



SPRING
2010

Moments *at* MARYCREST ASSISTED LIVING

A decade of excellence, a legacy of care.

OUR MISSION

Marycrest Assisted Living is a legacy of the Sisters of St. Francis. We provide compassionate and comprehensive services in a comfortable and dignified environment for persons with disabilities and for seniors. By serving those most in need we honor and maintain the mission of our founders.

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The 411 on the New Emergency Call System

Thanks to the help of many individuals, churches and charitable foundations, Harmony and Serenity residences now have new emergency call systems that provide greater flexibility, and enable staff to respond more quickly when needed. I want to thank every resident and staff member for your patience with the inconvenience as we installed new pull cord units in individual apartments, and upgraded our telephone and data lines to support the new system.



Replacing the emergency call system was more than simply "nice to have." The original system, installed when the residences were built in 1997, was designed for occasional, emergency use, providing only the identity of the caller's apartment. Over the years, the number of calls have increased dramatically. While some calls were actual emergencies, most were convenience calls, requesting non-emergency information. There was no way to tell the difference, so a staff member would go to the caller's apartment each time.

Now, a caller can tell staff what they need over an intercom. Staff can then answer a question or go to the apartment as needed. In addition to the two-way communication with individual apartments, we have installed hallway communication to allow staff to respond when a resident needs help in one of the public areas.

The new emergency call system is one more phase of the capital improvements that we began in 2008, when we refurbished the first floor public areas of Harmony Residence. These major projects, as well as several smaller ones, were possible through the charitable support of many donors, including Boettcher Foundation, Adolph Coors Foundation, Denargo Fund, Dillon Foundation, John Duncan Charitable Trust, Edmund and Eleanor Quick Foundation, Shannon Family Fund, the Sisters of St. Francis and the Sullivan Family Foundation.

The generosity of all our donors at Marycrest Assisted Living is proving to be critical this year. As the economic recession continues, we see many more residents who are trying to balance the need for assisted living services with reduced resources. As part of the state's budget cutting efforts, Medicaid subsidies have decreased. As a result, Marycrest Assisted Living and other providers are working constantly to maintain our high level of care and the quality of accommodations amid very limited revenue

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Director's Slate...continued

streams. Charitable support such as the grants for the call system help make us more efficient and improve service, while other grants help to continue the Resident Life program and the On-site Physician Services. In-kind gifts make our parties more festive, and provide a wide variety of activities for residents. We are thankful to each and every one of you.

With warmest regards,

Paula

Family Caregivers Education Series Planned

Until the economy improves, many families are putting off a loved one's move to assisted living. Such a decision places particular demands on the family to understand the day-to-day requirements of being a caregiver, the community resources available, the financial responsibilities and determining when it's the right time to transition to skilled care.

This June, Marycrest Assisted Living's Marketing Director Pam Wright will present a four-part education series for family caregivers covering four topics:

- Caregiving At Home: Planning for a successful experience.
- Managing Caregiving: Understanding your loved one's needs, recordkeeping, your health and capabilities, medications and working with other providers.
- Providing Care At Home: Physical requirements, how illnesses impact care, incontinence and behavior management.
- Caring for the Caregiver: Managing the stress of providing care at home

The dates for this series will be announced in May. The course will be offered as a community service, and there will be no charge to attend. If you are interested in attending the class, please call Pam Wright at 303.433.0282.

Marycrest Assisted Living Board of Directors

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Mary Anderies
Anderies Consulting

Kathryn Arbour
Capabilities – Be Unlimited

Sr. Sue Artone-Fricke, Board Secretary
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Marycrest Assisted Living

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A community of Legacy Senior Services

Board Profile: *Sister Regina Boyle*

In November 2008, Marycrest Assisted Living transitioned from the ownership of the Sisters of St. Francis to that of Legacy Senior Services, a Minnesota-based owner of long-term care providers. Although the relationship of the Sisters to Marycrest Assisted Living is different, Harmony and Serenity residences continue to serve as the Sisters' legacy in caring for seniors and younger adults with disabilities, regardless of their financial situations. To underscore this continuing relationship, two sisters still serve on the Marycrest Assisted Living Board of Directors, and each brings a unique perspective on the ministry.

Sister Regina Boyle has been a Sister of St. Francis for over 50 years. She grew up in O'Neill, Nebraska, the oldest of twelve sisters. She trained to be a teacher, then returned to the country school of her childhood, counting her cousins and younger sisters among her students. Regina came to the Sisters of St. Francis in 1953, and continued to teach at St. Agnes Academy in Alliance, Nebraska, the St. Francis Indian Mission in South Dakota and Guardian Angels School in Denver. Along the way she completed her Bachelor's degree at Regis University.

