



Columbine Commons

NEWSLETTER

February 2016

1475 Main Street,
Windsor, CO
970-449-5540

ADMINISTRATOR
Palmer Withrow, NHA

ADMISSIONS
Lindsey Lemesany

OFFICE MANAGER
Sheila Dorcey

**DIRECTOR OF
NURSING**
Shan Davis, RN

**SOCIAL SERVICES
DIRECTOR**
Teri Volk, BSW

ACTIVITIES
Kaitlin Kirschner, BS
Jasmine Schwarz

MAINTENANCE
Tom Bennett

DIETARY SUPERVISOR
Tracy Lechman, RD

EXECUTIVE CHEF
Bill Henderson

**HOUSEKEEPING
SUPERVISOR**
Maira Gomez

TRANSPORTATION
Libby Brown



There were no empty seats in our Dining Room for some good ol' country music!

WHAT HAPPENED LAST MONTH?

The Pancake House – Due to high demand, quite a few residents enjoyed yummy pancakes and crepes at The Original Pancake House in Fort Collins. Always fun to get out of the facility and have a tasty breakfast!

Travel with Marjorie – Marjorie, a renowned videographer, has been around the world and back again! She came in to present about her time spent in Canada – educating us on the sites to see and a little background history on our neighbors to the North!

Go Broncos! – Sunday's have become a favorite day here cheering on our beloved Denver Broncos! Drinks, snacks and good times accompany every Sunday game!

Music with Alan – Everyone has a unique taste in music and we try and find a little something for everyone. We turned this place into a western honkytonk with Alan Wobeking leading us all in some fun country tunes! Yee-haw!



SHELLY'S BEAUTY BAR

Shelly's Beauty Bar is open Tuesday – Friday, 9-3pm.

To schedule an appointment with Shelly please call (970) 388-1144 or speak with a staff member. Her services are open to friends and family too, so spread the positive word! Prices are listed below.

Services

- Adult Haircut \$15
- Kids Cut \$10
(under 12)
- Shampoo Only \$5
- Shampoo Set / Iron Curl / Blowout..... \$15
- Hair Color ... \$25/\$35/\$45
- Highlights ... \$45/\$55/\$65
- Additional Color \$10
- Add a haircut to any perm/color \$5
- Perms.....\$45/\$55/\$65
(speciality wrap)
- Manicure \$15
(water or hot oil)
- Pedicure \$25
- Nail Trimming..... \$5
- Hair Style Touch Up... \$5
- Make Up Application . \$15
- Hair Extensions ... \$100+
(application only)

WHAT'S GOING ON IN FEBRUARY?

Magic Show – On February 26th @ 2:30PM, our weekly Happy Hour will look a little more interesting with a magician coming in! Watch things vanish before you eyes and what seems to be the impossible happen right here in our Dining Room!

Western Week – We're mixing things up a little bit this month and bringing back the Themed Weeks! This month, look forward to some country sing-a-longs, good BBQ and western themed snacks and crafts!

Super Bowl Sunday – The Broncos have done it again! Time to cheer on our favorite football team on February 7th to help them win it all! We will be tailgating in the Activity Room at 2:30pm with drinks, games, and more!

Poker Table – Several of the residents have taken an interest in poker games! Every Wednesday at 1pm, come to the Activity Room to play some Texas Holdem' and 5-Card Draw!

OUTINGS

Outing transportation is limited! Don't forget to sign up early for outings in the binder at the Information Station!

Dollar Tree – On February 2nd @ 8:30AM we will make our monthly trip to the Dollar Tree.

Residents rang in the New Year the right way with champagne and good company!



Model Railroad Museum – On February 4th @ 2:30PM we will make our way to visit this museum which holds over 600 railroad artifacts! All aboard!

Target – On February 9th @ 9:00AM this is our monthly trip to Target

Coffeehouse 29 – On February 16th @ 8:30AM join us to warm up during these cold months at the local coffee shop!

Nordy's BBQ – On February 18th @ 11:30AM indulge in the "Best BBQ in Colorado" with us during Western Week!

Foothills Mall – On February 25th @ 10:30AM we will go on a trip to the new and improved Foothills Mall in Fort Collins!

