What to Expect with Rehabilitation
At Mill Vista Lodge
By Sarah Helms, Continuing Care Administrator

At Mill Vista Lodge, we offer both long-term care for residents needing an assisted living environment and those with advanced memory problems. We also offer short-term rehabilitation for those of you who are recovering from surgery or need some other higher level of care than you can receive in your apartment. This commonly happens after major illnesses such as pneumonia or acute events such as strokes.

The purpose of rehabilitation is to protect your safety while working to help you return to your maximal state of health. Since getting you back to maximal improvement from whatever problem brought you to rehabilitation is our priority, we do not focus on chronic issues such as your need for a colonoscopy or a dermatology visit.

Important to keep in mind is that your regular medicines might change while you are in the hospital. We work closely with the hospital staff to be sure you are on the correct medicine, and the Mill Vista Lodge nursing staff will be responsible for ordering and administering your medications. When safe and appropriate, we will resume your regular medications. We will also schedule a visit for you in the medical clinic shortly after your return to your apartment to be sure you are continuing to recover well.

While at Mill Vista Lodge, you can expect to receive 24/7 support from care associates (Certified Nursing Associates) and nurses (RN and LPN). You will have the opportunity to participate in therapy seven days/week (typically 1-2 hours/day). You will also receive three meals/day in addition to having a dietician available for coordination of nutrition and specialized diets. Additionally, the social work team will help coordinate your discharge from short-term rehabilitation.

Finally, the Wind Crest Medical Center will oversee your medical care during your short-term stay. The medical providers, in collaboration with therapy, nursing, social services, and you (!), will ensure a productive short-term stay, supporting your return to your maximum level of independence.

Please speak to the Medical Center (303-876-8320) and/or the Continuing Care Admissions team (303-876-8349) to learn more!
Dining Services
By Leslie Cope, Administrative Assistant

It has come to our attention through the Resident Satisfaction Forums that many of our residents are frustrated by the long waits at dinner time in each of our restaurants. Below are some ways you may be able to shorten the length of time you may wait.

Fly’n B Café

Especially at the end of the month, but really on any given day, the line is long in the café at dinner time. The peak time of service in the café is right around 5:00PM. This means that most of our residents are ready to eat right at 5:00, however, with a little planning you may be able to work around this peak.

- Try moving the time you come to the café by a just a few minutes. Sometimes just trying to come to dinner at 4:30 or 5:30, might cut down the amount of time you wait in the line.
- If you plan to carry out, coming down at 3:30 will help alleviate the amount of time you wait. We have set aside 3:30-4:00PM especially for carry-out service. At this time, the line is shorter and moves more efficiently.
- Make sure you are ready to order when you get to the salad window. There are menus and display plates placed near the entrance of the café to help you decide prior to being greeted by the first dining employee. A lot of times, the line is slowed by residents waiting until they are asked to decide what they would like to eat. If you know the answers to the following questions the line will move a little more efficiently:
  * Would you like a salad? Would you like bread? Would you like soup or chicken broth?
  * Is your meal for here or to go?
  * If you are taking your meal away, would you like a green box or a white box?
  * What would you like for your entrée and sides?
  * Would you like one of the offered desserts, fruit, or ice cream?
- We understand the café is loud and hearing is difficult. If you are having trouble deciding on menu items or are having difficulty hearing, the volunteers are available to assist you with any needs you may have, including carrying trays and helping to get drinks. They would be very happy to help you!
- And last but not least, please try to utilize your meal credits towards the beginning of the month. Many times residents are getting up to six meals when they come through the lines in the café at the end of the month. This slows the line considerably. Decisions have to be made for each meal, the meals have to be packaged, and the food items then need to be restocked by employees unexpectedly. By just using two meals, when you would usually only have one throughout the month, you can reduce the congestion in the café noticeably.

Fireside Restaurant

As with the café, the peak time of service for the Fireside Restaurant is 5:00PM. Here are a few tips to reduce your wait for a table:

- When you arrive at the host stand, please make sure to specify if you have an exclusive party. This means, if you arrive with a party of 4 and would like to sit at a table of only 4, please notify the hostess when you check in. Confusion occurs at the time of seating if the host was not aware of your table preference, which may cause a longer wait as seating will need to be rearranged.
- It is very, very important that you communicate ahead of time if you plan to have guests. Just call the Fireside Host Stand (303-876-8480) and leave a message telling us your name, how many guests plan to attend dinner, on what date, and your phone number. Communicating guests helps us plan the number of staff that should be scheduled for each night. If we are unaware, we may not schedule enough staffing, which can cause significantly slower service.

