

Libby Bortz Assisted Living Center

Marcy Plamondon – Executive Director
Ross Garcia – Food Services Colleen Dennis – Office Manager
Teresa Petersen - Care Coordinator Jennifer Radzwion/Ida Chacon– Care Coordinators
Russell Nokes - Maintenance David Taylor – Activities

Resident Council

Littleton National Western Welcome Week

August 9th-18th 2019

5844 South Curtice Street
Littleton, Colorado 80120

LibbyBortz
Assisted Living

THE GAZETTE

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August, 2019

Family Night with Libby and Patti Bortz

On Thursday, September 12, 2019 at 6:30 pm. Libby and Patti Bortz will be doing a presentation on the book they co-authored titled “The Last Chapter”. This presentation discusses the emotional journey of a mother and daughter as they talk about aging, dying and what matters most in the later chapters of life. They will share the reasons why this conversation is so important and provide approaches to start the conversation where family members are reluctant or avoidant. They will provide additional resources to help families learn, plan and communicate with each other about the aging and dying process,

Libby Bortz is a licensed clinical worker with a long career as a therapist and involved citizen. In 2014, she was named Outstanding Alumnus by the University of Denver Graduate School of Social Work and received a Lifetime Achievement Award from the Colorado Chapter of the National Association Of Social Workers. She received numerous other awards and accolades for her achievements including having the Littleton Housing Authority name the Libby Bortz Assisted Living Center in her honor and earning her recognition as Littleton’s Citizen

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Medical Committee. Patti Bortz earned her law degree at DU. After practicing law with the U.S. Attorney’s Office and the Federal Bureau of Prisons, she oversaw the U.S. Department of Justice, Federal Bureau of Prisons Paralegal Training Program and taught a variety of legal courses. Eventually she moved into the nonprofit world, working to improve Colorado’s public education, and now the lives of seniors. She is a certified mediator and a certified senior advisor. Patti serves on a number of boards and volunteers in a variety of capacities.

If you are interested in attending please RSVP no later than Sunday, September 1,





August Calendar Events Keeping you "On the Move"!

Tuesday, August 6th

Littleton Spellbinders

Join us for some great stories brought to you by the Littleton Spellbinders at 2:30 pm on the 3rd Floor.

Wednesday, August 7th

Activity Planning Meeting

3:00 pm on the 3rd Floor.

Friday, August 9th



Music w/Daniel

Come and hear some fantastic music at 2:00 pm on the 3rd Floor.

Popcorn Social

Hungry? Join us for some hot popcorn and lemonade at 3:00 pm in the Lobby.

Monday, August 12th

Music w/Carmen

Come and enjoy some relaxing music with one of our favorite piano players at 2:00 pm on the 2nd Floor Library.



Tuesday, August 13th

Birthday Party

Enjoy some cake and lemonade while enjoying the variety show presented by TNT.

Thursday, August 15th

Connect Hearing

Having trouble hearing people lately or need hearing aids cleaned or new batteries put in. If

Thursday, August 15th

Elvis Trivia

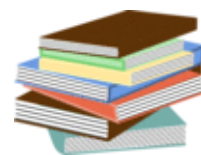
Come and test your knowledge about the King of Rock and Roll and try one of Elvis's favorite snacks at 3:00 pm on the 3rd Floor.

Friday, August 16th

Arts and Crafts

Come and express your creative side. Today we will be painting on canvas at 1:30 pm on the 2nd Floor in the Activity Room.

Tuesday, August 20th



Bemis Library

Come and check out what they have to offer at 2:00 pm on the 2nd Floor Library.

Wednesday, August 21st



Food Committee Meeting

2:00 pm in the Dining Room.

Thursday, August 22nd

Sing A Long

Join Barbara and sing some of your favorite songs at 2:30 pm 2nd Floor Library.

Friday, August 23rd

John Reed Austin

John will be here and playing his wonderful electronic sax at 3:00 pm on the 3rd Floor.

Monday, August 26th

Piano w/Stuart

Come and relax and listen to Stuart play some marvelous pieces at 2:00pm on the 2nd Floor Library.

Buffalo Bill continued to perform his wild west show until 1916 although at age 91 he often had to be helped onto his horse back stage.

While Buffalo Bills Wild West Show remained extremely popular in the United States and abroad, in the end largely through poor investments, including his purchase of an unproductive gold mine he lost his fortune he made in show business.

His last public appearance occurred just 2 months before his death. In 1917 Buffalo Bill died while visiting his sister's home in Denver.

According to his wife Louisa it was his choice that he be buried on Lookout Mountain overlooking Denver and the plains.

Despite the claims of the citizens of Cody, Wyoming that he really wanted to be buried near Cody, close friends as well as the priest who administered last rites affirmed that Lookout Mountain was indeed his choice.