ANNOUNCEMENTS

Parking Lot Parking – Please remember the roundabouts outside of the front entrances are drop-off and pick-up zones! If you are planning on visiting, please park in the parking lots to allow for less congestion outside the front doors, thank you!

Manicure Monday's – Shelly is now providing room service manicures on Mondays and other days, as appointments allow. This service will include a warm water & oil soak, hand and forearm massage, nail





clipping/filing, polish, and top coat. The cost associated is \$15. For just \$5 Shelly can trim your nails. Please schedule this service in advance so she can plan to be here on Monday's.

Wednesday Mornings – There have been some slight changes to activity times on Wednesday mornings. Morning Exercise will now be at 9:30AM and Rosary will now be at 10:30AM after Church Hymns. Thank you for your understanding!

USUAL SUSPECTS:

Animal Therapy Visits – Attention all you animal lovers! Tilly, our therapy dog visits on **Tuesdays at 2:30 p.m.** Tilly comes to all the rooms with a paw print on the doorway. Contact Kaitlin if you are not currently enjoying a visit from Tilly!

Music & Movement with Heather – Join us on **Thursday February 4th and 18th at 2:30 in the Activity Room.**

Church Services – Catholic Communion is held every **Sunday at 9:30am** in the **Assisted Living Private Dining Room.** All are welcome including family and friends. Our Lady of the Valley in Windsor provides this service.

Sunday Service with John and Ted is held on **Sundays at 1:30 pm** in the **Assisted Living Activity Room.**

Rosary is held every **Wednesday at 10:30 am** in the **Assisted Living Activity Room.** Our Lady of the Valley in Windsor provides this service.



FORT COLLINS SENIOR CENTER

Health & Wellness

2016 ushers in a vast number of great Health & Wellness offerings! Please, take advantage of the amazing knowledge and experience that our communities' health & wellness professionals have to offer:

Nordic Pole Walking

Presented by Columbine Health Systems, Bob Waldchen, PT, enjoy an instructional and interactive walking class involving how to incorporate poles to assist with balance and active stretching.

Monday, February 8th

10am-11:00am \$8

Medication Management

A Columbine Health Systems Pharmacist will be discussing all things related to medications including safe medication use, potential side effects, and possible medication interactions with herbal, over the counter, and food products.

Tuesday, February 23rd

1pm-2pm \$5

Roll Away the Pain

PVH Physical Therapist will lead this informative class on using foam rollers to ease pain.

Wednesday, February 17th

3:30pm-4:30pm \$5

Aging thru the Decades

Join Columbine's Dianne Grimmitt, RN, M.Ed. to explore a decade by decade look at healthy aging from head to toe.

Tuesday, February 23rd

1:00-2:00pm \$5

To Register . . . Call: 970-221-6644 or On-Line: www.fcgov.com/Recreator

Church Hymns are every Wednesday at 10:00 am in the Assisted Living Dining Room. Hymns are led by Lynn Devlin.

Hearing Clinic – The Hearing Rehab Center, located in Greeley, has arranged to visit Columbine Commons once a month! If you would like to make an appointment, contact Lindsey in Social Services at ext.7736. The hearing center’s services include checking and cleaning your hearing aids, provide hearing screening, and cleaning the ear(s), if needed. Please take advantage of this wonderful service without leaving the facility!

DINING AT COLUMBINE COMMONS

We are excited to have guests dining with our residents! Sharing a meal is a wonderful way to connect with loved ones and friends. We have a few requests to help us better serve you;

1. We have private dining rooms that can be booked with advanced notice. These are very nice if you would like a more private dining experience or have more than a few guests. By booking the private dining rooms, we can ensure quicker meal service and be prepared for more guests. Please see the front desk to make arrangements.
2. If you plan on joining your loved one for a meal, advanced notice is appreciated, so we can plan accordingly with meal preparations. As always, we welcome you any time, notice or not. If you can let us know in advance, please do.

RESIDENT TRANSPORTATION

Please let the nurse on duty know if you or your loved one has an appointment, even if you will not need transportation to the appointment. This allows us time to get the correct and current paperwork together to send with you. Please remember to sign in and out of the building for all appointments.

For appointments you need transportation to and/or from, please give us at least 48 hours advanced (weekday) notice. Only emergency appointments can be scheduled with less than a 48 hour notice. For transportation not related to medical appointments there is a \$25 charge.