As an example, on Sunday, March 29th, we had 75 guests arrive for brunch. Of the 75, only 8 were communicated with us ahead of time. We planned to serve approximately 400 patrons, but actually served 483 patrons in the Fireside Restaurant.

Continued on page 3
Wind Crest Computer Group
Computer Instructors Needed!!

The Wind Crest Computer Instructors group is seeking residents who would be willing to offer PC computer instruction (we have nine 8.1 laptops) to other residents ranging from:

☐ Tutorials for individuals learning in small groups
☐ Demonstrations of smart phones, cell phones, tablets, & other new devices
☐ Short Courses for review, familiarization and exploration
☐ Full Length Courses for more in depth knowledge
☐ Supervision of Computer Classroom providing open time for students to practice and review newly learned skills

Contact Jim Genasci, Cubby # 1601, Tel: (303) 471-5339, Email: swissgj@gmail.com or Carol Brown, Cubby # 4127, Tel: (720) 508-3271, Email: bluedove32@aol.com

 Readers’ Theater
By Jack Liggett, Wind Crest Resident

As a celebration of their third successful season, cast members of Readers’ Theater will present a retrospective of some of their favorite comedy sketches from past years. “Comedy Tonight” will include a total of ten sketches which are guaranteed to entertain an audience. The performance will take place on Monday evening, May 18th, at 7:30 p.m. in the Fireside Lounge.

Student Scholarship Fund Campaign
By Jerry Nelson, Wind Crest Resident

"Wind Crest is love......Wind Crest is life..."

That is the slogan that this year’s senior students have chosen to highlight their time here and as a lead-in to this year’s Student Scholars fund drive. This fund provides much needed financial assistance for students who have met the requirements while working here. They are the smiling faces you see every day when you visit our dining rooms. This year’s goal is $110,000. This figure is not an arbitrary number, but one that is needed to meet our commitments to aid 25 senior scholars in 2015. We hope you will consider supporting this fund with your good thoughts and your monetary donations. You will hear more about the Student Scholars fund drive during the next few weeks. If you have individual questions you may email me at nelsanta@live.com or to Craig Ellsworth at Craig.Ellsworth@Erickson.com.
**Current Issues Program**  
*By Gene Corrigan, Wind Crest Resident*

2 P.M. MAY 6th  
In the Fireside Lounge  
**Subject: Health Care in the United States**  
**Speaker: Dr. Vince Markovchick**

Dr. Markovchick is an Emergency Medicine physician. He is the former Director of Emergency Services at Denver Health and a past President of the American Board of Emergency Medicine. He is currently the Vice President of Health Care for the All Colorado Foundation and Professor Emeritus of Emergency Medicine at the University of Colorado.

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**The Clan**  
*By Bill Carlson, Wind Crest Resident*

In falling snow,  
the spruce  
have gathered,  
their winter conclave  
about to begin.  
The elders, the mature  
will speak;  
the young, the adolescents  
will listen – and learn.

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**How Old is Too Old to Drive?**  
Ask resident Paul Phillips … At age 97  
Paul renewed his driver’s license for 5 years!

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**Memorial Corner**

Clarence “Bud” Miers ~ March 6  
Gordon Mayberry ~ March 6  
Caryl Edgar ~ March 11  
Rae Faas ~ March 25
Earth Day - April 22, 2015
By The Go Green Committee

Let's join 192 other countries to celebrate our earth and renew our commitment to environmental issues. It does help to REDUCE our USE of WATER and ELECTRICITY, CUT WASTE and RECYCLE.

These items will remain in a landfill for:

- ♦ 1000 years - Glass Bottles
- ♦ 500 years - Aluminum Cans
- ♦ 100 years - 6-pack plastic rings
- ♦ 10-20 years - Plastic Bags
- ♦ Indefinitely - Plastic Bottles
- ♦ Indefinitely - Styrofoam

These items can become Fences, Furniture, Playground Equipment, Carpets...

Board Briefs
By Duffy Deardorff, Wind Crest Board of Director

Master Lease & Use Agreement (MLUA) -- "What does it do?"

Last month's Gazette (page 12) summarized the Management Agreement Wind Crest, Inc. has with ELM. This month, I will summarize the Master Lease Agreement and what it does. The Master Lease provides a legal basis for occupying and using the property/premises we call Wind Crest, Continuing Care Retirement Community. The Master Lease does the following...

