

## Libby Bortz Assisted Living

Marcy Plamondon - Executive Director  
Victor Terrell - Food Services    Colleen Dennis - Office Manager  
Emma Mallory - Resident Services    Emma Mallory - Medications  
Jan Stephan - Marketing    Russell Nokes - Maintenance    Mandy Pacheco - Activities

Resident Council Board  
President — Pauline Harms    Vice President — Karen Burroughs

# THE GAZETTE

Libby Bortz Assisted Living  
5844 South Curtice Street  
Littleton, Colorado 80120  
303.347.9755

February  
2018



Sending HUGS to all  
of our VALENTINE'S



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### Excuse Our Dust:



We are very excited about all of the renovations that have started around the building. To recap we are enlarging our reception area, installing new carpet in the first floor hallways and common areas, gran stair case and second floor library as well as painting the first floor hallways, common areas, dining room doorways and trim. Second floor library area will also receive new paint. We are also upgrading a select few rooms on the first floor that will serve as the "neighborhood" in which we will be providing more care at an additional cost to our private pay residents. Look for more information as the new neighborhood on the first takes shape.



### February Is American Heart Month

Heart disease is the #1 killer of women, yet only one in five American women believe heart disease is her greatest health threat.

This national awareness month provides Women Heart (The National Coalitional for women with Heart Disease) the opportunity to spread the message about heart disease to all women who are living with heart disease. Heart disease affects more than 6 million American women and another 37 million are at risk for developing heart disease.

Certain types of heart disease (such as heart defects) cannot be prevented you can help prevent many other types of heart disease by making the some lifestyle changes that can improve your heart disease, such as:

- Quit smoking
- Control other health conditions, such as high blood pressure, high cholesterol and diabetes.
- Exercise at least 30 minutes a day on most days od the week.
- Eat a diet that's low in salt and saturated fat.
- Maintain a healthy weight
- Reduce and manage stress
- Deal with depression
- Practice good hygiene.