Buffalo Bill is buried on Lookout Mountain, a promontory with the spectacular views of both the mountains and the plains, places where he had spent the happiest times of his



Lookout Mountain, Colorado

The Benefits of Blueberries



Blueberries are best known for the health benefits they offer as a result of the high antioxidant neutralize free radical roaming the body while killing off bacteria, specifically bacteria infections in the urinary tract. Blueberries have many health benefits, including better skin when applied directly, in the form of a face mask, lotion or soap, your skin will be soft, clear, and glowing in no time.

Ten Benefits of Eating Blueberries

1. Blueberries are low in calories but high In nutrients.
2. Blueberries are the king of antioxidant Foods.
3. Blueberries reduce DNA damage, which May help protect against aging and Cancer.
4. Blueberries protect cholesterol in your Blood from becoming damaged.
5. Blueberries may lower blood pressure.
6. Blueberries may help prevent heart Disease.
7. Blueberries can help maintain brain Function and improve memory.
8. Anthocyanins in blueberries may have Anti diabetes effects.

Armchair Travel Videos for August

Armchair Travel is each Wednesday at 1:30 pm
On the 3rd Floor.

August 2, 2019 **Spain and Portugal**

August 14, 2019 **Italy**

August 21, 2019 **Denali
Wilderness**



August 28, 2019 **Holland**



**The King of
Rock and Roll**

During the week of August 9-17 2019 Libby Bortz residents along with many fans will recognize Elvis Presley Week.

We will be having Elvis Presley movies, along with Elvis trivia and also enjoying 1 of Elvis's favorite snack, peanut butter, honey and banana sandwiches.

Elvis Aaron Presley was born a twin on January 8, 1935. His twin brother Jesse Garon died at birth. Elvis became known as the King of Rock and Roll for his iconic music performances. Besides being an accomplished musician, Elvis also served in the United States Army. Elvis was stationed in Germany and served in 2 Army battalions. He received

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Elvis Aaron Presley died on August 16, 1977 at the age of 42. Even in death Elvis still attracts an overwhelming fan base. Over 600,00 people from around the world tour his home Graceland annually.

Elvis week in Memphis includes a fan reunion, dance, country and gospel concerts, seminars, memorial services and tours of his beloved home Graceland.

Western Welcome Week

The 91st Littleton Western Welcome Week will be held August 9th through 18th this year. Some of the highlights for the week will include BBQ's, Jazz Festivals, Art Market, Fireworks and ending with the Grand Parade

The Old West



There were many famous characters of the old west. One of those was Buffalo Bill Cody. He was born on February 26, 1846 in Scott County, Iowa. His skill as a buffalo hunter gained him the name "Buffalo Bill". He was also known for his traveling wild west show.

Buffalo Bills Wild West Show traveled the world leaving a lasting vision of the American West.

Monday, August 26th

Rotary Visit

The Rotary will be back to play some games with you at 6:00 pm on the 2nd Floor Activity Room.

Thursday, August 29th

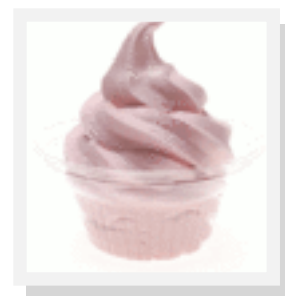
Music w/ Dan

What is a hammered dulcimer ? Join us at 3:00 pm in the Dining Room to find out with new entertainer Dan McClerin.

Friday, August 30th

Wine and Cheese

Come mix and mingle with your fellow



**First Ice Cream Parlor
In America**

The first ice cream parlor in America opened in New York City in 1776. American colonists were the first to use the term "ice cream". The name came from the phrase "iced cream" that was similar to "iced tea". The name was later abbreviated to "ice cream" the name we use today.

Root Beer Floats Where Invented in Colorado!

J. Wisner, owner of Colorado's Cripple Creek Brewing, created the first **root beer float** on Aug. 19, 1893. The once-in-a-lifetime idea was born when Wisner noticed that the snowy peaks on Colorado's Cow Mountain looked like ice cream floating in soda. Of course, nowadays it's known as the **root beer float**.

August Employee of the Month Angel Pierce




Angel Pierce was born and raised in Denver, Colorado on July 25, 1986. She has 2 children, Jordyn who is 13 years old and Michelle who is 11 years old. Angel has been married to her wonderful husband, Taiwan for 15 years. In her free time she enjoys spending time outside in the park with her family and 2 fantastic

David Taylor New Activities Director

Hi let me introduce myself to all of you. My name is David Taylor and I am proud to be your New Activities Director here at Libby Bortz Assisted Living. I was born in Minneapolis, Minnesota and lived there until 1973 when I moved to Phoenix, Arizona. I moved to the beautiful state of Colorado in 1980. I am not married and enjoy spending my free time with my parents, sister and 2 nieces. I enjoy traveling on cruises and have been on 12 so far. I have been to Italy, Sweden, Alaska, France, Columbia, Spain and the Panama Canal to name just a few. Please stop by my office on the 3rd floor to introduce yourself to me and if you have any great