1. Names Parties: Wind Crest, Inc. (Tenant), and Redwood-ERC Littleton, LLC (Landlord).
2. Describes Landlord's property/premises, and terms and conditions of use by Tenant.
3. Defines words/phrases: such as Assisted Living Unit, Erickson Brand, etc.;
4. Premises: Includes improvements constructed on the site;
5. Use & Operation: For residents' continuing life care (see R&CA*).
6. Sets Term: 20 years (to 2030), with three 10-year renewal terms.
7. States how payment is made for Rent, Taxes, Insurance, Utilities.
8. States how Tenant will use and keep/maintain the premises.
9. Limits Alterations and Subleases (e.g., Bank, Medical, Salon, etc.).
11. Allows a Working Capital Loan to Tenant; has Option to Buy provisions.
12. Contains Miscellaneous Provisions; and Exhibits (including R&CA*).

*We plan to have a community review of the R&CA (Residence and Care Agreement) in 2015.
Wind Crest Chorale
By Joan Slotter, Wind Crest Resident

Wind Crest Chorale is announcing its Spring Concert plans. Under the direction of Sharon Littlefield, the theme of the concert will be “Always Love, All Ways.” The members of the Chorale are excited to display the results of Sharon’s work with them these past months. The concerts will be held on Saturday, May 2nd and Sunday, May 3rd, in the Fireside Dining Room beginning at 7:30 each evening. The tickets will be available in the Fireside Lounge from 4:30 to 6:00 p.m. on Tuesday, Wednesday and Thursday, April 21, 22, and 23, and again on April 28, 29 and 30.

There is one change regarding attendance at the concerts—there will be a $2.00 charge for each ticket. Through this ticket fee the Chorale hopes to increase its budget for future events.

TICKETS WILL NOT BE SOLD AT THE DOOR ON THE DAYS OF THE EVENT.

Got a Doctor’s Appointment? We Can Drive You.
By Kari Adamski, Health Insurance Resource Manager

It may be hard to stay healthy if you can’t get to your doctor’s appointments. With Erickson Advantage, you can sit back and leave the driving to us.

Members of the Erickson Advantage Medicare Advantage plans have a special money-saving benefit. Enjoy round-trip transportation for up to 24 one-way doctor visits a year at approved locations—all for no additional cost to you. Best of all, you won’t have to worry about the cost of filling your gas tank.

We want you to get access to the care you may need when you need it—without the hassle of driving and parking. It’s all part of Erickson Advantage’s commitment to preventive care.

Call 303-876-8310 for a complimentary insurance evaluation from your licensed Wind Crest representative, Kari Adamski.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan’s contract renewal with Medicare. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year.

We Heard You!
By Gene Corrigan, Wind Crest Resident

The Entertainment Committee thanks you for your participation in their survey. Many helpful suggestions were made. Additionally, you helped confirm for us that we are “on the right track” when it comes to entertainment offerings at Wind Crest. We are now actively pursuing several of the suggestions made to us. We always welcome your suggestions, so keep them coming. For the long term, we are planning entertainment events for the Arts & Entertainment Center located in the new High Line Overlook scheduled to open in October, 2015. We’ll keep you posted on plans for your Monday Night special entertainment.
2015 Manager of the First Quarter

Annette Camarano, Sr. Social Work Manager

Annette was asked to step into the role of Continuing Care Skilled Nursing Social Worker for three months while maintaining her other responsibilities as Senior Social Work Manager. Annette jumped right into the role and did a fantastic job. She is not only fun to be around (even a decent singer and dancer) she is an excellent communicator and advocate for the residents. She is able to read families and knows when to be loving and when to be a little more firm, as families can struggle with decisions about care. Annette genuinely cares about the residents on 1st floor and embraces the seven Erickson Values and she allows those values to guide her daily in delivering and exceptional resident experience. Thank you for all you have done.

Shining Star - Chris Broomfield, Care Associate

I would like to nominate Chris Broomfield for the Shining Star recognition. Our shift started with two residents who were actively dying. With all due respect to HIPPA, I just need to say that Chris went above and beyond with the care that he provided for the loved ones and the residents.

Ping Pong at Wind Crest

By Cliff Butler, Wind Crest Resident

Yes, there is Ping Pong at Wind Crest. There is a ping pong table in the Creative Arts Studio room and it’s available for anyone who is interested in playing. Everyone is invited to participate. If you haven’t played before, but would like to learn - welcome to the club. We’ll show you how. If you haven’t played in a long time, with a little practice, it will come back to you. If you think you are an expert - welcome to the club - we’ll give you a game. We try to ensure that anyone who shows up gets a chance to practice or play a game. Ping pong is considered an excellent exercise for we “who have lived a long time” (older folks). Playing times vary at the moment, usually starting about 6PM or 7PM depending on the availability of the room. If you come by the room and see players, stop in and talk to us.

Save the Date ...

