

THE WESTLAKE WHISTLER



LETTER FROM THE ADMINISTRATOR

Hello everyone!

I just want to start out by saying HAPPY NEW YEAR! Can you believe we are about to enter into 2018? **Time is flying by and I couldn't feel more blessed for the opportunity I have here at Garden Square Westlake.** In the short time I have been here I have fallen head over heels for each and every one of our residents, their families and our staff. I know there has been a lot of changes over the past year and I can't thank everyone enough for being patient and understanding during the transition. I am grateful to be in this journey with all of you! I have an open door so please feel free to come to me with any concerns you may have.

I am excited for the new year and to see what 2018 has in store for us! Our new furniture has been ordered and should be here by the end of the month, which is really exciting. We celebrated 20 years of serving the Northern Colorado community in 2017 and want to kick off 2018 with an open house showcasing all our amazing residents and new furniture that we have at Garden Square Westlake. I hope to see everyone there and make sure to check you mail for an invite!

Have a great new year!

Jennifer Brunner,
Administrator



Kathy	January 08
Margaret	January 08
Julian	January 30
Ashley	January 30

Welcome New Residents!

Welcome George, Larry, Mary Alice Betty, Mary, and Donna!

Garden Square at Westlake
ASSISTED LIVING

Congratulations!

Happy 20 Year
Anniversary, Annemie!



PHOTO HIGHLIGHTS



Upcoming Events

- Jan. 03 Worship with Harold
- Jan. 08 Good Feet
- Jan. 11 Shopping at King Soopers
- Jan. 12 Piano with Dee
- Jan. 14 Accordion with Joyce
- Jan. 15 Senior Soul Care
- Jan. 17 Food Council
- Jan. 18 Resident Council
- Jan. 19 Lunch Outing
- Jan. 19 Mountain Man Nuts and Candy
- Jan. 21 Evangelical Free Church
- Jan. 22 Making Blonde Brownies
- Jan. 24 Cooking Peanut Butter Cookies
- Jan. 30 Open House from 3pm - 7pm
- Jan. 31 Family Council from 5pm - 6pm

Tips to Relax Quickly

1. Give someone a hug. As long as it's from somebody you don't mind hugging, this can be very relaxing.
2. Breathe deep through your nose. Close your eyes and pay attention only to your breathing while doing this. Five slow deep breaths is like a mini-meditation.
3. Take a walk. Walking is one of the best relaxation techniques if you have at least 10 minutes to spare.
4. Be mindful of stressors. By being aware of stressors lurking just below the surface (hunger, worry, a phone call you need to make), you can resolve them and feel more relaxed.

MORE FROM PHOTO HIGHLIGHTS



Cheer Up Your Windows This Winter With a Garden!

When winter sets in and nips at your toes, don't let the winter blues stop your love for gardening outdoors... simply bring it in indoors!

Try this wonderful winter gardening remedy:

Your windowsill is the perfect place for starting a seasonal indoor garden that can sustain your gardener's soul, warm your heart and enhance meals with perfect seasonings.

Along with versatile herbs like basil, compact dill and Greek Oregano, you can also consider thyme, parsley, and coriander. These are likely to fill your winters with fragrance, greenery and taste when added to soups!

These plants only require regular watering and a few hours of sunlight, and are easy to grow even for those not blessed with a green thumb.

Perhaps some fresh flowers can be your daily delight! With just a snip of a seed packet, pre-prepared potting soil, and a small amount of peat moss to help your plants thrive, you can grow nasturtiums, pansies and calendulas indoors!

Any greenery is sure to bring a smile to your face and color to the room! With just a little bit of sunshine, water and right soil-mixture flowering, indoor plants are a great for beating the winter blues!

Join us for

Mountain Man Nuts & Candy

**Friday, January 5th &
Friday, January 19th
from 11:30am - 1:00pm**



Come help us celebrate our
20 Year Anniversary!

**Tuesday, January 30th
from 3:00pm - 7:00pm**

Refreshments will be provided!



Join us for

Family Council

**Wednesday, January 31st
at 5:00pm**

*Topic: "Share Your Expectations
of Garden Square"*

*Family Council will take place at:
Golden Corral 3035 23rd Ave
Greeley, CO 80631*



3151 W 20th St
Greeley, CO 80634
Office: 970-673-9402
www.GardenSquareAtWestlake.com

GARDEN SQUARE AT WESTLAKE MANAGEMENT TEAM

MAINTENANCE DIRECTOR

Jaime Gonzalez-Diaz

DINING SERVICES DIRECTOR

Yvonne Mejia

HEALTH SERVICES DIRECTOR

Linda Glenndenning

SALES & MARKETING

Kristen Sigg

LIFE ENRICHMENT DIRECTOR

Joyce Trevino

BUSINESS OFFICE MANAGER

Lisa Ford

ADMINISTRATOR

Jennifer Brunner



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JANUARY – WORD SEARCH

U	J	O	J	H	V	Z	E	D	G	C	A	I	W	G
W	R	W	P	B	A	L	S	B	L	R	H	J	H	R
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E	S	P	Q	Y	O	T	Y	Y	O	U	X	V	G	X
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A	N	A	R	U	R	T	R	B	V	R	Q	Z	F	N
L	S	L	C	I	G	W	E	S	A	V	D	T	S	Z
S	Y	D	B	J	T	Z	A	G	B	V	H	D	D	G

COOKIES
GARDEN
GLAUCOMA
GOALS
HAPPY

HERBS
NEW YEAR
OATMEAL
PUZZLE
RELAX

RESOLUTIONS
SKIN
SUCCESS
WHOLE GRAIN
WINTER