risks. Therapy can help *bridge the gap* between a resident wanting to participate (but having safety concerns) and confidently participating in community outings. *If you can dream it, we will attempt to help you achieve your goals!* Physical and occupational therapists are specially trained to help residents maximize their independence and achieve their goals.

Therapy Interventions May Include:

1. Safety awareness assessment and interventions
2. Community integration training, in order to practice challenging skills that are required during the desired outing. This can include a therapist accompanying you on an outing to assess performance and make real-time safety recommendations.
3. Adaptive equipment assessments, attainment, and training
4. Balance, strength, and coordination training – for fall prevention
5. Caregiver education and hands-on training for a family member or friend who may be accompanying you on an outing.

Legacy Healthcare Services at 303.829.5758

Life Around Our House

Left, residents Ralph, Joan and Bev having some fun with their newly made Christmas Wreaths.



Right, resident Nora, showing off her Mason Jar Snowman.



Bottom, resident Virginia happy with her Giant Gingerbread Man.



Come Join Us

PALM AL Outings

Wednesday, January 10th at 11:00 am Lunch Outing to Newk's
Wednesday, January 17th at 1:00 pm Movie Outing
Wednesday, January 24th at 11:00 am Lunch Outing to Village Inn
Wednesday, January 31st at 10:00 Hobby Lobby & at 1:00 JC Penny

PALM Reflections Outings

Monday, January 8th at 11:00 am Lunch Outing to Pizza Hut
Monday, January 15th at 10:30 am Scenic Drive
Monday, January 22nd at 11:00 am Lunch Outing to Casa Mariachi
Monday, January 29th at 10:30 am Scenic Drive

PSLM AL Outings

Wednesday, January 10th at 11:00 am Lunch Outing to Newk's
Wednesday, January 17th at 1:00 pm Movie Outing
Wednesday, January 24th at 11:00 am Lunch Outing to Village Inn
Wednesday, January 31st at 10:00 Hobby Lobby & at 1:00 JC Penny

PSLM IL Outings

Friday, January 12th at 9:15 am Wildlife Experience
Friday, January 19th at 9:30 am Park Meadows Shopping & Lunch at Cheesecake Factory
Friday, January 26th at 10:00 am Parker Library

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