Save the date and stay tuned as Wind Crest will be celebrating Earth Day! If you’d like to help with some of the plans, please contact Ada in Fitness or Heather in Pastoral Ministry department.

Celebrate Earth Day April 22
Heads Up ...
By Pat Helms, Wind Crest Resident

Wind Crest Medical Center is committed to your health and health care needs and understands the importance of making the most of your time with your provider. An important tool that helps our providers provide exceptional care is our pre-visit questionnaire.

Please plan to arrive at least 15 minutes prior to your scheduled appointment time to fill out this form. Please also bring any updated information, since your last visit with us, to help you fill out this form.

- Any outside health care professionals you have seen outside of our medical practice
- Hospital stays or emergency department visits
- Any images you have had done, such as x-rays, echocardiograms or MRI's
- Any stress test, biopsies or lab testing
- Any new medications or any medications you have stopped taking
- Email address to sign up for our patient portal
- Insurance Card

RABBIT/RODENT REPELLENT SPRAYING

Tuesday, April 21st
Time: 9:00 to 10:00 a.m.
Watch for a cubby stuffer coming soon ...

Medical Center Pre-Visit Questionnaire
By Sheryl Alcorn, Medical Center Practice Manager

Senior Men’s Golf
Season Begins on May 6th!
Looking for all Senior Men interested in a round of golf. Arrangements have been made with the Highlands Ranch Golf Club (which is only minutes from Wind Crest’s front gate) to reserve tee times for May 6th and run through mid to late September.

This is a fun outing on a beautiful course. There is a weekly sign up so you don’t have to commit for the entire season, but only a week at a time. Also, you pay for the green and cart fees on the day that you play. We are trying to get 12 players to sign up and play each Wednesday.

If interested, please contact either Jim Fenn @ 303-660-0050 or Dean Hinderliter @ 303-906-2425 for all the details. As it gets closer to May 6th, we will contact all interested senior men with an email with details on sign up, cart assignments, etc. Please let us know if you are interested in playing.
New McHenry residents Ken and Marcia Cooper have hit the Wind Crest grounds running. The day begins with her early morning exercising of their large golden retriever, Peaches, while he plays tennis. They then participate in various Wind Crest activities, including water volleyball, ping pong, and, in his case, writing of essays for the Writers Group. Several of his articles have already appeared on the Wind Crest website.

In January, the Coopers sold their Lakewood home, in which they had resided for 45 years, and moved to Wind Crest. They have quickly made themselves right at home here. He was born and raised in Missoula, Montana. There, he participated in the myriad outdoor activities that characterize the area, including hunting [his father once shot a large mountain lion in their back yard], hiking, fishing, and mountain climbing in addition to high school and college team sports. So, he was right at home during five summers that he spent as an employee of Yellowstone National Park. The resulting income and a scholastic scholarship enabled him to attend and graduate from the University of Montana in his home town.

His Yellowstone experience included meeting Marcia, who traveled from her Tipton, Indiana home to work at Yellowstone for several summers. In 1962, shortly after they had both graduated from college (he from the U. of M. with a B.S. in Accounting and a CPA certificate, and she from Butler University in Indiana with a B.S. in Business Education), they married. They have two sons, Brad and Andy, both of whom are graduates of Colorado State University, and four grandchildren, all of whom are Colorado residents. Brad and his wife, Suzanna, (from Little Rock) capitalize on their Masters Degrees from the Washington School of Medicine in St Louis to run their multi-state wellness company. They have two daughters and a son. Andy is a masonry contractor in Denver; his wife, Kimberly, has a cake decorating business. They have one daughter.

Upon graduation from college, Ken joined the Navy for three years, the last couple of which were served in Newfoundland. Upon Ken’s discharge from the Navy, the young couple headed for Denver. There, his CPA certificate enabled him to obtain employment with the public accounting firm of Peat Marwick. Four years later, he joined the accounting department of the King Soopers food chain, where he spent the rest of his professional years. By the time of his retirement in 1996, he had served as the company’s Comptroller for fifteen years.

Ken is already the envy of most of the members of the Wind Crest Writers Group in that he has written and published his own memoir. Its title reveals the exuberant and active nature of its author: The Discombobulated Development of a CPA, a Memoir.
What is the greatest resource in our Wind Crest community? YOU!

YOU began six new activities (since February) to enrich the Wind Crest community.

- Spring Bingo
- B-Squad Bridge
- Wednesday Afternoon Bridge
- Thursday Evening Bridge
- Wind Crest Windys Band
- Windy Woofers

Almost 100 of YOU are actively giving more than 2,400 volunteer hours every month to lead, organize, and empower various types of Wind Crest clubs, groups and organizations. Every resident giving their time and talents to participate in these activities are creating a Wind Crest community that is adding more living to all of our lives. Thank you!