DID YOU KNOW...?

Time to brush up on your Valentine’s Day Trivia!

- ♥ 3% of pet owners will give Valentine’s Day gifts to their pets
- ♥ 1 billion Valentine’s Day cards are sent each year
- ♥ In Finland, “Valentine’s Day” is translated to “Friend’s Day”
- ♥ The first Valentine’s Day was in 1537 when Henry VII declared it a holiday
- ♥ 15% of women send flowers to themselves on Valentine’s Day
- ♥ 189 million bouquets of roses are sold on Valentine’s Day
- ♥ Teachers will receive the most Valentine’s out of anyone
- ♥ 220,000 wedding proposals will happen on Valentine’s Day

REMEMBER THE FIRST SUPER BOWL??

This year marks the 50th Super Bowl of American History, so time to reflect how this celebration all started. 62,000 spectators gathered on January 15, 1967. The Green Bay Packers took on the Kansas City Chiefs in Los Angeles, California. The National Football League (NFL) dominated the country’s football fans, but the American Football League (AFL) began gaining popularity, which the NFL did not like! Thus, the first Super Bowl would establish which league would be considered “superior”. Kansas City Chiefs (AFL) fought hard to keep up with the Green Bay Packers (NFL) with a 10-14 score after the first half. The Packers dominated the second half to finish the game with a 35-10 victory, shutting out the Chiefs with a scoreless second half. Needless to say, the NFL proved itself in the Super Bowl I, and here we are today!

Make sure to join us for a Super Bowl Tailgate at 2:30pm for game day snacks and games in the Activity Room before the game on February 7th!

FEBRUARY BIRTHDAY CELEBRATION

We will be celebrating all of this month’s birthdays on February 11th at 2pm with Jammin’ Jim in the Dining Room!