AUGUST 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Every Monday</u></p> <p>Communion 10:30 am Library Tai Chi 1:15 pm 3rd</p>				<p>1</p> <p>10:00 Bingo-DR 1:00 Low Vision Support Group-3 2:30 Sing A Long w/ Barbara-2L</p>	<p>2</p> <p>10:00 Exercise DVD-3 1:30 Armchair Travel-3 3:00 Popcorn Social-L</p>	<p>3</p> <p>10:00 Bingo-DR 2:30 Movie-3 Long Hot Summer 6:00 Dominos-2L</p>
<p>4</p> <p>9:30 Scrabble-3 2:00 Church-2L 2:30 Movie –Butch Cassidy Sun Dance –3 6:00 Dominos– 2L</p>	<p>5</p> <p>10:00 Stretch Class-3 10:00 Rosary-2A 11:00 Bible Study-2L 3:00 Ironing-2A</p>	<p>6</p> <p>10:00 Bingo-DR 1:15 Chat & Stitch-3 2:30 Littleton Spellbinders-3</p>	<p>7</p> <p>10:00 Stretch Class-3 10:45 Rosary-2L 1:30 Armchair Travel-3 1:30 Bible Class-2L 3:00 Activity Planning-3</p>	<p>8</p> <p>10:00 Bingo-DR 12:00 Lunch at Wangs Chinese 3:00 Cards Kings in the Corner-3</p>	<p>9 FOOT CLINIC</p> <p>10:00 Stretch Class-3 11:00 What’s News-2L 2:00 Music w/Daniel-3 3:00 Popcorn Social-L</p>	<p>10</p> <p>10:00 Bingo-DR 2:30 Movie– 3 High Noon 6:00 Dominos-2L</p>
<p>11</p> <p>9:30 Scrabble-3 2:00 Church-2L 2:30 Movie– Elvis Viva Las Vegas 3</p>	<p>12</p> <p>10:00 Stretch Class-3 10:00 Rosary-2A 11:00 Bible Study-2L 3:00 Ironing-2A</p>	<p>13</p> <p>10:00 Bingo-DR 1:15 Chat & Stitch-3 2:30 Birthday Party w/ TNT-DR</p>	<p>14</p> <p>10:00 Resident Council-10:45 Rosary-2L 1:30 Bible Class-2L 1:30 Armchair Travel-3 3:00 Judge For Your Self-3</p>	<p>15</p> <p>10:00 Bingo-DR 2:00 Connect Hearing-3 2:30 Coloring w/ Roseann-2A 3:00 Elvis Trivia w/ his Favorite snack-3</p>	<p>16</p> <p>10:00 Stretch Class-3 11:00 What’s News-2L 1:30 Crafts w/ Patricia-2A 3:00 Kat on the Keys-DR</p>	<p>17</p> <p>10:00 Bingo-DR 2:30 Movie-Elvis Stay Away Joe 6:00 Dominos-2L</p>
<p>18</p> <p>9:30 Scrabble-3 2:00 Church-2L 2:30 Movie-Cool Hand Luke 3 6:00 Dominos-2L</p>	<p>19</p> <p>10:00 Stretch Class-3 10:00 Rosary-2A 11:00 Bible Study-2L 3:00 Rootbeer Floats-3</p>	<p>20</p> <p>10:00 Bingo-DR 1:15 Chat & Stitch-3 2:00 Bemis Library-2L 2:00 Cooking Demo w/ Ross-DR</p>	<p>21</p> <p>10:00 Stretch Class-3 10:45 Rosary-2L 1:30 Armchair Travel-3 1:30 Bible Class-2L 2:00 Food Committee-DR</p>	<p>22</p> <p>10:00 Bingo-DR 12:00 Lunch at The View House 2:30 Sing A Long w/ Barbara-2L</p>	<p>23 FOOT CLINIC</p> <p>10:00 Stretch Class-3 11:00 What’s News-2L 3:00 Sax w/ John Reed Austin-3</p>	<p>24</p> <p>10:00 Bingo-DR 2:30 Movie– A River Runs Through It 3 6:00 Dominos-2L</p>
<p>25</p> <p>9:30 Scrabble-3 2:00 Church-2L 2:30 Movie– Night at The Museum-3 6:00 Dominos-2L</p>	<p>26</p> <p>10:00 Stretch Class-3 10:00 Rosary-2A 11:00 Bible Study-2L 2:00 Piano w/Stuart-2L 3:00 Ironing-2A 6:00 Rotary Games-2A</p>	<p>27</p> <p>10:00 Bingo-DR 1:15 Chat & Stitch-3 2:30 Judge For Your Self-3</p>	<p>28</p> <p>10:00 Stretch Class-3 10:45 Rosary-2L 1:30 Armchair Travel-3 1:30 Bible Class-2L 3:00 Cards Kings in the Corner-3</p>	<p>29</p> <p>10:00 Bingo-DR 3:00 Hammered Dulcimer –DR</p>	<p>30</p> <p>10:00 Stretch Class-3 11:00 What’s News-2L 3:00 Wine & Cheese Social-3</p>	<p>31</p> <p>10:00 Bingo-DR 2:30 Movie– A Few Good Men-3 6:00 Dominos-2L</p>