How do we continue to enrich our Wind Crest community together?

One way is attending our NEW monthly gathering of Resident Leaders on the Tuesday following Resident Town Meetings. We meet @ 9:30AM in the Fireside Lounge. This month is Tuesday, April 14th.

The purpose of our meeting is to stay connected, communicate, and resource Resident Leaders as we team together to create our Wind Crest culture by sharing our time and talents with one another.

A Resident Leader is anyone who provides leadership of a club, group, activity, or organization that creates the Wind Crest community culture we all love, lead, and participate in daily.

Springtime is here. Gardening Club is planting. Golfers are dusting off the tees and clubs. Wind Crest community Neighborhood II construction continues and plans are underway for an exciting summer series of Resident Story-telling under the stars. Stay tuned for more details from the Entertainment Committee.

Did you know that Wind Crest Residents commit to investing over $100,000 a year to help educate our next generation of leaders?

Did you realize the High Schoolers serving meals throughout the entire Wind Crest community restaurants have the opportunity to apply for a $500 per semester scholarship?

Every year during March, April and May we have our annual Student Scholarship Fund Campaign to raise $110,000 (2015 goal) to give back to an amazing group of students that have been serving and working at giving each resident a positive dining experience.

This year’s Scholarship Fund Campaign theme was created by the students. When asked to describe Wind Crest and working here, they said…

**Wind Crest is love…Wind Crest is life**

Senior scholar, Maddie Cravens summed it up like this…

“I feel very fortunate to have had the opportunity to be employed at a place that I look forward to coming to everyday. Not only to see the friendly faces of my co-workers, but also of the residents. I’ve made some awesome friendships here and will miss it very much when I leave. I cannot express my gratitude enough for giving me the opportunity to receive this scholarship. It will be such a huge help to pay for my education. Thank you so much and I will miss everyone dearly.”

Emily is studying business administration so she can open her own music store. Samantha is majoring in Animal Sciences and pre-veterinary medicine. Jenna is studying to become a teacher while Lucy has been a member of the National Honor Society and seeks a degree in Non-Profit management. Gavin is attending Texas A&M to study Chemical Engineering while others have aspirations to become lawyers, lobbyists, engineers, and English majors. These are a few of the 25 Seniors eligible to receive this year’s scholarships so generously given by Wind Crest residents.

Thank you for investing in their futures and the future of those they’re going to be leading. Please join us in the Fireside Lounge on **Sunday, April 12 @ 3 – 5 PM** for our **Student Scholarship Senior Showcase**. Meet the Seniors, their families, learn more of their story, future dreams and goals.

Mark your calendar for a FUN afternoon of **BINGO with the Students! Sunday, April 26 @ 3:00 PM** in the Fireside Restaurant. Come and have an afternoon of FUN, laughter, stories, food, and giving back to those who have given so much to you.
RAC Ramblings
By Dori Helms, President of the Resident Advisory Council

April is bringing a new look to your RAC team. Wendy Zimmerman is moving to Iowa in May and has resigned. We are pleased to announce that Karen Weerts, with a unanimous vote of the Council, has agreed to serve as a member of the RAC and take over as the Dining Liaison. Karen was a member of the first RAC as Vice President and Secretary, in addition to being the liaison for Dining and the Erickson Advantage Health Plan. She and her husband Bob moved to Wind Crest a month after it opened in 2007 and have been a vital part of the community since. They have four children and nine grandchildren. Karen currently works part-time for a local funeral home and her interests include daily walking, bird watching, swimming and helping with grandchildren.

The Communications COTRAC
By Frank Greenwood, Communications COTRAC Liaison for the RAC

What is it? Why is it a part of the RAC? What does it do? How does it work?
Let me answer those questions. What is it? Communications is one of the five RAC (Resident Advisory Council) COTRACs (Committee of the Resident Advisory Council). The other COTRACs are Resident Life, General Services, Health & Wellness, and Resident Life.

Why is it part of the RAC? In 2013, the RAC determined it needed a new COTRAC to address the communications concerns of the residents. Information was being distributed to the residents in a variety of ways. The RAC wanted to have a COTRAC dedicated to improve the communication efforts at Wind Crest.

What does it do? The mission statement of the COTRAC is: To assist in making communication to ALL residents clear, consistent, efficient, accurate, and timely.

