



The Gazette



OFFICIAL NEWSLETTER: LIBBY BORTZ ASSISTED LIVING CENTER

April 2018

Please Help US.....

The beautiful Colorado spring weather is loved by all. Therefore, a little assistance from



residents, staff and visitors with infection control is being sought. Please wash your hands frequently with soap and water, use hand sanitizers and avoid visiting "the Community" if you feeling ill.



Medication Program

If you are enrolled in the Medication Administration Program and are planning on leaving the facility during the upcoming holidays, please remember important guidelines:

- * Notification must be received at the reception desk 72 hours prior to your departure time.
 - * Notification must include the specific number of days and time you will be absent from the facility,
- Advance notice allows staff time to prepare your medication and have them ready.

Please join us on **Friday, April 13th** at 7:00 a.m. in the Activities Room on 2nd floor. Come for some delicious homemade waffles with strawberries and whip cream. Please sign up at the front desk space is limited.

April Employee of the Month



Deme Richardson
Our Employee of the Month moved to Colorado from the tropical island of the Dominican Republic in the Caribbean. Deme

Richardson became a certified care giver thirteen years ago because she loves working and interacting with people from various backgrounds.

She loves Latin music and the many traditions of her homeland, but became a US Citizen eight years ago. Deme was a public school teacher in the islands. Deme has a great husband Greg and has two daughters, Esther and Johana and just welcomed a granddaughter. Deme has been an employee of Libby Bortz Assisted Living Center since 2010. Deme says Libby Bortz is her second home and she is very happy to be here. Congratulations Deme!



April Calendar of Events keeping you "On the Move"!

Tuesday, April 3rd - "Baking with Mandy"

Making & tasting homemade chocolate chip cookies in the Activities Room at 2:30 p.m.

Friday, April 6th - "Wine & Cheese Social"

come up to the 3rd floor at 2:00 p.m. and enjoy a glass of wine and snack on some cheese & crackers.

Tuesday, April 10th - "Birthday Party"

Join us in celebrating April Birthday's with "TNT" in the dining room at 2:30 p.m.

Wednesday, April 11th/25th - "Chair Yoga"

Are you interested in trying some new exercise? Come and join chair yoga on the 2nd floor TV area at 2:30 p.m.

Monday, April 16th - "Music w/Jon"

Jon will be here to perform for everyone on the 3rd floor at 2:00 p.m.

Wednesday, April 18th - "Resident Council Meeting"

in the Dining Room at 10:00 a.m. Hope to see everyone there.

Wednesday, April 18th - "Music w/David"

come and listen to some new music with David Potter on the 3rd floor at 3:00 p.m.

Friday, April 20th - "Omnibus Outing to Angies"

We will be riding the Omnibus to Angies Italian/Mexican Restaurant. If you would like to go please sign up at the front desk. Seating is limited on the bus maximum 10 residents. Plan to meet in the lobby for bus pick up at 11:00 a.m.

Tuesday, April 24th - "Laugh Out Loud"

Come and join some fun and laughs on the 3rd floor at 2:30 p.m.



National Parkinson's Month

Parkinson's disease is a progressive and degenerative brain disorder that impacts muscle movement.

The exact cause of the disease is not known. It is thought to be a result from a combination of genetic and environmental factors. The brain produces less dopamine. This chemical transmits messages to the part of the brain that is responsible for movement. Over 17,000 people in Colorado suffer from this disease.

A person may notice the following symptoms:

- Tremors that occur usually while a person is at rest and begin on one side of the body
- A person may move more slowly and have a decrease in facial movement
- A person may experience postural instability due to the loss of certain reflexes
- Muscles can become rigid and freeze up this can be painful
- Problems with speech, voice and swallowing
- Excessive sweating
- Mood changes

Persons should have a screening by their primary care physician if they have any concerns and then may be referred to a neurologist for further testing.

www.parkinsonrockies.org

Earth Day

Each year, Earth Day, April 22 - marks the anniversary of what many consider the birth of the modern environmental movement in 1970. The height of hippie and flower-child culture in the United States, 1970 brought the death of Jimi Hendrix, the last Beatles album, and Simon & Garfunkel's "Bridge over Troubled Water". Protest was the order of the day, but saving the planet was not the cause. War raged in Vietnam, and students nationwide increasingly opposed it.



Americans were slurping leaded gas through massive V8 sedans. Industry belched out smoke and sludge with little fear of legal consequences or bad press. Air pollution was commonly accepted as the smell of prosperity. "Environment" was a word that appeared more often in spelling bees than on the evening news. Although mainstream America remained oblivious to environmental concerns, the stage had been set for change by the publication of Rachel Carson's New York Times bestseller *Silent Spring* in 1962. The book represented a watershed moment for the modern environmental movement, selling more than 500,000 copies in 24 countries. Earth Day 1970 capitalized on the emerging consciousness, channeling the energy of the anti-war protest movement and putting environmental concerns front and center.

National Healthcare Volunteer Appreciation Week April 15th thru April 21st

Did you know that President Richard Nixon established National Volunteer Week with



an executive order in 1976 as a way to recognize and celebrate the efforts of healthcare volunteers? Every April charities, hospitals, nursing homes and assisted living communities recognize volunteers. This year's theme is "Volunteers are the Heart of Our Team".

On Thursday April 19th residents and staff will honor all of our resident and community member volunteers with a special Volunteer Appreciation Luncheon. Please join us in welcoming and showing our appreciation for all that our volunteers do for us throughout the year.

Mother's Day Tea

We will be hosting a Mother's Day Tea on Saturday, May 12th, at 2:30 p.m. in our Main Dining room. Please join us for this special celebration honoring motherhood and those special women in your lives. Our Mother's Day Tea refreshments will include flavored teas, finger sandwiches, scones, and assorted cookies. Entertainment will be by Maria O'Bryan harpist. RSVP to the receptionist desk no later than April 30th, Space is limited for this popular event. We are asking for only two (2) guests per resident. Boxed lunches will be served at lunch on May 12th related to the Mother's Day Tea.



Due to the Mother's Day Tea on Saturday, May 12th BINGO will be held on the third floor.