Sally Wright – February 19th

Dorothy Morris – February 21st

Bob Dyekman – February 28th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Columbine Commons Assisted Living	1 9:30AM Morning Exercise (AR) 10:30AM Food Meeting (AR) 1:00PM Travel w/ Kaitlin (AR) 2:00PM Jeopardy (AR)	2 GROUNDHOG DAY *8:30AM Dollar Tree* 9:30AM Morning Exercise (AR) 11:00AM Remember & Reminisce (AR) 2:00PM Rhythm Singers (DR) 2:30PM Animal Therapy w/ Tilly (RV) 6:30PM Quarter Bingo (AR)	3 9:30AM Morning Exercise (AR) 10:00AM Church Hymns (DR) 10:30AM Rosary (AR) 1:00PM Poker Table (AR) 2:30PM Paint Pals (AR)	4 9:30AM Morning Exercise (AR) 10:30AM Quarter Bingo (AR) 1:00PM Wii Games (AR) 2:30PM Music & Movement (AR) *2:30PM Model Railroad Museum*	5 9:30AM Morning Exercise (AR) 10:15AM Game Day! (AR) 1:00PM Men's Club (AR) 1:30PM Hot Hand Towel Massages (AR) 3:00PM Happy Hour (DR)	6 9:00AM Brain & Balance (AR) 9:30AM Morning Matinee (AR) 1:00PM Crosswords (AR) 2:30PM Quarter Bingo (DR)
	7 SUPER BOWL SUNDAY 9:00AM Sunday Stretch (AR) 9:30AM Catholic Communion (AR) 1:30PM Church Service (AR) 2:30PM Super Bowl Tailgate (AR)	8 9:30AM Morning Exercise (AR) 10:00AM TV Show (AR) 1:00PM Travel w/ Kaitlin (AR) 2:30PM Resident Council (DR)	9 MARDI GRAS! *9:00AM Target* 9:30AM Morning Exercise (AR) 11:00AM Remember & Reminisce (AR) 2:00PM Coffee & News (AR) 2:30PM Animal Therapy w/ Tilly (RV) 3:00PM Activity Planning (AR) 6:30PM Quarter Bingo (AR)	10 ASH WEDNESDAY 9:30AM Morning Exercise (AR) 10:00AM Church Hymns (DR) 10:30AM Rosary (AR) 1:00PM Poker Table (AR) 2:30PM Paint Pals (AR) 6:00PM Valentines Performance (DR)	11 9:30AM Morning Exercise (AR) 10:30AM Quarter Bingo (AR) 1:00PM Wii Games (AR) 1:15PM Clearview Library (LG) 2:00PM Birthdays w/ Jim (DR)	12 Foot Care on Site 9:30AM Morning Exercise (AR) 10:15AM Game Day! (AR) 1:00PM Men's Club (AR) 1:30PM Hot Hand Towel Massages (AR) 2:30PM Happy Hour with Mark (DR)
14 VALENTINE'S DAY 9:00AM Sunday Stretch (AR) 9:30AM Catholic Communion (AR) 1:30PM Church Service (AR) 2:30PM Valentine's Day Social (AR)	15 WESTERN WEEK 9:30AM Morning Exercise (AR) 10:00AM TV Show (AR) 1:00PM Travel w/ Kaitlin (AR) 3:00PM Jeopardy (AR)	16 *8:30AM Coffeehouse 29* 9:30AM Morning Exercise (AR) 11:00AM Remember & Reminisce (AR) 2:00PM Coffee & News (AR) 2:30PM Animal Therapy w/ Tilly (RV) 3:00PM Craft Corner (AR) 6:30PM Quarter Bingo (AR)	17 9:30AM Morning Exercise (AR) 10:00AM Church Hymns (DR) 10:30AM Rosary (AR) 1:00PM Poker Table (AR) 2:30PM Sing-A-Long with Jay Hodge (DR)	18 9:30AM Morning Exercise (AR) 10:30AM Quarter Bingo (AR) *11:30AM Nordy's BBQ* 1:30PM Wii Games (AR) 2:30PM Music & Movement (AR)	19 Foot Care on Site HAPPY BIRTHDAY SALLY! 9:30AM Morning Exercise (AR) 10:15AM Game Day! (AR) 11:45AM Men's Lunch (AR) 1:00PM Men's Club (AR) 1:30PM Hot Hand Towel Massages (AR) 3:00PM Happy Hour (DR) 6:30PM Youth Choir (DR)	20 9:00AM Brain & Balance (AR) 9:30AM Morning Matinee (AR) 1:00PM Crosswords (AR) 2:30PM Quarter Bingo (DR)
21 HAPPY BIRTHDAY DOROTHY M.! 9:00AM Sunday Stretch (AR) 9:30AM Catholic Communion (AR) 1:30PM Church Service (AR) 2:30PM Sunday Social (AR)	22 9:30AM Morning Exercise (AR) 10:00AM TV Show (AR) 1:00PM Lil' Angels - Polish Rooster (RV) 3:00PM Jeopardy (AR)	23 9:30AM Morning Exercise (AR) 11:00AM Remember & Reminisce (AR) 2:00PM Coffee & News (AR) 2:30PM Animal Therapy w/ Tilly (RV) 3:00PM Craft Corner (AR) 6:30PM Quarter Bingo (AR)	24 Hearing Clinic on Site 9:30AM Morning Exercise (AR) 10:00AM Church Hymns (DR) 10:30AM Rosary (AR) 1:00PM Poker Table (AR) 2:30PM Paint Pals (AR)	25 9:30AM Morning Exercise (AR) 10:30AM Quarter Bingo (AR) *10:30AM Foothills Mall* 1:15PM Clearview Library (LG) 2:30PM Wii Games (AR)	26 Foot Care on Site 9:30AM Morning Exercise (AR) 10:15AM Game Day! (AR) 1:00PM Men's Club (AR) 1:30PM Hot Hand Towel Massages (AR) 2:30PM Happy Hour and Magic Show! (DR)	27 9:00AM Brain & Balance (AR) 9:30AM Daily Documentary (AR) 1:00PM Crosswords (AR) 2:30PM Quarter Bingo (DR)
28 HAPPY BIRTHDAY BOB! 9:00AM Sunday Stretch (AR) 9:30AM Catholic Communion (AR) 1:30PM Church Service (AR) 2:30PM Sunday Social (AR)	29 9:30AM Morning Exercise (AR) 10:00AM TV Show (AR) 1:00PM Travel w/ Kaitlin (AR) 3:00PM Jeopardy (AR)					

SHELLY'S BEAUTY BAR - OPEN 9:00 AM - 3:00 PM EVERY TUESDAY, WEDNESDAY, THURSDAY, & FRIDAY