How does it work? The COTRAC meets once a month to evaluate how communication is being used to keep the residents informed of anything important that is happening at Wind Crest. A few of the things that have happened because of the work of the Communications COTRAC are: the 2014 photo directory, evaluation and implementation of new Audio/Visual equipment, and an audio information phone line for residents with low vision. Recommendations from the COTRAC are given to the RAC for consideration at their monthly meeting.

The COTRAC will continue to seek and recommend new and/or improved methods of communication between Wind Crest residents and staff, so that all residents feel well informed about daily living activities at Wind Crest. The COTRAC is currently working on improving communication by more effective use of the digital calendars, the table tents on the dining tables, and updating the Resident Activities Directory.

If anyone has suggestions or recommendations about how to better communicate here at Wind Crest, please submit them in writing to any Communications COTRAC member.

Security Tip of the Month - Properly Directing Visitors, by Felipe Marquez, Wind Crest Security

Due to the expansion of our campus, it is hard (especially if they have not been here before) for some visitors to find their way around and know which parking lot to properly park in. For the person in the gatehouse to get your visitor to the proper building and parking lot, it is very helpful for the visitor to know which building you live in. If they can provide us with the name of the resident they are visiting and the building the resident lives in, we can appropriately direct them. This can reduce stress caused by extended wait time at the gate and stress caused by getting lost, or having to walk a distance to get to the proper building. With the size of our campus now, it is not so necessary to call the gatehouse ahead of time and inform us, purely due to the fact that we have so many residents now, and we see several hundred visitors come through the gate on any given day. If you have any questions or comments, please call the gatehouse attendant at 303) 876-8575.
Life here at Wind Crest can sometimes feel puzzling. There are so many pieces: a new address, phone number, new neighbors, new medical caregivers, multi-story buildings with long hallways, changing personnel; the list goes on! But there are also new opportunities for activities and friendships, for assistance of many kinds, new adventures and places to explore.

The Resident Life staff team and COTRAC are here to help you put the pieces of this puzzle together so that you can enjoy life here to the fullest. Andy Johannesman is the staff Resident Life Director, overseeing the Health Care, Social Work, Pastoral Ministries, and Philanthropy teams. Martha Nelson chairs the Resident Life COTRAC which connects with residents in ways such as clubs and activities, the Interfaith Council, Helping Hands, and entertainment. The RAC liaison is Pat Nottingham. Resident Life staff and COTRAC members welcome your input and suggestions!

**WC Women’s Club**
By Wilma DeBoer, President

The Wind Crest Women’s Club made gift boxes for Mill Vista Lodge residents for Easter.

Sue Anzai    Donna LoDico    Claudelle Hiebert
Resident Life: Successful Living at Wind Crest
By Andy Johannesman, Director of Resident Life

What is Successful Living here at Wind Crest? It is something different for each and every one who lives here. As a community we would say that it is the sum of three main areas: 1) Engagement in Life, 2) Improving Physical, Cognitive and Spiritual Function, and 3) Reducing Illness and Injury. In this article we will take a look back at 2014, and the ways that together we helped to provide this great lifestyle.

We do not want to be complacent, so we would ask that as you read this information, you continue to think of new and creative ways you and your neighbors can add to this wonderful community. Then we can continue to partner together and flourish as a community.

Engaging in Life:
- Number of Resident run Groups/Club: 108
- Number of Opportunities for Activities on the Calendar per month: 451
- Number of Volunteer hours per month: 2126

Improving Physical, Cognitive and Spiritual Function
- Number Wellness visits per month: 2800
- Number of Spiritual opportunities per month: 55
- Number of Rehabilitation visits per month: 521
- Number of Memory Wellness opportunities per year: 16

Reducing Illness and Injury
- Number of Medical Center visits (approximate) per month: 780
- Number of Rehabilitation visits per month: 521
- Home Support Nursing and CNA hours of support per month: 2558
- Number of Medical Center talks per year: 12
- Number of Balance Classes per year: 4
- Number of Falls Intervention tools and events per year: 21

General Services
By Steve Murphy, Facilities Manager, Housekeeping

ELECTRONICS RECYCLING EVENT
Friday, April 24, 2015

- Residents place your unwanted electronics devices such as TV's, VCR's, computers and telephones outside your apartment door by 8AM Friday morning.
- General Services Team will remove the items later in the morning and transport to vendor bins in parking lots.
- Afternoon - Vendor removes electronics from the campus.

NOTE: If you need help with heavy items, call GS on Wednesday April 22 or Thursday April 23rd to schedule help.

SHOULD YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL GENERAL SERVICES AT 303-876-8450
Community Shred-it Event
By Steve Murphy, Facilities Manager, Housekeeping

Wind Crest is partnering with Shred-it to sponsor a ‘community shred’ event. We are proud to offer this additional service to our residents to reinforce our commitment to the prevention of identity theft.

