

The Gazette



OFFICIAL NEWSLETTER: LIBBY BORTZ ASSISTED LIVING CENTER



September 2017

"National Assisted Living Week".....Sept 10th - 16th

Flu Season: According to the Center for Disease Control (CDC) Influenza (Flu) activity begins to increase in October and November. Most of the time the flu activity peaks between December and March and can last as late as May. To protect yourself from the flu, the CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against the flu. In addition to getting a seasonal flu vaccine you can take everyday precautions such as staying away from sick people and washing your hands to reduce the spread of germs. In addition, there prescription medication called antiviral drugs that can be used to treat the flu.

Libby Bortz Assisted Living Center offers a free flu shot clinic to all their employees. All employees are required to receive a flu shot. Employee's that are not able to receive the flu vaccine must provide a physician's statement and then wear a mask while at work through the flu season. The safety and wellbeing of our residents, staff, and visitors is our first priority.



Flu Shot Clinic (Front Range Flu Shots) for our staff is scheduled for Friday, October 13th in the second floor library.

Residents who are not receiving their flu shot from their medical provider may sign up at the receptionist desk by September 30th to receive a high dose flu shot from Front Range Flu Shots. *Please provide your insurance card to the receptionist when scheduling your appointment. Front Range Flu shot clinic only accepts the following insurances:

- Medicare Part B or Railroad Medicare Part B (when primary insurance plan)
- Medicare Advantage PPO
- Aetna
- CIGNA (Cigna Connect)
- CNIC
- Confinity
- Humana (not HMOx)
- Rocky Mountain Health Plans

If your insurance does not cover the cost of the Flu Vaccine you will be charged \$60.00 for the flu shot.

All Visitors and Residents Must Sign In and Out when coming or leaving the building. No Exceptions!



Reminder Regarding Meals and Room

Trays- Three meals a day will be served to residents in the dining room. Residents that do not come down to the dining room during the serving times will need to order a room tray. Residents can request a room tray before or after serving times. Residents are required to come to the dining room for a minimum of two meals a day. Residents can receive up to six (6) room trays a month for free.

As of October 1, 2017 residents, (including Innovage residents) who use more than six room trays per month will be billed \$10.00 per room tray.

A Reminder from the Medication

Office-Just a reminder that it is Libby Bortz policy that residents on medication management must have a family member/responsible party sign out medications when the resident is leaving our community. When returning back to the community, the family member or responsible party will then bring the medications to the Resident Assistant and the medications will be counted and signed for by the RA and family member/responsible party. This policy is for the safety of the resident as well as the safety of others and promotes the responsible handling of medications when medication management residents leave our community.



Craft Fair.....

Saturday, Nov 4th

Start Holiday Shopping by supporting "OUR" Crafters! Residents and staff members will be displaying handmade items in our Lobby from 10 am - 2 pm.

Sign Up at the front to participate.

National

Healthcare Housekeeping Week

Sept 10th -16th, is National

Healthcare Housekeeping



Week. Staff and residents are

sending a huge "Thank You" & grateful appreciation to our housekeeping staff members: Heather, Russell, Dave, and Vanessa. Each week our apartments are cleaned, laundry returned nice and fresh and the staff are always willing to assist with additional requests with a smile on their face. Thanks for caring about all the residents and making our community shine.

September Employee of the Month

Richard Rivera

Richard

Richard was born in Arizona and moved to



Colorado two years ago with his sons. Richard jokes that he left Arizona to escape the heat. He has been in

the culinary field for over twenty (20) years. The majority of his experience was

working in resort kitchens in the Phoenix area. When he relocated to Colorado he wanted to find a job that allowed him the time to spend quality time with his sons and explore the great outdoors (loves to hike and mountain bike) Richard feels that Libby Bortz Assisted Living has been the answer to all of these things and is proud to be a part of the community. Congratulations Richard!



Upcoming Events and Activities

Tuesday, September 5th "Birthday Party with Jeff" Come and join us for some cake and ice cream with entertainment by Jeff at 2:30 p.m. in the Dining Room.

Mark your calendar for Wednesday September 6th because we will be having a discussion on "**Being Kind**" at 11:45 p.m. in the Dining Room. Please come down to lunch a little early that day and we hope to see you there.

Friday, September 8th "Omnibus Outing" We will be going on the Omnibus to have lunch at **Walter's Pizzeria** if you are interested in going please sign up at the front desk. Please remember that we can only take ten (10) so it will be on first come first serve basis by sign up sheet. Bus will pick up at 11:00 a.m.



Tuesday, September 12th "Baking with Mandy" come and join us. We will be making some delicious homemade **Banana Bread**. We will meet in the Activities Room at 2:30 p.m.

Wednesday, September 13th "Arts & Crafts with Mandy" come and join us we will be making a family tree.

Friday, September 15th "Milk Shake Social" come and enjoy a chocolate or strawberry milk shake on the 3rd floor at 2:00 p.m.

Thursday, September 19th "Art with Patricia" Join us in the Activities Room and see what we will be making this month.

Tuesday, September 26th "Women's Lunch" come and have some homemade cheese and chicken enchiladas at 12:00 p.m. on the 3rd floor. If you are interested please sign up at the front desk. This will be on a first come first serve basis due to the limited seating.



Welcome New Residents

Naomi Bloomstran
Alex Eifert



Tai Chi



Tai Chi is a mind/body practice that originated in ancient China. People of almost any age or condition can participate in Tai Chi. Tai Chi is a type of low-impact, weight-bearing aerobic exercise that began as a martial art. As it developed, it took on the purpose of enhancing physical and mental health. It is practiced in a variety of styles, but always involves slow, gentle movement, deep breathing and weight shifting. It is sometimes called a moving meditation.

The benefits of Tai Chi are numerous and include improved strength and balance; reduced pain and stiffness; improved cardiovascular, respiratory, circulatory, lymphatic and digestive functions. It reduces stress and enhances sleep.

The Tai Chi program offered at Libby Bortz can be done in either seated or standing positions. Progression of the movements is individualized by the instructor. Our class meets weekly on Mondays at 1 p.m. Why not come and try it out?

Our instructor is Ann Bote. She is a licensed physical therapist and has practiced for more than 35 years. She was a staff therapist at Littleton Hospital for 22 years before retiring in 2014. She earned her certification as a balance specialist and Tai Chi instructor from the Consortium for Older Adult Wellness and now owns her own business serving the adult population in the Littleton area teaching balance, Tai Chi and individual therapies in the home setting.

Resident of the Month

Irene Dilorenzo

Irene was born in Bronx, New York and has two brothers.



Irene stated that she had a wonderful childhood and they played outside all the time. Irene stated that the best part of where she grew up was the school had an indoor swimming pool and she just loved to swim all year long. When Irene was 19 she met her husband Henry and got married and had two sons. Irene stated that she and her husband did a lot of traveling had a great marriage, and were very happy. Henry was a great artist and loved to paint. Irene has a few of his painting hanging in her apartment. After her husband Henry retired he started teaching art class until he was 95 years old. Irene and her husband Henry lived in Bronx, New York to Long Island. Irene lived in Long Island for 30 years and made some really great friends that were like family to her. Irene and Henry were happily married for 73 years and she lost him when he was 101. When Irene turned 100 her family decided that it would be best if she moved to Colorado and not live alone anymore. Irene moved to Colorado to be closer to her youngest son and she lived with him and his family for a few years. When Irene decide that living there was not safe for her any longer she moved to Libby Bortz Assisted Living Center.