Sister Regina is everyone's favorite art teacher, but didn't start out her career that way. Her reputation as an art teacher began when she was assigned to teach at Marycrest High School, and this work led her to pursue a Master of Fine Arts at Catholic



University. She continued to teach at Marycrest High School until the school closed in 1988, forming the artistic minds of such luminaries as Lynn Smith, Marycrest Assisted Living's current Board President.



In 2001, Sister Regina began teaching art at Marycrest Assisted Living, introducing residents to the richness of art, and encouraging them to find and create beauty throughout their lives. The residents' art classes have come to have a very practical value for Marycrest Assisted Living as well: the beautiful artwork you see on Easter and Christmas appeals is produced during seasonal painting classes.

Few people know that, beneath that placid exterior, Sister Regina has a passion – for power tools! This guilty pleasure began innocently enough. During her childhood, she and her dad would spend time in his garage workshop, building and fixing things. When she arrived at the convent, she was chagrined to learn that only the handymen were allowed to use the convent's power tools. One Christmas, her mother gave her a lovely outfit, which Sister Regina promptly returned, using the proceeds to purchase her first electric power tool. Since then, she has become the Sisters' "go-to" person when something needs repair.

Sister Regina recalls that the process of creating Marycrest Assisted Living took a long time, but the result was worth the effort. She loves the spirit of the staff at Harmony and Serenity residences, and that spirit continues even since the transition to Legacy Senior Services. She continues to be excited about the Harmony Residence focus on serving younger adults with disabilities, and feels she has many friends among the residents and staff at both residences.

We love you, Sister Regina!

Thank You To Retiring Board Members, And Welcome New Members

Marycrest Assisted Living is fortunate to have the talent and guidance of a Board of Directors who are passionate about our mission and the residents we serve.

As the organization completed our first year under the ownership of Legacy Senior Services, we bid farewell to two long-time board members, and welcomed two new ones.

Our deep thanks go to Dennis Jones, "DJ" to his friends, for his leadership during the ownership transition and our first year as LSS of Marycrest, LLC/Marycrest Assisted Living. We also thank Sister Genevieve Cuny for her long service as a board member, and her commitment to Harmony and Serenity.



Left to right: Char Samuelson, Sister Sue Artone-Fricke, Lynn Smith, Don Lindley, Sister Regina Boyle, Mary Helen Sandoval, Mary Anderies, Katherine Arbour. Not pictured: Shawna Margusson



Mary Anderies

We are pleased to welcome two new members to the Board of Directors. Mary Anderies served on the board until 2005, when she stepped down to help the Sisters of St. Francis with the redevelopment plans for the Marycrest campus. She rejoined the board in

March, 2010, and brings a wealth of experience in affordable housing development and senior housing. Katherine Arbour is a Denver business woman, co-founder of Capabilities – Be Unlimited, a retailer specializing in mobility aids for everyone. Katherine brings extensive background in the adaptive environment needs of seniors and those with disabilities, as well as experience with other organizations that serve these populations.



Katherine Arbour

CAMPUS CORNER

Parties abound this springtime at Marycrest Assisted Living. Please mark your calendar and plan to join the fun.



The Spring Tea and Premier Jewelry Fundraiser will be held on Sunday, April 11th at 2:00 pm, and will feature tea and homemade treats as well as an opportunity to update your wardrobe with the latest jewelry styles. Tickets are \$5, with proceeds benefiting the Resident Activity Fund.

The Cinco de Mayo Fiesta, a fundraising event to benefit the Resident Activity Fund, will be on Monday, May 3 at 5:00 pm. The event will feature live entertainment and great food. Ticket sales begin on Monday, April 5th, available at the reception desks at Harmony and Serenity. Prices are \$10 for adults and \$5 for residents and children under 12 years old. Seating is limited, so get your tickets early.



Welcome... Christopher Danchik

M meet Christopher Danchik, Marycrest Assisted Living's new Director of Dietary Services. Christopher is a professional chef, and has worked in a variety of settings, including Regis University and professional catering prior to joining Marycrest Assisted Living. While Colorado is now home, Christopher has lived in a number of places, including South Carolina, New Hampshire and Texas.



When he is not working, Christopher has a full life. He and wife Corine have been married since 2003, and daughter Hazel Rae arrived just nine months ago. Gay-Z the pit bull completes the household. Additionally, Christopher likes to compete in triathlons, and works crossword puzzles every day.

Christopher looks forward to the challenge of managing dietary services for Serenity and Harmony. Welcome to Marycrest Assisted Living, Christopher!

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Resident Spotlight: Karen McCool

Karen McCool was born and raised in Owensboro, Kentucky, and moved to Colorado in December 1984. She has a sister Christie and a brother Kelly with whom she is very close. Her mother Rebecca lives in Lakewood and visits often.

Karen moved to Marycrest Assisted Living six years ago, making her home at Harmony Residence. She likes to collect figurine dolls and bears. She enjoys listening to books on tape; her favorite authors are Danielle Steele, Robin Cook and John Grisham. Karen enjoys many varieties of music, but her favorite musician will always be George Michael.