The Community Shred Details

Date: 4/24/2015

Time: 9:00 A.M.—11:00 A.M. Town Center Under the Porte-Cochere
11:00 A.M.—12:00 P.M. at McHenry’s Front Entrance

* Trucks will provide onsite document destruction; drivers will administer shredding while customers are invited to watch.
* **Items to Shred:** Old bank statements, credit card offers, cancelled checks, old medical records, pay check stubs; anything with your personal information.
* **Amount You Can Bring:** Each person is welcome to bring up to 3 copy boxes or one large trash bag full of confidential material.
* **Items Not Accepted:** Trash, pop cans, newspapers.

So clean out your closets and get rid of all of those unwanted documents that are cluttering your apartment! Contact General Services at (303) 876-8450 if you have any questions about this event.

On behalf of the Ronald McDonald House Board of Directors, the staff, the volunteers, and especially the children and families who depend on the House, we offer you our heartfelt appreciation for your help.

3.11.15
THANK YOU!  Diane Jones
President

The Wind Crest Women’s Club thank you all for your donations of pop can tabs!
Springtime has arrived and it’s a glorious time of year! We welcome the season with open arms, eyes & ears. Our group has been quite the busy bees lately and are enjoying every minute! From working on creative art projects to exercising our muscles and brains – we have had some fun-filled days. Several afternoons we relaxed on the patio near the fire pit soaking up some much needed vitamin D. To feel that beautiful sunshine on our faces in early spring is absolutely priceless!

Recently, our participants have taken on a community activity with “Project Angel Heart.” This is an organization that provides and delivers meals for those around the Denver area who have a life threatening illness and cannot leave their homes. We have been blessed with the opportunity to decorate the meal bags, so that hopefully, we can brighten someone’s day with a smile.

We have also been enjoying special piano concerts played by our very own Wind Crest resident, Flossy, as well as a talented David DeVries who played his harmonica for us. Our most heartfelt thanks go out to Flossy and David for volunteering their time and talent with us. Music in all forms brings joy and memories to all of us.

Of course we cannot forget to take this opportunity to thank our little furry friends for visiting us also: Mickey, Claire, and Misty. Our four legged friends sure do make us smile and laugh!!

If you are ever wondering what we are busy working on, please feel free to drop in to visit us in room 3105. We would love to see you!!

Intermissions

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Intermissions

Things Not Along The Trail

By Norm Fox, Wind Crest Resident

Seems almost like a broken record from last month. This has not been a good month for me and my daily strolls along the canal trail. First, for most of February, the trail was snowbound and wimpy me, I try to stay off when it is slippery walking. Our mature population (not old) tends to be a little cautious when it comes to chancing a fall. Anyway, as if the snow wasn’t enough, my back problem keeps nagging me, even after injections to try to relieve the pain. Then in late February, my wife Fran, had to have her artificial hip partially rebuilt. The operation went well and she did her rehab session at Mill Vista Lodge. Now she is in outpatient therapy, back home and walking with a walker. She is doing remarkably well, but I still get to do many of the chores she normally takes care of. Anyway, all of the above has played havoc with my trail wandering.

I have noticed a few items of interest in my brief walks outside several times a day. I heard my first woodpecker (Flicker) encounter this year. Appropriately, on Valentine’s day morning outside Cottonwood, I first heard the familiar hammering of a woodpecker on the drain pipe signaling to all the females in the area he had arrived and was available. I soon spotted him on the roof, guided by the rat-tat-tat of his bill echoing off the drain pipe which makes a very effective amplifier. Since that day I have heard more and more of the familiar sounds signaling the coming of spring.

The very next day I spotted a Robin (February 15th) searching the bare spots in the grass for snacks. Another sure sign that spring is almost here. The only other unusual sighting was by another resident crossing the link to McHenry’s. They spotted an owl in the trees close by on the south side crossing the canal. This group of trees often houses Kestrels, Red Tails, Magpies, etc., but this is the first time I have heard of a sighting of an owl in those trees. They are sometimes seen and heard in the eaves in Cottonwood and Blue Spruce usually late in the evening, during the night or early in the morning. This observation was during the day.

The rabbits seem to be increasing almost daily. Maybe it’s just because the weather is warming up. Talked to a General Services employee carrying a live trap on the loop trail behind Cottonwood. They are trapping and relocating as many as they can, but don’t seem to be making much of a dent in the population. Hawks are getting their fill, but they can only eat of so many. Where, oh where, are the Coyotes when we need them? Still haven’t spotted any for many months, nor have I seen any tracks in the recent snows on campus.

