



In Touch



Parker Senior Living by Morningstar

NOVEMBER 2017



At your Service

Steve McConaghie

Executive Director

Jameka Turner

Associate Executive Director

Kelley Goldberger

Business Office Manager

Ronda Garber

Wellness Director

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

From the Executive Director

Happy November, everyone! I would guess that most people associate the month of November with two of our major holidays; Veterans Day and Thanksgiving Day. Those two days are a good monthly match, since both are intended to honor and thank. I don't know how other 'days' get chosen. I am still trying to figure out what I am going to do to celebrate "Saxophone Day" on November 6...

I am thankful that I live in a country that celebrates Thanksgiving Day. When people are genuinely thankful, they receive the benefits of contentment and peace. I know two quotes that help me put my Thanksgiving

Day in perspective. H.U. Westermayer said, "The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving". No matter how disappointed I find myself, I can still find reasons to be thankful. Another quote is by John F. Kennedy, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them". Our world is full of trite and pithy sound bites. This quote convicts me to mean what I say, and to create thankfulness from the inside-out. I hope you have a Happy Thanksgiving!

-Steve McConaghie



Congratulations to Care Manager, Sandra Dominguez-Weiss! She is our Quarterly Radiance Employee. "Sandra exemplifies Radiance with her kindness, smile, diligence, professionalism and being a great teammate!



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



In Our Family

On the left, Rosie the Volunteer, enriches lives of many residents every month.

On the right, resident Alma, enjoys the Cooking Crafts that we offer on a weekly basis.



“There are two great days in a person’s life ~ the day we are born and the day we discover why.”

-William Barclay

Happy Birthday Team Members!

- | | |
|-----------------|-----------------|
| 11/1 Dina C. | 11/17 Amalia H. |
| 11/2 Karen F. | 11/18 Olivia S. |
| 11/4 Megan D. | 11/23 Susan L. |
| 11/6 Patrick N. | 11/25 Tegan R. |
| 11/7 Debbie R. | |
| 11/8 Valerie B. | |
| 11/12 Kaila U. | |
| 11/13 Jordon W. | |
| 11/15 Zane L. | |



Happy Birthday Residents!

- | | |
|--------------------|------------------|
| 11/1 Bev M. | 11/13 Stella P. |
| 11/1 Ben T. | 11/14 Jane M. |
| 11/3 Sue W. | 11/16 Louise I. |
| 11/6 Cliff A. | 11/17 John T. |
| 11/7 Marie M. | 11/18 Laveta D. |
| 11/7 Mike D. | 11/25 Joanne B. |
| 11/9 Sharon F. | 11/27 Joe C. |
| 11/12 Lois R. | 11/29 Dolores B. |
| 11/13 Elizabeth W. | |

Hear ye! Hear ye!

Thanksgiving Day Family Dinner

Thursday, November 23rd

Please join us for a traditional
Thanksgiving Dinner

Two Seating's
11:30 am or 1:00 pm

Seating is limited so please
RSVP to a friendly Concierge by
November 16th

Adults \$10.00
Children under 12 \$5.00



Health and Wellness at MorningStar

Urinary Incontinence

The topic of bladder control can be extremely sensitive, embarrassing and upsetting. About 25 million Americans have bladder control problems. For many of those people, incontinence episodes can be drastically reduced and even cured. There are typically 3 ways to manage incontinence: behavioral techniques, medication and surgery. Examples of behavioral interventions include bladder re-training, relaxation training, clothing adaptations, environmental changes/modification, dietary management, and pelvic floor exercises. Did you know Legacy Healthcare has a continence management program that addresses many of the above mentioned behavioral techniques? This program has helped many individuals achieve positive results.

If you have any continence or wellness related questions, please contact your physician or the staff in the Therapy Department.

-Colleen McDonald,
Physical Therapist



“Life Around Our House”



Volunteer Karin, is always there helping our residents. Karin and resident, Joyce, made a good team decorating a walker bag sewn by LEA, Chris. Bottom picture shows LEA, Chris, help-



ing resident Patsy with her walker bag. Radiance always shines bright with our volunteers and our Parker Senior Living by MorningStar Team!



November Outings

Reflections

November 6th at 11:00 am Red Robin Lunch Outing

November 13th at 10:30 am Scenic Drive

November 20th at 11:00 am Freddy's Lunch Outing

November 27th 10:30 am Scenic Drive

PALM & PSLM Assisted Living

November 1st at 9:30 am Krispy Kreme

November 8th at 11:30 am Village Inn (Free Pie Wednesday!)

November 15th at 9:30 am Casino Outing

November 22nd Movie Outing (show and time TBD 3 days prior to outing)

PSLM Independent Living

November 3rd at 9:30 am Park Meadows Mall (all day shopping trip)

November 10th at 9:30 am Food Bank of the Rockies with Driver, Jack

November 18th at 9:30 Craft Show at Legend High School

November 24th Movie Outing (show and time TBD 3 days prior to outing)