Thanks for choosing Harmony for your home, Karen!

Spotlight on Service: Kathleen Grego

In our last issue we profiled Serenity Resident Mary Lewis, who sews beautiful things: aprons for Red Hat Ladies, baby blankets and other items. She recently called to our attention Kathleen Grego, a personal care provider at Serenity Residence.

Kathleen is a native of Long Island, New York, where she raised her three sons. Today these young men have become a pharmacist, a businessman and an information technology professional. In the 1990's, Kathleen and her husband moved to Colorado to be closer to two of her three sons.

Kathleen joined the care staff at Marycrest Assisted Living when it opened, working first at Harmony,

then moving to Serenity in 2000. She loves her work, and gives her best to residents every day. She's a resident favorite.

In her spare time, Kathleen loves to spend time with her sons and daughters in law, and dotes on her six grandchildren.

When asked what she likes best about working at Marycrest Assisted Living, Kathleen says, "...working with the variety of people who live here, and our staff. Helping the residents with the best of my ability and helping them feel at home." Thank you, Kathleen!



The More You Know: Preventing Falls

Every year, 40% of people over the age of 65 fall, and a large percentage of those falls result in injuries.

Fully 75% of all falls occur in the home. Even if a fall does not cause an injury, it damages one's confidence. Many older adults report that they avoid common daily activities because they fear falling. Did you know that being less active may increase your risk of a fall or

other injury? Living an active, healthy life is important, including regular exercise and engaging in activities you enjoy. Getting older may mean adapting your home, and daily activities for safety and enjoyment. Here are some ideas:



Be at your best:

- Exercise every day – whether you enjoy walking, yoga or hiking the hills, get moving every day. Exercise strengthens muscles as well as your heart, giving you the stamina you need.
- Pump iron – research has shown that regular exercise with hand weights as light as 3-5 lbs can help older adults build bone mass and muscle strength.
- Check your vision – make sure that vision exams are part of your healthcare routine. Wear your glasses as prescribed.
- Know your meds – some medications can cause dizziness or balance problems. Talk to your pharmacist and understand any risks that might affect your mobility.
- Show your style – Make sure shoes fit comfortably, and have non-skid soles. Pants and night-gowns should be short enough that they do not touch the floor.
- Slow down and de-stress – Take time for yourself. Rushing increases the risk of an accident. Have a nap, read a book, soak in a tub. Get plenty of rest and see your coordination improve.

Clear the way:

- Clear the clutter and small obstacles that can cause a fall. Secure area rugs and tack down electrical cords.
- Add lighting to improve visibility, like night-lights in hallways, bedrooms and bathrooms.
- Tape the stair edges with brightly colored tape so you can see where you are stepping.
- Never walk on wet floors.



Staying active, making minor changes and accepting help are keys to healthy aging. For more information on preventing falls, visit our web site at MarycrestAssistedLiving.org/falls.html.

Use it:

- Use handrails when using stairs.
- Install grab bars in the bathroom (towel racks are not built to support you).
- Use a cane or a walker if you need help moving independently. Never use furniture as a balancing aid.

Make it easy:

- Keep often-used items, like the telephone or a pencil, within reach.
- Use a stepstool (with caution, please!) to reach high items.
- Wrap padding around thin-handled utensils, and try coffee mugs with thick handles.
- Modify the way you do things. Add a shower seat and hand-held showerhead to the bathtub, sit down while you do chores like folding laundry or chopping vegetables.
- Move hard-to-reach items to easier-to-reach locations.



A Word of Thanks

With 138 residents and 70 staff, Marycrest Assisted Living is hardly the size of even a small church, yet for eleven years, **Deacon Henry Sandoval** has pastored this small community with love and care. In addition to weekly religious services, Deacon Sandoval provides pastoral care to those in need, and helps coordinate monthly intergenerational



Deacon Henry Sandoval

activities for residents with students at the Guardian Angel School. Thank you Deacon Sandoval!

Dinner is served, with a side order of art: Special thank you goes to **Mrs. Sue Workman's fourth and fifth**

graders at Grant Ranch K-8 School. These budding artists have made holidays brighter this year with the colorful place mats they have decorated for resident dinners on Halloween, Thanksgiving, Christmas, St. Valentine's Day and St. Patrick's Day.

If you have a group who would like to decorate place mats for any occasion, please call the Activities Department at (303) 433-0906.

At Marycrest Assisted Living we love a party. Whether it's the birthdays of the month, national holidays or any reason at all, we welcome individuals and groups to come to visit and spread cheer. We are now planning activities for Mothers Day (May 9th), Memorial Day weekend and Flag Day (June 13,) and recruiting groups to help with our big Independence Day Blowout on July 4th. If you or your group would like to host or help with festivities for our very appreciative residents, please call the Activities Department at (303) 433-0906.

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