Yesterday I spotted some Canada Geese performing what appeared to be a mating ritual. They were down on Johnny’s Pond. The trail has been a little wet and muddy due to snow melt, but as of today, it appears to be nicely dried out. A pleasant walk around the pond would be nice on these warm days, especially with the pond nice and full of runoff water. Blackbirds are starting to perch among the cattails.

That’s all for now and I am ready for Spring. Are you?
Wellness Center Updates
By Ada Schwehr, Wellness Coordinator

We will be hosting another **Timeless Tennis** “Play Day” on Wednesday, April 22nd in the Music Room from 10:15 a.m. to noon. Please stop by and give indoor tennis a try! Whether you are experienced or just a beginner, you are sure to enjoy practicing drills or rallying back and forth with your Wind Crest friends! No need to sign up. Just show up! Our guest Nikki Hola, certified coach through the United States Professional Tennis Association, will provide solid instruction and fun drills to hone your skills.

Make sure to check out the Wellness Center Bulletin Board section called the **Concentration Corner** every other week for a challenging puzzle, game or riddle to stimulate your brain. Remember, just as the body needs physical exercise to keep fit, the brain needs mental exercise to stay active and alive. Our Wellness Department wants to encourage all of our residents to keep their minds active and alert and actively engaged in life! The **Concentration Corner** serves as a reminder for you to take part in daily activities that will stimulate your noggin. Some examples of great cognitive activities are: engaging in meaningful conversation, playing games, solving puzzles or even learning a new hobby or taking up a craft.

**Basic Balance** has been extremely popular this last year and we currently have over 30 residents on our waiting list! Therefore, our team decided we will be instructing TWO summer sessions of **Basic Balance** to accommodate these residents. The dates have not been determined, but are tentatively planning for a mid- to late May start. We have started the fall waiting list for both Basic and Advanced Balance, so please stop by the Fitness Center or call 303-876-8317 if you are interested.

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From Your Falls Intervention Team (F.I.T.)
By Ada Schwehr, Wellness Coordinator

**Don’t Keep It a Secret!**

Many seniors who experience a fall, do not tell their doctors because they are worried they will be told they cannot live on their own anymore. According to the U.S. Centers for Disease Control and Prevention, millions of Americans over the age of 65 fall every year. But, fewer than half tell their doctor. Many worry they will have to move from their home to assisted living or a nursing home. Moreover, many older adults do not want others, like their family or friends, to worry about them, even if they fall and do not seriously injure themselves. Dr. Nicole Osevala, an internal medicine specialist at Penn State University, urges seniors to tell their doctor about any falls so the causes can be determined and alleviated. She states, “Things like urinary tract infections, pneumonia, and skin infections might make a person be not quite as strong as they would be normally. These things can put them at an increased risk for a fall.” Also, having one fall puts seniors at higher risk for having another fall, so it is very important to report a fall to your doctor so they can look at various areas and identify anything that might be pertinent and try to address as many as possible. The Wind Crest Medical Center Providers will be rolling out a proactive tool in the near future called the **Fall Prevention Self-Management Plan.** Your providers will help you take an active role in self-management and help you to stay independent. They will work alongside you to encourage healthy behaviors that will keep you strong and going long!
# MARK YOUR CALENDARS!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Thursday, April 9</td>
<td>Resident Photo Directory Update Inserts Distribution</td>
<td>TC Arts Classroom</td>
<td>4:00 PM</td>
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<tr>
<td>Friday, April 10</td>
<td>Resident Town Meeting</td>
<td>Fireside Restaurant</td>
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<td>Sunday, April 12</td>
<td>Student Scholars’ Senior Showcase</td>
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<td>Resident Photo Directory Update Inserts Distribution</td>
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<td>Tuesday, April 14</td>
<td>Resident Leaders Monthly Gathering</td>
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<td>Wednesday, April 15</td>
<td>Medical Center Talk - Sleep Deprivation and Good Sleep Habits</td>
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<td>House Party - Aspen Terrace</td>
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<td>Loss and Transition of a Loved One talk</td>
<td>TC Music Room</td>
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<td>Special Entertainment Joni Janak</td>
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<tr>
<td>Sunday, April 26</td>
<td>Student Scholarship Bingo</td>
<td>Fireside Restaurant</td>
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<td>Monday, April 27</td>
<td>Jubilee Handbell Choir Concert</td>
<td>Fireside Lounge</td>
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## Coming in May

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<tr>
<td>Saturday, May 2</td>
<td>Chorale Spring Concert</td>
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<td>Sunday, May 3</td>
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